

# WEEKEND HEALTH TIPS



Sarah Seifert & Jeri Dreikosen—EAP and Wellness

April 29th, 2016

# May 2nd

## Bio Screen Appointment Scheduling Available Online!

[Myinterrahealth.com](http://Myinterrahealth.com)

*Follow These 4 Simple Steps to Success:*

### **Step 1: Bio Screen (Blood Draw at ELC):**

June 10th through July 12th  
Appointments can be made beginning May 2nd.

### **Step 2: Health Risk Assessment (Online Questionnaire)**

Complete this questionnaire when you are online to schedule your BioScreen, Beginning May 2nd. This **MUST** be complete prior to the date of your Results Phone Consultation.

### **Step 3: Telephone Consultation to Discuss the Results of your Bio Screen**

Schedule this for at least **one week after** your blood draw appointment. Be sure to set up the call date when you are online registering for your Bio Screen.

June 20 - Aug 31

### **Step 4: Tobacco Attestation Form**

Complete Anytime May 2nd or after  
Log in to your dashboard, and click on the tobacco attestation link, and click the button that describes your tobacco use (there are 2 choices). The 350 points are immediately updated to your Bioscreen total.  
This is part of your 1000 Bioscreen total.

### In This Issue:

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**RUN**

**Walk**

**Jump**

**Move!**

# Save the Date! National Employee Health & Fitness Day

**When: Wednesday, May 18th**

**Where: Horace Mann**

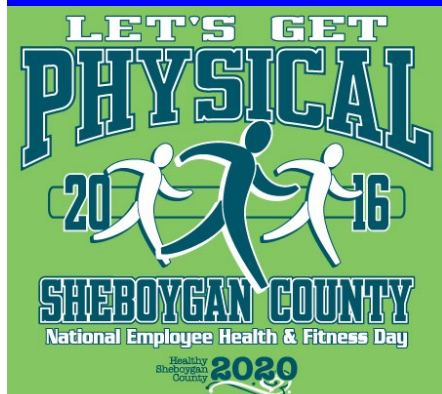
**Two Fun Options!**

**4:30—5:00pm (Half Hour) or**

**5:10—5:30pm (20 Minutes)**

Come Join the Fitness Fun! Assistant Wellness Coordinator, Sarah Seifert will be leading both sessions! Walking, Skipping, Dancing and Shaking....it's all about getting moving for at least 20 minutes.

Participate in either event and be entered to win an Awesome Prize including.... Movie Tickets, Rounds of Golf, Farmers Market Gift Cards, and a FitBit Charge HR!!!!



# May School Visits



- Final Weigh-ins for Power of 10
- \$5.00 Farmers Market Gift Card
- Seed Packet of your Choice  
(Complete w/ Planting Instructions & Recipes)

## Financial Wellness Series:

### *Session 2*

Maximizing Your Retirement

May 16 / 5-6:00pm

Guest Speaker: Cindi Fox

Presented by Money Management Educators

South High School - LGI Room

*Earn 10 Wellness Points for Attending—Spouses Welcome!*



## Helpful Links:

[Myinterrahealth.com](http://Myinterrahealth.com)

[2017Wellness Program Guide](#)

[Wellness Program FAQ's](#)

[How to submit verification for points](#)

[Verification Form](#)