

Interra Health®

School District of Waukesha 2013 Program Summary

Workplace Wellness

Take an active role in your health and experience the benefits of wellness! Health Plan Covered Employees and Spouses, are encouraged to participate in the wellness program sponsored by their employer. Your employer has partnered with Interra Health® to bring wellness programming to your workplace.

InHealth Risk Assessment™

The InHealth Risk Assessment (HRA) is an online questionnaire that collects information regarding your health and daily habits. The information is used to help identify potential health risks.

InHealth BioScreen™

The InHealth BioScreen is a series of basic tests that are used in conjunction with the HRA to get a snapshot of your overall health. Tests include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height, and weight. A fingerstick blood sample is also collected to test your total cholesterol, HDL, LDL, triglyceride, and glucose levels. To ensure accurate results, fast for 10 hours prior to your screening appointment (drinking only water is encouraged). Please follow your physician or pharmacist's recommendations regarding any specific dietary or medication-related needs.

We Protect Your Privacy

Your information is confidential. Interra Health® is a health care company independent of your employer. Data 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.

Getting Started

- 1 Go to www.interrahealth.com. Enter your participant login information (see participant login section below) to access your secure Interra Health profile, on your InHealth Dashboard.
- 2 Click the Questionnaire icon at the top of the screen to complete your online HRA.
- 3 Click the Schedule icon at the top of the screen to schedule your BioScreen appointment.

Participant Login Information

*NOTE: Employees and Spouses have separate profiles!

Employee ID	To access your Employee ID, see instructions on following pages
Spouse ID	Add an "S" to the end of the Employee ID
Password	wellness
Company ID	waukesha

*You may also call Interra Health at (414) 755.4898 to schedule your BioScreen appointment.



Requirements for 2014 Premium Share Reduction for Participants who take Health and Dental Insurance Benefits

If you are an:

- 1) Active School District of Waukesha employee
- 2) You subscribe to the SDW health insurance

You and your spouse (if applicable) need to:

- 1) Complete an in-person *biometric assessment in Fall of 2013
- 2) Complete the **online assessment in Fall of 2013
- 3) Show proof of a preventive dental and a preventive physician visit between December 1, 2012 and December 1, 2013

In order to have a lower health insurance premium share 12% vs 17% for ALL full-time employees (as of July 1, 2013) taking the health insurance benefit

**Biometric Assessment Defined: Components to be tested are height, weight, waist circumference, blood pressure screening and blood sample (measuring total cholesterol, HDL, triglycerides and glucose). These will be held on-site at SDW locations and will be announced in the Fall of 2013.*

***Online Personal Health Assessment Defined: What is your "health age" and risk of developing illness? This online assessment requires you to input the data from your in-person biometric screening into an online survey. The results will help you determine what, if any, risk factors you may have and how to improve your lifestyle.*

NOTE: In the case of all employees taking the family health insurance benefits, as of July 2013 the employee and their spouse must do the biometric assessments, the online assessment, and show proof of engagement for a preventive dental and physician visit in order to experience the lower premium share.

Requirements for 2014 Premium Share Reduction for Dental Insurance ONLY

If you are an:

- 1) Active School District of Waukesha employee
- 2) You subscribe to the SDW Dental insurance only

