

Your 2022 Biometric Screening Results



Kentucky Employees'
Health Plan

Living ➤ **Well**

WebMD
health services

Thank you for completing a Biometric Screening. Now you can use your results as inspiration to take action and pursue your wellness goals!

What You Accomplished:

- ✓ Completed your *Living* ➤ **Well** Promise*: Up to a \$480 per year (\$40 per month) premium discount for 2023
- ✓ Earned \$25 in *Living* ➤ **Well** Engagement rewards*: Earn up to \$200 in gift cards for completing various *Living* ➤ **Well** Engagement activities.

*Onsite biometric screening results will automatically be credited toward your *Living* ➤ **Well** account within 30 business days. You do not need to submit anything further, but keep a copy for your records. Only those enrolled in a medical plan will be eligible to receive the premium discount.

Next Steps**

- If you haven't yet, sign up at **KEHPLivingWell.com** to access all of the *Living* ➤ **Well** program features for 2022.
- Learn even more about your wellness profile and get a tailored Healthy Action Plan by completing an online Health Assessment. It's worth \$25 more in *Living* ➤ **Well** Engagement rewards.
- Keep pursuing your physical, emotional, social, and financial well-being ... by completing additional activities and earning up to \$200 in gift cards with *Living* ➤ **Well** Engagement rewards. Covered spouses can earn up to \$100 in gift card rewards.

**All next steps are strictly voluntary, but we warmly invite you to join us as we strive to be present and be well in 2022.

Enjoy the Moment
BE PRESENT. BE WELL.



Want help reaching your well-being goals? Team up with a health coach.

Call a WebMD health coach at 866-746-1316 or send a secure message at **KEHPLivingWell.com**.

Follow-up Appointment
Telehealth Phone call with Franklin Co Health Dept to discuss results.

Date: _____

Time Frame: _____

Please note our staff will ask for Name, Birthdate, Last 4 of SSN to check ID.

My numbers: (Our staff will provide all numbers during Telehealth Call)

Height & weight:	Blood pressure:	HDL cholesterol:
	Normal: Less than 120/80 mmHg	Normal: 40 mg/dL or greater
BMI:	Glucose:	LDL cholesterol:
BMI risk categories: Low: 18.5 – 24.9 Moderate: 25 – 29.9 High: 30 – 39.9	Normal: Fasting: Less than 100 mg/dL Non-fasting: Less than 140 mg/dL	Normal: Less than 100 mg/dL
Waist measurement:	Total cholesterol:	Triglycerides:
Normal: Men: 40 inches or less Women: 35 inches or less	Normal: Less than 200 mg/dL	Normal: Less than 150 mg/dL
		TC/HDL ratio:
		Normal: Less than 5.0

Screenings are meant to be educational and are not meant to diagnose illness or replace normal health care. If you have questions about your results, please contact your health care provider.

Understanding my results



BMI

Body mass index (BMI) is a measure of an adult's weight in relation to the adult's height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.



Waist measurement

Waist circumference is a measurement of fat in the abdominal area. Increased fat in the abdominal area places increased strain on the heart, often increasing your risk for developing risk factors linked to heart disease, diabetes and other diseases.



Blood pressure

Blood pressure is a measure of how hard your blood pushes against the artery walls as it moves through your body. High blood pressure leads to a greater risk of heart disease, kidney disease, stroke, eye damage and hardening of the arteries.



Total cholesterol

Total cholesterol level is a measurement of how much cholesterol is in your body. Cholesterol is a waxy substance required for normal functioning. Your body naturally produces as much as it needs, and taking in too much cholesterol through foods clogs your arteries, leading to an increased risk of heart disease.



HDL cholesterol

High density lipoprotein (HDL) is called "good" cholesterol because it prevents cholesterol from building up in the walls of the arteries. The higher your HDL cholesterol, the lower your risk of heart disease.



LDL cholesterol

Low density lipoprotein (LDL) is called "bad" cholesterol because it transports cholesterol to the arteries, where it can be deposited on artery walls in the form of plaque. The higher your LDL, the greater your risk of heart disease.



Triglycerides

Triglycerides are a type of fat that provide cells with energy to function. However, elevated levels may increase the risk of hardening of the arteries, heart disease and stroke.



TC/HDL ratio

TC/HDL ratio identifies the relationship between total cholesterol and HDL cholesterol and is important in determining your risk for heart disease. The lower the ratio, the lower the risk.



Glucose

Glucose is a simple sugar that the body creates by breaking down food during digestion. Any unused glucose circulates in the bloodstream and is stored as fat, resulting in obesity and/or diabetes.



Public Health
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