

MyGuide to Health™

Sample, here are the results and
personalized action plan from your
recent screening, August 18, 2020

Blueprint for Wellness®



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@@FirstName, thank you for taking the important step of choosing a healthy life! This is a critical step that supports living an abundant life through the care of your physical temple.

The information in the following pages provides a comprehensive snapshot of your health status with tips for improving and managing your overall health. African Americans suffer disproportionately from several diseases and cancers each year, many of which are preventable if caught early. Since knowledge is POWER, the first step in prevention is to KNOW where you stand.

It's ok if you have questions about the information in this booklet. Our health care navigator who connected you to wellness testing, will connect you to the right next step in your journey, including meeting with a medical professional.

If you haven't yet heard from our navigator, it's important that you connect soon to continue your journey.

Thanks again for taking the first step. I am excited about the power of this program and how it can help you sustain your vision of health and wellness!



Key Areas of Focus

Your test results indicate that these key areas need some extra attention. Look inside this booklet for more information about these readings along with some simple, practical ideas for improvement.

34.7
(calc)

Body Mass Index (BMI)

Definition: A body fat estimate based on your weight and height

40
in

Waist Circumference

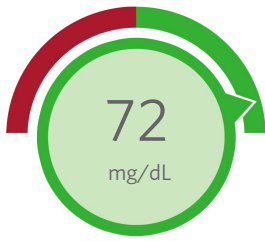
Definition: A measure of your midsection

NOTE: This may not be a complete list of your out-of-range test results and health risks. It is limited to your top risks that can be improved with healthy behaviors, like eating better and exercising. You may have other test results considered at risk that are harder to change with behavior alone. Be sure to share these results with your doctor for more information.



"You must begin to think of yourself as becoming the person you want to be."

David Viscott



✓ HDL CHOLESTEROL

Your result is associated with the lowest risk of coronary heart disease. If your result is 70 mg/dL or greater, your cardiovascular disease risk estimate, as predicted by your total cholesterol and LDL cholesterol, is reduced by your elevated HDL cholesterol.

(REFERENCE RANGE:
> OR = 50 mg/dL)

JUNE 2019 SCORE:
63 mg/dL

High Density Lipoprotein (HDL)

cholesterol is commonly called "good" cholesterol. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high. Elevated HDL cholesterol is associated with decreased risk of heart disease. A low level of HDL cholesterol can be associated with increased risk for heart disease. Genetic factors or conditions including liver disease, malnutrition, or hyperthyroidism may decrease HDL cholesterol levels. Smoking and drinking alcohol may also decrease your HDL cholesterol level.

HOW TO MAINTAIN

- 🍏 Try adding almonds or walnuts to hot or cold cereal for extra crunch and some healthy fat.
- 🏃 Did you know that exercise is associated with healthy HDL cholesterol levels? The more you exercise, the better your HDL cholesterol.
- 🛢 Choose a margarine or spread without hydrogenated or partially-hydrogenated oils. Remember to double-check the ingredients list.



✓ CHOLESTEROL/HDL RATIO

This result is associated with the lowest risk of coronary heart disease.

(REFERENCE RANGE:
< 5.0 (calc))

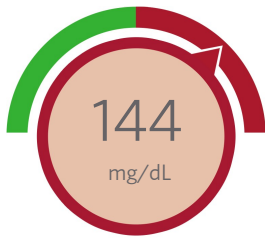
JUNE 2019 SCORE:
3.5 (calc)

Total cholesterol/HDL cholesterol ratio is a calculation obtained by dividing the total cholesterol level by the HDL cholesterol level and is another indicator of heart disease risk. A ratio of less than 5.0 is associated with a lower risk of heart disease. A ratio of less than 3.5 is highly desirable.

HOW TO MAINTAIN

- 🍏 Go for the whole-grains. Try brown rice or whole-wheat pasta. Switch from white bread to whole-wheat bread.
- 🛢 Use liquid oils instead of solid fats (such as shortening) in your cooking and baking.





