



# Know Your Numbers!

Breaking down your  
biometric screening  
results

# Why is it important for me to know my biometric screening results?



Staying up to date on your current health status.



Knowing what your health risks might be.



Can prevent chronic disease



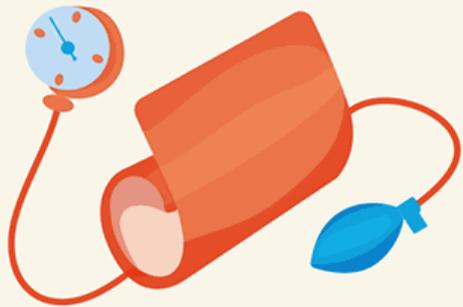
Healthy ranges can save you money on health insurance costs



Lets you know where you need to make improvements in your health

# What am I checking when I get my Biometric screening done?

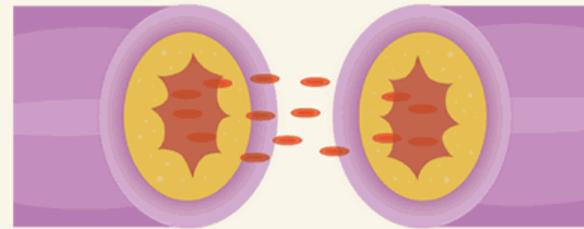
## Blood pressure



## Weight, height and waist size



## Cholesterol levels good (HDL) and bad (LDL)



## Blood glucose



# Blood Pressure



# Breaking Down Your Blood Pressure Reading



- **Systolic blood pressure:** When the heart beats.
- **Diastolic blood pressure:** When the heart is resting between beats.
- Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50.
- In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term buildup of plaque and an increased incidence of cardiac and vascular disease.

