

# 2017

# WELLNESS PROGRAM SUMMARY CEDARBURG SCHOOL DISTRICT



## INHEALTH DASHBOARD™

Each participant has a secure login for the Interra Health website that can be used to access online tools. This participant site is called the InHealth Dashboard™.

## GETTING STARTED

- Go to [www.MyInterraHealth.com](http://www.MyInterraHealth.com) and enter your participant login information to access your InHealth Dashboard™
- Click the Questionnaire icon at the top of the screen to complete your on-line HRA
- Click the Schedule icon at the top of the screen to schedule your bioscreen & coaching appointment

## PARTICIPANT LOGIN INFORMATION

### PARTICIPANT ID & SPOUSE ID

Your last four digits of your social security number

**PASSWORD**  
wellness

**COMPANY ID**  
CEDARBURG

## Take an active role in your health and experience the benefits of wellness!

All employees, and their spouse, are encouraged to participate in the wellness program sponsored by Cedarburg School District.

### InHealth Risk Assessment™

The InHealth Risk Assessment™ (HRA) is an on-line questionnaire that collects information regarding your health and daily habits. The information is used to help identify potential health risks. The HRA contains questions on a variety of categories, including: heart health, diabetes awareness, emotional health, nutrition, physical activity, and personal safety.

### InHealth BioScreen™

The InHealth BioScreen™ is a series of biometric tests that are used in conjunction with your HRA to get a snapshot of your overall health. Tests may include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height and weight. A blood sample is also collected to test your total cholesterol, HDL, LDL, triglyceride, and glucose levels.

### InHealth Telephonic Report Consultation™

The Report Consultation is an opportunity to discuss your biometric results and HRA responses with a trained and certified Health Screening Specialist. Discuss any health lifestyle recommendations that might be appropriate, as well as a chance for you to ask any questions that you may have about your results. Please Note: You must have your Bioscreen and HRA completed to receive credit for your consultation.

**Please be prepared to fast for 10-12 hours before you scheduled BioScreen appointment time.** Drinking water is encouraged! If you are currently taking medication, be sure to consult your physician before fasting.

## SCREENING DATES & LOCATIONS

Date	Location	Time
Monday, August 21	Parkview (Room 10)	6:30am-10:30pm
Tuesday, August 22	Thorson (Presentation Room)	6:30am-10:30pm
Wednesday, August 23	Westlawn (Presentation Room)	7:00am-11:00pm
Thursday, August 24	CHS (Activities Room)	7:30am-12:30am
Friday, August 25	CHS (Activities Room)	7:00am-11:00am
Saturday, August 26	CHS (Activities Room)	7:00am-11:00am
Monday, August 28	CHS (Activities Room)	6:30am-10:30am
Tuesday, August 29	Webster (Room 118)	6:30am-10:30am
Wednesday, August 30	Webster (Room 118)	7:00am-11:00am

## We Protect Your Privacy

Your information is confidential. Interra Health is a health care company independent of your employer. Information obtained by Interra Health during the wellness program is the property of Interra Health and cannot be viewed by others without your written permission unless permitted by law.



# 2017

## PROGRAM LAUNCH

Schedule your BioScreen,  
Report Consult & take the HRA

Beginning: Monday, July 24, 2017

# 1

### INHEALTH RISK ASSESSMENT™

Deadline: Sept. 30, 2017

Complete

# 2

### INHEALTH BIOSCREEN™

or PHYSICIAN LAB RESULTS

Deadline: Sept. 30, 2017

Complete

# 3

### INHEALTH CONSULT™

Deadline: October 31, 2017

Complete



Your health plan is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means.

Contact Interra Health® at 866.814.1016 and we will work with you (and, if you wish, with your physician) to find a wellness program with the same reward that is right for you in light of your health status.



# WELLNESS PROGRAM SUMMARY

## CEDARBURG SCHOOL DISTRICT

### 2017 WELLNESS PROGRAM

Completion Level	Activity Achieved	Per Month
Wellness Rate	Employee completes InHealth BioScreen™, InHealth Risk Assessment™ (HRA) & InHealth Telephonic Report Consultation	Normal Rate
Non-Wellness Rate	No Wellness Program Participation	\$50 Single \$100 Family Premium Increase

Adjustment will be applied beginning January, 2018.

### GETTING STARTED

- Go to [www.myinterrahealth.com](http://www.myinterrahealth.com) and enter your participant login information to access your InHealth Dashboard™.
- Click **Questionnaire** at the top of the Dashboard screen to complete your InHealth Risk Assessment™.
- Click **Appointments** at the top of the screen to schedule your Bioscreen appointment and **Telephonic Report Consultation**.
- InHealth Report Consults™ will be offered between Sept. 6, 2017 and Oct. 31, 2017. A Health Screening Specialist will call you at your scheduled consultation appointment time. Please be sure to update your profile to ensure that we have the correct number and your preferred number to be reached.
- Click **My Profile** to update your contact information, found at the top of your screen, and update the fields accordingly. Click the **Save** button at the bottom of your screen once you have updated your information.

### UNDERSTANDING YOUR BIOMETRIC SCORE

- The InHealth BioScreen™ is a series of basic tests that are used in conjunction with the HRA to get a snapshot of your overall health. Tests include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height and weight, as well as testing your total cholesterol, HDL, LDL, triglyceride, and glucose levels.
- The results from your InHealth BioScreen are individually scored so that Interra Health can apply Risk Ratings to evaluate your results and identify areas of potential concern. For each biometric category tested, you will receive a Risk Rating of Low, Moderate, or High Risk.
- Your biometric score can be found on the home page of your InHealth Dashboard™ by visiting [www.myinterrahealth.com](http://www.myinterrahealth.com).

Find more helpful tips and resources at [myinterrahealth.com/blog](http://myinterrahealth.com/blog)

Don't have access to a computer?  
No problem!  
Just download our handy smart phone apps!



P 866.814.1016 | F 262.754.0067 | [www.myinterrahealth.com](http://www.myinterrahealth.com)