Company Information and Disclosure Statement
Section One: Issuers' Quarterly Disclosure Obligations for the Period Ended March 31, 2015

Date: May 20, 2015

Interactive Health Network

Common Stock: Trading as IGRW on Pink OTC Markets
CUSIP Number: 45841X105
Par value of the Common Stock is $.001

Action Stock Transfer Corporation
2469 E. Fort Union Blvd., Suite 214
Salt Lake City, UT 84121
Telephone: (801) 274-1088
Fax: (801) 274-1099
Email: jb@actionstocktransfer.com
Organized in the state of Nevada, is registered under the Exchange Act and is an SEC approved transfer agent.

QUARTERLY REPORTING OBLIGATIONS

1) Name of the issuer and its predecessors (if any)

In answering this item, please also provide any names used by predecessor entities in the past five years and the dates of the name changes.

April 28, 2014 the Company changed its name from HPC POS System, Corp. to Interactive Health Network.

2) Address of the issuer's principal executive offices

COMPANY HEADQUARTERS

Interactive Health Network
429 W. Plumb Lane
Reno, NV 89509
Office Phone: 775-830-3663
Email: info@interactivehealthnetwork.com
Website: http://www.interactivehealthnetwork.com

3) **SECURITY INFORMATION**

Trading Symbol:	IGRW	
Exact title and class of securities outstanding:	Preferred Stock A, B, C and Common	
CUSIP:	Old 40426V 202, Terminated	
CUSIP:	New 45841X105, Acquired after successfully changing its name to Interactive Health Network, with FINRA announcement April 28, 2014.	
Par or Stated Value:	Preferred A Stated Value $.001, Preferred B Stated Value $2.00, Preferred C Stated Value $5.00 and Common Par is $.001	
Total shares authorized:	5,500,000,000	as of: March 31, 2015
Total shares outstanding:	3,181,539,520	Common Stock as of: March 31, 2015
	6,072,392	Preferred Stock as of: March 31, 2015

TRANSFER AGENT

Name:	Action Stock Transfer Corporation
Address 1:	2469 E. Fort Union Blvd., Suite 214
Address 2:	Salt Lake City, UT 84121
Phone:	801-271-1088
Email:	JB@actionstocktransfer.com

Is the Transfer Agent registered under the Exchange Act?* Yes: X No: ☐

*To be included in the OTC Pink Current Information tier, the transfer agent must be registered under the Exchange Act.

List any restrictions on the transfer of security:

NONE

Describe any trading suspension orders issued by the SEC in the past 12 months.

NONE

4) Issuance History

List below any events, in chronological order, that resulted in changes in total shares outstanding by the issuer in the past two fiscal years and any interim period. The list shall include all offerings of securities, whether private or public, and all shares or any other securities or options to acquire such securities issued for services, describing (1) the securities, (2) the persons or entities to whom such securities were issued and (3) the services provided by such persons or entities. The list shall indicate:

