



Your connection to better health

powered by: Interactive Health



Your Resources

As an Interactive Health wellness program member, you have access to a comprehensive suite of resources to help you manage your health. Your wellness program begins with a comprehensive Health Evaluation (biometric screening and health history). Once you have completed the Health Evaluation, you have access to these resources available at no cost to you.

Resource Descriptions

Share Your Results with Your Doctor

Send your physician your personal lab results. Have your results automatically sent by signing the authorization form at the time of your health evaluation or send at any time by logging into the member website and choosing My Physicians under Health Connection.

Health Coaching

Personalized coaching by phone with an expert who specializes in your health needs. Your health coach will guide you through lifestyle changes to meet and maintain your health goal. See back of page for more details.

Mid Year Re-Check

Six months after your personal health evaluation, you have the option for an additional no cost biometric screening. A postcard will be mailed to your home with details on how to schedule your follow-up screening.

“Results for Life” Newsletter

A monthly update on the latest wellness trends featuring articles, recipes and fitness tips designed to help you live a healthier lifestyle.

Health Webinars

Live webinars featuring a new health topic every other month. Sign up to attend a webinar or view recorded webinars on the member website in the Education section.

“News to Use” Emails

Timely and topical information designed for your particular health interests. Emails are sent to members throughout the year.

Website

Our member website is your personal member portal which provides the information you need to reach your health goals. The following information can be found on your website: your test results, Personal Health Score, Personal Health Goal, resources to meet that goal, personalized content and a medical encyclopedia.

- **Kids Health:** Youth focused medical database with sections written for children, teens and parents. All sections feature age-appropriate health related subjects written to the level of the reader.

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HealthFocus Courses

HealthFocus courses are confidential and free to anyone who participates in the Interactive 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 relapse prevention. Work with an experienced professional and live a tobacco-free life!

Diabetes Prevention and Control

Your personal health coach will increase your knowledge of diabetes to help empower you to make healthy lifestyle choices. Nutritional and exercise strategies are explored to help you take control of your diabetes, or prevent the development if you're at risk.

Lifestyles for Successful Weight Loss

Learn a balanced, non-diet 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 reshape your habits as you reshape yourself.

Managing Cholesterol Levels

Develop an individual plan to feed your heart to lower bad LDL cholesterol, raise good HDL cholesterol, and lower triglycerides. By leading a healthy heart 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 you may avoid, delay or reduce the need for medication.

Better Nutrition

Evaluate current eating habits. Set healthy goals. Discover strategies for meal planning, eating out, nutrition on the run and more. Eating right is energizing!

Personalized Fitness

A professional will help you design and monitor a fitness routine to help you achieve your fitness goals. Develop strategies to fit exercise into your busy schedule. Learn tricks to stay motivated and feel energized!

Achieving Balance

You'll work with a health coach to develop behavioral change techniques to reduce stress, achieve balance and improve your quality of life.

Sign up now!

**Call (866) 270-5441 to register
for a HealthFocus course**

Visit ExcellusBCBS.com/Blue4U