

Your Biometric Screening

Thank you for completing your Biometric Screening. By knowing your numbers, you have the power to determine the most important areas to focus on to reach your health and wellness goals.

Healthy ranges for each component of your screening are listed below for you to compare to:

Total Cholesterol:

Low Risk: <200
Moderate Risk: 200-239
High Risk: ≥240

Blood Pressure:

Low Risk (Normal): ≤119/79
Moderate Risk (Elevated/Hypertension Stage 1): 120/80-139/89
High Risk (Hypertension Stage 2/Hypertensive Crisis): ≥140/90

HDL Cholesterol:

Men: >40 Women: >50
>60 is considered heart protective

Glucose Fasting:

Normal: 70-99
Pre-Diabetes: 100-125
High Risk for Diabetes: ≥126

LDL Cholesterol:

Optimal: <100
Near Optimal: 100-129
Borderline: 130-149
High: 150-189
Very High: 190 and above

Glucose Non-Fasting:

Normal: 80-139
Pre-Diabetes: 140-199
High Risk for Diabetes: ≥200

TC/HDL Ratio:

Low Risk: <4.9%
High Risk: ≥5%

BMI:

Very Underweight: <17.4
Underweight: 17.5-18.4
Normal: 18.5-24.9
Overweight: 25-29.9
Obese: ≥30.0

Triglycerides:

Low Risk: ≤149
Moderate Risk: 150-299
High Risk: ≥300-499
Very High Risk: ≥500

Waist:

Normal: **Women** <35 in. **Men** <40 in.

See reverse side for more information and recommendations for improving or maintaining your numbers.

Next steps...

Plan members have access to FREE Health Coaching professionals to discuss your results and set goals for improving or maintaining your health.

Visit the Wellness Portal to schedule an appointment with your Health Coach!

By completing this Biometric Screening, you have earned 5 credits toward your HealthQuest rewards.

Be sure to receive your incentive by completing the following steps:

Go to **HealthQuest.ks.gov**

Step 1. Complete your Wellness Assessment on your dashboard.

Step 2. Earn 40 total credits through various activities to reach your premium incentive discount.

Questions?

Contact HealthQuest at
1.888.275.1205, option 3, or HealthQuest@Cerner.com.



Cholesterol

Total Cholesterol (TC) is a measure of the overall fat levels in the blood. It is made up of different kinds of cholesterol/fat. Every body needs some cholesterol in the bloodstream to work effectively, but too much cholesterol can build up on artery walls or weaken arteries, making it harder for the heart and arteries to pump blood through your body.

High Density Lipoprotein (HDL) cholesterol, or “good” cholesterol, is the only number you want to be high. HDL is found in foods containing healthy fats, like olive oil and fish. HDL helps to break down bad cholesterol and carry it out of the arteries.

Low Density Lipoprotein (LDL) cholesterol is the “bad” cholesterol because it can build up in the inner walls of arteries causing blocked or hardened arteries. LDL results are calculated based on your other cholesterol numbers. Where LDL cannot be calculated within the reference range of the instrumentation (based on other cholesterol levels), instrumentation output is not available (N/A).

Triglycerides: Your body converts any calories it doesn't need right away into triglycerides, which are stored in fat cells. High triglyceride levels may signify that you regularly take in more calories than you burn.

How to improve your cholesterol



Eat high fiber foods (fruits, vegetables, beans and whole grains) to help maintain healthy cholesterol levels and help flush out “bad” cholesterol.



Reduce saturated fats and limit intake of animal fats (such as red meat and higher-fat dairy).



Try to get your fat from healthy sources such as olive oil or fish to increase “good” cholesterol.



Limit processed grains such as crackers or sweets.



If you smoke, consider quitting. Smoking reduces HDL, in addition to increasing risk for cancer, lung disease, and heart disease.



If you drink alcohol, drink in moderation. Drinking alcohol can increase triglyceride levels.



Aim for 30 minutes of physical activity per day.

Glucose

Glucose is a form of sugar in the body that comes from the food you eat and is used when you use energy. Too many sweets and/or carbohydrates raises your glucose levels. Your body tries to moderate glucose levels by producing insulin. If you consistently have high glucose, your body may not be able to continue to produce enough insulin, which can lead to Type-2 Diabetes.

How to improve your glucose levels



Limit processed grains such as crackers or sweets.



Limit sugary drinks such as soda, sweet tea, lemonade, or any drink with added sugar.



If you drink alcohol, drink in moderation.



Aim for 30 minutes of exercise per day to help your body use the sugar and carbohydrates you eat.

Blood Pressure

Blood pressure is your body's barometer for health. A healthy blood pressure range is important in maintaining overall health in terms of weight, nutrition, and stress. Systolic is the pressure in the arteries when the heart is contracting. Diastolic is the pressure when the heart is at rest.

How to improve your blood pressure



Maintain a healthy weight and reduce salt intake to help support a healthy blood pressure.



Consume more potassium, magnesium, and fiber as it may also lower blood pressure.



Aim for at least 30 minutes of physical activity per day and try to raise your heart rate through exercise.

BMI

Body Mass Index (BMI) is calculated based on height and weight as a general way to determine if your weight is within a healthy range.

Waist Circumference: Carrying excess weight around the mid-section can contribute to cardiovascular disease.

How to improve your BMI



Know your recommended caloric intake (typically about 2,000 calories per day or less for an average adult).



Avoid high calorie drinks and “extras” like dressings, sauces, spreads, and snacks.



Eat fewer calories to lose weight.



Aim to get at least 30 minutes of physical activity per day, including strength exercise. Cardio burns calories and increased muscle helps burn fat.

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