



Grande Cheese Health Risk Assessment

Screening Test	Qualifying Range to Receive Points	Low Health Risk Range	Total Points Possible
Systolic Blood Pressure Diastolic Blood Pressure	≤ 139 mmHg ≤ 89 mmHg	< 120 mmHg < 80 mmHg	25
Fasting Glucose	< 100	< 100	20
Tobacco Use	Non-User	Tobacco- None	15
Body Mass Index (BMI)	≤ 30	BMI < 25	15
LDL Cholesterol	≤ 159	LDL < 130	13
HDL Cholesterol	≥ 36	HDL > 45	12
Total Score			100

In Grande's efforts to promote a healthy culture and encourage positive lifestyle behaviors among Associates and their families a biometric scorecard had been implemented as part of your Health Risk Assessment. The scorecard has a point system that encourages participants to improve on specific areas of their health. Points are assigned to the screenings and your score will be based on results from the biometric screen.

To earn points, your results have to fall within the Grande Qualifying Range. Those completing the biometric screen, health questionnaire, and achieving 100 points on the scorecard will earn the medical premium discount for the following plan year.

There will be the opportunity for those who do not achieve 100 points to still receive the discount through completing four health coaching sessions with the Grande Health & Wellness Center Nurse Practitioner or an Agnesian health coach. The discount will be applied at the start of the plan year seeing the participant agrees to fulfill the health coaching requirements throughout the year. If the health coaching sessions are not completed, the premium discount will be removed.

New this year we have adjusted the qualifying ranges for fasting glucose and BMI. Your glucose numbers are a strong indicator of your risk for developing type II diabetes. If elevated glucose numbers are found early you can make lifestyle changes such as diet and exercise to help bring those numbers within normal range. If left untreated, you are at greater risk for developing type II diabetes and will be required to take costly medications in order to manage the disease. The small shift in BMI from 30.9 to 30 would indicate a weight loss of 2-3lbs, which can be significant enough to improve other areas of your health such as glucose, blood pressure, and cholesterol levels.

DISCLAIMER

THIS HEALTH RISK ASSESSMENT DOES NOT PROVIDE A MEDICAL SERVICE OF ANY KIND. THE INFORMATION CONTAINED IN THE HEALTH RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY AND IS NOT INTENDED TO DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS AND IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTHCARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR YOUR SPECIALIST TO MAKE HEALTHCARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM.