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Know Your Numbers:
Understanding Your Biometric Screening Results

Overview

- Post-Screening Next Steps
- Health Screening Results Interpretation
- High Risk/Numbers out of Range?
- Talk to your doctor
- Health Coaching
- *Take Charge! Live Well!* Resources



Biometrics - What are They?

- Science of collecting and analyzing health data
- Results (numbers) from a biometric screening are key indicators of your risk for serious health conditions
- Useful tool in talking to your doctor about your overall health
- Know your biometric numbers by heart



What Biometric Numbers do You Need to Know?

A biometric screening test typically measures numbers for:

- Blood pressure
- Lipid levels (cholesterol, LDL, HDL, triglycerides)
- Blood sugar (glucose)
- Body Mass Index (BMI)
- Waist Circumference

Body Mass Index (BMI)

Uses your weight and height to measure if you are at a healthy weight for you. BMI estimates your body fat.

The categories are:

- BMI is less than 18.5: underweight
- BMI is 18.5 to – 24.9: healthy weight
- BMI is 25.0 to – 29.9: overweight
- BMI is 30.0 or higher: obese



Health Screening Results

BMI:

- Uses Height and weight to determine healthy ranges
- Higher value increases risk for hypertension, Diabetes and cancers
- Look for other health risks

MEASUREMENT	VALUE RANGE
BODY MASS INDEX (BMI)	<ul style="list-style-type: none">■ Less than 18.5: Underweight■ 18.5 to 24.9: Healthy Weight■ 25.0 to 29.9: Overweight■ 30.0 or more: Obese
My Result: <hr/>	

- Healthy value
- Needs attention
- Contact your doctor

Why Knowing Your BMI is Important

Knowing your BMI can help you better understand your risk of developing conditions such as:

- Heart disease
- Type 2 diabetes
- Certain cancers

BMI is a tool that you and your doctor can use to look at your health risks.

Waist Circumference



MALE

40 inches or less:
Acceptable

More than **40** inches:
Elevated



FEMALE

(nonpregnant)

35 inches or less:
Acceptable

More than **35** inches:
Elevated

Health Screening Results

Waist Circumference:

- Estimates abdominal fat
- Increased values = increased risk for obesity related diseases.

WAIST CIRCUMFERENCE	
My Result:	
<hr/>	
MALE	<ul style="list-style-type: none">■ 40 inches or less: Acceptable■ More than 40 inches: Elevated
FEMALE (nonpregnant)	<ul style="list-style-type: none">■ 35 inches or less: Acceptable■ More than 35 inches: Elevated

- Healthy value
- Needs attention
- Contact your doctor

Why Knowing Your Waist Circumference is Important

Regardless of your overall body weight, increased abdominal fat raises your risk of developing obesity-related conditions such as:

- Type 2 diabetes
- High blood pressure
- Coronary artery disease
- Colorectal cancer
- Sleep apnea
- Premature death from any cause



Blood Pressure

Blood pressure is recorded as two numbers:

120/80 mm Hg

Systolic

Diastolic

(heart is constricting)

(heart is at rest)

Optimal: <120/80 mm Hg

High: >140/90 mm Hg

Health Screening Results

BLOOD PRESSURE

My Result:

- Less than 120/80 mmHg: Normal
- 120-139/80-89 mmHg: Pre-hypertension
- 140-159/90-99 mmHg: Stage 1 Hypertension
- 160/100 mmHg or higher: Stage 2 Hypertension

Blood Pressure consists of:

- Two numbers: Systolic and Diastolic
- Systolic (top number)= heart beats
- Diastolic (bottom number)= heart relaxes

- Healthy value
- Needs attention
- Contact your doctor

What You Can do to Manage Your Blood Pressure

- Follow a healthy diet that includes fruits and vegetables
- Keep sodium intake to less than 1,500 mg. a day
 - Even cutting back to 2,400 mg. a day can improve can significantly improve your blood pressure



Blood Glucose

What blood glucose levels mean:

Fasting*: **Less than 100 mg/dL: Desirable**

100-125 mg/dL: Pre-diabetes

126 mg/dL or higher: Diabetes

Non-fasting: **Less than 200 mg/dL: Acceptable**

200 mg/dL or higher: High



* Fasting means nothing to eat or drink for at least 8 hours

Health Screening Results

- Blood Glucose (blood sugar):
- Comes from food you eat
 - Main source of energy
 - How pre-diabetes/
Diabetes is determined

BLOOD GLUCOSE

My Result:

FASTING

-  Less than 100 mg/dL: Desirable
-  100-125 mg/dL: Prediabetes
-  126 mg/dL or higher: Diabetes

NON-FASTING

-  Less than 200mg/dL:
Acceptable
-  200 mg/dL or higher: High

-  Healthy value
-  Needs attention
-  Contact your doctor

Why is it Important to Know Your Blood Glucose?

- Blood glucose (also called “blood sugar”) comes from the food you eat and is the body’s main source of energy.
- Having blood glucose that is too high over time, can cause damage to your body.
- Prediabetes- having blood glucose levels that are higher than normal, but not high enough to be called diabetes.
- Prediabetes has **no symptoms**.
- Prediabetes can increase your risk of type 2 diabetes, heart disease and stroke.

