2014-15

INHEALTH DASHBOARD™

Each participant has a secure login for the Interra Health website that can be used to access online tools. This participant site is called the InHealth Dashboard™.

PROGRAM REQUIREMENTS

1 **SCHEDULE INHEALTH BIOSCREEN™**
Online or Telephonic
☐ Complete

2 **COMPLETE INHEALTH RISK ASSESSMENT™**
☐ Complete

3 **COMPLETE INHEALTH BIOSCREEN™**
☐ Complete

INTERRA® HEALTH

WEA TRUST

WELLNESS PROGRAM SUMMARY

Whitefish Bay School District

Take an active role in your health and experience the benefits of wellness!
You are encouraged to participate in the wellness program sponsored by your employer! All participants have the opportunity to participate in a comprehensive, onsite health screening.

InHealth BioScreen™

The InHealth BioScreen™ is a series of biometric tests that are used in conjunction with your HRA to get a snapshot of your overall health. Tests may include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height, weight and Smokerlyzer test. A blood sample is also collected to test your total cholesterol, HDL, LDL, triglyceride, and glucose levels. Immediately following your screening, you will have the opportunity to review your results with an Interra Health trained and certified Health Screening Specialist.

Please be prepared to fast for 10-12 hours before you scheduled appointment time. Drinking water is encouraged! If you are currently taking medication, be sure to consult your physician before fasting.

SCREENING DATES & LOCATIONS

Date	Location	Time
Tuesday, December 30, 2014	WFB High School	7:00am-11:00am
Tuesday, January 6, 2015	WFB Middle School	6:30am-10:30am
Tuesday, January 6, 2015	Cumberland Elementary	6:30am-10:30am
Wednesday, January 7, 2015	WFB Middle School	6:30am-10:30am
Wednesday, January 7, 2015	Cumberland Elementary	6:30am-10:30am
Thursday, January 8, 2015	WFB High School	6:00am-10:30am
Thursday, January 8, 2015	Richards Elementary	6:00am-10:30am
Friday, January 9, 2015	WFB High School	6:00am-10:30am
Friday, January 9, 2015	Richards Elementary	6:00am-10:30am

Getting Started

- Go to www.MyInterraHealth.com and enter your participant login information (see below) to access your InHealth Dashboard™
- Click Schedule at the top of the screen to schedule your BioScreen appointment
- Click Questionnaire at the top of the screen to complete your online HRA

Participant Login Information

PARTICIPANT ID: last name + DOB (MM/DD/YYYY) Example: smith10151987

PASSWORD: wellness

COMPANY ID: wfb

We Protect Your Privacy
Your information is confidential. Interra Health is a health care company independent of your employer. Information obtained by Interra Health during the wellness program is the property of Interra Health and cannot be viewed by others without your written permission unless permitted by law.

P 866.814.1016 | F 262.754.0067 | www.MyInterraHealth.com