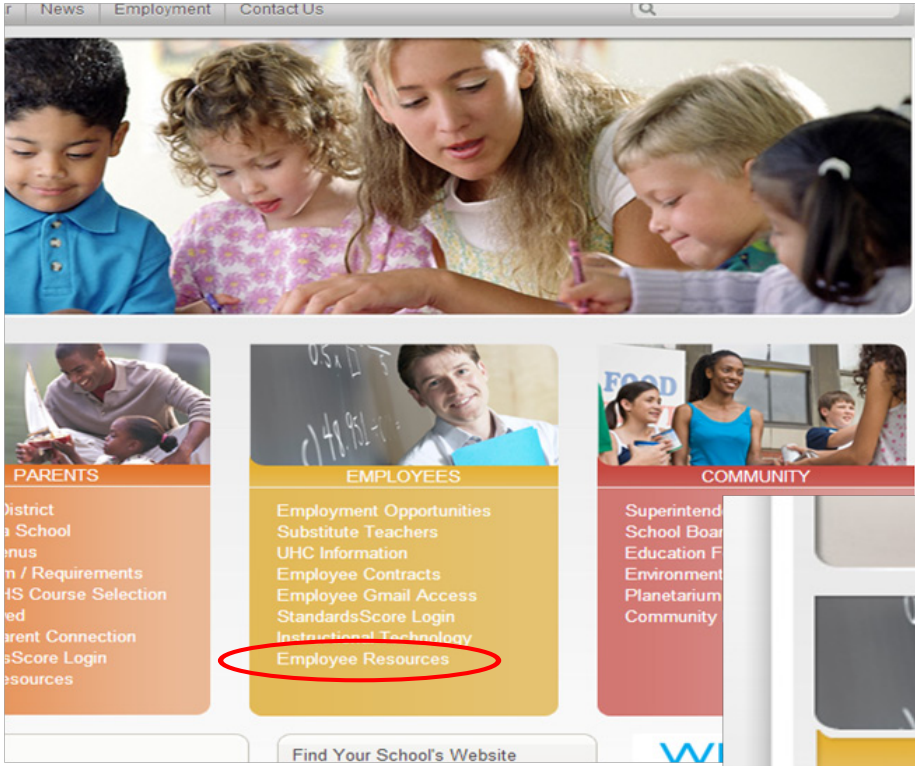
You and your spouse (if applicable) need to:

- Show proof of a preventive dental visit between December 1, 2012 and December 1, 2013

In order to have a lower dental insurance premium share 12% vs 17% for ALL full-time employees (as of July 1, 2013) taking the dental only insurance benefit

NOTE: In the case of all employees taking the family dental insurance benefits only, as of July 2013 the employee and their spouse must show proof of engagement for a preventive dental visit in order to experience the lower premium share.

How do I find my Employee ID#?



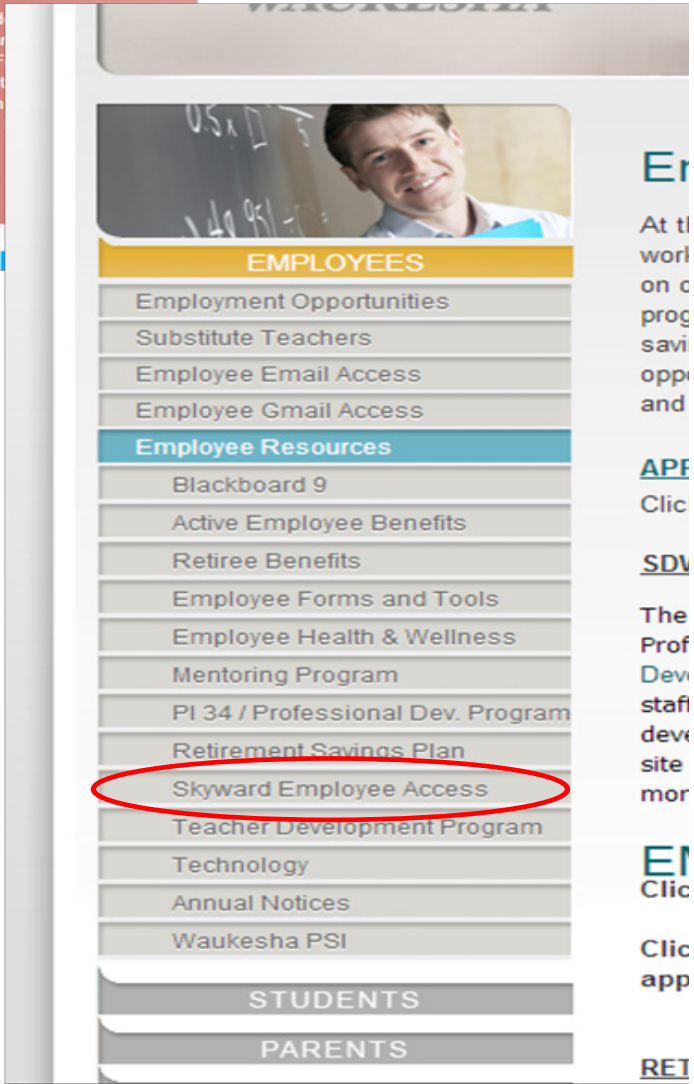
Step 1-

Navigate to the district web page (www.waukesha.k12.wi.us)

