



Register for Your Health Evaluation and Earn Rewards!

Town of Amherst has partnered with Interactive Health to deliver an enhanced wellness program that makes healthy living fun and rewarding! This program is available to employees and spouses participating in the health insurance plan.

Earn Rewards

Don't miss out on this exciting opportunity to maximize your wellness program benefits and **a chance to win great prizes!**

- ✦ If you participate in the health evaluation, complete your health assessment and send your lab results to your physician your name will be entered into a raffle up to 3 times* for an opportunity to win one of the following available prizes:

(1) 60" TV • (2) iPads • (2) FitBits

(2) \$100 Wegman's gift cards • (2) \$50 Wegman's gift cards

*One (1) entry per completed task (health evaluation, health assessment, faxing results to your physician). See the opposite page for more instructions on how to complete your health assessment and send your lab results to your physician online.

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!

There is no cost to you for the health evaluation.



2015 HEALTH EVALUATION LOCATIONS

Town of Amherst

<u>Locations</u>	<u>Dates/Times</u>	<u>Screening Rooms</u>
Highway Department	Nov. 17, 2015 6:00am – 10:30am	Conference Room
Engineering	Nov. 18, 2015 7:00am – 11:00am	Conference Room
Town Hall	Nov. 19, 2015 7:30am – 12:00pm	HR Conference Room
Senior Center Bldg.	Nov. 20, 2015 7:30am – 12:00pm	Activity Room A

Health evaluations are by appointment, please schedule by
Wednesday, November 11th

*Schedule your appointment, complete your health assessment and fax your lab results online! **Turn over for details.***

Schedule Your Onsite Health Evaluation Appointment And Complete Your Health Assessment Online.

1. Register online at www.myinteractivehealth.com. First time website users can register using sponsor code **YFRUL**.
2. Click the "Schedule Your Health Evaluation" box at the top of the page.
3. Select your appointment location, date and time and **complete your health assessment**. Health plan members should have their insurance cards ready.
4. Continue until you are prompted to **confirm your appointment**.

You may also schedule your appointment by calling Interactive Health at (800) 840-6100 between 9:00 AM and 7:00 PM Eastern Time.

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



Share your lab results with your personal physician

Send your lab results to your personal physician online; simply add your physician's information and we will fax your lab results once those are available directly to your physician. You can even select one physician to automatically receive any new lab results.

- Log-in as listed above, go to **My Support Team** tab located in the main menu bar and select **My Physicians**.
- Click on **Add Physician** button, provide your physician's name, fax and phone number then save information.

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. **If you use this option, please call or go online by November 20 and complete the testing no later than December 4, 2015.**

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 December 31, 2015. 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.