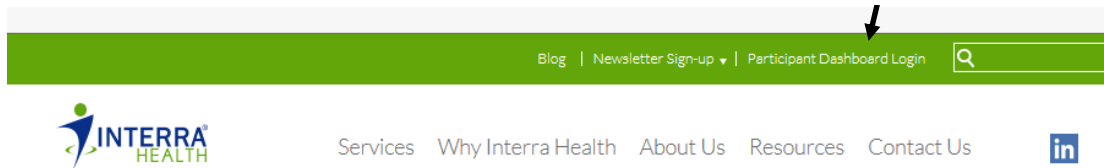


HELPFUL TOOL: 8 Steps (print screens/directions) to assist with completing the requirements listed on the **Wellness Program Summary** (ivory colored) handout.

- 1) Go to: www.MyInterraHealth.com

Click here to login

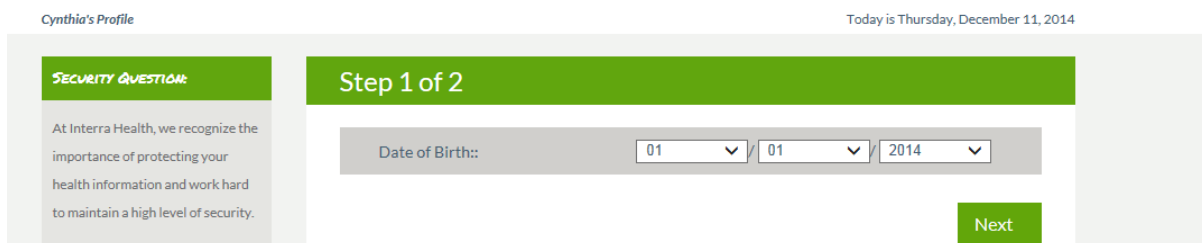


- 2) **Enter Participant Login Information** in lowercase letters (see bottom of ivory colored handout)
Participant ID = lastname + date of birth (in mmddyy format with NO slash marks)

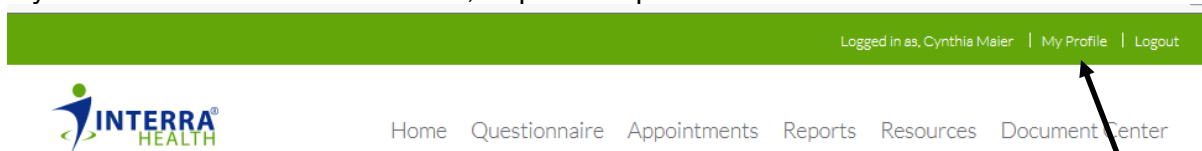


- 3) Once you complete the login, on the next screen you need to re-enter your date of birth

SECURITY QUESTION:



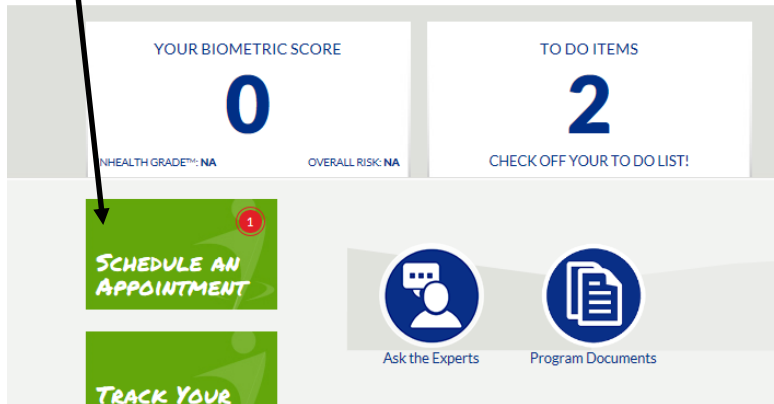
- 4) After you verify your date of birth, you will be asked to change your password.
NOTE: In the left margin, the criteria for creating your new password is identified.
- 5) ***IMPORTANT NOTE*** If you want to receive an email confirmation, you must go to MyProfile at the top of the page to enter your email address **NOW!**
If you don't want email confirmation, skip this step.



Click here to access MyProfile

- 6) Your **TO DO ITEMS** shows 2 things are needed to complete: InHealth Bioscreen and InHealth Risk Assessment (Questionnaire). To schedule your FREE onsite confidential InHealth Bioscreen, complete this step.

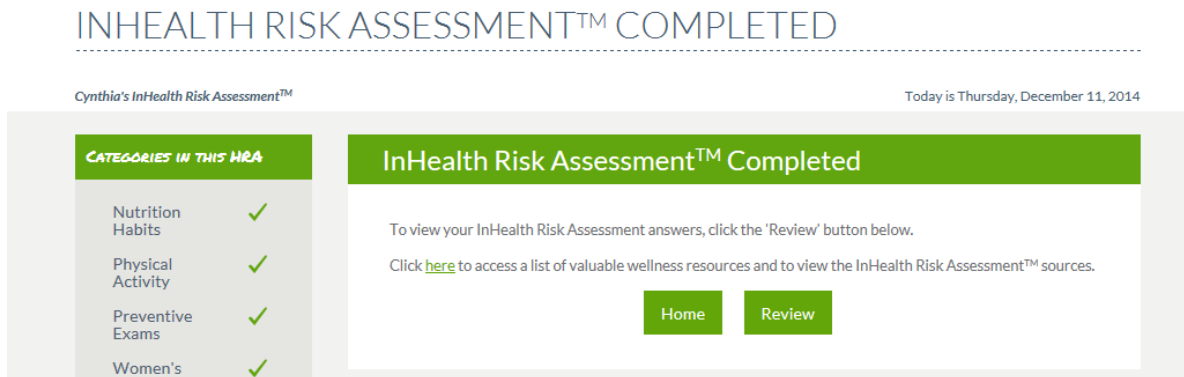
NOTE If you are choosing to complete this step with your own personal physician you can skip this step.



- 7) To complete the InHealth Risk Assessment (Questionnaire), you click on **Questionnaire** and then you will be asked to consent to completing questionnaire online.



After agreeing, the questionnaire begins – 74 questions and you **DO NOT** need to enter any information/numbers (#'s) from your screening results. After completing the InHealth Risk Assessment, the screen below should appear.



- 8) After you have scheduled your biometric appointment and completed the questionnaire, you have completed your “TO DO Items”. Be sure to show up for your InHealth Bioscreen appointment.

NOTE If you are unable to schedule an appointment at one of the onsite screenings, you may choose to use your own personal physician to complete the enclosed *Bioscreen (Lab) Results* handout.

REMINDER Those who take family health insurance (including retirees) will need their spouse (not dependents) to participate as well in order to be eligible for the reduction in deductible. As an additional incentive, completion of both the health screen and the online risk assessment before the end of **January 2015** will result in both subscriber (employee/retiree) and spouse receiving a \$25 dollar prepaid gift card from WEA.