



Your connection to better health

powered by: Interactive Health



### 1. What is a Health Evaluation?

A convenient, comprehensive and confidential state of the art blood screening that includes, and is not limited to, cardiovascular disease risks (high cholesterol, high blood pressure, etc.), diabetes, and much more!

### 2. What is a Personal Health Score and a Personal Health Goal?

Interactive Health uses their proprietary Interactive Health Index (IHI) to create a personal health score and a personal health goal for every member. When you complete the health evaluation you will be given an Personal Health Score. The **score** was designed to help you understand your future risk for certain health conditions. The index is comprised of five life style risk factors: glucose, LDL cholesterol, triglycerides, blood pressure, and tobacco use. You will also be given personal health-goal. Your goal is based on these modifiable areas which can be improved by diet, exercise and/or seeing your physician for treatment. You will be given a new IHI score and goal each year when you participate in the Blue4U program.

The Personal Health Score and Goal is based on Interactive Health testing only. We cannot accept readings from any third party. The personal health score is a measure of coronary risk factors; however, it does not confirm nor negate the presence of underlying heart disease or other medical conditions. LDL Cholesterol and triglyceride standards are from the National Cholesterol Education Program (NCEP). Blood Pressure guidelines are from the National High Blood Pressure Education Program (NHLBI). Glucose standards are from the American Diabetes Association (ADA).

### 3. How is my Personal Health Score calculated?

**Blood Pressure:** 1 point per BP unit above 139/89 (Systolic/Diastolic). A 5-point credit can be earned if **both** systolic and diastolic blood pressure values are below 140/90.

**LDL Cholesterol:** 1 point per unit above your personal LDL target level of 99, 129, or 159 mg/dl. You will earn a 5-point credit against your IHI score if you are at or below your LDL target level.

**Glucose:** 1 point per Glucose unit above 99. You will earn a 5-point credit against your IHI score if your Glucose is at or below your target of 99.

**Triglycerides:** 1 point per 10 Triglyceride units above 149. You will earn a 5-point credit against your IHI score if your triglycerides are at or below your target of 149.

**Smoking:** 40 points for using any form of tobacco.



#### 4. How is the Personal Health Goal set?

- If your current score is –20 to zero, your goal will be to remain in that range.
- If your current score is between 1 and 25, your goal will be zero (or less).
- If your current score is above 25, your goal will be to make a 60% improvement.

#### 5. Now that I have completed the evaluation, how do I keep an eye on my health?

Your participation in the Blue4U program gives you access to...

- [www.excellusbcbcs.com/blue4u](http://www.excellusbcbcs.com/blue4u) – a member's only medical website
- Current Health Newsletters
- Medical drug database including information on symptoms, diseases, treatments, on-line health consultations and more!
- Personal Health Report
- HealthFocus Courses – one-on-one telephonic coaching with Masters Degreed Health Professionals.
  - Smoke-Free free for Life
  - Diabetes Prevention and Control
  - Lifestyles for Successful Weight Loss
  - Managing Cholesterol Levels
  - Managing High Blood Pressure
  - Better Nutrition
  - Personalized Fitness
  - Managing Stress

#### 6. How do I know if I am on the right track?

6 months after your initial screening, you will receive a post card communication advising that you are eligible for a FREE Mid Year Re-Check. You can call Blue4U at 1-866-270-5441 to request a Mid Year Re-Check packet. Interactive Health will send information to your home mailing address which will contain an introduction letter, instructions, Health History form, return envelope, HIPAA letter, a Test Requisition form, and the participating testing center(s) closest to your home (and work). You can go to one of listed lab(s) at your convenience. Once completed, you will receive a lab report looking at your fasting glucose, total cholesterol, triglycerides, HDL cholesterol, and LDL cholesterol. You will NOT receive a new Personal Health Score or Goal. This is an opportunity to check your lab values against your previous results to see how you are trending.

