

# My numbers

Date: \_\_\_\_\_ Location: \_\_\_\_\_

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

\* Onsite biometric screening results will be credited automatically toward your 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.  
 \*\* All steps are strictly voluntary, but we warmly invite you to join us in making well-being a priority in 2023.

## 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.

Thank you for completing a Biometric Screening! With your results, you'll better understand your health and how to live a more balanced lifestyle.

#### •What you accomplished

•Completed your LivingWell Promise\*—Up to a \$480 premium discount for 2024 and opened the door to earning up to \$200 in online gift cards for completing Engagement activities.

#### Next steps\*\*

- Earn \$200 in online gift cards\*—Complete healthy activities to earn up to \$200 in online gift cards with LivingWell Engagement rewards. Earned rewards don't roll over, so claim them this year!
- Earn spouse rewards—After completing the health assessment or biometric screening, spouses enrolled under your KEHP medical plan can earn up to \$100 in online gift cards by completing healthy activities and earning LivingWell Engagement rewards by December 31, 2023. Earned rewards don't roll over, so claim them this year! Cross-referenced spouses can earn up to \$200.

Make changes with a health coach

When you work with a coach, they can help you make healthy changes to help improve your screening results, whether you want to eat healthier, exercise more, manage stress or something else.

New to LivingWell?

Register for an account to start improving your health and earning rewards. Get started at [webmdhealth.com/kehps](http://webmdhealth.com/kehps)

Questions about LivingWell Program, account access  
Call WebMD Customer Service at 866-746-1316.



Questions about screenings, results, programs, or services provided by Franklin County Health Department please contact Ina Ponder  
[ina.ponder@ky.gov](mailto:ina.ponder@ky.gov) or 502-564-7647 x 131



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