



# Healthy Starts with Discovery

Ketchikan Gateway Borough & School District cares about your health and well-being

## Your Healthy Merits<sup>SM</sup> Wellness Program is on its way

You now have access to convenient on-site biometric screenings for you and your family. Your wellness screening will include testing for heart disease, diabetes, liver and kidney disease, and much more. Plus, it's free of charge to you if you are a member of the company health plan. Participate in the wellness screening and you will save on your health plan! You must schedule your appointment by **the Monday prior to the screening (10/8, 10/15 & 10/22).**

Location	Date	Time
Schoenbar Middle School	October 15, 2018	6:30 a.m. - 10:30 a.m.
Valley Park	October 16, 2018	6:30 a.m. - 11:30 a.m.
Fawn Mountain Elementary School	October 17, 2018	6:30 a.m. - 9:30 a.m.
White Cliff Building	October 22, 2018	6:30 a.m. - 11:30 a.m.
Ketchikan High School	October 29, 2018	6:30 a.m. - 11:30 a.m.
Ketchikan High School	October 30, 2018	6:30 a.m. - 11:30 a.m.
Houghtaling Elementary	October 31, 2018	6:30 a.m. - 12:30 p.m.
Point Higgins Elementary	November 1, 2018	6:30 a.m. - 9:30 a.m.

To schedule your wellness screening, you should:

1. Register online at [www.myinteractivehealth.com](http://www.myinteractivehealth.com). If you're a first-time user, you can register using sponsor code **Y9PHE**.
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.
5. Continue until you are prompted to confirm your appointment.
6. Save time at your appointment by **completing the Health Assessment online**.

You can send your lab results directly to your doctor, if you choose. (To do so, simply provide your doctor's name, fax and phone number when you register for your wellness screening.)

You may also schedule your appointment by calling Interactive Health at **1.800.840.6100** between 8:00 a.m. and 6:00 p.m. Central Time.

Please fast for 12 hours before your test. You should drink plenty of plain water—no food or other beverages. If you are diabetic, pregnant, on medication or have a medical condition that would prevent you from fasting 12 hours, you should follow your doctor's instructions for fasting.

### Unable to attend on-site? Participate at a nearby lab!

You may select a lab location when you register online or call Interactive Health at 1-800-840-6100 and ask for Test at a Lab. Interactive Health will mail you a packet containing instructions and the paperwork 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, go online or call by November 1 and complete the testing no later than November 15, 2018.***





**When you complete your wellness screening, you can:**

- Learn more about your current health.
- Work with a health coach.
- Work towards your healthiest self.

### **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 to earn the same incentive through an alternative course of action. This alternative course of action must be completed by **December 11, 2018**. Please contact Interactive Health at least 2 weeks prior to this date at 800.840.6100 or at [rasrequest@interactivehealthinc.com](mailto:rasrequest@interactivehealthinc.com) to ask our health management team about a reasonable alternative standard to qualify for the incentive.

### **Healthy starts with Healthy Merits<sup>SM</sup>**

Your biometric screening includes a full-blood venipuncture panel that tests for:

- Heart disease risks (high cholesterol, high blood pressure).
- Diabetes.
- Liver and kidney disease.
- Anemia.
- Blood, bone and muscle disease (including certain types of cancer).
- And other key health measures.

Note: For the most accurate test results, you should fast for 12 hours before testing. This means you should not eat, but you may drink water. If you know you are diabetic or hypoglycemic, you should follow your doctor's instructions for fasting.

You can take your wellness screening right at your workplace. It usually takes less than 20 minutes. This program is confidential. Your personal health information will be handled according to the national privacy laws (HIPAA) and will not be shared with anyone without your permission.

You will be able to go online and check your lab tests within three business days at [www.myinteractivehealth.com](http://www.myinteractivehealth.com). Also, you will get your personal health report by mail within two weeks after testing.

### **Get help to be your healthiest**

After your screening, you can enroll in HealthFocus courses—confidential call-in health courses from a master's-level health coach. You may choose from the following courses:

- Smoke-Free for Life
- Diabetes Prevention and Control
- Managing Cholesterol Levels
- Personal Fitness
- Better Nutrition
- Weight Management
- And more!

You can register for a HealthFocus course by calling **1.800.840.6100**.

