Congratulations on taking an important step toward better health!

Health screenings are a great way to gain insight into your unique health needs and risks for chronic diseases. Armed with the results, you can then make a plan to get—and stay—healthy!
What you need to know

Today’s screenings may uncover your health risks for chronic diseases. Inside this booklet you will find information about each of the tests performed and how the results relate to your health. You can then use this information to identify and address any red flags. For example, if you discover your blood pressure is above normal, you should immediately discuss steps to control the hypertension with your doctor or other wellness professional.

The screenings are provided by Health Advocate, the nation’s largest health advocacy and assistance company, and a leader in health screenings. The screenings are safe and 100% confidential.

This brochure features information on the following screenings:

- Blood Pressure
- Body Composition
- Cholesterol
- Glucose
What is Blood Pressure?
Blood pressure is a measurement of the force of flowing blood against the artery wall. In a healthy body, blood moves easily through the veins and arteries. When your blood pressure is high, your blood vessels become damaged and the heart has to work harder. Unfortunately, more than 1 in 4 Americans have high blood pressure, also known as hypertension. Left unchecked, this disease can lead to some very serious consequences including heart disease, stroke, or eye and kidney damage. High blood pressure is called the “silent killer” because many people don’t experience symptoms and as a result, don’t realize that their pressure is high or that damage is occurring.

What do the numbers mean?
Two numbers make up your blood pressure reading. The top number is called the systolic pressure and is a measurement of the pressure when the heart contracts to push blood into the body. The bottom number is called the diastolic pressure and represents the pressure when the heart is refilling with blood. A blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as “120 over 80.” An individual’s blood pressure is considered high when it persists above 140/90 for an extended period of time.

What is Body Fat Percentage?
A high percentage of body fat in relation to your weight could be a risk factor for cardiovascular disease and other conditions. Even people of normal weight may have excessive body fat that puts them at risk for metabolic changes that can lead to heart disease and diabetes. It is measured with a simple electronic device.

What is Body Mass Index (BMI)?
BMI is an indicator of total body fat based on your height and weight. While BMI does not measure body fat directly, it is a good alternative method of screening for weight and obesity that can lead to health problems. It is calculated by multiplying your weight in pounds by 704, then dividing by the square of your height in inches.

Why Measure Waist Circumference?
A high waist circumference can indicate excess storage of abdominal fat, which is associated with an increased risk for type 2 diabetes, high cholesterol, hypertension and cardiovascular disease. Whether you are overweight or of average weight, measuring your waist size can help screen for possible health risks.

What is Cholesterol?
Cholesterol is a waxy, fatty substance that occurs naturally in your body and is needed for proper body function. It is found in several places in the body, such as the cells in your brain, nerves, muscles and skin. The body naturally makes all the cholesterol it needs. Depending on the totals of the specific types of cholesterol in the body, excess cholesterol is either excreted from the body or deposited in the arteries.

HDL, or High-Density Lipoproteins
HDL, or High-Density Lipoproteins, is your healthy cholesterol. Your HDL carries your LDL (bad cholesterol) to the liver, where it will be excreted by the body. An HDL level of 60mg/dL or higher has a protective effect. You want to have a high amount of HDL cholesterol!

LDL, or Low-Density Lipoproteins
LDL, or Low-Density Lipoproteins, is a sticky type of cholesterol that clogs your arteries. This is your bad cholesterol. Maintaining lower levels of LDL will reduce your risk of heart disease.

What is Glucose?
Glucose is the body’s main source of fuel. Eating and digesting foods called carbohydrates forms glucose. Insulin is needed by the body to allow glucose to go into the cells and be used as energy. Without insulin, the levels of glucose in the blood will rise. Diabetes is the result of the pancreas not producing insulin or the body’s reaction to insulin. High levels of glucose indicate a higher risk of developing diabetes, which in turn can increase the chance of heart attack and stroke.

HbA1c (Glycosylated Hemoglobin)
HbA1c (Glycosylated Hemoglobin) is blood glucose attached to hemoglobin (a component of blood). This test reflects the average blood sugar for the previous 2-3 months. A reading of 5.7%-6.4% puts one at increased risk of developing diabetes in the future. Fasting does not influence the results of this test.
Follow-Up Referral

During your screening today, we found that the following results were out of the normal range. We recommend follow-up with your personal health care provider for blood pressure > 140/90, glucose values > 100mg/dL when fasting or >140mg/dL when non-fasting or if your HbA1c exceeds 5.7%. The following screening(s) were found to be out of the normal range:

- Blood Pressure Measurement: _____ / _____
- Blood Glucose Measurement: _____
- Fasting or Non-Fasting (circle one): ________
- HbA1c Measurement (if tested): _________________

Health Advocate Representative

Signature: ______________________________
Printed Name: ________________________
Date: _________________________________
Confidential Information

Name: ______________________________________________
(Please Print First & Last Name)

Testing Date: ____________/____________/_______________
(Month) (Day) (Year)

Company: ___________________________________________

FREE Consultation with a Wellness Coach

All screening participants get a free, confidential, follow-up call with a Health Advocate Wellness Coach to review your results in further depth and help you make healthy changes. Call 800.970.1261 to connect with a Coach.

If you already have a Wellness Coach, please contact your Coach directly.

About Cholesterol Screenings

The testing device, strips and method we use have been approved by, and follow the guidelines of, the NCEP (National Cholesterol Education Program). Non-fasting fingerstick cholesterol with glucose testing is an effective screening tool. It will, however, not produce precisely the same results as a venipuncture (blood draw from a vein) cholesterol test would. This is primarily due to tissue fluid that is present in the finger, and not in the vein. As a result, the accuracy of the non-fasting fingerstick cholesterol test will typically be approximately 5% less accurate than non-fasting venipuncture results.

Many physiological factors can influence cholesterol levels, such as fasting, alcohol consumption, diet, exercise and stress, which can affect the test results from day to day and month to month. Therefore, it’s not unusual for test results from a previous test to vary from the test results from today’s test. Other factors that may interfere with the fingerstick test are: high doses of Vitamin C (usually 1,000 mg or more), blood iron levels (above 55% or below 30%), certain medications, alcohol consumption in the past 24 hours, or hand creams that contain glycerol. Also, cholesterol will be temporarily low during acute illness, chronic liver disease, cancer, or during extreme stress. The goal for our onsite health screenings is to alert people to potential health concerns, as opposed to making a diagnosis. Please share your results with your healthcare provider.