

What is my personal health score?

Your personal health score is based on a proprietary health index that was designed by physicians and other health care professionals with targets based on national medical guidelines. Your personal health score is comprised of several key health risk factors (blood pressure, LDL cholesterol, glucose, triglycerides and tobacco use) for heart disease, diabetes and stroke. These risk factors are modifiable by lifestyle changes such as diet, exercise and medications when necessary.

Each year you participate in a Health Evaluation you will be provided a personal health score and goal based on your results. We recommend that you work closely with your physician and follow his/her guidance to help you meet your personal health goal for the next Health Evaluation. Interactive Health offers lifestyle courses and a variety of online tools at www.myinteractivehealth.com that will provide you with support and education to help you improve your health. Please refer to the enclosed Resources Sheet to learn more about the variety of courses and tools we offer.

How is my personal health score calculated?

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

LDL Cholesterol: 1 point is added per LDL unit above your personal LDL target **level of 99 mg/dl, 129 mg/dl or 159 mg/dl**. A credit of 5 points can be earned if you are at or below your LDL target. **Your LDL target is calculated based on your personal risk factors and can change from year to year, the more risk factors you have the lower your target will be.** Risk factors include but are not limited to: tobacco use, diabetes, high blood pressure, age (men \geq 45 years; women \geq 55 years), Body Mass Index (BMI) and physical activity patterns. Enclosed is a customized **Coronary Risk Assessment** that provides you information about your personal risk factors and target.

Glucose: 1 point is added per glucose unit above 99 mg/dl. A credit of 5 points can be earned if glucose is at or below 99 mg/dl.

Triglycerides: 1 point is added per 10 triglyceride units above 149 mg/dl. A credit of 5 points can be earned if triglycerides are at or below 149 mg/dl.

Tobacco Use: 40 points are added for using any tobacco product.

How is my personal health goal set?

1. If your current score is -20 to zero, your goal will be to remain in this range
2. If your current score is 1 to 25, your goal will be -20 to zero
3. If your current score is above 25, your goal will be to improve by 60%

Additional notes about your personal health score

Your personal health score is based on testing performed by Interactive Health or designees. We cannot accept lab results from any third party. All tests are final and cannot be repeated. Your score is a measure of coronary risk factors; however, it does not confirm or 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 and National Heart Lung Blood Institute (NHLBI). Glucose standards are from the American Diabetes Association (ADA).

Unable to meet your health goals?

Incentives may be available under this wellness program for all eligible employees. If you are unable to meet your health goals that are required for you to earn an incentive under this wellness program, you may qualify for an opportunity to earn the same incentive through an alternative course of action (that, if you wish, will be developed with your doctor). This alternative course of action must be completed by the date communicated in your wellness program communications. Please contact Interactive Health at least two weeks prior to this date at (800) 840-6100 or at rasrequest@interactivehealthinc.com to ask about a reasonable alternative standard to qualify for the incentive.