Three easy ways to participate...
You decide which way is right for you!

If you participate, you will earn 300 points toward the goal of 600 points.
PLEASE CHOOSE ONE OPTION FOR THE 2019 PROGRAM YEAR.

The program year starts on 10/15/18 and ends on 8/15/19.

WE HIGHLY ENCOURAGE MEMBERS TO SCREEN 12 MONTHS APART – IF YOU PARTICIPATED IN THE HEALTH EVALUATION DURING THE 2018 PROGRAM YEAR, TRY TO RESCREEN IN THE SAME MONTH THIS YEAR. THIS WILL ALLOW FOR AN ADEQUATE COMPARISON OF RESULTS.

Option One – Onsite:

1. Register or log-in at www.myinteractivehealth.com. First time users can request their sponsor code from the county they are eligible through or by calling Interactive Health at 800-840-6100.
2. Click "Schedule Now" in the "Schedule Your Health Evaluation" box in the upper right of the page.
3. Confirm your personal information to proceed to the schedule.
4. Select your appointment location, date and time.
5. Continue until you are prompted to **confirm**.
6. Save time at your appointment by **completing the Health Assessment online** (this is highly recommended).
7. You can have your physician's info ready (physician's name, fax and phone number) and complete the authorization to have Interactive Health send your lab results to your physician **(and receive 50 points toward your total points goal of 600 for authorizing this)**.

Option Two – Test at a Lab (TAL):

If you would like to test at a lab, you must complete the testing no later than August 15, 2019, ideally before.

1. Register or log-in at www.myinteractivehealth.com. First time users can request their sponsor code from the county they are eligible through or by calling Interactive Health at 800-840-6100.
2. Click "Schedule Now" in the "Schedule Your Health Evaluation" box in the upper right of the page.
3. Confirm your personal information to proceed to the schedule.
4. On the Location page, click ***Test at a Lab,*** and select a LabCorp location near you.
5. Continue until you are prompted to **confirm**.
6. Download your forms or have them mailed to your home. Your forms include instructions, a Physician Authorization and a Test Requisition Form. **You cannot complete the test at a LabCorp location until you have downloaded or received these forms to your home.** There is one form to complete and return via mail; this form **must be postmarked no later than August 15, 2019**. Members are highly encouraged to mail this form a week prior to this deadline.
7. Complete your **Health Assessment online**, while logged into your account.
8. You can have your physician's info ready (physician's name, fax and phone number) and complete the authorization to have Interactive Health send your lab results to your physician **(receive 50 points toward your total points goal for authorizing this)**.

For Option One or Two you may also register and schedule your appointment by calling Interactive Health at 800-840-6100 between 9 am – 7 pm EST. Be sure to mention whether you would like to participate Onsite or via Test at a Lab.

Option Three – Use Your Own Physician:

Eligible members who have had blood work completed with an order from their doctor no earlier than October 1, 2018 or plan to before August 15, 2019 may use these results.

1. To participate in this manner, you must call Interactive Health at 800-840-6100 to request a Physician Verification Packet by **August 1, 2019**.
2. Interactive Health will mail the packet to you with forms you need to complete, and one form your doctor's office must complete.
3. Once completed, forms must be mailed back to Interactive Health in the addressed envelope provided. Returned forms **must be postmarked no later than August 15, 2019**. Members are highly encouraged to mail these forms a week prior to this deadline.

NOTE: if your doctor sends you to LabCorp with orders to have bloodwork completed, this is not the TAL (test at a lab) option. If your doctor orders bloodwork, you must request the Physician Verification Packet regardless of what lab you are sent to have the blood draw.

Waiver/Reasonable Alternative Standard (RAS) Information

If it is medically inadvisable for a member to participate in any aspect of this program, which *may* be required to earn an incentive, the member may contact Interactive Health at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request waiver/RAS documents. These documents must be completed by the member's physician and returned to Interactive Health no later than **8/15/19.** Please contact Interactive Health to request this information at least 2 weeks prior to this date.

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Brilliant Performance. Proven Results.

County Employee Benefits Consortium of Ohio
CEBCO
Health & Wellness