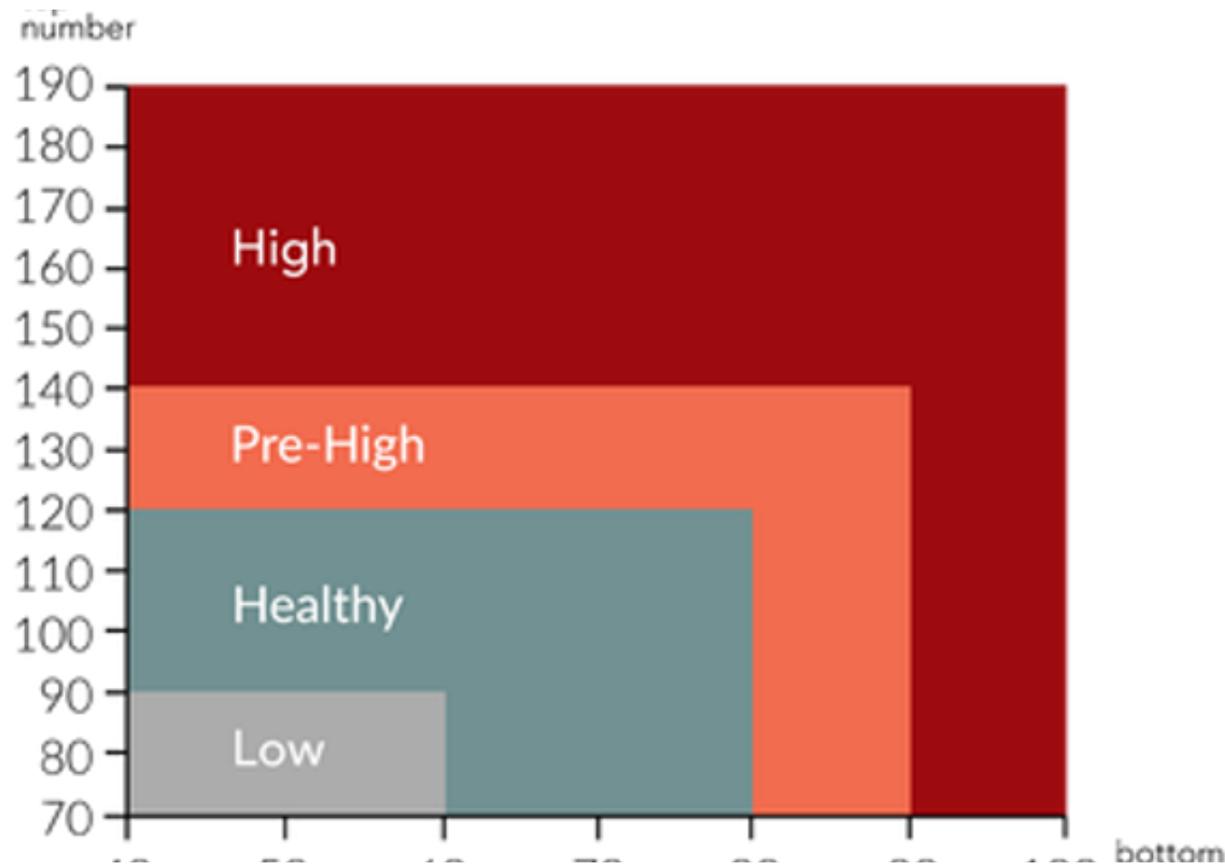
# Blood Pressure Ranges

## Normal

Numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

## Elevated

When readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.



# Hypertension

Abnormally High Blood Pressure

## Risk Factors

- Age
- Race
- Family History
- Weight
- Poor diet
- High Stress Levels
- Lack of physical activity
- Alcohol and Tobacco use

## Symptoms

- Some may report a "pounding" sensation in their head and/or chest
- Shortness of breath
- Dizziness or visual changes
- Many individuals with hypertension show no signs of symptoms

# Body Mass Index



# WHAT IS BODY MASS INDEX?



Body Mass Index (BMI) → A weight-to-height ratio



Calculated by dividing one's weight in kilograms by the square of one's height in meters

