



Blue Value<sup>SM</sup>

# TOTAL HEALTH MANAGEMENT



## DEFINITIONS FOR ADULT HEALTH

**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.

**REFERENCES:** American Heart Association, [www.heart.org](http://www.heart.org); U.S. Preventive Services Task Force, [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov); Well with Blue<sup>SM</sup>, [www.wellwithbluemt.com](http://www.wellwithbluemt.com); Healthwise, [www.healthwise.org](http://www.healthwise.org); U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov>

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## INCENTIVE MEASURES

**Standard Metrics:** The standard metrics are based on nationally recognized medical guidelines, i.e, the United States Preventative Services Task Force (USPSTF).

CATEGORY	STANDARD	POINTS
<b>ADULT</b> Subscriber/Spouse		
<b>Tobacco</b>	Tobacco Free	25
<b>Blood Pressure</b>	≤130/80	25
	<140/90	20
<b>Cholesterol</b> (fasting)	Male ≥ 35 yr or Female ≥ 45 yr: LDL<130	25
	Male ≥ 35 yr or Female ≥ 45 yr: LDL<160	15
<b>Weight</b>	Adult: BMI 18-18.4	20
	Adult: BMI 18.5-24.9	25
	Adult: BMI 25-29.9	20
	Adult: BMI 30-35.9	10
	Adult: BMI over ≥ 36	0
<b>Colon Cancer Screening</b>	50-75: Colonoscopy every 10 years, or Flex Sig or BE every 5 years, or FOBT every year (exception: total colectomy)	5
<b>Cervical Cancer Screening</b>	21-64: Pap test every 3-5 years (exception: hysterectomy)	5
<b>Breast Cancer Screening</b>	50+: Mammography every 2 years (exception: BL mastectomy)	5

**NOTE TO MEMBERS:** Your group health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your employer's wellness program coordinator, sponsor, or Human Resources office and they will work with you to find a wellness program with the same reward that is right for you in light of your health status.

**NOTE TO EMPLOYERS:** Any and all information supplied by BCBSMT concerning the THM Wellness Program is intended to provide the Group with educational resources and data to develop and implement its own internal Employee Wellness Program. No such information is intended to be nor should it be considered legal advice. All decisions regarding the design of the wellness program or its administration are the responsibility of the Group. Neither BCBSMT or affiliates or any of their respective directors, officers, employees or agents shall be liable for any decision made, or action taken, by the Group based upon its reliance on any information provided by BCBSMT. The Group must consult its legal counsel, tax advisor, or other professional advisor for any legal or tax advice or guidance.