Preventative Care Services and Biometric Screenings

July 2023

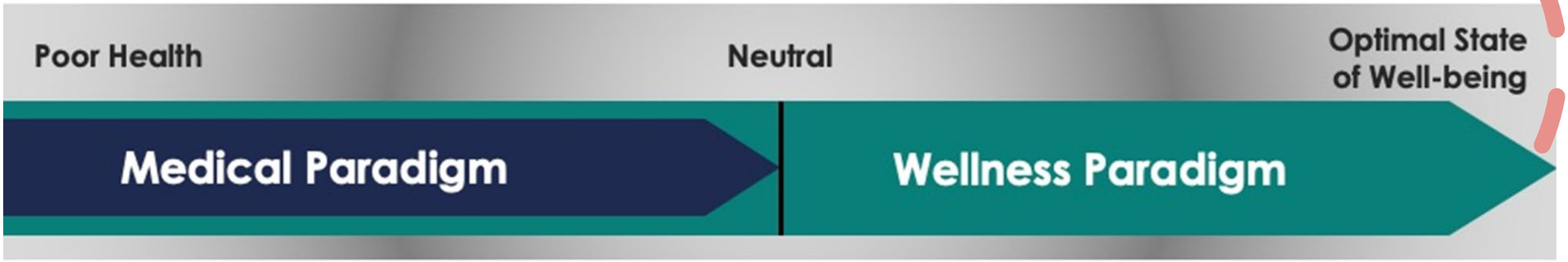
Serving Up Knowledge

What is Wellness vs. Health?

Wellness

Wellness Dimensions

Wellness Continuum



Reactive		Proactive
Feel better		Thrive
Treat & cure illness		Maintain & improve health
Corrective		Preventive
Episodic		Holistic
Clinical responsibility		Individual responsibility
Compartmentalized		Integrated into life

Source: Global Wellness Institute, adapted from Dr. Jack Travis

Why Preventative Care?

Preventative care promotes health care to improve patient well-being.

Goal – prevent/reduce disease, disability, and death

Routine health care

What are preventative care services?

Benefits of Preventative Care

Most health plans are required by law to cover eligible preventative care services at 100%

Physician must be in-network for full coverage

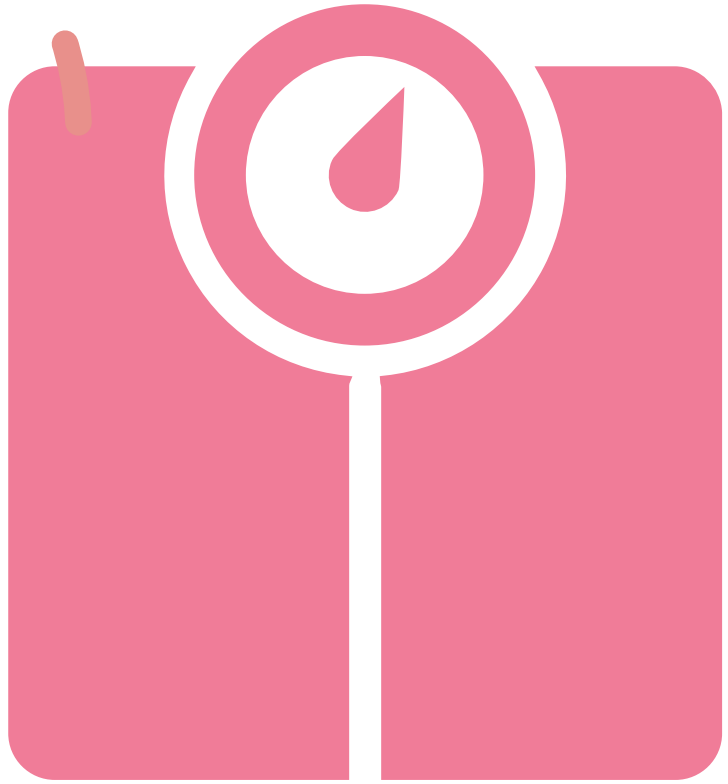
Early detection of medical problems, illnesses, and diseases

- Proactive care and treatment

Routine care helps you stay focused on your health goals

What is a biometric screening?

- Short exam that includes bloodwork and measurements such as height, weight, and waist circumference.
- Provides clear picture of overall health.
- Help identify health risks early!



Why screen?

Why should I complete a screening?

