

TOTAL HEALTH MANAGEMENT

DEFINITIONS FOR ADULT HEALTH

A SUPPLEMENT TO YOUR THM ASSESSMENT FORM

Blood Pressure: The pressure exerted by circulating blood on the walls of your blood vessels when your heart beats and pumps blood through your arteries.

- The top number (systolic) of a blood pressure measurement represents the pressure while your heart is contracting; the bottom number (diastolic) represents the pressure when your heart is resting between contractions.
- Blood pressure can vary with changes in posture, exercise, stress, or sleep. Your optimal blood pressure should normally be less than 120/80 mm Hg.
- Hypertension (high blood pressure) increases your risk for diseases such as heart disease, stroke, and kidney failure.

BLOOD PRESSURE CATEGORIES (Defined by the American Heart Association)			
CATEGORY	SYSTOLIC (mm Hg (Upper #))		DIASTOLIC (mm Hg (Lower #))
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure - Stage 1 (Hypertension)	140-159	or	90-99
High Blood Pressure - Stage 2 (Hypertension)	160 or Higher	or	100 or Higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Cholesterol: Fat-like material that provides structure for your body's cells.

- Your blood cholesterol test (lipid panel) needs to be done after fasting. Follow the instructions from your provider.
- Your liver makes most of the cholesterol your body needs, but you also get some from the foods you eat.
- High levels of cholesterol can cause a sticky substance (plaque) to build up in your blood vessels. This plaque can block blood vessels and cause heart attacks and stroke.

Low Density Lipoprotein (LDL): Transport protein that carries cholesterol in the blood.

- The optimal LDL level is less than 100 mg/dL.
- High levels of LDL are undesirable because it deposits excess cholesterol in the walls of blood vessels and contributes to hardening of the arteries (atherosclerosis) and heart disease.

BODY MASS INDEX [BMI] CATEGORIES	
BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 and above	Obese

Body Mass Index (BMI): A number calculated from your height and weight that indicates the ratio of fat to muscle and other substances in your body.

- BMI is a good indicator for adults of healthy or unhealthy weights and is used to screen issues that may lead to health problems.
- Being overweight or obese increases your risk for high blood pressure, heart disease, stroke, type 2 diabetes, and many other medical conditions.

**Your THM Form has some leniencies in your health measure category results. Please refer to this education page for optimal health measure results.*

Visit www.WellwithBlueMT.com for additional information, including educational materials on Preventive Services.

REFERENCES: American Heart Association, www.heart.org; U.S. Preventive Services Task Force, www.preventiveservices.ahrq.gov; WellwithBlue, www.wellwithbluemt.com; Healthwise, www.healthwise.org; U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov>

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