How It Works

- Start with a comprehensive wellness audit
  - Completed on November 22, 2019
  - 2020 biometric screenings will occur in November

- Access Points: Onsite, Test at Lab, or Physician Verification Form

- 38 panel comprehensive health screening
- Blood pressure screening
- Health assessment
- Age/gender specific tests
Personal Health Report

- **On Website**
  - Available 24-48 hours on web

- **In Print**
  - Mailed to home within 2 weeks
  - Personal Health Score and Goal
  - Risk assessments
  - Condition-relevant resources
Personal Health Score and Goal

Component of the Personal Health Report—personalized for each member based on their lab results/health history responses

- **FIVE Controllable Health Factors**
  - Blood Pressure
  - LDL Cholesterol
  - Glucose
  - Triglycerides
  - Tobacco use

- HIPAA compliant - 100% confidential
Log in to your Interactive Health member portal at www.myinteractivehealth.com

Your home screen will show your Personal Health Score and Goal

Click on “My Personal Health Score” for more detailed information
Interactive Health Outreach

- Immediate Intervention Outreach
  - Physician directed protocols identify at-risk individuals
  - Interactive Health clinicians outreach to these high risk members 1-2 business days following the Health Evaluation
    - Typically 3-4% of the population and 75% member engagement

- Condition Management Outreach
  - Interactive Health coaches reach out to “at risk” members within 10-14 business days
  - Targeted conditions include Diabetes, Pre-Diabetes, Metabolic Syndrome, Hypertension and High Cholesterol
    - Typically 30-35% of the population and 75% member engagement

Interactive Health data shows 80% of members achieve success when they commit to outreach!
Resources

Health Coaching
• Smoke-Free for Life
• Diabetes Prevention and Control
• Weight Loss
• Managing Cholesterol Levels
• Blood Pressure
• Better Nutrition
• Personalized Fitness
• Achieving Balance

Health Education
• Health Newsletter
• Personal health e-mail
• Health webinars

Retest
• 6-month free retest

Health Coaching

Health Education

Coaching Courses
Telephonic HealthFocus courses are confidential and free to anyone who participates in the Health Evaluation.

- Your personal health coach will guide you in making lasting lifestyle changes
- Course material will be customized to meet your health goals

Course Descriptions

Tobacco-Free for Life
Learn different quit techniques such as nicotine replacement therapy. Develop strategies for life after quitting. Work with an experienced professional and earn a tobacco-free lifestyle.

Diabetes Prevention and Control
Your personal health coach will use the principles of diabetes education to help you make healthy lifestyle choices. Nutrition and exercise strategies are designed to help you take control of your diabetes or prevent the development of diabetes.

Lifestyles for Successful Weight Loss
Learn a balanced, long-term approach to losing weight and keeping it off. Your health coach will individualize a plan to help you meet your goals. This course will help you reshape your habits as you reshape yourself.

Managing Cholesterol Levels
Develop an individual plan to lower your bad LDL cholesterol, raise your good HDL cholesterol, and lower triglycerides. By leading a healthy lifestyle, you may be able to reduce your risk for a heart attack or stroke.

Managing and Preventing High Blood Pressure
Lifestyle plays an important role in controlling your blood pressure. Develop strategies to help you successfully reduce your blood pressure with a healthy lifestyle and reduce the need for medication.

Better Nutrition
Evaluate current eating habits. Set healthy goals. Discover strategies for

Sign up now!
Call (800) 840-6100 to register for a HealthFocus course
2019 IH Screening Results

- 259 participants
  - 222 repeats
- 37% (96) of members had newly discovered conditions
  - 119 total newly discovered conditions
- 9 critical condition outreaches
- Aggregate Personal Health Score -2.1
  - 2018 was -4.5
- 78.8% of repeat participants met their goals
2019 IH Screening Results

- Score components
  - Participants that were out of normal range in 2018
    - Blood Pressure (13) - 23% regressed and 77% improved
    - LDL Cholesterol (29) - 38% regressed and 59% improved
    - Blood Glucose (52) - 31% regressed and 67% improved
    - Triglycerides (46) - 26% regressed and 70% improved
    - Tobacco (16) - 25% quit