67% of Americans have a chronic health condition.

2 in 5 Americans are concerned they may have an undiagnosed health condition.

Complete a screening resource

What are the benefits of participating?

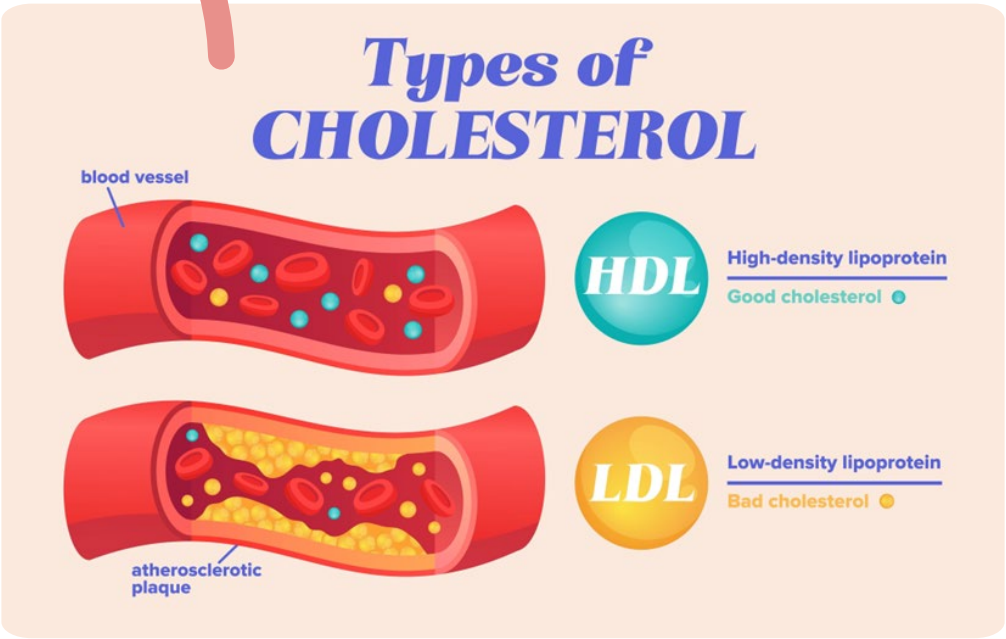
- Help you understand your health and provide insights about risks
- Help you learn what you are doing well
- Help you focus efforts on the behaviors you can change to improve your health
- Help you work with your physician to take charge of your health
- Free of charge as an Aetna health plan member with Apis (one per plan year).

What's tested?

- Total cholesterol
- HDL, TC/HDL ratio
- Glucose
- Height, weight, blood pressure
- Body Mass Index (BMI)
- What to expect?

Total Cholesterol

- High cholesterol increases risk for heart disease or stroke.
- HDL: “good” cholesterol
- LDL: “bad” cholesterol
- Normal Range: < 200



HDL Cholesterol

"Good" cholesterol

May help decrease risk of heart disease

Male Normal Range: >40

Female Normal Range: >50

Total Cholesterol/HDL Ratio

Normal Range: <5

Associated with lower risk of heart disease.

