



## Register for Your Health Evaluation and Earn the Wellness Incentive!

Once again, University of Dayton has partnered with Interactive Health to deliver an enhanced wellness event available to all benefit eligible UD faculty and staff that makes healthy living fun and rewarding!

### Earn Rewards

Don't miss out on this exciting opportunity to maximize your wellness program benefits! Participate in the health evaluations and you will earn a \$120 annual discount towards your employee contributions.

### Sign-Up Today

Register for your free, preventive health evaluation, which includes a health questionnaire 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 for the health evaluation

#### HEALTH EVALUATION INFORMATION

**You can have your health evaluation at a participating testing facility located near you now through November 28, 2013**

**If you would like to participate, please register by November 14 and complete the testing no later than November 28, 2013.**

***Scheduling a health evaluation appointment is easy: turn over for details!***



## How to Schedule Your Health Evaluation Appointment

1. Go to [www.myinteractivehealth.com](http://www.myinteractivehealth.com) to request your pre-packet online. First time website users can register using sponsor code [RLXW7](#).
2. Click the “Schedule Your Health Evaluation” box at the top of the page and follow the prompts.
3. Select the tab “Test at Lab” and select the lab location near you.
4. Continue until you are prompted to [confirm your appointment](#).
5. Send your lab results directly to your physician. (Provide your physician’s name, fax and phone number when you register for your health evaluation).

You may also request your pre-packet by calling Interactive Health at (800) 840-6100 between 8 a.m. – 6 p.m. Central.

After you register, Interactive Health will send you a packet to your home address containing complete instructions, the locations of the testing facilities in your area, HIPAA information, a Physician Release Authorization and the Test Requisition Form that you will need to take to one of the listed labs. Please do not go to the testing facility until you receive this packet.

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

### 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.