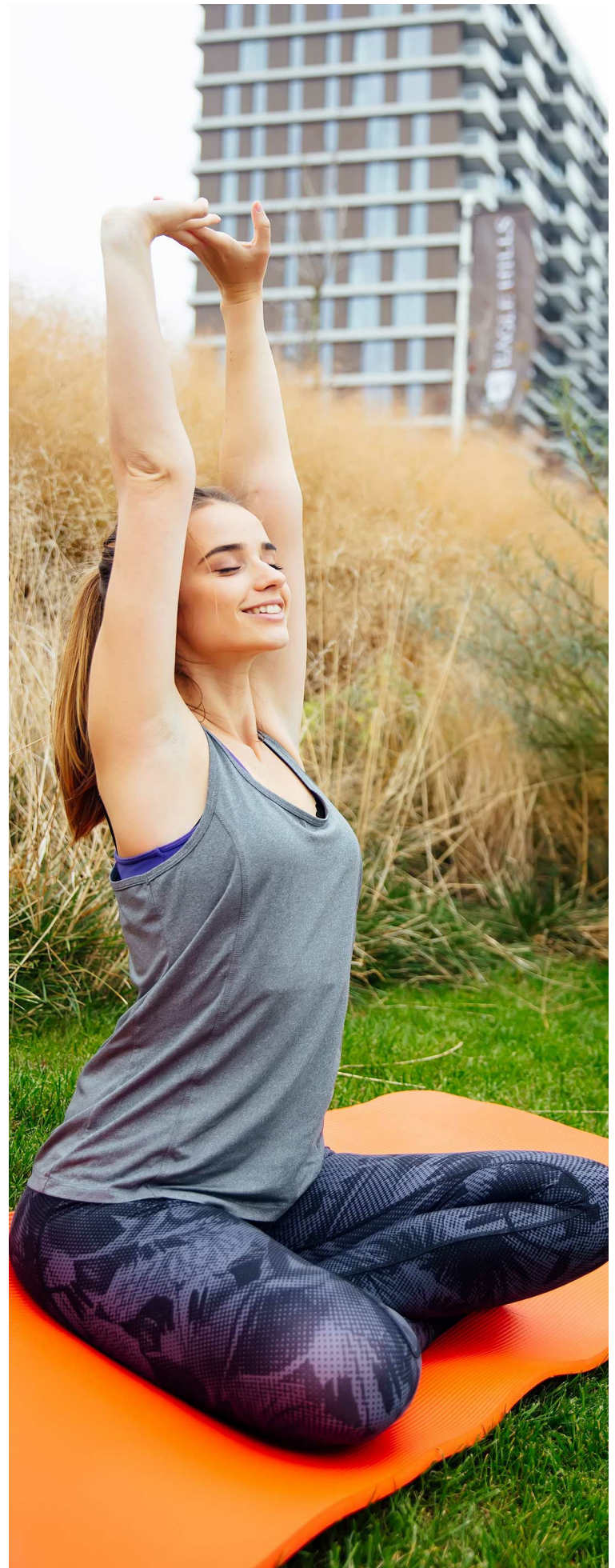
(REFERENCE RANGE:
<100 mg/dL)

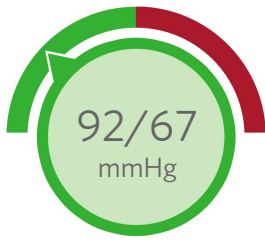
JUNE 2019 SCORE:
138 mg/dL

! DIRECT LDL (DLDL)

Your results indicate that you may be at greater risk for experiencing a cardiovascular event than individuals at lower levels. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.

Direct Low Density Lipoprotein (DLDL) is measured directly, and is not influenced by whether you fasted or if your triglycerides result (if available) is at a high level (greater than 250 mg/dL). LDL is considered “bad” cholesterol because it can accumulate in the inner walls of your arteries, narrowing them and reducing blood flow. The National Cholesterol Education Program considers LDL the most important lipid for assessment of coronary heart disease (CHD) risk. An LDL level less than 130 mg/dL is considered desirable and less than 100 mg/dL is considered optimal. For individuals with diabetes or other evidence of being at high risk of CHD, a desirable LDL level may be less than 70 mg/dL. It is also important to consider other factors including smoking, diabetes, blood pressure, family history and the results of other tests in assessing your risk for CHD.





✓ BLOOD PRESSURE

Your result is in the normal range and is considered to be optimal. This means your blood pressure does not put you at increased risk for experiencing a cardiovascular event.

(REFERENCE RANGE:
< 120/80 mmHg)

JUNE 2019 SCORE:
102/70 mmHg

Blood pressure (BP) is the force of blood pushing against the artery

walls as the heart pumps blood. Having high BP can damage the heart and blood vessels and lead to other health problems, such as heart attack and stroke. When assessing a high BP risk category, if either the top number or the bottom number falls into a risk range, that is sufficient to be assigned to the higher risk category. A normal value for BP is less than 120/80 mmHg.


Elevated BP: 120-129/Less than 80. Stage 1 high BP:


130-139/80-89 Stage 2 high BP: 140-180/90-120.


Hypertensive crisis: Greater than 180/Greater than 120.

All BP ranges from the American Heart Association (www.heart.org)

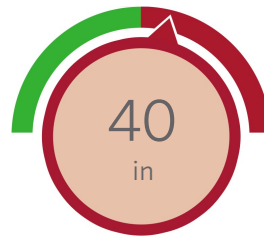
HOW TO MAINTAIN

 Aerobic exercise lowers the blood pressure by strengthening the heart and the blood vessels.

 Think fresh! Fresh foods tend to be lower in sodium (salt).

 Try a relaxation technique, such as deep breathing or meditation.

 Online Coaching Programs: Online wellness & condition support programs. Log into Aetna Navigator www.aetna.com



! WAIST CIRCUMFERENCE

Your result falls above the normal Reference Range. A result in this range means that you are at greater risk of developing health conditions including diabetes and cardiovascular disease. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your

(REFERENCE RANGE:
< OR = 35 in)

JUNE 2019 SCORE:
36 in


result.





Your Waist Circumference has been flagged for multiple risk combinations. Please review your results online to learn more.

Waist circumference measures the stored fat around your waist area, also known as “abdominal obesity” or “having an apple shape”. It can provide a different look at your weight related health risk than a body mass index (BMI). If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs. Many diseases, such as heart disease and diabetes, are associated with having higher amounts of abdominal obesity. This is true even if your BMI falls within the normal range.

HOW TO IMPROVE

 Did you know that walking is a great way to reduce belly fat and strengthen the muscles in the lower back? Grab a friend and take 10 minute walking breaks during your work day.

 Stress over a long period of time can increase fat build-up around your mid-section. Smiles and laughter can go a long way toward stress relief.

 Eat at home more often and dine out less. Strive to dine out no more than once or twice each week.

 CVS MinuteClinic Wellness Coaching. Aetna members can receive weight loss counseling for no out of pocket costs. Visit www.minuteclinic.com/locations

Get on the Path to Better Health

Improving and maintaining health has many benefits. By choosing one or two simple chores from the tips below, you can get healthier and stay that way.



Steps to a Healthier Lifestyle

Check off what you believe you can accomplish


STRESS

Stress can lead to high blood pressure and even heart disease. Everyone benefits from learning how to manage stressful times. Some of the signs of stress are lack of concentration, irritability, anger, overeating and sleep difficulties. There are some things you can do to help manage stress:

- Take slow, deep breaths.
- Remove yourself from the situation.
- Go for a walk.
- Speak up if something is bothering you.

EXERCISE

Having trouble fitting 30 minutes of exercise in? Here are some easy ways to get started:

- Make time during your favorite TV shows – try stretching, jumping jacks or push-ups while watching.
- Make your chores count – from mowing to mopping, do chores at a faster pace to get your heart rate up.
- Make family time active time – take a walk together or play games that include physical activity.
-  National Heart Lung and Blood Institute provides information about exercise. – **The Office of Disease Prevention and Health Promotion provides information about exercise.**
health.gov/paguidelines/guidelines/adults.aspx


WEIGHT MANAGEMENT

Successfully managing your weight plays a large role in managing your cholesterol, triglycerides and risk for conditions such as arthritis and diabetes. You can achieve and stay at your ideal weight by eating healthy and taking part in physical activity.

-  Centers for Disease Control and Prevention: Healthy Weight provides information about weight loss and management. – www.cdc.gov/healthyweight/

NUTRITION

Here are a few tips to help you practice eating healthier:

- Keep an eye on portions – use a smaller plate or bowl. When eating out, choose a smaller option, share a dish or take home part of your meal.
- Enjoy your food more to eat less – take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories.
-  Nutrition.gov provides information about weight loss and management. – www.nutrition.gov/weight-management/

Guide to Making Healthier Food Choices

Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy and sports drinks are a major source of added sugar and calories.

Make half your grains whole grains

To eat more whole grains substitute a whole-grain product for a refined product; for example, eat whole-wheat bread instead of white bread or brown rice instead of white rice.

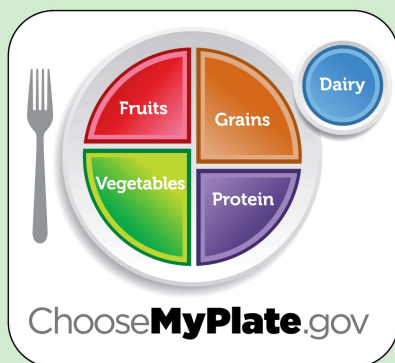
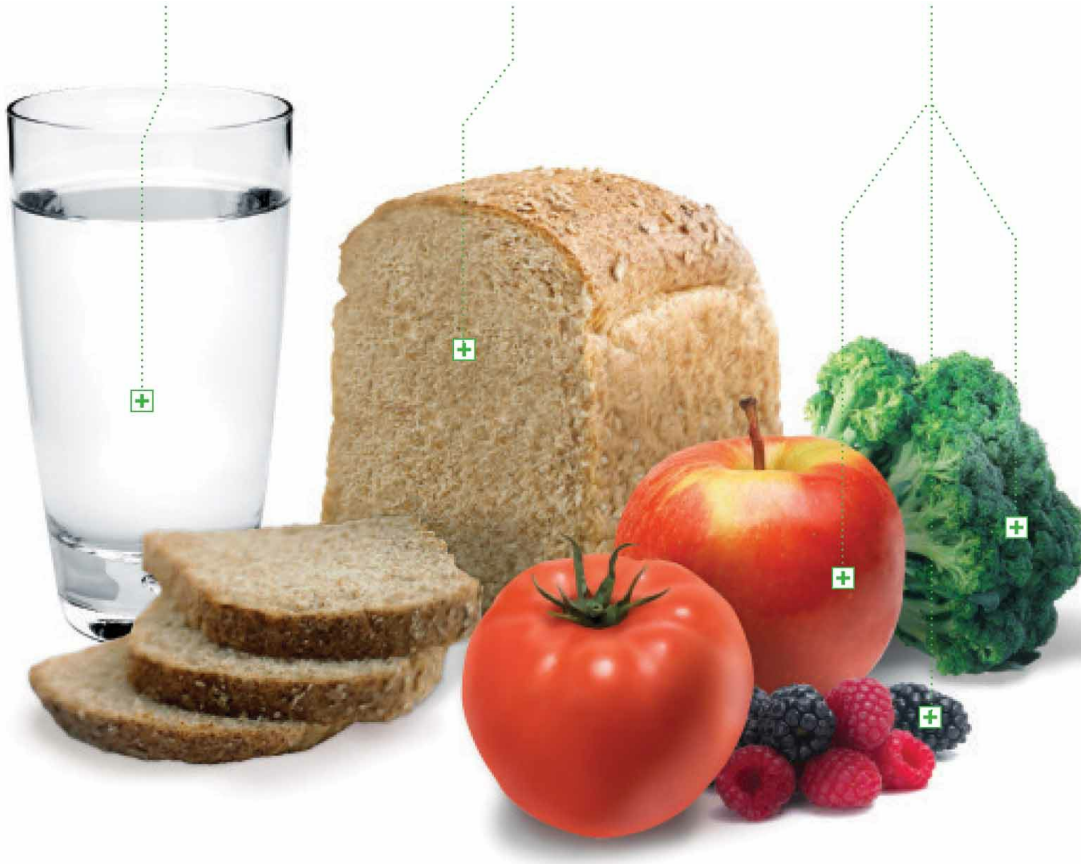
Make half your plate fruits and vegetables

Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes, broccoli and other vegetables. Add fruit as part of main or side dishes or as dessert.

Eat these foods more often

Make vegetables, fruits, whole grains and fat-free or 1% milk and dairy products the basis for meals and snacks. These foods have the nutrients you need for health, including potassium, calcium, vitamin D and fiber.

*Nutrition tips from the United States Department of Agriculture, 2011.