A. The nature of each offering (e.g., Securities Act Rule 504, intrastate, etc.);

Date	Description	Shares	Price	Status
1/7/2013	EYoung Sr	150,000,000	0.001	Services Rendered
1/7/2013	TShingdia	150,000,000	0.001	Services Rendered
1/7/2013	DColley	150,000,000	0.001	Services Rendered
2/19/2013	1 for 900 reverse split	4,216,955		1 for 900 reverse split
3/8/2013	MColes	952,119,000	0.001	Services Rendered
3/11/2013	DTC Rounding	(12)		N/A
3/18/2013	DTC Rounding	16		N/A
4/16/2013	JPope	4,000,000	0.001	Services Rendered
5/24/2013	CPope	14,500,000	0.001	Services Rendered
6/14/2013	MColes	(910,000,000)	0.001	RETURNED TO TREASURY
6/14/2013	AFox	311,000,000	311,000	Convertible Note
6/14/2013	AFox	4,000,000	0.001	Services Rendered
7/18/2013	iNet Capital Holdings LLC	4,000,000	0.001	Services Rendered
7/23/2013	FSchiemann	150,000,000	0.001	Acquisition
7/23/2013	Wellness Builder, Inc.	500,000,000	0.001	Acquisition
7/23/2013	Interactive Health Network	350,000,000	0.001	Acquisition
7/23/2013	Powerlean	350,000,000	0.001	Acquisition
7/23/2013	RRichardson	35,000,000	0.001	Services Rendered
7/23/2013	JStohlman	35,000,000	0.0003	Convertible Note
7/23/2013	SHornyak	50,000,000	0.001	Services Rendered
7/23/2013	JBarta	1,800,000	0.001	Services Rendered
7/23/2013	JW Financial, LLC	35,000,000	0.001	Services Rendered
7/23/2013	BChaaban	25,000,000	0.001	Services Rendered
7/23/2013	LMcGill +B6	15,000,000	0.001	Services Rendered
7/23/2013	Starview Holdings LLC	100,000,000	0.001	Services Rendered
7/23/2013	AFox	84,281,400	84,281.40	Debt Conversion
7/23/2013	RKnapp	40,672,700	40,672.70	Debt Conversion
7/23/2013	Summit Partners Inc.	200,000,000	0.001	Services Rendered
9/13/2013	Ricardo Richardson	50,000,000	0.0003	Convertible Note
9/13/2013	JStohlman	50,000,000	0.0003	Convertible Note
9/13/2013	SHornyak	50,000,000	0.0003	Services Rendered
9/13/2013	JBarta	8,200,000	0.001	Services Rendered
9/13/2013	JWFinancial, LLC	71,400,000	0.0003	Convertible Note
9/13/2013	Capital Shield	1,250,000,000	0.001	Services Rendered
9/13/2013	Prime Equities, Inc.	466,666,667	466,666.67	Debt Conversion
9/13/2013	GWolff	25,000,000	0.001	Services Rendered
9/13/2013	P & E Group, Inc.	25,000,000	0.001	Services Rendered
9/13/2013	Summit Partners Inc.	400,000,000	0.001	Services Rendered
9/17/2013	Starview Holdings LLC	290,000,000	0.0003	Convertible Note
9/17/2013	HG Capital Group, Inc.	66,666,667	0.0003	Convertible Note
2/6/2014	Clark Mitchell	5,000,000	.001	Services Rendered
2/6/2014	Joel Stohlman	49,500,000	.001	Services Rendered
2/6/2014	Reid Stone	7,500,000	.001	Services Rendered
2/6/2014	Melvin Coles	150,000,000	.001	Services Rendered
3/11/2014	Benjamin Petitti	1,000,000	.001	Services Rendered
3/11/2014	JW Financial	5,000,000	.004	Services Rendered
3/11/2014	JW Financial	4,516,130	.0155	Services Rendered
3/11/2014	Byoung Park	3,333,333	.03	Asset Acquisition
3/11/2014	Tae Choe	3,333,333	.03	Asset Acquisition
3/11/2014	Oskar Torreallba	3,333,333	.03	Asset Acquisition
3/11/2014	Syoung Park	3,333,333	.03	Asset Acquisition
3/11/2014	Tae Choe	3,333,333	.03	Asset Acquisition
3/11/2014	Oskar Torrealba	3,333,333	.03	Asset Acquisition
4/9/2014	Capital Shield	(1,250,000,000)	.001	See above
5/20/2014	Summit Partners	(600,000,000)	.001	See above
6/17/2014	Byoung Suk Park	3,333,333	.03	Asset Acquisition
6/17/2014	Tae Chin Choe	3,333,333	.03	Asset Acquisition
6/17/2014	Oskar Torrealba	3,333,333	.03	Asset Acquisition
6/17/2014	Monica A. Vazquez	15,000,000	.0028	Acquisition of HWG
6/17/2014	Ryan Goulding	500,000	.03	Legal Services
6/23/2014	Interactive Health Network	(350,000,000)	.001	Acquisition
6/23/2014	Powerlean USA	(350,000,000)	.001	Acquisition
7/31/2014	R. Clifford Pope	60,000,000	.001	Services rendered
12/3/2014	JW Financial, LLC	1,318,532(PS)	.01	Debt conversion
12/3/2014	Global Holdings	3,753,860(PS)	.01	Debt conversion
1/14/15	Frank Petronis	45,000,000	.001	Services Rendered
3/31/2015	Monica A. Vazques	250,000,000	.0028	Acquisition of HWG

B. Any jurisdictions where the offering was registered or qualified;

None

C. The number of shares offered;

None

D. The number of shares sold

N/A

E. The price at which the shares were offered, and the amount actually paid to the issuer

- Services rendered based on Bid Price ranging from .0003 to $.001

F. The trading status of the shares; and

DTC Eligible

Service all shares under rule 144 restricted for 12 months under Pink Sheets.

