Welcome

We're excited that you are taking part in our comprehensive wellness program sponsored by your employer (or your spouse's employer) through Interactive Health. You look forward to joining you on your journey to wellness.

Returning Users

User ID: [Forgot User ID?]
Password: [Forgot Password?]

First Time Here

Congratulations! You're about to take the first step on a journey to better health. Think of this website as your personal resource to help you make informed decisions leading to a healthier lifestyle and achieving your wellness goals.

New Users

Please enter your Patient or Sponsor code:

Next

Log In to Interactive Health Account

Click on “My Action Plan”

My Action Plan

Share your story and hear from others!

-20

My Personal Health Score

As of 08/24/2015

Blood Pressure

Systolic

Target: 130 or lower

Diastolic

Target: 80 or lower

Blood Pressure

Visit us on Facebook

My Lab Results

Risk Analysis

-20

Understanding Your Personal Health Goal

30

80
Under “My Health Library,” select “Health Webinars”

Scroll down this page and find “Cholesterol Countdown” underneath “Previous Webinars”
Click here and scroll back to top of the page to begin the webinar.