



## How Your Journey to Better Health Begins

Step 1	<p><b>Sign up for a time to attend the Health Fair. *</b></p> <p>Your participation starts when you sign up for a time to attend the USD 230 onsite health fair. There you will receive a free health screening that will help you determine your current health status and the best health and wellness strategies for you.</p> <p>SHEA realizes many of you work closely with your own doctors. This program does not replace those efforts. Instead, <i>A Healthier You</i> is all about making it easy for anyone to set a course for better health and to help them stay the course. It is designed to help you take charge of creating a healthy lifestyle.</p>
Step 2	<p><b>Show up at your pre-scheduled appointment.</b></p> <p>The Health Fair will be staffed with qualified BCBSKC health professions who will conduct a number of free and confidential screenings for on-the-spot intervention, including:</p> <ul style="list-style-type: none"> <li>•Cholesterol screening</li> <li>•Weight</li> <li>•Body Mass Index (BMI)</li> <li>•Blood pressure</li> <li>•Glucose level</li> </ul> <p>Once you get your results, you will be able to complete the Online Health Risk Appraisal.</p>
Step 3	<p><b>Fill out your Health Risk Appraisal onsite.</b></p> <p>Take the results from your health screening and move to the designated computer stations, then fill out your Health Risk Appraisal. When you have filled out all the questions, you will receive a printout of your Wellness Score. (Note: You will be receiving a copy of the questions for perusal in advance of the actual Health Fair, but you will <u>not</u> be able to fill out the online questionnaire until the day of the fair at the designated computers provided by BCBSKC.)</p>
Step 4	<p><b>You are in the driver's seat now.</b></p> <p>Visit <a href="http://bcbskc.com">bcbskc.com</a> and click on <i>Health &amp; Wellness</i>. The first thing you will see when you visit the <i>A Healthier You</i> Web site at <a href="http://bcbskc.com">bcbskc.com</a> is your Dashboard. This Dashboard helps you understand your health.</p> <p>Customized by your Wellness Score, your Dashboard is your one-stop online springboard to all of your health information needs. Here is just some of what it can help you do:</p> <ul style="list-style-type: none"> <li>•Connect with an online health coach</li> <li>•Learn more about your current risks</li> <li>•Research health conditions</li> <li>•Find information on good nutrition</li> <li>•Learn how to increase your overall fitness</li> <li>•Get safety tips</li> <li>•Research specific drugs</li> <li>•Take quizzes about important health topics</li> </ul> <p>When you need health-related information, your Dashboard puts you in the driver's seat.</p>
Step 5	<p><b>Take full advantage of A Healthier You.</b></p> <p>We hope you will enjoy taking advantage of the additional online programs offering nutrition &amp; weight management, stress management, smoking cessation, alternative medicine support, walking programs, pregnancy programs, and behavioral health support.</p>
<p style="text-align: center;"><i>This program sponsored in part by your Spring Hill Education Association along with the USD230 Board of Education Georann Whitman, President Spring Hill Education Association.</i></p>	

Dates and times as well as the telephone number to call will be provided in a separate document.

