

KNOW YOUR NUMBERS

Prior to completing your online Personal Health Assessment (PHA), take this form with you to your next physical and have your health care provider complete the blanks during your exam. You may also use numbers that you were given in the recent past during a visit to a health care provider.

Health Measure	Ranges	Description	Your Numbers
Total Cholesterol*	Total Cholesterol: <200	Measurement of the different kinds of fat or lipids in your blood.	
HDL Cholesterol*	HDL: > = 60	HDL is known as your "good" cholesterol because it carries cholesterol away from the arteries and out of your body, reducing your risk of heart disease.	
LDL Cholesterol*	LDL: <130 Diabetics & CAD: LDL: < 70	LDL is known as "bad" cholesterol because it clogs the arteries and increases your risk of heart attack and stroke.	
Triglycerides*	Triglycerides: < 150	A type of fat found in your blood. High levels may contribute to hardening of the arteries, which increase your risk of stroke, heart attack and heart disease.	
Glucose*	Fasting glucose: < 100 Non-fasting glucose: < 140 Diabetics: = HbA1c < 7.0	Blood sugar level. High levels can damage eyes, kidneys, nerves and blood vessels. High levels may also be an indicator of diabetes.	
Blood Pressure	Systolic/Diastolic: <140/90 Diabetics: <130/80	Usually expressed as one number "over" another number. The first number (systolic) represents the pressure while your heart is beating. The second number (diastolic) represents the pressure while your heart is resting between beats. High blood pressure (also known as "hypertension") increases your risk of heart disease and stroke.	
Body Mass Index (BMI)	18.5 <= BMI < 30	BMI is an indicator of fat for most people. BMI is calculated based on your height and weight. Being overweight increases the risk of high blood pressure, heart disease, stroke, diabetes, arthritis, breathing problems, and certain types of cancer.	



Recommendations from the consensus statement *Guidance for a Reasonably Designed Employer Sponsored Wellness Program using Outcome-based Incentives*

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