



Register for Your Health Evaluation Today!

NSSEO has partnered with the EBC and Interactive Health to deliver an enhanced wellness program that makes healthy living fun and rewarding. The program is available to all employees, spouses, and dependents.

Earn Rewards

Don't miss out on this exciting opportunity to maximize your wellness program benefits! Participate in the health evaluation and you will earn a \$50 gift card.

Sign-Up Today

Register for your onsite preventive health evaluation, which includes a health assessment, blood pressure screening and a comprehensive blood test that evaluates your risk for:

- cardiovascular disease
- diabetes
- liver and kidney disease
- anemia
- **...and much more** – all in less than 20 minutes!

See reverse for eligibility and payment details.

- BCBS PPO Spouses and Dependents age 18+ must provide insurance card at time of appointment.
- All self-payments are required at time of service by check or credit card.

*If unsure of your eligibility, check with the Business Office.

HEALTH EVALUATION LOCATION		
NSSEO 7:00 am – 10:00 am Health evaluations are by appointment		
Date	Location	Schedule by
March 7	Kirk School	March 3
March 15	Timber Ridge School	March 13
March 16	Miner School	March 14

How to Schedule Your Onsite Health Evaluation Appointment

1. Register online at www.myinteractivehealth.com. First time website users can register using sponsor code **WLRVC**.
2. **Click the "Schedule Your Health Evaluation" box at the top of the page.**
3. Confirm your personal information to proceed to the schedule.
4. Select your appointment location, date and time. [Health plan members should have their insurance cards ready.](#)
5. Continue until you are prompted to [confirm your appointment](#)
6. Save time at your appointment by [completing the Health Assessment online.](#)
7. You can send your results directly to your physician. Provide your **physician's name, fax and phone number** when you register for your health evaluation. Find the link on your home page.

You may also schedule your appointment by calling Interactive Health at (800) 840-6100 between 8:00 AM and 6:00 PM Central Time.

Your results are 100% confidential and will not be shared with your employer

Who's Eligible	Health Profile	Additional Tests
BCBS PPO Employees	No cost to you	Billed to BCBS as Preventive
BCBS PPO Spouses/ Dependents age 18+	Billed to BCBS as Preventive	Billed to BCBS as Preventive
BCBS HMO Employees	No cost to you	Self-pay
BCBS HMO Spouses/Dependents age 18+	Self-pay: \$85	Self-pay
Employees eligible for insurance, but waived coverage	No cost to you	Self-pay
Employees, Spouses/Dependents age 18 ineligible for insurance	Self-pay: \$85	Self-pay

*If unsure of your eligibility, check with the Business Office.

You will need to *Fast* before your appointment

Please fast for 12 hours before your test. Drink plenty of plain water – no food or other beverages. If you are diabetic, pregnant, on medication, or have a medical condition that will prevent you from fasting 12 hours, **please follow your doctor's instructions regarding fasting.**

Unable to attend onsite? Participate at a nearby lab!

You may select a lab location when you register online. Or call Interactive Health at (800) 840-6100 and ask to Test at a Lab. Interactive Health will mail you the paperwork and instructions you will need to go to a lab facility. Please do not go to the lab until you receive this packet. *If you use this option, please go online or call by March 17, 2017 and complete the testing no later than March 31, 2017.*

Reasonable alternative standard information

If you are 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 April 26, 2017. Please contact Interactive Health at least 2 weeks prior to this date at (800) 840-6100 or at rasrequest@interactivehealthinc.com to ask our health management team about a reasonable alternative standard to qualify for the incentive.