Glucose: Non-fasting

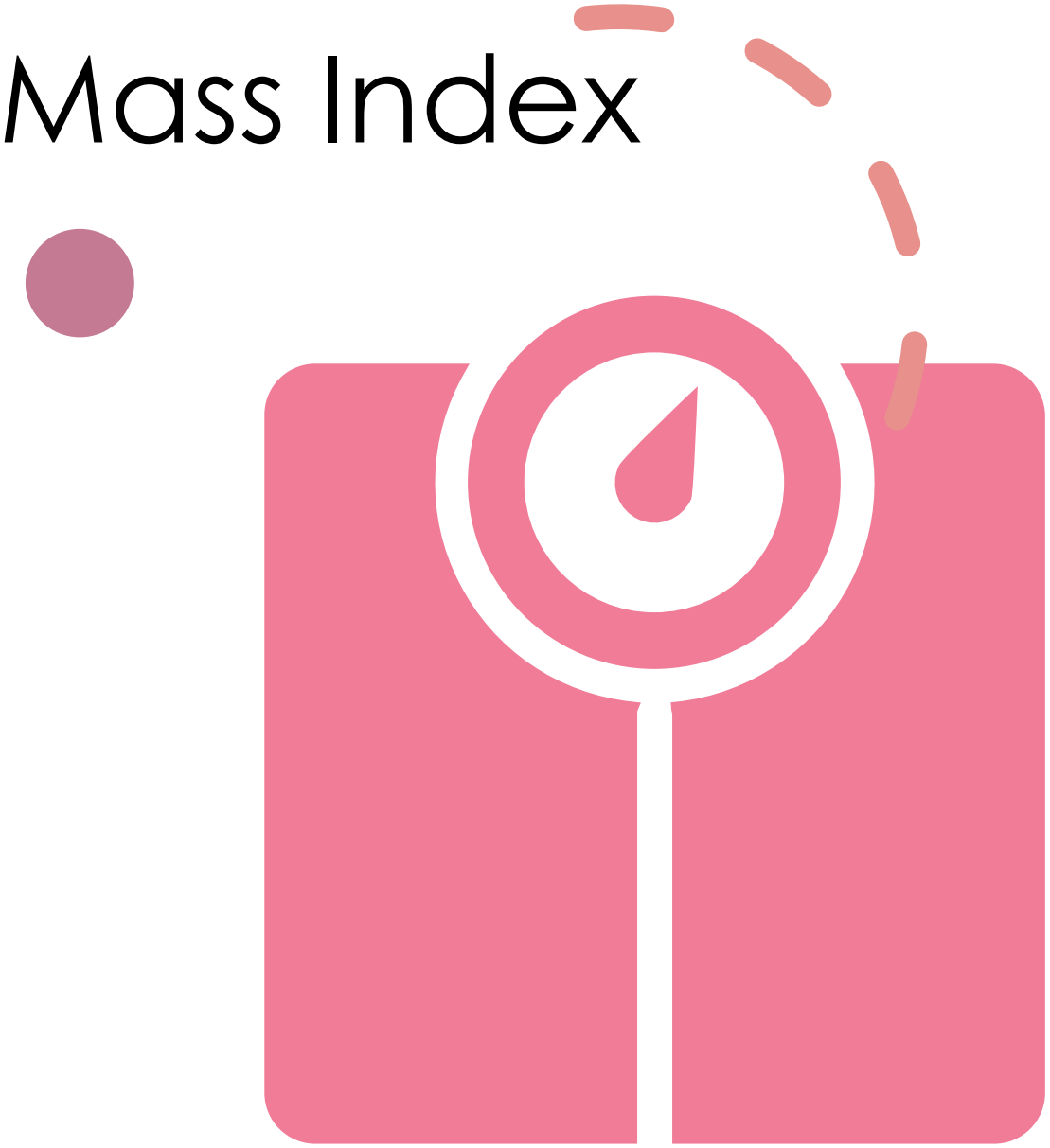
- Source of energy for our cells.
- Measure how the body processes sugar.
- Normal Range: <140
- Increased Risk: 140-199
- High Risk: >= 200

What is the difference between a non-fasting and fasting test?

- A fasting test gives you a ‘bottom line’ result – this is the lowest you can expect the sugar and cholesterol figures to be.
- If you have eaten just before the test, then the levels of sugar and cholesterol are determined by what you have just eaten – not by your body’s ability to handle these substances.
- If a non-fasting level is high, it might not mean anything at all is wrong.
- If a fasting level is high, then something is wrong.

BMI – Body Mass Index

- Ratio between height and weight
- Normal Range: 18.5 – 24.9
- Underweight: <18.5
- Overweight: 25.0 – 29.9
- Obese: > 30.0
- BMI Chart and Information



Waist Circumference

- Male Normal Range: <40
- Female Normal Range: <35
- Fat distribution can help determine risks of certain health issues.

Blood Pressure

BP Category	Systolic mmHg (upper number)		Diastolic mmHg (lower number)
Normal	120	And	<80
Elevated	120-129	And	<80
Hypertension Stage 1	130-139	Or	80-89
Hypertension Stage 2	140 or higher	Or	90 or higher
Hypertensive Crisis	Higher than 180	And/or	Higher than 120

- Hypertension (high blood pressure) increases a person's risk of a heart attack or stroke.

What do I do with my results?

- Use as a tool to make some changes in your lifestyle
- Set goals and be proactive about lifestyle
- Great way to begin a discussion with your primary care physician.

Your results and definitions

Your provider _____

The results below are designed to give you an assessment of your **physical measures**, **heart health**, and **potential health risks**. Share these results with your physician to determine what lifestyle changes, if any, are needed to build a healthier you.

