

Healthy behaviors

- ▶ Be a non-smoker – avoid all tobacco products and secondhand smoke.
- ▶ Aim for 3 cups per day of low-fat or fat-free milk and milk products.
- ▶ Eat at least 3 or more servings of fruit each day.
- ▶ Eat at least 4 or more servings of vegetables each day.
- ▶ Be sure to include fiber-rich food and healthy fat in your diet each day.
- ▶ Help prevent or manage stress and anxiety by finding time each day for quiet time or meditation.
- ▶ If you consume alcohol, do so in moderation – no more than one drink per day for women and two drinks per day for men – and only by adults of legal drinking age. There are some people who should not drink at all, such as pregnant women, people taking certain medications, people who have certain medical conditions, people unable to control their drinking or people in recovery.
- ▶ Try to get at least 150 minutes per week of moderate-intensity aerobic exercise, which may be divided into 10-minute segments spread throughout the week, along with 2 days per week of muscle-strengthening activities that work all major muscle groups. It's important to get your doctor's approval before significantly increasing your activity level.
- ▶ Eat a healthy breakfast every day.
- ▶ Drink water or other healthy beverages and let thirst be your guide to the need for additional fluids.

Tips for prevention

- ▶ IMPORTANT! KNOW YOUR NUMBERS!
- ▶ Discuss your preventive health care with your physician.
- ▶ Check your blood pressure at least annually.
- ▶ Take your blood pressure medications as directed, even if you're feeling fine.
- ▶ Maintain a healthy weight and monitor your body fat percentage and body mass index (BMI).
- ▶ Limit your sodium (salt) intake: Read food labels before you buy a product.
- ▶ Decrease white bread, pasta, rice, sweets and sugary beverages.
- ▶ Eat some protein and healthy fat with each meal (eating protein dampens your appetite).

Factors that cause changes in blood cholesterol

- ▶ Excess fat in your diet, particularly saturated fat, may increase your blood cholesterol.
- ▶ Dietary cholesterol (the cholesterol in food) raises your blood cholesterol.
- ▶ Excess weight gain tends to lower HDL cholesterol and raise LDL cholesterol.
- ▶ Smoking lowers HDL cholesterol levels.
- ▶ Regular exercise may help increase HDL cholesterol levels.

Recommendations to lower your risk for heart disease.

- ▶ Monitor your blood pressure and share your results with your physician. Try to keep your blood pressure under good control.
- ▶ Eat foods low in total fat, saturated fat and cholesterol to help keep your blood cholesterol low.
- ▶ If you are overweight, reduce your weight to a desirable level.
- ▶ Start/maintain an exercise program. Check with your physician first before significantly increasing your activity level.
- ▶ Stop smoking if you are a current smoker.



Know your numbers. Know your health.

Discover what your biometric screening results mean to you.

Inform. Empower. Improve.

Get the information you need to better manage your health.



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Blood Pressure (BP)

Blood pressure is the force of blood against the walls of your arteries. Blood pressure is normally measured on your arm at the brachial artery. High blood pressure readings indicate that your heart could be working harder than it should.

The systolic number is the pressure when the heart pumps or contracts. The diastolic number is the pressure when the heart is relaxing between beats.

Reading Blood Pressure Numbers

Category	Systolic (Top number)		Diastolic (Bottom number)
Normal	Less than 120	And	Less than 80
Prehypertensive	120–139	Or	80–89
High BP (Stage 1)	140–159	Or	90–99
High BP (Stage 2)	160 or higher	Or	100 or higher

Source: JNC VII, 2004. <http://www.nhlbi.nih.gov/guidelines/hypertension/jnc7full.pdf>

Body Mass Index (BMI) / Body composition analysis

Body mass index is a measurement for relating a person’s body weight to his or her height.

The National Institutes of Health (NIH) now defines normal weight, overweight, and obesity according to the BMI rather than the traditional height/weight charts. BMI calculations are good indicators of healthy weights for most adult men and non-pregnant women, regardless of frame size.

