HealthyUH

2017 Know Your Numbers Campaign

University Hospitals is committed to being among the healthiest places to work, and to providing all of our employees with comprehensive benefits to enhance their health and wellbeing. An important part of maintaining and improving your health is understanding your personal health numbers and indicators.

As part of the 2017 Healthy UH program, UH employees and their spouse can earn 50 Healthy UH **Engagement** points for completing and submitting the Know Your Numbers Health Screening Form. In addition, if all of your health screening results are in the low to moderate risk ranges, you will earn 50 Healthy UH **Education** points. If you have one (1) or more health screening results that are not in the low to moderate range, you can take two (2) recommended online courses on HealthyUH.org to earn 50 Healthy UH **Education** points.

Quarterly Healthy UH incentive payments will be distributed in one of the first three pay checks following the close of the quarter in which you submitted your Know Your Numbers Screening Form. UH employees and their spouse who are not on the UH medical plan will receive UH Appreciates points.

If you've completed a health screening since January 1, 2017, you can use those screening numbers to complete your 2017 Health Screening Form to meet the requirements for your quarterly Healthy UH incentive(s). If you haven't had a health screening since the beginning of this year, please have your physician provide these preventive screenings during your next wellness visit.

Below are some general guidelines to help you understand your screening results. Please consult with your physician about the guidelines that are right for you.

	Low Risk	Moderate Risk	High Risk
HEALTH SCREENING GUIDELINES			
Total Cholesterol (TC)	< 200 mg/dL	200 – 240 mg/dL	> 240 mg/dL
High Density Lipoprotein (HDL)	> 60 mg/dL	40 – 60 mg/dL	<40 mg/dL
Low Density Lipoprotein (LDL)	< 100 mg/dL	100 – 130 mg/dL	> 130 mg/dL
Triglycerides	< 150 mg/dL	150 – 200 mg/dL	> 200 mg/dL
Fasting Glucose	< 100 mg/dL	100 – 126 mg/dL	> 126 mg/dL
Blood Pressure Systolic	< 120 mmHg	120 – 139 mmHg Prehypertension	140 – 159 mmHg Stage 1 Hypertension >= 160 mmHg Stage 2 Hypertension
Blood Pressure Diastolic	< 80 mmHg	80 – 89 Prehypertension	90 – 99 mm/Hg Stage 1 Hypertension >= 100 Stage 2 Hypertension
Body Mass Index (BMI)	< 18.5 Underweight 18.5 – 24.9 Normal Weight 25 – 29.9 Overweight 30 – 34.9 Obesity Class 1 35 – 39.9 Obesity Class 2 > 40 Obesity Class 3		

2017 Know Your Numbers – Health Screening Form

Please submit this form to AssetHealth via: 1) email (support@assethealth.com); 2) fax (248.816.3326); or 3) mail (Asset Health Inc., Attn: Physician Forms, 2250 Butterfield Drive, Suite 100 Troy, MI 48084). Only screening data from January 1, 2017 and submitted by December 31, 2017 is acceptable for the wellness incentive.

By submitting this health screening form you acknowledge the results will be provided to the UH Accountable Care Organization for purposes of medical treatment, care coordination, and to confirm eligibility for wellness credits through UH.

☐ Employee   ☐ Spouse

Patient Name _____   Date of Birth ___/___/___   Gender (circle one)   M   F

Employee Name _____   Employee ID _____   Company Name _____

Address _____   City _____   State _____   Zip Code _____

Home Phone _____   Cell Phone _____

The top section of this form must be filled out completely.

Did you fast prior to taking this screening?   Yes ☐   No ☐

BIOMETRIC MEASURES	*YOUR RESULTS*
Height	_____ ft. _____ in.
Weight	_____ lbs.
Blood Pressure - Blood pressure monitoring is used to detect hypertension, a risk factor for heart disease and stroke.	Systolic _____ mm/Hg Diastolic _____ mm/Hg
Total Cholesterol - Cholesterol is a fat-like substance, and although a certain amount is needed for proper body function, too much can build up in the arteries and put you at risk for heart disease and stroke.	_____ mg/dl
HDL - HDL stands for high-density lipoprotein. HDL is considered "good" cholesterol because it may protect you from a heart attack. Unlike other cholesterol levels, the higher your HDL, the better. You can raise your HDL by quitting smoking, losing excess weight and being more active.	_____ mg/dl
Glucose - Glucose testing is a measure of sugar in the blood to help determine diabetes risk. Your health care provider may recommend further testing if you have symptoms such as increased thirst and urination, fatigue, blurred vision or wounds that are slow to heal.	_____ mg/dl
LDL - LDL stands for low-density lipoprotein. LDL is considered "bad" cholesterol because it can slowly build up on the walls of your arteries. Together with other substances, it can form plaque that clogs the arteries. If a clot forms, blood flow can be blocked, causing a heart attack or a stroke.	_____ mg/dl
Triglycerides - Triglycerides in the blood come from fatty foods eaten, and they are made in the body from other food sources such as carbohydrates. Excess calories are converted to triglycerides and stored as fat cells. High triglyceride levels are associated with being overweight, excessive drinking, having diabetes and other disorders.	_____ mg/dl

Physician's Signature _____   Date ___/___/___

Phone Number _____   Address _____