



LIVE LIFE WELL

Your wellness program shows you the way.



**Schedule your
Health Evaluation today!**

**Sign up by the end of the day on
Wednesday of the week prior to event**



Easy
at work or
at a lab



Free
for all employees on
Kenmore-Town of
Tonawanda School
District's health plan



Confidential
your employer
won't see it



Rewarding
contributions toward
your Pro-Flex 105H

A New Version of You Is Waiting.

Our program helps identify your health risks:

Health Evaluation

- Total cholesterol, HDL, and LDL
- Triglycerides and fasting glucose
- Blood pressure

Health Assessment

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

**Sign Up by the end of day on Wednesday of the
week prior to event — It's Simple!**

- 1 Go to myinteractivehealth.com.
- 2 New user: enter code **SCPVH**.
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.

Health Plan Members: Please have your insurance ID ready.

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

Health Evaluation locations →

DISCOVER A HEALTHIER, HAPPIER YOU.

Get there with your wellness program.

Sign up now!
myinteractivehealth.com

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.

Choose the Location That Works for You.

Complete your Health Evaluation at work or at a lab.

At Work

Date	Location	Time
March 4, 2019 March 14, 2019	Administration Building – 2nd Floor Office	7:00 am - 12:30 pm 7:00 am - 10:30 am
March 5, 2019	Holmes Elementary School – Room 127	8:00 am – 11:30 am
March 6, 2019	Edison Elementary School – Room 120	7:30 am -11:00 am
March 7, 2019	Franklin Elementary School – Conference Room	8:00 am – 11:30 am
March 8, 2019	Hoover Middle School – Small Gym	7:30 am – 11:00 am
March 11, 2019	Kenmore East High School – Staff Cafeteria	7:30 am - 11:00 am
March 12, 2019	Kenmore West High School – Goulding Theatre	7:30 am - 11:30 am
March 13, 2019	Lindbergh Elementary School – TOSA's Office	8:00 am -11:30 am

At a Lab

Register online or call Interactive Health at (800) 840-6100.
Please register by March 15, 2019 and complete the testing by
March 29, 2019.

Want to Join In?

This program is free to employees participating in Kenmore-Town of Tonawanda School District's health plan. The employee must be the primary plan holder, a spouse employed by the district does not qualify to participate at this time.

It pays off!

When you participate, you will receive a \$25 contribution to your Pro-Flex 105H. You will receive an additional \$75 105H contribution when you authorize Interactive Health to fax your results to your physician.



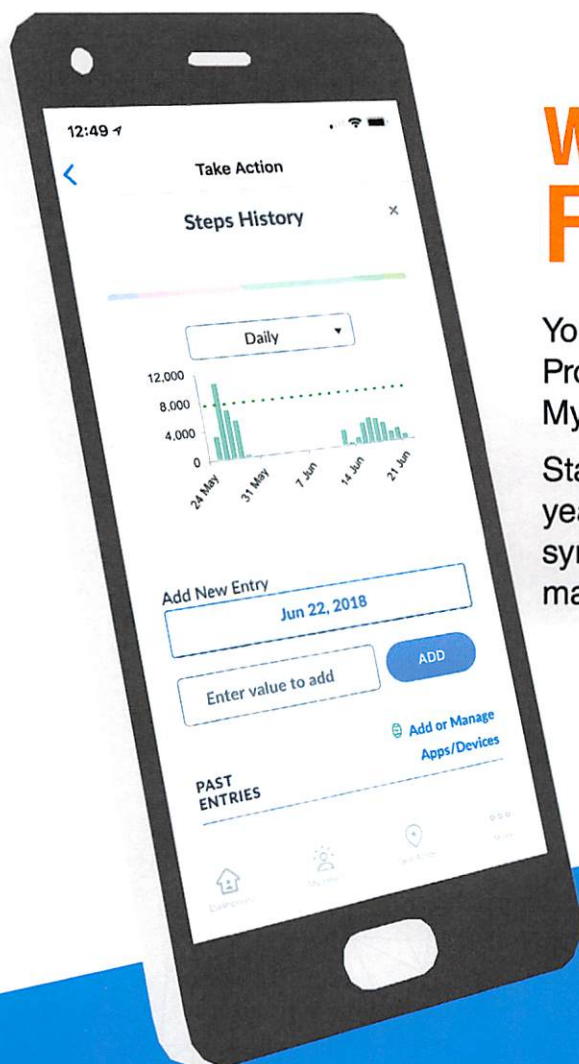
Download the
My Interactive Health app.

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 April 24, 2019. 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.



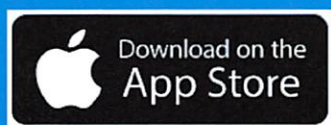
WELLNESS AT YOUR FINGERTIPS

You can access the best of your Interactive Health Wellness Program from your iPhone or Android device with the new My Interactive Health app.

Stay engaged while improving your health throughout the year, with the added ability to receive push notifications and sync wearable devices or other popular wellness apps to make daily activity tracking easy.

The new **My Interactive Health** app puts wellness right at your fingertips.

Download the app to get started!



TAP INTO THESE GREAT FEATURES:



Appointment scheduling



Personalized action steps



Health tips and resources



Activity tracking and app integration

