

BIOMETRIC HEALTH SCREENING RESULTS

WHAT ARE YOUR STATS? WHAT DO THEY MEAN?

Congratulations on completing your 2019 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 10 minutes to complete. You will earn a total of 240 well-being incentive points for completing your biometric screening and your RealAge Test.

Name of Participant: _____ Date of Screening: _____ Male Female

The report contains valuable personal health information. Please keep this report in your possession.

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>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.</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>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.</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>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.</p>	<ul style="list-style-type: none"> ● Normal: 120 / 80 mmHg or less ● Elevated: 120-129 / 80 mmHg ● Hypertension Stage 1: 130-139 / 80-89 mmHg ● Hypertension Stage 2: 140-180 / 90-120 mmHg or higher ● Hypertensive Crisis: 180 / 120 mmHg or higher 	_____

DESCRIPTION	VALUE RANGE (Check which range applies to your screening result)	MY RESULT
<input type="checkbox"/> FASTING <input type="checkbox"/> NON-FASTING GLUCOSE (FASTING)** 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.	Fasting** <ul style="list-style-type: none"> ● Desirable: Less than 100 mg/dL ● Pre-diabetes: 100 – 125 mg/dL ● Diabetes: 126 mg/dL or more Non-Fasting <ul style="list-style-type: none"> ● Normal: Less than 140 mg/dL ● Acceptable: Less than 200 mg/dL ● High: 200 mg/dL or more 	<hr style="border: 1px solid orange; width: 100%;"/>
TRIGLYCERIDE Triglycerides are a type of fat that is found in your blood. High triglyceride levels are associated with an increased risk of heart disease.	<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 	<hr style="border: 1px solid orange; width: 100%;"/>
CHOLESTEROL		
TOTAL CHOLESTEROL 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.	<ul style="list-style-type: none"> ● Desirable: Less than 200 mg/dL ● Borderline High: 200 – 239 mg/dL ● High: 240 mg/dL or more 	<hr style="border: 1px solid orange; width: 100%;"/>
HDL CHOLESTEROL 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.	<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) 	<hr style="border: 1px solid orange; width: 100%;"/>
LDL CHOLESTEROL (FASTING)** 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.	<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 	<hr style="border: 1px solid orange; width: 100%;"/>

*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: The screening is non-diagnostic in nature and therefore does not provide medical advice, diagnosis or treatment of any medical condition. Reference ranges presented in this brochure are based on Quest Diagnostics Laboratory System, which is maintained by Quest Diagnostics' Medical Review Board.

TAKE THE NEXT STEP TO EARN REWARDS.

EARN 240 WELL-BEING INCENTIVE POINTS

Earn **120 well-being incentive points** when you take your RealAge Test. You will earn an additional **120 well-being incentive points** for completing your biometric screening after completing the RealAge Test.

Visit BeWellSHBP.com and click "Find out my RealAge." It takes about 10 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 points 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.

Anthem Blue Cross and Blue Shield (Anthem) and UnitedHealthcare (non-Medicare Advantage Plan Options) eligible members and covered spouses can earn 480 well-being incentive points and choose to redeem them for either:

- A \$150 Visa Reward Card (to use anywhere Visa is accepted) OR
- A \$225 Walmart Card (to use in Walmart stores for pharmacy and vision center items) OR
- 480 well-being incentive credits to apply toward eligible medical or pharmacy expense