Under the section "Employees", click the link titled "Employee Resources"

Step 2-

Click on the "Skyward Employee Access" link on the left hand side near the bottom





Waukesha, WI School District
Waukesha, WI - Live Finance data

Login ID: juser

District Username

Password:

District Password

Sign In

05.13.06.00.07-10.2

Login Area: Employee Access

Step 3-

When the Skyward login screen appears, login with the username portion of your district login (Example: **juser**@waukesha.k12.wi.us) and password (juserXXXX) **last 4 digits of your social security number unless you changed your password.

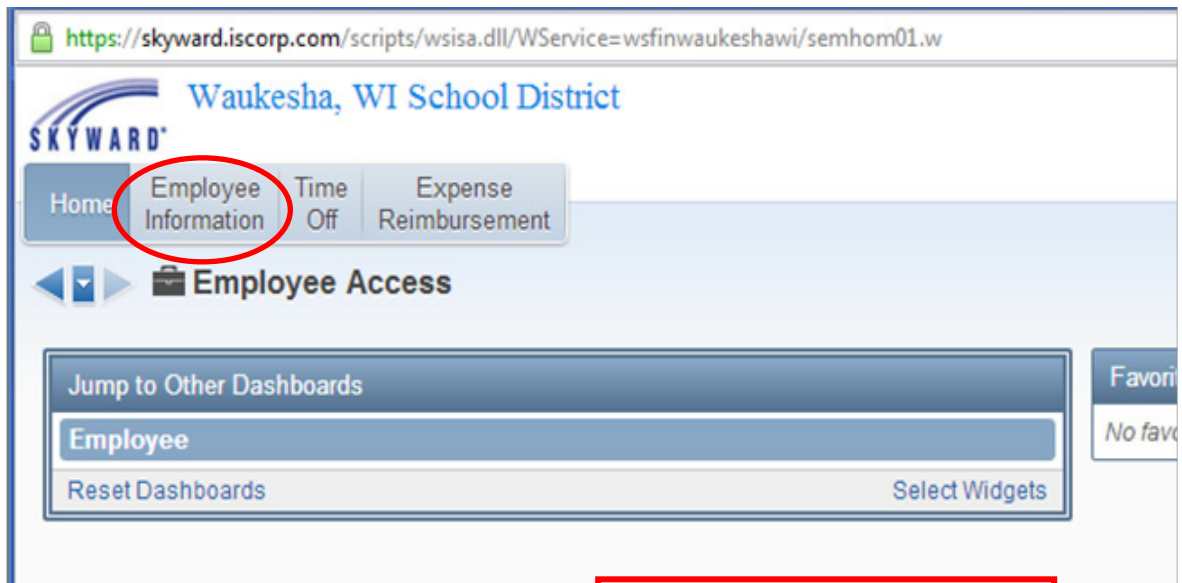
Make sure to set the Login Area selector to "Employee Access".

Interra Health[®]

