

## 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 Vitality Check® you just completed. The next step is a quick Health Assessment you can take by visiting [LivingWell.ky.gov](http://LivingWell.ky.gov) and clicking on **Humana Vitality® login** to sign in or register.

When you're done with your Health Assessment, you'll receive your Vitality Age™ – which tells you if your body is living younger or older than your actual age. You'll receive a Personal Pathway™, your customized program that will recommend goals and related activities to help you address health risks and achieve good health.

Vitality Check results are not diagnoses. Share your Vitality Check results with your doctor.



## Improve your health

### Goals may be:

- Reaching or staying at a healthy weight
- Getting regular exercise
- Making smart choices such as becoming tobacco-free

### Tools to help you reach your goals:

- Coaching
- App for coaching
- Milestones

Download the HumanaVitality App and complete your Health Assessment



Questions about HumanaVitality?  
Visit [Community.HumanaVitality.com](http://Community.HumanaVitality.com)

**Humana Vitality®**



[LivingWell.ky.gov](http://LivingWell.ky.gov)

Brought to you by the Kentucky Employees' Health Plan  
HumanaVitality® 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 HumanaVitality program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward 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 reward.

## Earn rewards for healthy choices



## Enjoy the rewards of good health

From now on, you'll earn Vitality Points™ for exercising, losing weight, stopping tobacco use and much more. Family members on your Kentucky Employees' Health Plan (KEHP) who are enrolled in the program can earn Vitality Points, too. You can turn your Vitality Points into Vitality 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 Vitality Points, visit [LivingWell.ky.gov](http://LivingWell.ky.gov) and click on **Humana Vitality login**.

## Keep up the good work

- Request your Vitality HealthyFood card to save 5-50% on "Great for You" purchases at Walmart.
- Purchase a fitness device or download a fitness app and start earning Vitality Points for your daily fitness activities
- Set your personal goals and engage with your personal Health Coach

## Congratulations!

You just earned 2,000 Vitality Points™ for completing your Vitality Check®

**Humana Vitality®**

KYHJ7HWEN 1115

**Please retain this form as your proof of Vitality Check completion as well as LivingWell Promise completion (if applicable).**

## CHOLESTEROL

Today's date is \_\_\_\_\_ and your blood lipid levels are:

Total cholesterol \_\_\_\_\_ mg/dL HDL \_\_\_\_\_ mg/dL

TC/HDL ratio \_\_\_\_\_ LDL \_\_\_\_\_ mg/dL TRIG \_\_\_\_\_ mg/dL

**Cholesterol** is a soft, fat-like, 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 some 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 scour the walls of blood vessels, cleaning out excess cholesterol – cholesterol that otherwise might have been used to make the "plaques" that cause Coronary artery disease – and carrying it back to the liver for processing.
- **LDL** is the major cholesterol carrier in the blood. Since high levels of LDLs can signal medical problems, it is often called the "bad" cholesterol. If too much LDL cholesterol circulates in the blood, it can slowly build up in the walls of the arteries that feed the heart and brain.
- **TC/HDL** ratio is 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.
- **Triglycerides** are a type of fat that provides cells with energy to function. However, elevated levels may increase the risk of atherosclerosis (hardening of the arteries), heart disease and stroke.

BLOOD LIPIDS	LOW RISK	HIGH RISK
Total cholesterol (mg/dL)	<200	≥240
HDL cholesterol (mg/dL)	≥60	<40
LDL cholesterol (mg/dL)	<100	>159
TC/HDL ratio	<3.5	>5.0
Triglycerides	<150	>200

Source: National Institutes of Health

### Tips for lowering your risk:

1. Quit using tobacco, manage your weight and stay physically active.
2. Limit the amount of saturated fat and cholesterol you eat. Eat a diet rich in fruits, vegetables and whole grains.

## BLOOD GLUCOSE

Your blood glucose (sugar) is:

Glucose \_\_\_\_\_ mg/dL

**Blood sugar**, or glucose, is your body's primary form of energy. Your glucose levels are measured to detect hyperglycemia, hypoglycemia and diagnose 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 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 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.

CATEGORY	FASTING	NON-FASTING
Low risk	70 - 99 mg/dL	<140 mg/dL
Moderate risk	100 -125 mg/dL	140 - 200 mg/dL
High risk	<70 or >125 mg/dl	>200 mg/dL

Source: National Institutes of Health

### Tips for controlling 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 course

## BLOOD PRESSURE

Your blood pressure reading is:

BP \_\_\_\_\_ / \_\_\_\_\_ mmHg  
(Systolic) (Diastolic)

### What is blood pressure?

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.

### What do 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

CATEGORY	SYSTOLIC		DIASTOLIC
Low risk	<120 mmHg	and	<80 mmHg
Moderate risk	120 - 139	or	80 - 89
High risk	≥140 or	or	≥90

Source: National Institutes on Health

**1** You'll earn 400 Vitality Points for taking each test (800 points for BMI)

**2** You'll earn 400 Vitality Points for in-range results (800 Points for BMI)

## BODY MASS INDEX (BMI)

Your body composition numbers are:

BMI \_\_\_\_\_

Waist circumference \_\_\_\_\_ inches

Height \_\_\_\_\_ ft. / \_\_\_\_\_ in. Weight \_\_\_\_\_ lbs.

**BMI** is a reliable indicator of total body fat, and it's one way to determine whether or not an adult is overweight. But remember, BMI only assesses height and weight. Muscle mass is not a part of the equation as it is for body fat percentage.

**Waist circumference** provides information about the distribution of body fat and is a measure of risk for conditions such as Coronary heart disease. It's now well known that people who carry excess fat centrally (within the abdominal cavity) are more likely to suffer the consequences of being overweight.

Body mass index		
Low risk	Moderate risk	High risk
18.5 - 24.9	25 - 29.9	≥30

Waist circumference		
	FEMALE	MALE
Low risk	≤35"	≤40"
High risk	>35"	>40"

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.

**BMI:** < 25 or BMI ≥ 25 and < 30 and waist circumference < 40" male, < 35" female

**Total cholesterol:** < 200 mg/dL or HDL ≥ 40 mg/dL male, ≥ 50 mg/dL female

**Blood pressure:** < 130/85 mm Hg

**Blood glucose:** < 100 mg/dL or a1c < 6.5%