

# Your Biometric Screening



## Thank you for completing your Biometric Screening!

Knowing your numbers gives you the power to determine what areas to focus on to reach your health and wellness goals.

Healthy Ranges for each component of your screening are listed below:

<b>Total Cholesterol:</b> Low Risk: <200 Moderate Risk: 200-239 High Risk: $\geq$ 240	<b>Blood Pressure:</b> Low Risk (Normal): $\leq$ 119/79 Moderate Risk (Elevated/Hypertension Stage 1): 120/80-139/89 High Risk (Hypertension Stage 2/Hypertensive Crisis): $\geq$ 140/90
<b>HDL Cholesterol:</b> Men: >40 Women: >50 >60 is considered heart protective	<b>Glucose Fasting:</b> Normal: 70-99 Pre-Diabetes: 100-125 High Risk for Diabetes: $\geq$ 126
<b>LDL Cholesterol:</b> Optimal: <100 Near Optimal: 100-129 Borderline: 130-149 High: 150-189 Very High: 190 and above	<b>Glucose Non-Fasting:</b> Normal: 80-139 Pre-Diabetes: 140-199 High Risk for Diabetes: $\geq$ 200
<b>TC/HDL Ratio:</b> Low Risk: <4.9% High Risk: $\geq$ 5%	<b>BMI:</b> Very Underweight: <17.4 Underweight: 17.5-18.4 Normal: 18.5-24.9 Overweight: 25-29.9 Obese: $\geq$ 30.0
<b>Triglycerides:</b> Low Risk: $\leq$ 149 Moderate Risk: 150-299 High Risk: $\geq$ 300-499 Very High Risk: $\geq$ 500	<b>Waist:</b> Normal: <b>Women</b> <35 in. <b>Men</b> <40 in.

## Next Steps...

### Review your Results with a health care professional!

As a valued State Employee Health Plan member, you have access to multiple options for accessing healthcare professionals to discuss your results and set goals for improving or maintaining your health.

- Schedule an appointment with a Health Coach from the HealthQuest Health Center by Marathon by calling 785.783.4080.
- Schedule a free virtual appointment with a HealthQuest Health Coach.
- Schedule an appointment with your primary care physician.\*

*\*Additional fees may apply*

# HealthQuest Credits



You will earn 5 HealthQuest credits towards next year's premium incentive discount by completing today's Biometric Screening.

In addition, you will receive 6 HealthQuest credits for each measure within the healthy incentive range for Blood Glucose, Blood Pressure, and Total Cholesterol, for a possible combined maximum of 23 HealthQuest credits.

## Healthy Incentive Ranges:

- Blood Glucose:
  - Fasting: 70-99
  - Non-Fasting: 80-139
- Blood Pressure: <120/80
- Total Cholesterol: <200

Biometric Screening credits will appear in your HealthQuest portal 1-2 weeks after your screening. Results will appear in your portal shortly before your credits populate in your portal. For questions regarding your Biometric Screening credits, please contact [HealthQuest@cerner.com](mailto:HealthQuest@cerner.com).

Ensure you are reaping your rewards, and not leaving any money on the table. Register for HealthQuest at [HealthQuest.ks.gov](http://HealthQuest.ks.gov).

## Contact us

For questions regarding the HealthQuest Health and Wellness Program, contact Cerner at: [HealthQuest@cerner.com](mailto:HealthQuest@cerner.com) or 1.888.275.1205, option 3 (24/7)

To Schedule an additional appointment or service at the HealthQuest Health Center, contact the Health Center at: 785.783.4080 (Mon. - Fri. 8 a.m. - 5 p.m.)

State Employee Health Plan: [SEHPHealthQuest@ks.gov](mailto:SEHPHealthQuest@ks.gov)