Healthier lives start here

Before you can get healthier, you need to understand your health now. You’re off to a great
start with the biometric screening you just completed. The next step is a quick Health Assessment
you can take by visiting www.LivingWell.ky.gov and clicking on Go365 to sign in or register.

When you’re done with your Health Assessment, you’ll receive your Go365 Age—which tells you if your body
is living younger or older than your actual age.

Biometric screening results should not be used as a diagnosis; please consult your physician.

Improve your health

Goals may be:
• Reaching or staying at a healthy weight
• Getting regular exercise
• Making smart choices such as becoming tobacco-free
• Completing education courses
• Setting fitness goals
• Achieving lifestyle milestones

Download the Go365 App and
complete your Health Assessment

Questions about Go365?
Visit Go365.com

Brought to you by the Kentucky Employees’ Health Plan.
Go365 is not an insurance product.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the rewards under the
Go365 program, or if it is medically inadvisable for you to attempt to achieve the standards for the rewards under
this program, please call the phone number on the back of your Humana member ID card and we will work with
you to develop another way to qualify for the rewards.

Enjoy the rewards of good health

From now on, you’ll earn Points for exercising, losing weight, stopping tobacco
use and much more. You can turn your Points into Bucks and use them for rewards
that range from movie tickets and gift cards to electronics and hotel stays.

To find out how to cash in your Bucks, visit www.LivingWell.ky.gov and click on Go365®.

Congratulations!

You could have just earned up to 2,000 Points for completing your biometric
screening, and up to another 2,000 Points for healthy-range results!

In-range results for blood pressure, cholesterol and blood glucose are considered current for two program
years. If any of these three biometries are in range for you, you’ll automatically re-earn the screening and
in-range Points for those specific measures within Go365. These rollover Points are awarded on the first day
of the consecutive program year.

However, BMI is different. Because weight can fluctuate dramatically over the course of a year, all members
must have their BMI measured every year to earn 800 screening Points and possibly 800 in-range Points. These Points (up to 1,600) are awarded after you complete your biometric screening the next program year.

On your Go365 Statement, Points for completing your screening will show in the “Prevention” category and
Points for being in a healthy range will show in the “Healthy Living” category.

Prevention: 400 cholesterol, 400 glucose, 400 blood pressure, 800 BMI = 2,000
Healthy Living: 400 cholesterol, 400 glucose, 400 blood pressure, 800 BMI = 2,000

Please retain this form as proof of your biometric screening and LivingWell Promise completion.
**CHOLESTEROL**

Today’s date is ______ and your blood lipid levels are:

<table>
<thead>
<tr>
<th>Cholesterol (mg/dL)</th>
<th>Total cholesterol</th>
<th>HDL cholesterol</th>
<th>LDL cholesterol</th>
<th>TC/HDL ratio</th>
<th>TRIG mg/dL</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW RISK</td>
<td>&lt;200</td>
<td>≥60</td>
<td>&lt;100</td>
<td>≥3.5</td>
<td>&gt;150</td>
</tr>
<tr>
<td>HIGH RISK</td>
<td>≥240</td>
<td>&lt;60</td>
<td>&gt;100</td>
<td>&lt;3.5</td>
<td>≤150</td>
</tr>
</tbody>
</table>

**Blood cholesterol** is a soft, fatty, waxy substance found in the bloodstream and in all of your body's cells. Cholesterol is an important part of a healthy body because it's used for producing cell membranes and hormones, and serves other much-needed bodily functions, such as assisting with the digestion of dietary fat. But too much cholesterol in the blood is a major risk for coronary heart disease, which can lead to heart attack and stroke.

- **HDL** is the “good” cholesterol. It appears to scavenge the walls of blood vessels, cleaning out excess cholesterol—the plaques—that cause coronary artery disease—and carrying it back to the liver for processing.
  - HDL: High density lipoprotein
  - Low density lipoprotein
  - Total cholesterol
  - Triglycerides

- **TC/HDL ratio** describes the relationship between total cholesterol and HDL cholesterol. The TC/HDL ratio is important in determining a person’s risk for heart disease. The lower the ratio, the lower the risk.

