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.

This event is operated by Optum, a health and well-being company that provides information and support as part of your health plan. Services are provided by Wellness, Inc., an affiliate of Optum, or other partner.

Participation in this [Know Your Numbers] event is strictly voluntary and is not a substitute for your doctor’s care. This event and your screening results are provided for informational purposes only and are not intended to diagnose problems or provide specific treatment recommendations.

Your screening results will be kept confidential in accordance with the law, and with your consent, will be shared with your health plan for administration of your wellness program and other health plan activities.

The information provided in this document is for general information purposes only and is not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs and to determine whether making a lifestyle change or decision based on this information is appropriate for you. Some treatments mentioned may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthCare Services, Inc. or their affiliates.
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.

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 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:

\[
\frac{\text{Waist circumference}}{\text{Hip circumference}}
\]

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 40 inches for men.

**Recommended body fat / Composition range**

<table>
<thead>
<tr>
<th>Age</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>20–39</td>
<td>&lt;8%</td>
<td>6%&lt;br&gt;Normal</td>
</tr>
<tr>
<td>40–59</td>
<td>&lt;11%</td>
<td>9%&lt;br&gt;Normal</td>
</tr>
<tr>
<td>60–79</td>
<td>&lt;13%</td>
<td>11%&lt;br&gt;Normal</td>
</tr>
<tr>
<td>80–89</td>
<td>&lt;15%</td>
<td>13%&lt;br&gt;Normal</td>
</tr>
</tbody>
</table>

**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.

**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.

**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.

**Reading Blood Pressure Numbers**

<table>
<thead>
<tr>
<th>Systolic (Top number)</th>
<th>Diastolic (Bottom number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120 And Less than 80</td>
</tr>
<tr>
<td>Prehypertensive</td>
<td>120–139 Or 80–89</td>
</tr>
<tr>
<td>High BP (Stage 1)</td>
<td>140–159 Or 90–99</td>
</tr>
<tr>
<td>High BP (Stage 2)</td>
<td>160 or higher Or 100 or higher</td>
</tr>
</tbody>
</table>

**Sources**

- Waist circumference: Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 73, Sept 2000