

Free confidential health evaluations offered to employees and spouses in the medical plan. Testing occurs each spring at your workplace, or use Test at Lab or Physician Verification Form until July 31.



Get the most from your Health Evaluation

The intent of the health evaluation is for members to live healthier and more productive lives by getting in front of potential health issues. The Butler Health Plan wellness benefit allows the employee and spouse to have a convenient way of getting their health status at no cost.

Telephonic HealthFocus courses are confidential and free to anyone who participates in the health evaluation.

TO REGISTER IN HEALTHFOCUS COURSES CALL 1-800-840-6100

- Healthy Living for Cancer Prevention (new)
- Take Care of Your Back (new)
- Better Nutrition
- Achieving Balance
- Lifestyles for Successful Weight Loss
- Personalized Fitness
- Managing and Preventing High Blood Pressure
- Managing Cholesterol Levels
- Diabetes Prevention & Control
- Tobacco-Free For Life
- Why Managing Your Medications Matters
- Getting a Goodnight's Sleep

Participants will also be offered a free "Six Month Recheck" through Test at a Lab to measure progress six months after your evaluation. Monitoring your numbers throughout the year will help you achieve a good personal health score each year.

LIVE HEALTHIER, MORE PRODUCTIVE LIVES

Get in front of potential health issues by participating in the free Interactive Health Evaluation.



Earn \$150 wellness credit every year just by screening.

Year 1 (First Time You Screen):

- First time participants will receive a Personal Health Score.

Year 2 and beyond:

- It is important to track and meet your health goal, but it is not required to earn the incentive.
- Maintain a low risk score between -20 (negative twenty) and 0 (zero).
- Moderate or high risks scores...Try to improve your score by meeting or exceeding the goal established by Interactive Health at last evaluation.

Important:

- ▶ Each year you have the opportunity to participate in the spring through July 31. If you qualify, the medical plan deductible credit is applied on January 1 the following year.
- ▶ The program is voluntary and HIPAA compliant.



Wellness Credit & Health Evaluation Information

Who is eligible for the wellness credit?

Employees and spouses enrolled in the BHP medical plan can participate in the free, comprehensive health evaluation at your workplace sponsored by BHP and Interactive Health.

How do I schedule my personal health evaluation at my workplace?

- Most districts will schedule between April and May. Wait for emails and flyers from your workplace Wellness Coordinator. This information will include the dates and times of your workplace screenings. Instructions on how to schedule will be provided on the flyers.
- You will schedule your screening either online at www.myinteractivehealth.com or by calling **1-800-840-6100**. (First time website users register online and use sponsor code U4AMZ.) When you make your appointment by phone, trained personnel will help you schedule your appointment for one of the onsite screenings taking place at your workplace.
- If you are a Butler Health Plan member, you will need to have your Insurance Member ID (found on your insurance card) available when making your appointment.
- If you make your appointment online, once you select your day, time, and location, you can complete the health assessment in advance to save time at your appointment.



If you or your spouse cannot participate in the workplace Health Evaluation, you may schedule “Test at a Lab” through Interactive Health.

You can have your health evaluation at a participating offsite testing facility. If you use this option, either schedule online at www.myinteractivehealth.com or call **1-800-840-6100** by July 1 and complete the testing no later than July 31. Scheduling information for Test at a Lab will be on the flyers provided at your workplace.

May I go to my personal physician for the health evaluation?

Yes – If you are unable to complete the testing at your workplace or at one of the partnered labs, you also have the opportunity to complete the testing at your own doctor. Call Interactive Health to request a “Physician Verification Form.” You will then need to complete the paperwork, go to your doctor for a wellness exam, have your doctor complete the physician section of the Physician Verification Form, and mail everything back to Interactive Health. Your doctor’s appointment needs to occur between January 1 and July 31 of the year.

Can my spouse use his/her employer program to qualify?

No - Interactive Health cannot accept readings from any other third party.

Reasonable alternative standard information

Employees unable to participate due to medical reasons should contact the health management department at Interactive Health (1-800-840-6100 or rasrequest@interactivehealthinc.com). Interactive Health will work with employees on a case-by-case basis.