**Tips for lowering your risk**

1. Quit using tobacco, manage your weight and stay physically active.
2. Eat a diet rich in fruits, vegetables and whole grains.

**BLOOD GLUCOSE**

Your blood glucose (sugar) is:

<table>
<thead>
<tr>
<th>Glucose (mg/dL)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Blood sugar</em> or glucose, is your body’s primary form of energy. Your glucose levels are measured to detect hyperglycemia, hypoglycemia and diabetes. Keeping your blood sugar levels within a normal range is very important to your health. Levels are tightly regulated by your body and are highest after meals and lowest in the morning before breakfast. Blood sugar levels dropping too low can result in a potentially fatal condition called hypoglycemia. Symptoms may include lethargy, impaired mental functioning, irritability and loss of consciousness. Blood sugar levels rising too high can result in a condition called hyperglycemia. Hyperglycemia can cause many of the long-term health problems associated with diabetes, including eye, kidney and nerve damage. Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play a role.</td>
</tr>
</tbody>
</table>

**Blood glucose levels**

- **Normal**: 70–130 mg/dL
- **High**: >180 mg/dL
- **Low**: <70 mg/dL

**Tips for controlling blood glucose levels**

- Maintain a healthy body weight
- If you smoke, quit
- Manage your sugar and carbohydrate intake
- Be physically active; get 20–30 minutes of exercise or more
- Sign up for a free Diabetes Prevention Program

**BLOOD PRESSURE**

Your blood pressure reading is:

<table>
<thead>
<tr>
<th>BP (Systolic) / (Diastolic) mmHg</th>
</tr>
</thead>
</table>
| **Blood pressure** is the pressure of the blood against the walls of the arteries. It results from two forces. One is created by the heart as it pumps blood into the arteries and through the circulatory system. The other is the force of the arteries as they resist the blood flow. **Blood pressure numbers indicate**
| • The higher (systolic) number represents the pressure while the heart contracts to pump blood to the body • The lower (diastolic) number represents the pressure when the heart relaxes between beats As a major risk factor, it is extremely important to monitor your blood pressure. High blood pressure is a primary risk factor for heart disease but is easy to detect and is controllable in most cases. **Important**: Blood pressure has no signs or symptoms and increases with age, so make sure you check it on a regular basis and consult with your doctor about keys to preventing high blood pressure. **Tips for lowering blood pressure**
| • Get 30–60 minutes of physical activity, more days than not • Eat a heart-healthy diet • Maintain a healthy body weight • Talk to your doctor, and take medication as directed • Eat less salt in your diet • If you smoke, stop • Manage your stress • Reduce the amount of caffeine in your diet |

**Body mass index**

Source: National Institutes of Health

To achieve a healthy weight, you can:

1. Exercise 30 minutes or more on most days of the week and incorporate physical activity into your daily routine.
2. Eat five or six smaller meals spaced evenly throughout the day rather than two or three large ones.
3. Increase consumption of fruits, vegetables, whole grains and lean meats. Limit consumption of alcohol, fried foods and simple sugars, such as candy and regular soda.

**Ranges required for earning Healthy Living Points**

- **Blood pressure**: <130/85 mmHg
- **Total cholesterol**: < 200 mg/dL or HDL ≥ 40 mg/dL
- **BMI**: ≤ 25 or BMI ≥ 25 and < 30

**Body composition numbers are**

<table>
<thead>
<tr>
<th><strong>BMI</strong></th>
<th><strong>Low risk</strong></th>
<th><strong>Moderate risk</strong></th>
<th><strong>High risk</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;25</td>
<td>≤35”</td>
<td>&gt;35”</td>
<td>&gt;40”</td>
</tr>
</tbody>
</table>

**Waist circumference**

Source: National Institutes of Health