

Resources to help crush your goals



DePaul University is once again proudly partnering with Interactive Health to arm you with tools and resources to gain a better understanding of your health and achieve your personal wellness goals.

As a bonus, achieve 100 points by November 30, 2020, to earn \$300 premium discount.

Access support on your wellness website

- Health information
- Workshops
- Activity tracker data
- Symptom checker
- Programs
- Challenges and more

Get a clear look at your health

Learn your blood pressure, cholesterol, glucose and more by completing a confidential health evaluation and health assessment. You'll discover how your habits affect your health and any areas that need attention.

Work with a friendly expert

Partner with a coach to create a personalized plan to help you overcome challenges and achieve your goal. Call 1.800.840.6100 to get started.



myinteractivehealth.com | sponsor code: **K6UV3**

Keep reading to find out how you can earn rewards



We take your privacy seriously and comply with the applicable HIPAA regulations that protect how your personal health information is stored and shared.



Focus on you and earn rewards

Complete the activities of your choice to improve your health and get rewarded

Redeem points 100 points = \$300 medical premium savings

Healthy activities	Points
Health evaluation	35
Have Interactive Health Share your Results with your Physician	5
Attend DePaul University 2020 Benefits Fair	5
Receive Flu Shot	10
Complete a Preventive Exam	20
Complete a Dental Exam	10
Attend DePaul 403B Financial Planning Session	10
Complete a Flash Challenge	5 each
Complete a Local Activity	15 each
Complete a Challenge	15 each
Complete an Online Workshop	15 each
Log Steps via Steps Log on Member Website (1 point for every 10,000 steps per day)	Up to 15 pts total

Deadline: November 30, 2020



Visit myinteractivehealth.com for additional activity options and more information on how you can earn rewards

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To earn an incentive, you need to earn 100 points by November 30, 2020. You must also be actively employed and enrolled in a DePaul medical plan. If you're unable to meet a goal or participate for medical, physical or other reasons, you may qualify for an alternate way to earn your incentive. This alternative action must be completed by November 2, 2020. Contact Interactive Health at 1.800.840.6100 or rasrequest@interactivehealthinc.com to learn more.

