

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
- Save you money
- 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 **YU49J**



BY PHONE! (800) 840-6100

AURA offers Health Evaluations that are **FAST** and **CONFIDENTIAL** to help you and your spouse commit to health. **Employees and spouses who participate in the health evaluations each receive a \$300 lump sum contribution to the employee's health savings account. If the employee meets their personal health goal, they will receive an additional \$350 contribution.**

This program is **FREE** to all employees and spouses participating in the company's medical plan. If you are an employee or spouse not on the medical plan, you may participate in the health evaluation for a fee of \$95.

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

Choose from Two Convenient Options

1. **ONSITE**

- Participate onsite at **AURA | November 6 – 9, 2017.**

2. **TEST AT A LAB**

- Available **November 6, 2017** through **November 22, 2017.**

See next page for more details



Health Evaluation Options

Onsite

Sign Up Online

www.myinteractivehealth.com
New users enter Sponsor Code
YU49J

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

by **Wednesday, November 1, 2017.**

Test at a Lab

Request to "test at a lab" online

www.myinteractivehealth.com
New users enter Sponsor Code
YU49J

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

Test at a Lab option is **available November 6, 2017 through November 22, 2017.** Please request to test at a lab by **November 8, 2017.** Please return the completed paperwork and complete your lab blood draw by **November 22, 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 and Monthly Newsletters

Onsite Health Evaluation Locations

Health Evaluations are by appointment.
Please schedule by: Wednesday, November 1, 2017.

AURA

Boulder, CO
312A and 312B

November 6
7:00 AM -12:00 PM

Tucson, AZ
Scientific Conference Room

November 6, 7 & 9
6:00 AM -12:00 PM

Kitt Peak National Observatory
RBSE Room

November 8
8:00 AM -12:00 PM

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 and clinic phone and fax numbers available when you come to your appointment. You can also go to www.myinteractivehealth.com and provide this information.

Unable to meet your health goals?

If you are unable to meet your health goals that are 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 (that, if you wish, will be developed with your doctor). This alternative course of action must be completed by **January 2, 2018.** 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.