

# How To Get Started

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### LIFE

#### *Lifestyle Improvement For Everyone*

- Step 1:** Call the Health Education Department now at x2131 or 335-4131 and schedule an appointment for your health assessment biometrics testing.
- Step 2:** Complete a Health Risk Assessment, which can be filled out one of two ways:  
1) Health Education will interoffice a paper questionnaire to you. *Or*  
2) Find a link to the online version on the EPIC intranet or have Health Education email you the URL link.
- Step 3:** Print out the participant packet from the EPIC intranet page or request a hard copy from Health Education.
- Step 4:** Be sure to remember to attend your health assessments biometrics testing. Don't forget mark it down in your calendar now! If you did the paper version of the Health Risk Assessment you will turn in to the Health Education Department at the health assessment biometrics-testing site.
- Step 5:** You will be notified when your Health Risk Assessment results come in, and will be asked to schedule either a one-time group results interpretation or a individual results interpretation if you can not make the group results interpretation. (If you filled out your questionnaire online you will be asked to print out your results interpretation and bring it to either the one-time group session or to your individual session).
- Step 6:** Start the process of becoming a healthier individual and earn points toward winning great prizes by performing healthy lifestyle habits, attending health education classes, completing various events, eating right and more.
- Step 7:** Starting March 1, 2010 use your participant log to track your points and turn a monthly log to Health Education the first week of the following month to be eligible for the monthly and grand prize drawings.
- Step 8:** Have fun & enjoy a healthier LIFE!!!!