



## ***What is a Preventive Health Evaluation?***

### **Comprehensive Clinical Blood Test**

- Cardiovascular disease risks (high cholesterol; high blood pressure)
- Diabetes
- Liver and kidney disease
- Anemia
- Blood, bone, and muscle disease (including certain types of cancer)

### **Other great benefits:**

- [www.myinteractivehealth.com](http://www.myinteractivehealth.com)
  - Online test result access
  - Virtual medical record
  - Annual trend analysis
  - Electronically forward your test results to your physician
  - Medical library on symptoms, diseases, treatments
  - Online health consultations
- **Personal Health Report** mailed to your home, explaining your results and what they mean.
- **Health Coaching Programs**
  - Weight Loss
  - Achieving Balance
  - Tobacco-free for Life
  - Diabetes Prevention and Control
  - Better Nutrition
  - Managing Cholesterol Levels
  - Personalized Fitness
  - Managing and Preventing High Blood Pressure

## **Great News!**

***Interactive Health will be here on Tuesday, August 25<sup>th</sup> and Thursday August 27<sup>th</sup> to present our new Town of Amherst wellness program.***



***Sessions will be held at the following times and locations:***

***Tuesday August 25 @ 10:00 AM, 1:00 PM & 3:00 PM - Town Hall Council Chambers***

***Thursday August 27 @ 7:00 AM – Amherst Highway Department***

***Thursday August 27 @ 10:00 AM & 2:00 PM – Amherst Senior Center Craft Room***

**Learn more about upcoming “Preventive Health Evaluations” that include:**

***Comprehensive blood test, blood pressure analysis and health risk assessment in September 2015***

***Printed and on-line results and Health Education tools***

***Personal Health Coaching***

**Plus, “Evaluation” participants will be eligible to win great prizes! Be sure to take advantage of this exceptional new program offered to you.**