Employee Handout

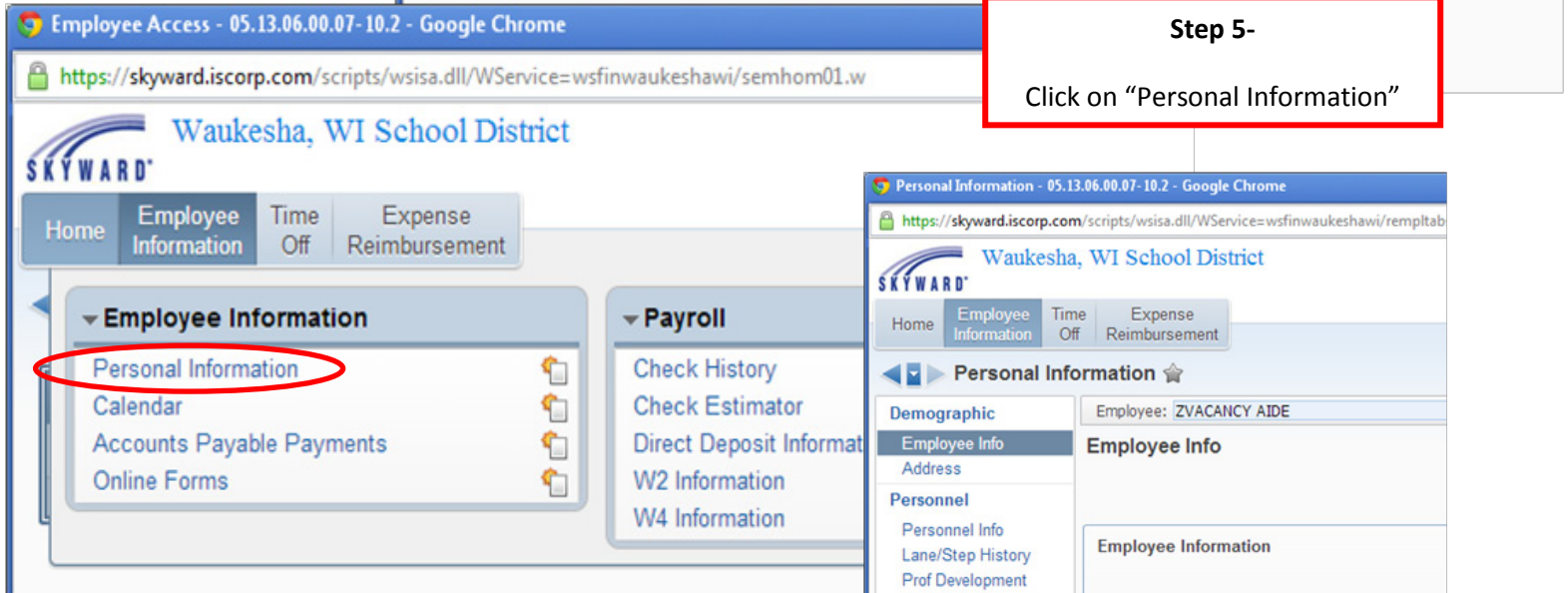
Step 4-

Click on the "Employee Information" tab.



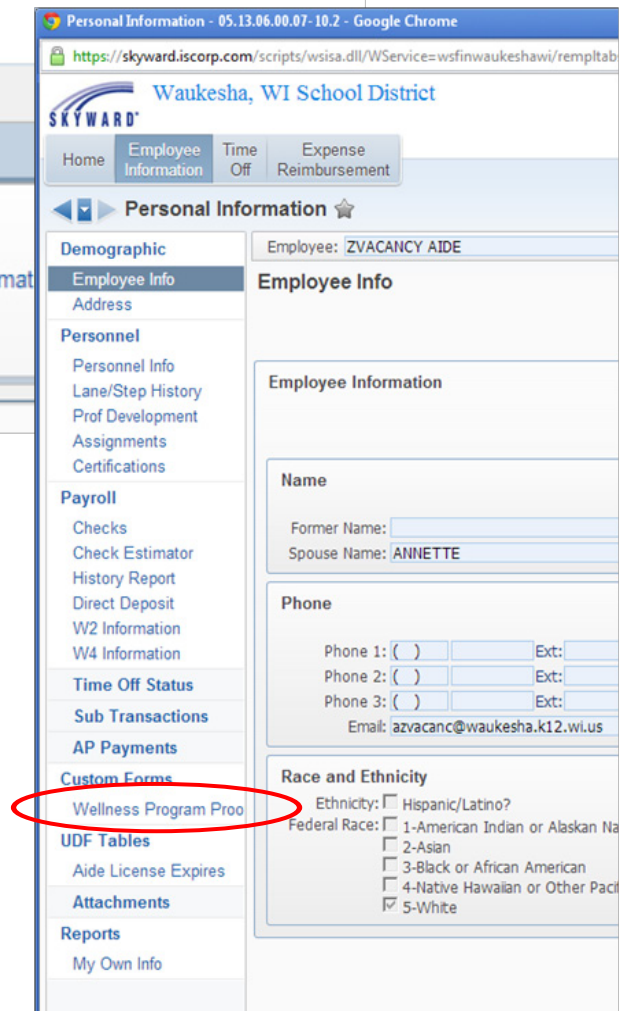
Step 5-

Click on "Personal Information"



Step 6-

Select "Wellness Program Proof of Engagement" option under "Custom Forms" on left



Use this final page to identify your employee I.D. number needed for
INTERRA HEALTH online registration.

