

Get on Target With Your Health Goals



You've completed your health evaluation and received your results ... Now what?

It's time to meet your goal!

How can I qualify and earn rewards?

- In **YEAR ONE**, new members can qualify for their reward simply by participating.
- In **YEAR TWO and beyond**, existing members have to meet or exceed the Personal Health Goal they received at their previous health evaluation in order to qualify and earn their reward.

Need tips as you work toward your goal?

There are a variety of resources in the wellness program to help you make healthy lifestyle changes that will enable you to meet your goal.

Visit the member website
www.myinteractivehealth.com to get started!