BMI

SUGGEST FOLLOW-UP ☐

NORMAL RANGE: 18.5 to 24.9

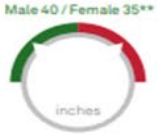
_____ HEIGHT (feet and inches)

_____ WEIGHT (pounds)

Body mass index (BMI) is an indication of body size and, by association, body fat.

A normal range for BMI is between 18.5 and 24.9.

- Underweight: <18.5
- Overweight: 25.0-29.9
- Obese: >30.0



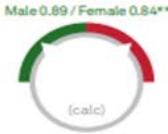
WAIST CIRCUMFERENCE

SUGGEST FOLLOW-UP ☐

MALE NORMAL RANGE: <40

FEMALE NORMAL RANGE: <35

Excess weight as measured by BMI is not the only risk to your health; the location of fat on your body determines risk as well. If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs. This is true even if your BMI falls within the normal range. Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher disease risk than people with smaller waist measurements because of where their fat lies.



WAIST-TO-HIP RATIO

SUGGEST FOLLOW-UP ☐

MALE NORMAL RANGE: <0.90

FEMALE NORMAL RANGE: <0.85

_____ HIP CIRCUMFERENCE (inches)

Waist-to-hip ratio is the ratio of your waist circumference to your hip circumference. Weight concentrated around the middle is often referred to as an "apple" shape, whereas weight concentrated around your hips is referred to as a "pear" shape. In many cases, persons with extra weight located around the middle are at higher risk for diseases such as heart disease and diabetes than those who carry weight around their hips and thighs.

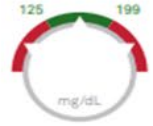
BLOOD PRESSURE

SUGGEST FOLLOW-UP ☐

NORMAL RANGE: <120/80

Hypertension, commonly referred to as high blood pressure, is a medical condition in which the blood pressure is chronically elevated. Hypertension has been associated with an increased risk of heart attack or stroke.

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 -129	and	Less than 80
Hypertension Stage 1	130 - 139	or	80 - 89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

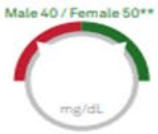


TOTAL CHOLESTEROL

SUGGEST FOLLOW-UP ☐

NORMAL RANGE: 18.5 to 24.9

High cholesterol may put you at risk for heart disease or stroke. Elevated cholesterol levels can be caused by diets high in cholesterol and saturated fats as well as genetics, medical conditions such as diabetes, hypothyroidism, kidney disease, liver disease, or pregnancy . A low cholesterol measurement is one that falls below the range where you are considered at risk for cardiovascular (heart and blood vessel) disease. Decreased levels of cholesterol can indicate malnutrition, intestinal malabsorption, hyperthyroidism, chronic anemia, liver disease, or other medical conditions.



HDL CHOLESTEROL

SUGGEST FOLLOW-UP ☐

MALE NORMAL RANGE: >40

FEMALE NORMAL RANGE: >50

Elevated high density lipoprotein (HDL) cholesterol is associated with decreased risk of heart disease. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high, and the optimal value for HDL is > 60 mg/dL.* Levels may increase with regular exercise. Low HDL can be associated with increased risk for heart disease. Genetic factors, conditions such as liver disease, malnutrition or hyperthyroidism, as well as smoking and drinking alcohol, may decrease HDL levels.

TRIGLYCERIDES

SUGGEST FOLLOW-UP ☐

NORMAL RANGE: <150

Triglycerides are composed of fatty acids and glycerol. Triglycerides combine with proteins to form particles called lipoproteins that transport fats through the bloodstream. These lipoproteins carry triglycerides from the liver to other parts of the body that need this energy source and are then returned to the liver to be removed from the body. The level of triglycerides in your blood can indicate how efficiently your body processes the fat in your diet. Fasting for 9-12 hours before your screening is recommended for the most

GLUCOSE

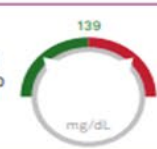
SUGGEST FOLLOW-UP ☐

FASTING ☐

NORMAL RANGE: 65 to 99

PREDIABETES RANGE: 100 to 125

DIABETES RANGE: >=126



NONFASTING ☐

NORMAL RANGE: <140

INCREASED RISK: 140 to 199

HIGH RISK: >=200

Glucose is the chief source of energy for all cells in the body. This test measures the concentration of glucose in your blood to screen for problems with the way your body processes sugar. A high level can suggest that the body is not correctly using or producing insulin, the hormone that enables your body to use glucose. A glucose level above the reference range is called hyperglycemia and may indicate the possibility of diabetes. Stress from surgery or trauma, renal failure, pancreatitis, steroid therapy, and other conditions may also increase blood glucose levels. A glucose level below the reference range is called hypoglycemia. Increased levels of insulin, hypothyroidism, liver disease, and other conditions may contribute to low blood glucose. Certain medicines such as steroids, insulin, and propranolol may also lower blood glucose.