In addition, use this page to verify receipt of employee (and spouse
if applicable) Proof of Engagement forms.

Personal Information - 05.13.06.00.07- 10.2 - Google Chrome

<https://skyward.iscorp.com/scripts/wsisa.dll/WService=wsfinwaukeshawi/rempltabs001.w>

Waukesha, WI School District

Home Employee Information Time Off Expense Reimbursement

Personal Information ☆

Employee: ZVACANCY AIDE

Wellness Program Proof of Engagement

Employee's Name: AIDE ZVACANCY Employee's ID: 937128

Primary Insured-NAME: AIDE ZVACANCY

EE Physical Date: 06/14/2013 Friday

EE Dental Visit Date: 08/02/2013 Friday

Spouse Last Name: ZVACANCY

Spouse First Name: ANNETTE

Spouse Physical Date: 05/01/2013 Wednesday

Spouse Dental Visit Date: 08/09/2013 Friday

Covered by health ins. Dental Only

Retiree

Demographic
Employee Info
Address

Personnel
Personnel Info
Lane/Step History
Prof Development
Assignments
Certifications

Payroll
Checks
Check Estimator
History Report
Direct Deposit
W2 Information
W4 Information

Time Off Status

Sub Transactions

AP Payments

Custom Forms
Wellness Program Proof of Engagement

UDF Tables

Important Dates To Know!

- Beginning September 23, 2013, participants may begin taking their InHealth Risk Assessment and scheduling their InHealth BioScreen appointment.
- Onsite biometric screenings will take place on the following dates. Appointments are required, and scheduled on a first-come, first-serve basis.

BioScreen Dates

Date	Time	Location
Saturday, October 5th, 2013	6:00am-11:00am	West High School
Monday, October 7th, 2013	7:15am-11:15am	Bethesda
Monday, October 7th, 2013	6:00am-11:00am	North High School
Tuesday, October 8th, 2013	6:00am-11:00am	Central Middle School
Tuesday, October 8th, 2013	7:15am-11:15am	Rose Glen
Wednesday, October 9th, 2013	7:15am-11:15am	Hadfield
Wednesday, October 9th, 2013	6:00am-11:00am	West High School
Thursday, October 10th, 2013	7:15am-11:15am	Lowell
Thursday, October 10th, 2013	7:15am-11:15am	Meadowbrook
Friday, October 11th, 2013	7:15am-11:15am	Blair
Friday, October 11th, 2013	7:15am-11:15am	Hawthorne
Friday, October 11th, 2013	7:15am-11:15am	Summit View
Saturday, October 12th, 2013	6:00am-11:00am	South High School
Monday, October 14th, 2013	7:15am-11:15am	Banting
Monday, October 14th, 2013	7:15am-11:15am	Heyer
Monday, October 14th, 2013	7:15am-11:15am	Whittier
Tuesday, October 15th, 2013	6:00am-11:00am	Butler Middle School
Tuesday, October 15th, 2013	7:15am-11:15am	Randall Stem Academy
Wednesday, October 16th, 2013	7:15am-11:15am	Prairie
Wednesday, October 16th, 2013	7:15am-11:15am	Lindholm
Thursday, October 17th, 2013	7:15am-11:15am	Hillcrest
Thursday, October 17th, 2013	7:00am-11:00am	South High School
Friday, October 18th, 2013	6:00am-11:00am	Horning Middle School
Friday, October 18th, 2013	6:00am-11:00am	Saratoga Stem Academy
Saturday, October 19th, 2013	6:00am-11:00am	North High School
Tuesday, October 22nd, 2013	6:15am-10:15am	Service Building
Tuesday, October 22nd, 2013	3:30pm-6:30pm	Service Building
Wednesday, October 23rd, 2013	7:15am-11:15am	Waukesha ELC