

FREE, CONFIDENTIAL HEALTH SCREENINGS 2009

Tri-County Schools Insurance Group, along with Delta Health Systems, will be offering free on-site health evaluations to all insured employees, retirees and enrolled spouses beginning February 2009.

For the third year, Tri-County Schools Insurance Group is excited to host a health management program that includes:

- Comprehensive blood test, blood pressure, health risk assessment
- Printed and on-line results and health education tools
- Outreach programs

The health screening is a convenient, comprehensive and confidential health evaluation that includes a state-of-the-art blood screening:

- Cardiovascular disease risks (high cholesterol, high blood pressure)
- Diabetes
- Liver and kidney disease
- Anemia
- Blood, bone and muscle disease

Other great benefits available at the following website: www.interactivehs.com

- Access to your test results
- Virtual medical record
- Electronically forward your results to your physician
- Medical library on symptoms, diseases, treatments
- On-line health consultations

Personal Health Report

Health Coaching Programs

- Lifestyles for successful weight loss
- Smoke free for life
- Better nutrition
- Personalized fitness
- Achieving balance
- Diabetes prevention
- Managing cholesterol levels

Dates, times and locations will be published when they become available. Flyers will also be sent to your employers for distribution.

As before, Tri-County Schools Insurance Group will pay you \$25 to have this free health screening and if you participated in 2008, Tri-County Schools Insurance Group will pay you \$50!