LDL CHOLESTEROL

SUGGEST FOLLOW-UP ☐

NORMAL RANGE: <100

Elevated low density lipoprotein (LDL) cholesterol is associated with an increased risk of heart disease. LDL often increases with a diet high in cholesterol and saturated fats. Lifestyle choices, including diet, exercise and many medications are effective in lowering the LDL cholesterol level. The optimal LDL value is < 100 mg/dL.* For persons with other cardiovascular risk factors* (diabetes, high blood pressure, smoking, family history of premature atherosclerotic cardiovascular disease [ASCVD], personal history of ASCVD, or albuminuria) or those on statin therapy, your healthcare provider may recommend a lower LDL target. LDL results are calculated off of the triglycerides result, which is sensitive to fasting. It is recommended to fast for 9-12 hours before your screening for the most accurate LDL calculation. If triglycerides are >400 mg/dL, the estimated LDL will not be calculated and will be reported as not applicable (N/A).

TOTAL CHOL/HDL RATIO

SUGGEST FOLLOW-UP ☐

NORMAL RANGE: <5.0

The total cholesterol/HDL cholesterol ratio is a calculation obtained by dividing the total cholesterol level by the HDL cholesterol level and is another indicator of heart disease risk. A ratio of less than 5.0 is associated with a lower risk of heart disease. A ratio of less than 3.5 is highly desirable.

LDL/HDL RATIO

SUGGEST FOLLOW-UP ☐

**MALE RISK: BELOW <2.28 | AVG 2.29 to 4.9 | MODERATE 4.91 to 7.12 | HIGH >7.13

**FEMALE RISK: BELOW <2.34 | AVG 2.35 to 4.12 | MODERATE 4.13 to 5.56 | HIGH >5.57

LDL/HDL cholesterol ratio is an indicator of heart disease risk. The lower the ratio, the lower the risk.

NON-HDL CHOLESTEROL

SUGGEST FOLLOW-UP ☐

NORMAL RANGE: <130

Non-HDL cholesterol is an important measure of heart disease risk that has a stronger relationship with heart disease than any other individual lipid measurement. Doctors generally use it as a secondary target, specifi cally, if triglycerides are more than 199 mg/dL after the LDL cholesterol goal is reached. The secondary goal for non-HDL cholesterol (total cholesterol – HDL cholesterol) is 30 mg/dL higher than the LDL cholesterol goal. If you have other cardiovascular risk factors or are on statin therapy, your healthcare provider may prefer a lower target level for you.

BODY FAT PERCENTAGE

SUGGEST FOLLOW-UP ☐

**Age 18-39 MALE NORMAL RANGE: 8 to19.9% FEMALE NORMAL RANGE: 21-32.9%

**Age 40-59 MALE NORMAL RANGE: 11 to 21.9% FEMALE NORMAL RANGE: 23 to 33.9%

**Age >=60 MALE NORMAL RANGE: 13 to 24.9% FEMALE NORMAL RANGE: 24 to 35.9%

Body fat percentage is the ratio of lean body mass (including organs, bones and muscles) to fat mass. A normal range can be from 8% to 35.9% depending upon your gender.

*Ranges from the American Heart Association (www.heart.org)

** If you are undergoing hormone therapy or are unsure of which reference range applies, please consult with your physician.

Who is the vendor?

We will be using **Quest Diagnostics**

Convenience of selecting time, date, and location

Appointments can be made through a portal that will be shared at a later date.

August 1, 2023 – June 15, 2024


Any Questions?

Resources

- Health and Wellness
- https://www.samhsa.gov
- Global Wellness Institute
- https://www.cdc.gov/heartdisease/risk_factors.htm
- https://www.acpm.org/about-acpm/what-is-preventive-medicine/