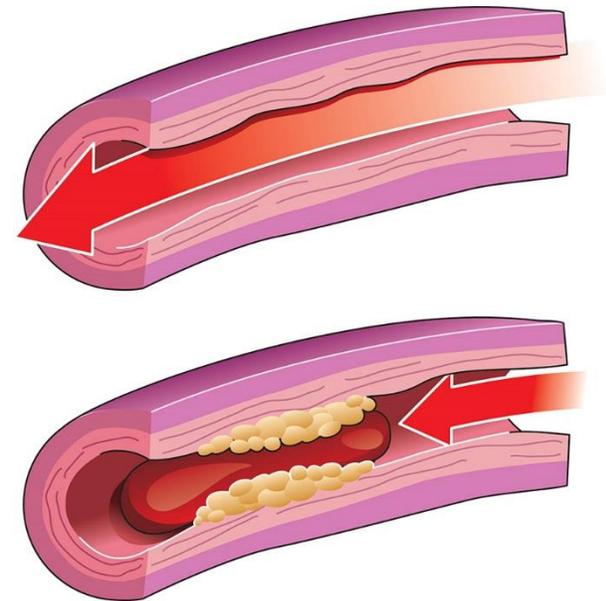
What is Cholesterol?

Cholesterol: Waxy substance, fat-like substance made by your body and is also found in some of the food you eat, primarily animal source (meats and dairy products).

Types of cholesterol:

- Low Density Lipids (LDL Cholesterol: “Bad”)
- High Density Lipids (HDL “Good”)

Triglycerides: Type of fat found in your blood.



Total blood cholesterol = HDL + LDL + 20% of triglyceride level

What are Desirable Cholesterol Levels?

Total cholesterol

Less than 200 mg/dL

LDL ("bad" cholesterol)

Less than 100 mg/dL

HDL ("good" cholesterol)

60 mg/dL or higher

Triglycerides

Less than 150 mg/dL

Cholesterol Values

- High cholesterol has **no symptoms**. A **blood test** is the only way to detect high cholesterol.

MEASUREMENT	VALUE RANGE
TOTAL CHOLESTEROL My Result: <hr/>	<ul style="list-style-type: none">■ Less than 200 mg/dL: Desirable■ 200-239 mg/dL: Borderline High■ 240 mg/dL or higher: High

- Healthy value
- Needs attention
- Contact your doctor

Cholesterol Values

- HDL is also called “good” cholesterol
- Helps remove LDL cholesterol from the arteries
- Higher HDL levels are desired
- A healthy level of HDL cholesterol in your blood may protect you from having a heart attack or stroke

HDL CHOLESTEROL

My Result:

MALE

- 60 mg/dL or higher: Ideal
- 40-59 mg/dL: Acceptable
- Less than 40 mg/dL: Low

FEMALE

- 50-59 mg/dL: Acceptable
- Less than 50 mg/dL: Low

-
- Healthy value
 - Needs attention
 - Contact your doctor

Cholesterol Values

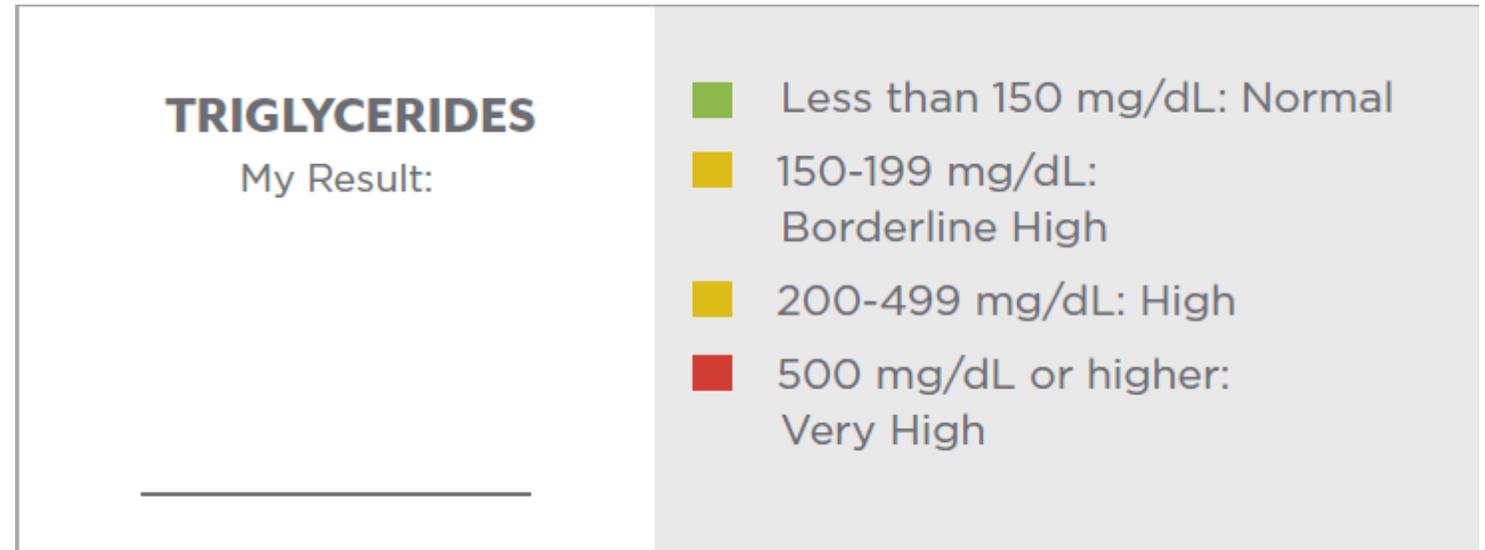
- LDL is also called “bad” cholesterol”
- Contributes to plaque which can clog arteries
- Clogged or blocked arteries can increase your risk of having a heart attack or stroke

