

A NEW VERSION OF YOU IS WAITING.



St. Vincent's Health Benefit Fair



LIVE LIFE WELL

Healthier. Stronger. Energized.
Your wellness program shows you the way.

Our Program Helps Identify Your Health Risks:

Health Evaluation

- Total cholesterol, HDL, and LDL
- Triglycerides and fasting glucose
- Height, weight, and waist circumference
- Blood pressure

Health Assessment

- Eating and exercise habits
- Sleep routines
- Emotional patterns
- Heart risks and more

Sign up now!

myinteractivehealth.com

Always private and secure — it's the law!

Personal information that you provide, and health data obtained through your Health Evaluation will only be used by Interactive Health to provide you with personally relevant information. Interactive Health will not, under any circumstances, share this information with your employer. In addition, Interactive Health will not sell or rent information to any outside third party. We respect the privacy of all our members.

Reasonable Alternative Standard

If you are medically unable to participate, which is required for you to earn an incentive under this wellness program, you may qualify for an opportunity to earn the same incentive through an alternative course of action. This alternative course of action must be completed by November 27, 2018. Please contact Interactive Health at least two weeks prior to this date at (800) 840-6100 or rasrequest@interactivehealthinc.com and ask the health management team about a reasonable alternative standard to qualify for the incentive.



Easy



Free



Confidential



Rewarding

Schedule your
Health Evaluation today!

Sign up by October 18, 2018.

DISCOVER A HEALTHIER, HAPPIER YOU.

Get there with your wellness program.



Easy
at work or
at a lab



Free
for health plan
members



Confidential
your employer
won't see it



Rewarding
Premium
Discount

Tap In to Program Perks.

- Find out if you have any health risks.
- Get action plans and recommendations based on your health needs.
- Connect with a health coach.
- Track food, exercise, sleep, mood, and more — on any device.
- Take part in on-demand workshops and webinars.

Want to Join In?

program is free to all employees and spouses.

..... It pays off!

*If you and your spouse are on the medical plan, you
can save up to \$300 on your premium cost.*



Sign Up by 10/18/2018 — It's Simple!

- 1 Go to myinteractivehealth.com.
- 2 New user: enter code K6UV3.
Returning user: log in with user ID and password.
- 3 Click on "Schedule Now" to choose your appointment time.

Rather call? Contact us at (800) 840-6100, Monday – Friday,
8 am – 6 pm CT.

Save time — do your online Health Assessment in advance
at myinteractivehealth.com.

Choose the Location That Works for You.

Complete your Health Evaluation at work or at a lab.

At Work

Date	Location	Time
October 22, 2018	Lincoln Park Campus	7:30 am – 11:30 am CT
October 23, 2018	Lincoln Park Campus	7:30 am – 11:30 am CT
October 24, 2018	Loop DePaul Center	7 am – 11:30 am
October 25, 2018	Loop DePaul Center	7 am – 11:30 am

At a Lab

Register online or call Interactive Health at (800) 840-6100.

Register online, go to myinteractivehealth.com.
If these options don't work for you, please contact Interactive Health.