# HOW DO I DETERMINE MY BMI?



UNDERWEIGHT= LESS THAN 18.5



NORMAL= 18.25-24.9



OVERWEIGHT= 25-29.9



OBESE= 30 or greater

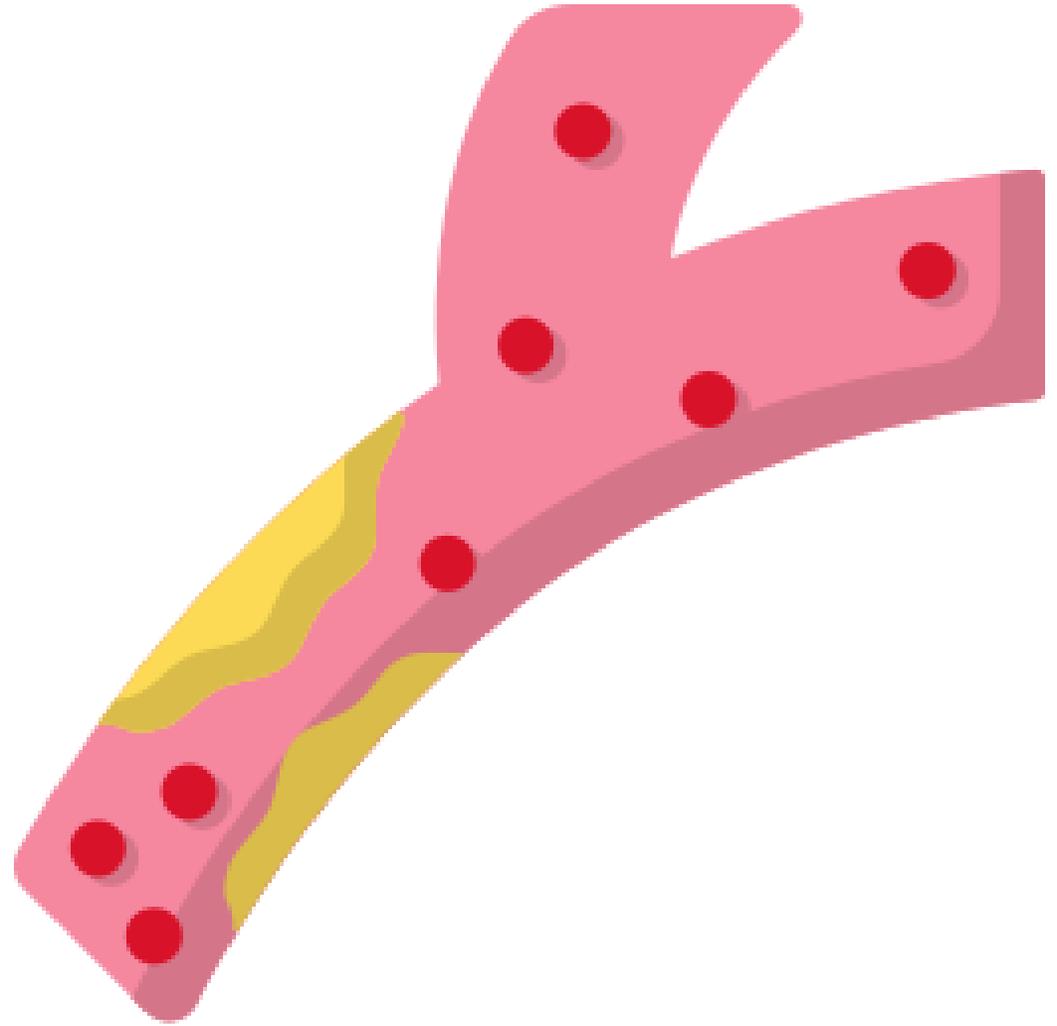


MORBIDLY OBESE= 40 or greater

## Important to note for BMI...

- Higher BMI could result in higher risk for chronic health conditions
- Helps provide understanding on how to manage weight
- It is still widely used as the standard for determining healthy weight ranges although it is criticized for being inaccurate since it does not account for body fat %
- Following a balanced diet and exercise plan is the best way to manage BMI