Debt Conversion – under 144 applicable to convertible notes conversion procedures.

G. Whether the certificates or other documents that evidence the shares contain a legend (1) stating that the shares have not been registered under the Securities Act and (2) setting forth or referring to the restrictions on transferability and sale of the shares under the Securities Act.

None

With respect to private offerings of securities, the list shall also indicate the identity of the persons who purchased securities in such private offering; *provided*, *however*, that in the event that any such person is an entity, the list shall also indicate (a) the identity of each natural person beneficially owning, directly or indirectly, more than ten percent (10%) of any class of equity securities of such entity and (b) to the extent not otherwise disclosed, the identity of each natural person who controlled or directed, directly or indirectly, the purchase of such securities for such entity.

5) Financial Statements

Provide the financial statements described below for the most recent fiscal year end or quarter end to maintain qualification for the OTC Pink Current Information tier. For the initial disclosure statement (qualifying for Current Information for the first time) please provide reports for the two previous fiscal years and any interim periods.

The financial Statement is post on OTCIQ as a separate filing.

A. Balance sheet;
B. Statement of income;
C. Statement of cash flows;
D. Financial notes; and
E. Audit letter, if audited

The financial statements requested pursuant to this item shall be prepared in accordance with US GAAP by persons with sufficient financial skills.

You may either (i) attach/append the financial statements to this disclosure statement or (ii) post such financial statements through the OTC Disclosure & News Service as a separate report using the appropriate report name for the applicable period end. ("Annual Report," "Quarterly Report" or "Interim Report").

If you choose to publish the financial reports separately as described in part (ii) above, you must state in the accompanying disclosure statement that such financial statements are incorporated by reference. You may reference the document(s) containing the required financial statements by indicating the document name, period end date, and the date that it was posted to otciq.com in the field below.

May 20, 2015

Information contained in a Financial Report is considered current until the due date for the subsequent Financial Report. To remain in the OTC Pink Current Information tier, a company must post its Annual Report within 90 days from its fiscal year-end date and Quarterly Reports within 45 days of its fiscal quarter-end date.

6) Describe the Issuer's Business, Products and Services

Describe the issuer's business so a potential investor can clearly understand the company. In answering this item, please include the following:

a description of the issuer's business operations;

Business - General
The Company Website : www.interactivehealthnetwork.com

About Interactive Health Network

Interactive Health Network is a publicly traded holdings company that manufactures, markets and sells high quality lifestyle products and nutraceuticals; including its wholly owned subsidiary, Cannabis Health Group, which focuses on the supply of horticultural and other agriculture products to both businesses and individuals. We plan on extending and deepening our product lines to include other progressive market segments through acquisitions. We operate under strict levels of quality and operate with the highest level of integrity in all of our businesses. Interactive Health Network is publically traded on the OTC market under the symbol IGRW.

About Wellness Builder

The Company specializes in advances in Supplements for Health, and Anti-Aging with a special interest in Preventative Medicine. The Company was formed to distribute nutraceutical formulas developed over thirty years of research by world renowned team of UCLA scientists. Wellness Builder scientists have created more than a dozen fucoidan-based formulas which are intended to address the needs of individuals suffering from DDS (Degenerative Disease Syndrome), which includes such maladies as gastrointestinal disorders, auto-immune diseases, asthma, Alzheimer's,

dementia, diabetes, arthritis, cancer, and heart disease. For additional information about Wellness Builder, please visit the company's website at www.wellnessbuilder.com

About Here We Grow Store

HWGS is a leader in the Indoor Garden and Hydroponics Industry as a national retailer of horticulture equipment and growing supplies headquartered in Denver, Colorado. Specializing in e-commerce worldwide, the company's website www.herewegrowstore.com is a state of the art online retail store where you can purchase all the leading Nutrients, Growing Lights, and Air controllers necessary for indoor gardening. Here We Grow Store has exclusive Distributor pricing of high quality nutrients and grow lights that are distributed in the US and Worldwide. For more information please visit www.herewegrowstore.com

About BIOTEL/BIOLOT/TBLO

BIOTEL/BIOLOT/TBLO have a services management and marketing agreements in the legal medical marijuana market space that will produce revenue in its fiscal year ended September 30, 2015.

