

BIOMETRIC HEALTH SCREENING RESULTS

WHAT ARE YOUR STATS? WHAT DO THEY MEAN?

Congratulations on completing your 2018 screening to learn your important health stats. Be sure to share your results with your doctor. Use the charts below to better understand what your numbers are telling you. Your results will be available in your RealAge profile about 2 weeks after your screening.

If you haven't already, visit BeWellSHBP.com and click **Find out my RealAge**. It takes about 20 minutes to complete. You will earn 240 well-being incentive credits for completing your biometric screening and your RealAge Test.

MY BODY MEASUREMENTS

Height: _____ Weight: _____ BMI: _____ Waist Circumference: _____

DESCRIPTION	VALUE RANGE (Check which range applies to your screening result)	MY RESULT
<p>BODY MASS INDEX (BMI)</p> <p><i>BMI is a measure of overweight and obesity that is calculated from your weight and height. BMI provides an estimate of body fat and is used to gauge your risk of diseases, such as heart disease, type 2 diabetes, and certain cancers, that can develop from being overweight. The higher your BMI, the higher your risk of developing these weight related diseases. BMI does not take into account variations in body build or ethnicity, e.g., bone density or muscle mass.</i></p>	<ul style="list-style-type: none"> ● Underweight: Less than 18.5 ● Healthy Weight: 18.5 – 24.9 ● Overweight: 25.0 – 29.9 ● Obesity: 30.0 or more 	_____
<p>WAIST CIRCUMFERENCE</p> <p><i>Measuring waist circumference helps screen for possible health risks associated with being overweight. If most of your weight is around your waist, you're at higher risk for developing heart disease and type 2 diabetes.</i></p>	<p>Men:</p> <ul style="list-style-type: none"> ● Acceptable: 40 inches or less ● Elevated: More than 40 inches <p>Women:</p> <ul style="list-style-type: none"> ● Acceptable: 35 inches or less ● Elevated: More than 35 inches 	_____

MY HEALTH SUMMARY

DESCRIPTION	VALUE RANGE (Check which range applies to your screening result)	MY RESULT
<p>BLOOD PRESSURE (BP)</p> <p><i>Your blood pressure consists of two numbers: systolic (top) represents the pressure when your heart beats, and diastolic (bottom) represents the pressure when your heart is at rest. Your blood pressure reading can help you determine if your blood pressure is at healthy level or if you'll need to take some steps to improve your numbers.</i></p>	<ul style="list-style-type: none"> ● Normal: Less than 120/80 mmHg ● Pre-hypertension: 120 –139/80 – 89 mmHg ● Stage 1 Hypertension: 140 –159/90 – 99 mmHg ● Stage 2 Hypertension: 160/100 mmHg or more 	_____

DESCRIPTION	VALUE RANGE (Check which range applies to your screening result)	MY RESULT
<p>GLUCOSE</p> <p>A blood glucose (blood sugar) test measures the amount of sugar in your blood. This test is used to screen for diabetes. An abnormally high glucose level can be indicative of diabetes or pre-diabetes.</p>	<p>Fasting**</p> <ul style="list-style-type: none"> ● Desirable: Less than 100 mg/dL ● Pre-diabetes: 100 – 125 mg/dL ● Diabetes: 126 mg/dL or more <p>Non-Fasting</p> <ul style="list-style-type: none"> ● Acceptable: Less than 200 mg/dL ● High: 200 mg/dL or more 	_____
<p>TRIGLYCERIDE (FASTING)**</p> <p>Triglycerides are a type of fat that is found in your blood. High triglyceride levels are associated with an increased risk of heart disease.</p>	<ul style="list-style-type: none"> ● Normal: Less than 150 mg/dL ● Borderline High: 150 – 199 mg/dL ● High: 200 – 499 mg/dL ● Very High: 500 mg/dL or more 	_____
CHOLESTEROL		
<p>TOTAL CHOLESTEROL</p> <p>Total cholesterol is a measure of certain types of fats in your blood, which includes HDL ("good" cholesterol) and LDL ("bad" cholesterol). It comes from two sources: your body and food. Abnormal levels of these fats in your blood increases the risk of heart disease and stroke.</p>	<ul style="list-style-type: none"> ● Desirable: Less than 200 mg/dL ● Borderline High: 200 – 239 mg/dL ● High: 240 mg/dL or more 	_____
<p>HDL CHOLESTEROL</p> <p>HDL (good) cholesterol, helps remove LDL (bad) cholesterol from your arteries. Low levels of HDL increase the risk of heart disease. Higher levels of HDL may protect against heart attack and stroke.</p>	<ul style="list-style-type: none"> ● Ideal: 60 mg/dL or more ● Acceptable: 40 – 59 mg/dL ● Low: Less than 40 mg/dL (men) Less than 50 mg/dL (women) 	_____
<p>LDL CHOLESTEROL (FASTING)**</p> <p>LDL (bad) cholesterol contributes to plaque, a thick, hard deposit that can clog arteries. Arteries that are blocked with plaque can increase the risk of a heart attack or stroke.</p>	<ul style="list-style-type: none"> ● Desirable: Less than 100 mg/dL ● Above Desirable: 100 – 129 mg/dL ● Borderline High: 130 – 159 mg/dL ● High: 160 – 189 mg/dL ● Very High: 190 mg/dL or more 	_____

*Always check with your doctor before beginning any exercise program.

**Fasting means nothing to eat or drink except water for at least 9 hours prior to a test.

Note: This information is not a substitute for medical advice. Please consult with your doctor to determine what values and treatments are right for you.

References available upon request.

TAKE THE NEXT STEP TO EARN REWARDS.

EARN 240 WELL-BEING INCENTIVE CREDITS

When you complete your biometric screening and RealAge test, you will **earn 240 well-being incentive credits** for the incentive account associated with your health plan.

Visit BeWellSHBP.com and click "Find out my RealAge." It takes about 20 minutes to complete.

INTERESTED IN ANOTHER 240?

Enroll in Phone Coaching – Complete the RealAge test, and participate in phone coaching calls. Earn 60 well-being incentive credits for completing one coaching call in a calendar month.

Use Online Resources – Find out your RealAge, then use the trackers to measure your daily activities.

As you earn well-being incentive credits, SHBP will contribute them, within 30 days, to your:

- Blue Cross and Blue Shield of Georgia (BCBSGa) Health Reimbursement Account (HRA)
- BCBSGa MyIncentive Account (MIA)
- UnitedHealthcare Health Incentive Account (HIA)