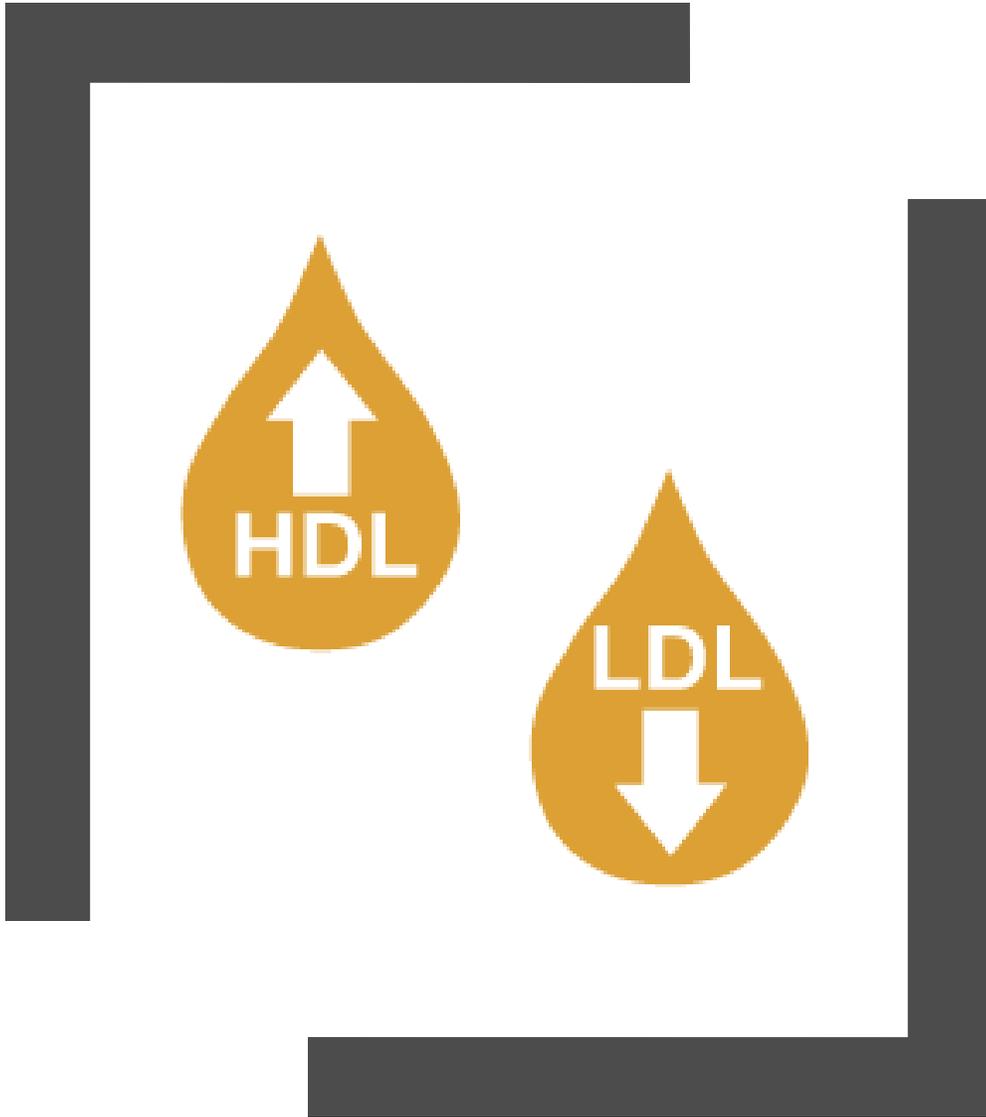
Cholesterol



# WHAT IS CHOLESTEROL?

Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease.

With high cholesterol, you can develop fatty deposits in your blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can break suddenly and form a clot that causes a heart attack or stroke.



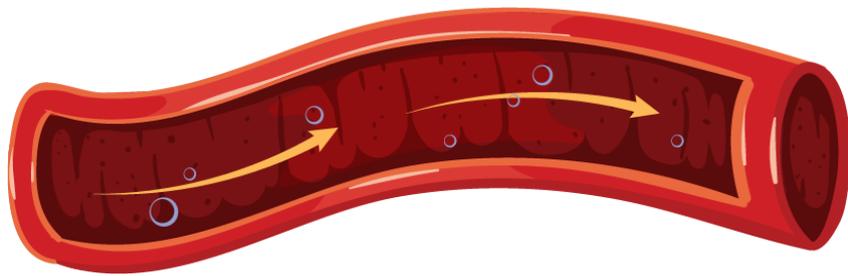
## LDL Vs. HDL

- **Low-density lipoprotein (LDL).** LDL, or "bad" cholesterol, transports cholesterol particles throughout your body. LDL cholesterol builds up in the walls of your arteries, making them hard and narrow.
- **High-density lipoprotein (HDL).** HDL, or "good" cholesterol, picks up excess cholesterol and takes it back to your liver.

# Normal vs High cholesterol

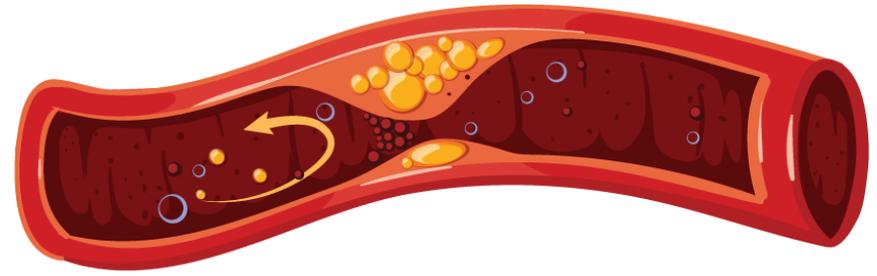
## Normal Cholesterol

- Wider channel for blood to flow
- lower risk of developing high blood pressure or heart disease.