Date and State (or Jurisdiction) of Incorporation:
June 7, 2007-Nevada
the issuer's primary and secondary SIC Codes;
SIC Code 2833 – Medicinals an Botanicals Products
the issuer's fiscal year end date;
September 30
principal products or services, and their markets;
Supplements for Health

7) Describe the Issuer's Facilities

The goal of this section is to provide a potential investor with a clear understanding of all assets, properties or facilities owned, used or leased by the issuer.

In responding to this item, please clearly describe the assets, properties or facilities of the issuer, give the location of the principal plants and other property of the issuer and describe the condition of the properties. If the issuer does not have complete ownership or control of the property (for example, if others also own the property or if there is a mortgage on the property), describe the limitations on the ownership.

If the issuer leases any assets, properties or facilities, clearly describe them as above and the terms of their leases.

None

8) Officers, Directors, and Control Persons

The goal of this section is to provide an investor with a clear understanding of the identity of all the persons or entities that are involved in managing, controlling or advising the operations, business development and disclosure of the issuer, as well as the identity of any significant shareholders.

A. Names of Officers, Directors, and Control Persons. In responding to this item, please provide the names of each of the issuer's executive officers, directors, general partners and control persons (control persons are beneficial owners of more than five percent (5%) of any class of the issuer's equity securities), as of the date of this information statement.

President, Secretary, Treasurer and Director: Fred Schiemann

B. Legal/Disciplinary History. Please identify whether any of the foregoing persons have, in the last five years, been the subject of:

None

A conviction in a criminal proceeding or named as a defendant in a pending criminal proceeding (excluding traffic violations and other minor offenses);

None

The entry of an order, judgment, or decree, not subsequently reversed, suspended or vacated, by a court of competent jurisdiction that permanently or temporarily enjoined, barred, suspended or otherwise limited such person's involvement in any type of business, securities, commodities, or banking activities;

None

3. A finding or judgment by a court of competent jurisdiction (in a civil action), the Securities and Exchange Commission, the Commodity Futures Trading Commission, or a state securities regulator of a violation of federal or state securities or commodities law, which finding or judgment has not been reversed, suspended, or vacated; or

None

4. The entry of an order by a self-regulatory organization that permanently or temporarily barred suspended or otherwise limited such person's involvement in any type of business or securities activities.

None

C. Beneficial Shareholders. Provide a list of the name, address and shareholdings or the percentage of shares owned by all persons beneficially owning more than ten percent (10%) of any class of the issuer's equity securities. If any of the beneficial shareholders are corporate shareholders, provide the name and address of the person(s) owning or controlling such corporate shareholders and the resident agents of the corporate shareholders.

Wellness Builder, Inc.

Corporation Named above owns 500,000,000 shares of Common Stock.
Fred Schiemann, President/Secretary/Treasurer owned 90% of its Common Stock.
429 W. Plumb Lane, Reno, NV 89509

Therefore with the 150,000,000 shares Mr. Schiemann owns as an individual, he owns 600,000,000 shares of the Company's Common Stock, or 18.86% of the issued and outstanding common stock.

9) Third Party Providers

Please provide the name, address, telephone number, and email address of each of the following outside providers that advise your company on matters relating to operations, business development and disclosure:

Legal Counsel
Morgan Petitti
7625 Willow Lane
Macedonia, OH 44056

Accountant or Auditor

Fred Schiemann, CEO/CFO
429 W. Plumb Lane
Reno, NV 89509

Investor Relations Consultant

None

Other Advisor: Any other advisor(s) that assisted, advised, prepared or provided information with respect to this disclosure statement.

None

10) Issuer Certification

The issuer shall include certifications by the chief executive officer and chief financial officer of the issuer (or any other persons with different titles, but having the same responsibilities).

The certifications shall follow the format below:

I, Fred Schiemann certify that:

1. I have reviewed this March 31, 2015 Quarterly Financial and Disclosure Statement of for Interactive Health Network;
2. Based on my knowledge, this disclosure statement does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this disclosure statement; and

Based on my knowledge, the financial statements, and other financial information included or incorporated by reference in this disclosure statement, fairly present in all material respects the financial condition, results of operations and cash flows of the issuer as of, and for, the periods presented in this disclosure statement.

May 20, 2015

/s/ Fred Schiemann
President/Secretary/Treasurer/Director