LDL CHOLESTEROL My Result:	<ul style="list-style-type: none">■ Less than 100 mg/dL (70 mg/dL for certain high-risk individuals): Desirable■ 100-129 mg/dL: Above Desirable■ 130-159 mg/dL: Borderline High■ 160-189 mg/dL: High■ 190 mg/dL or higher: Very High
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- Healthy value
- Needs attention
- Contact your doctor

Triglyceride Values

- Triglycerides are another type of fat in the blood
- High triglyceride levels put you at a higher risk of heart disease, heart attack or stroke
- Extremely high triglycerides can cause pancreatitis
- High triglycerides can also be a sign of poorly controlled diabetes



-
- | | |
|---|---------------------|
| ■ | Healthy value |
| ■ | Needs attention |
| ■ | Contact your doctor |

What Can You do to Manage Your Cholesterol Levels?

- One of the key ways to cut bad cholesterol and boost good cholesterol is a heart-healthy diet.
- Cutting saturated fat is a great way to start taking control over cholesterol. Saturated fats raise the level of cholesterol in your blood



Make Healthy Dietary Choices

Eat more:

- Fruits and vegetables
- Whole grains, such as whole-grain bread, cereal, pasta, brown rice, and oats
- Lean meats such as skinless chicken and fish
- Low-fat dairy (milk, yogurt, cheese)
- Monosaturated fats like olive, peanut, and canola oils (in moderation)



Make Healthy Dietary Choices

Eat less:

- High-sodium foods
- Sugary drinks and foods
- Processed and red meat
- Foods with hydrogenated oil like doughnuts, cakes, cookies
- Fried foods
- Solid fats like shortening, stick margarine, and lard



More Ways to Manage Your Cholesterol

- **Quit smoking**
 - Quitting smoking can increase your HDL (good) cholesterol.
- **Lose weight**
 - Being overweight increases your risk of having high LDL (bad) cholesterol and low (HDL (good) cholesterol. Losing 5-10 percent of your body weight can improve these levels.
- **Limit alcohol**
 - Drink alcohol only in moderation. For healthy adults, that means one drink a day for women of all ages and men older than 65, and up to two drinks a day for men 65 years and younger.



Physical Activity

- The [Physical Activity Guidelines for Americans](#) recommends adults do at least 150 minutes of moderate intensity activity (e.g., brisk walking) or 75 minutes of vigorous intensity activity (e.g., jogging, running), or a combination of these per week.
 - An easy way to remember this is **30 minutes at least 5 days a week**, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session.
- Muscle-strengthening activities are also recommended 2 or more days a week.

***Check with your health care provider before starting any exercise program.**

Physical Activity for Weight Loss

Successful weight loss often requires more than the general recommendations.

- 5 hours/week (~60 min/day, 5 days/week)
- Incorporate both aerobic and strength training exercises



***Check with your health care provider before starting any exercise program.**

Health Coaching

What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2

Well-Being Connect

Begin at
ohio.gov/tclw
and select
“Well-Being
Connect”

The screenshot shows the Well-Being Connect website interface. At the top, there is a navigation bar with links for DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. The HEALTH RECORD and LIBRARY links are highlighted with a yellow box. Below the navigation bar is a large green banner with the text "welcome" and "FIND YOUR OWN PATH TO A HAPPIER, HEALTHIER LIFE." Below the banner, there are three main sections: PERSONAL GOALS, GROUP CHALLENGES, and LIBRARY. Each section has an icon, a brief description, and a button. The PERSONAL GOALS section has a mountain icon and a button labeled "PICK YOUR GOALS". The GROUP CHALLENGES section has a trophy icon and a button labeled "FIND A CHALLENGE". The LIBRARY section has a fork icon and a button labeled "VISIT OUR LIBRARY". Below these sections is a section titled "Products Designed For You" with three product cards: FINANCIAL WELL-BEING (Powered by DAVE RAMSEY), QUITNET (QUIT ALL TOGETHER), and Take Charge! Live Well! (with a star icon).



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Thank You!

ohio.gov/tclw | 1-866-556-2288