

Your **Health** is in YOUR hands

A **HEALTH EVALUATION** provides a valuable picture of your health. Knowing your health status will:

- Empower you to take steps toward better health
- Participants will receive a \$50 gift card (eligible members and spouses can each earn \$50 per year)
- Change your life! Read others' stories at www.facebook.com/interactivehealthinc



“ Knowledge is power. The program identified health issues that need addressing and gave me the tools to do so effectively. I can honestly say I am healthier today because of it. ”

-Eric, Cleveland, OH

Sign-Up is Easy!



ONLINE! www.myinteractivehealth.com

New users enter Sponsor Code **XU8HV**
2016 participants can use previous login info.



Save time at your appointment by
completing your Health Assessment online
BY PHONE! (800) 840-6100

Greater St. Louis Construction Laborers' Welfare Fund offers Health Evaluations that are **FAST, FREE** and **CONFIDENTIAL!**

This program is **FREE** to all eligible members and spouses on the health plan.

The confidentiality of your results is important to us. Want more information? See our [Privacy and Security](#) link at www.myinteractivehealth.com.

Choose from these Convenient Options

1. **ONSITE**
 - Participate onsite at Local 42 on **April 22, 2017 between 8:00am – 11:30am**
2. **TEST ONSITE AT A FUTURE DATE***
 - Participate at Local 110 on August 5th.*
 - Participate at the Health Fair on September 23rd.*
3. **TEST AT A LAB**
 - Participate at a nearby lab now through **October 23, 2017**

*Registration is not currently open for these future events.

See next page for more details

Health Evaluation Options

Onsite

Sign Up Online

www.myinteractivehealth.com

New users enter Sponsor Code **XU8HV**
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or

Call (800) 840-6100
between 8AM-6PM CST

by **Wednesday, April 19th 12:00pm CST**

Test at a Lab

Request to "test at a lab" online

www.myinteractivehealth.com

New users enter Sponsor Code **XU8HV**
2016 participants can use previous login
info.

or Call (800) 840-6100
between 8AM-6PM CST

Please request to test at a lab by
October 9th. Please return the completed
paperwork and complete your lab blood
draw by **October 23, 2017**.

The Power of Prevention at Your Fingertips

Sign Up Now! A 20-minute Health Evaluation (including a blood draw and health assessment) can identify any risk factors and link you to resources to optimize your health. Completing your health evaluation unlocks year-round wellness programming:

- Personalized Health Evaluation Report
- Health Coaching Options to Meet Your Needs
- Six Month Re-Check
- www.myinteractivehealth.com: Online Portal with Health Library, Webinars, Monthly Newsletter, and More

Onsite Health Evaluation Locations

Health Evaluations are by appointment.
Please schedule by: April 19th 12:00pm CST

**Greater St. Louis Construction
Laborers' Welfare Fund**
Local 42 Union Hall
301 S. Ewing Ave., St. Louis, MO 63103

April 22, 2017
8:00am – 11:30am

What Else Should I Know?

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.

You can share your Health Evaluation results with your physician. Simply have your physician's name, clinic phone and fax numbers available when you sign up.

Reasonable Alternative Standard Information

Incentives under this wellness program are available to all eligible members and spouses. 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 November 16, 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.