BMI	Classification
< 18.5	Underweight
18.5–24.9	Normal
25–29.9	Overweight
30–39.9	Obese
≤ 40	Extremely obese

Source: http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf

Recommended body fat / Composition range

	Age	Low	Normal	High	Very high
Male	20–39	<8.0	8.0–19.9	20.0–24.9	25.0+
	40–59	<11.0	11.0–21.9	22.0–27.9	28.0+
	60–79	<13.0	13.0–24.9	25.0–29.9	30.0+
Female	20–39	<21.0	21.0–32.9	33.0–38.9	39.0+
	40–59	<23.0	23.0–33.9	34.0–39.9	40.0+
	60–79	<24.0	24.0–35.9	36.0–41.9	42.0+

Source: Based on Gallagher et al., American Journal of Clinical Nutrition. Vol. 72, Sept. 2000

It is of utmost importance to realize that high blood pressure can go unrecognized for years, causing no symptoms but causing progressive damage to the heart, kidneys or brain. When they occur, presenting signs and symptoms of elevated blood pressures are usually mild and nonspecific. Symptoms of elevated blood pressure may include headache, dizziness or blurred vision. People who have high blood pressure typically do not have symptoms and are often unaware of the problem until they have their blood pressure measured.

Waist to Hip Ratio

Having excess abdominal fat will put you at higher risk for diseases like diabetes, high cholesterol, hypertension, and heart disease. Abdominal fat is generally carried above the waist giving one an “apple-shaped” appearance. Fat that is carried around the hips and thighs, giving one a “pear-shaped” appearance, does not carry the same risks for disease as does abdominal fat. The Waist to Hip Ratio is a way to assess the risk for disease using the following calculation:

Waist to hip ratio	Females	Males
High risk	>0.85	>0.9

Source: Report of a WHO Expert Consultation, December 2008.

Waist circumference

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips, you’re at a higher risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men.

Waist to hip ratio	Females	Males
High risk	>35"	>40"

Source: Assessing Your Weight and Health Risk: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm

Glucose

An abnormally high glucose level may be an indication of the presence of diabetes. Diabetes is typically diagnosed by measuring the level of glucose in the blood. The hemoglobin A1C test is also used to diagnose diabetes. Type 2 diabetes is the most common type of diabetes. If left untreated, diabetes can increase the risk of heart disease, as well as cause nerve, kidney, and eye damage. If your blood glucose level is higher than 99mg/dL, we recommend that you discuss your results with your doctor.

Fasting Glucose	Normal Range	Less than 100 mg/dL
	Borderline/Possibly Abnormal	100–125 mg/dL
	High Risk/Abnormal	Greater than 125 mg/dL

Non-Fasting/Random Glucose	Normal Range	Less than 100 mg/dL
	Potential Risk Range	100-200 mg/dL
	Abnormal Range	Greater than 200 mg/dL

Source: ADA Standards of Medical Care in Diabetes, 2012. http://care.diabetesjournals.org/content/35/Supplement_1/S111.full.pdf+html?sid=03067127-c45b47af-b468-6e25092b4880

* Due to the highly variable nature of non-fasting testing, it is recommended to follow up with a fasting glucose test to fully understand your glucose status.

Cholesterol

At any given time, a combination of factors may affect your blood cholesterol values: your diet, your weight, whether you smoke, how much alcohol you drink, how much you exercise, your general health, and medications you may be taking. This is why your doctor may take the “average” of several tests to arrive at an accurate picture of your cholesterol (total, HDL “good” and LDL “bad”) and triglyceride levels. Please note that your doctor may recommend different target levels (or define risk differently) for you if you already have a condition such as heart disease.

TC/HDL – Total Cholesterol/HDL Ratio

Health risk	Females	Males
1/2 Average risk	3.3	3.4
Average risk	4.4	5.0
2x Average risk	7.1	9.6
3x Average risk	11.0	23.4

Source: National Cholesterol Education Program, ATPIII



Any abnormal result, from non-fasting glucose or cholesterol testing, should be shared with you physician and confirmed with the appropriate fasting test.

CHOL – Total cholesterol

Desirable	Less than 200 mg/dL
Borderline high	200–239 mg/dL
High	240 mg/dL or higher

Source: National Cholesterol Education Program.

HDL – HDL cholesterol

Health risk	Females	Males
Optimal/Desirable range	≥ 60 mg/dL	
Acceptable range	> 50 mg/dL	> 40 mg/dL
Abnormal range/High risk	< 40 mg/dL	

Source: National Cholesterol Education Program.

LDL – LDL cholesterol

Optimal*	Less than 100 mg/dL
Near optimal/Above optimal	100–129 mg/dL
Borderline high	130–159 mg/dL
High	160–189 mg/dL
Very high	190 mg/dL and above

* People with diagnosed heart disease may have a lower LDL goal Source: National Cholesterol Education Program.

TRIG – Triglycerides

Normal	< 150 mg/dL
Increased risk	150–199 mg/dL
High risk	200–499 mg/dL

Source: National Cholesterol Education Program.