## High Cholesterol

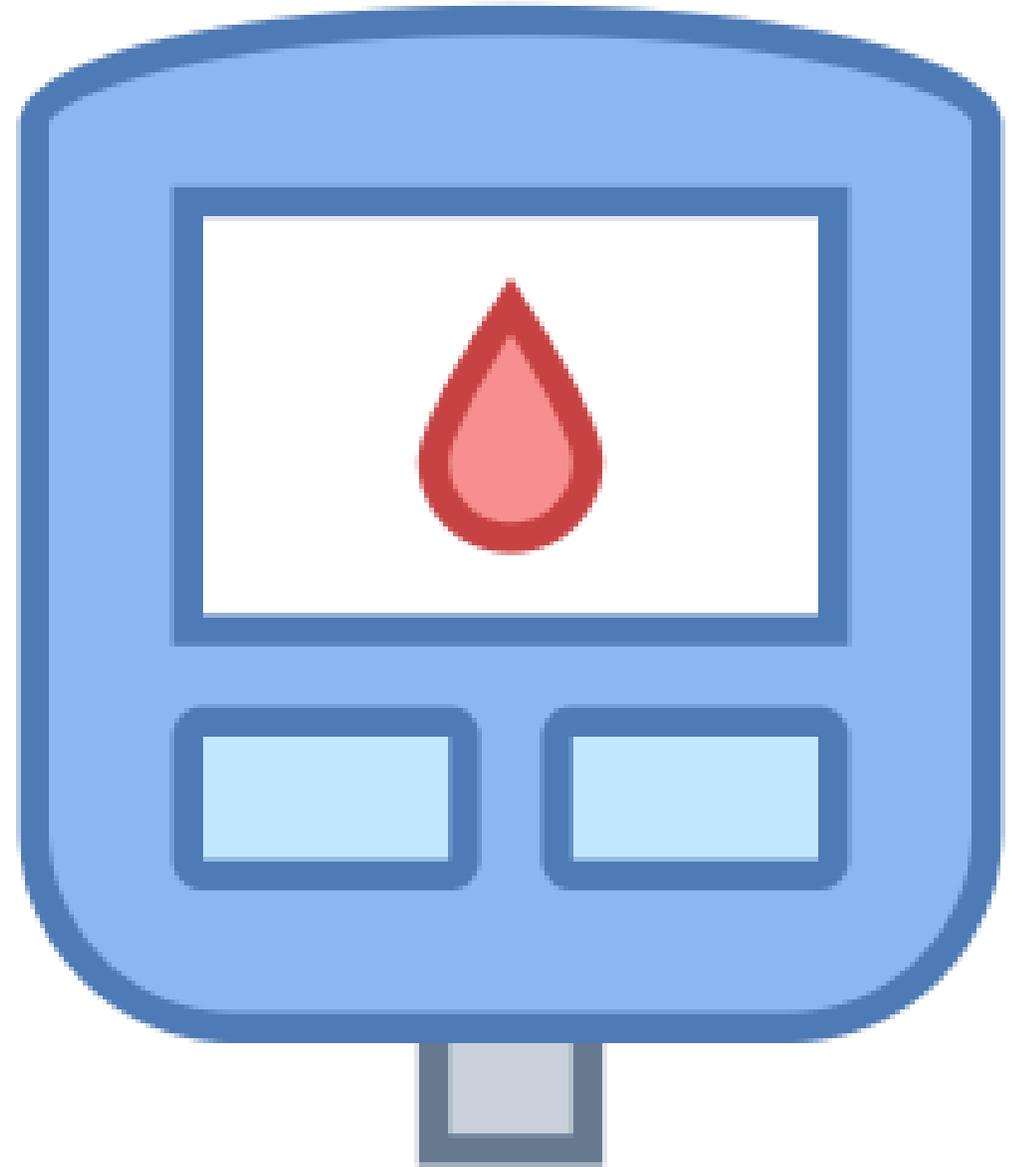
- Narrower channel for blood flow which makes the heart work harder to pump blood through the body



# HOW DO I MANAGE MY CHOLESTEROL?

- Eat a low-salt diet that emphasizes fruits, vegetables and whole grains
- Limit the amount of animal fats and use good fats in moderation
- Lose extra pounds and maintain a healthy weight
- Quit smoking
- Exercise on most days of the week for at least 30 minutes
- Drink alcohol in moderation, if at all
- Manage stress

Blood sugar



# WHAT DOES THE BLOOD GLUCOSE READING MEAN?

- The measure of glucose in the blood.
- “Normal” blood sugar levels are typically less than 100 mg/dl following an 8 hour fast or less than 140 mg/dl two hours after eating



# MANAGING BLOOD GLUCOSE LEVELS

1

Blood glucose levels that read too high or too low can indicate an underlying condition.

2

Pay attention to the kinds of sugar you are consuming

- Use the glycemic index chart as reference

Questions?