Eating healthy doesn't have to be hard. Go online for additional information and easy-to-use food and activity tracking tools to help you make healthier choices at every meal.

www.ChooseMyPlate.gov

Health Resources Just for You

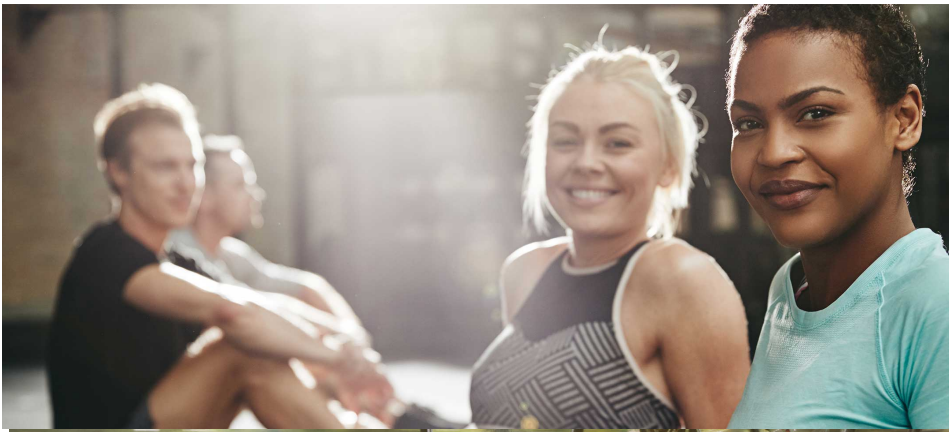
By providing you with this valuable personal health profile, you can use this as a guide in discussing your overall care with your doctor. In addition, the below resources can be used as tools to help improve your health.

- Learn more about your Hemoglobin A1c result at [Diabetes.org](https://www.diabetes.org). Look for tips to control your blood sugar and prevent diabetes under 'Diabetes Basics'.
- [CDC.gov](https://www.cdc.gov) provides information on a variety of health and safety topics. Use this site to search for more information on health topics that interest you.
- Check out [HealthFinder.gov](https://www.healthfinder.gov) for information on additional health topics. Select 'Health Topics A to Z' to find the topic you would like to learn more about.
- Learn more about your cholesterol results at [Heart.org](https://www.heart.org) by selecting 'Conditions', then 'Cholesterol'.



'The secret of getting ahead is getting started.'

Mark Twain



Get Moving with 30 Minutes of Exercise a Day

Exercise is one of the best ways to improve your overall health. Not only does it help you lose weight, it can also boost energy and mood while easing stress levels. Plus, you don't have to be a professional athlete to develop a regular fitness routine. No matter what your age, weight or fitness level, there are all kinds of great exercise options.

Here are a few ideas to help you fit exercise into your routine. Even just a few minutes of moderate activity is better than nothing at all. So take a look at the checklist on the right, and mark several options to help you reach at least 30 minutes of activity most days.

Pick Several Exercise Options to Try Over the Next Few Months

- | | |
|---|---|
| <input type="checkbox"/> TAKE A DANCE CLASS | <input type="checkbox"/> DO SIT-UPS OR PUSH-UPS |
| <input type="checkbox"/> GO FOR A BIKE RIDE | <input type="checkbox"/> JOIN A RUNNING CLUB |
| <input type="checkbox"/> WALK TO WORK | <input type="checkbox"/> PLAY BASKETBALL WITH FRIENDS |
| <input type="checkbox"/> PRACTICE YOGA | <input type="checkbox"/> _____ |
| <input type="checkbox"/> LIFT WEIGHTS WHILE WATCHING TV | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SWIM LAPS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> PLAY SOFTBALL | <input type="checkbox"/> _____ |
| <input type="checkbox"/> TRY AN INTERVAL WORKOUT | <input type="checkbox"/> _____ |
| <input type="checkbox"/> TAKE A MARTIAL ARTS CLASS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> WALK THE DOG | <input type="checkbox"/> _____ |

GET MOVING → Adding more physical activity to the things you do every day is a great start. Walk or ride a bike instead of driving. Take the stairs at work. Dance while you clean the house. Go for a walk over lunch.

MAKE IT FUN → Pick exercises and activities that you really enjoy. Try new things until you find options that are fun for you. Head outside and take a hike, go biking, play catch or take tennis lessons.

START SLOW → One of the biggest exercise mistakes people make is overdoing it. So, be sure to set realistic goals. 10 to 15 minutes four days per week may be a good start. Once this becomes a habit and you start seeing progress, you can add more time or frequency.

JOIN A GROUP → Exercise with your friends, or join a group with similar interests. They can help you stay motivated and inspire you with their own success stories. It's also a great time to socialize.

Look for Good Fats

Healthy fats are an important part of your diet, aiding in the absorption of nutrients and helping lower cholesterol levels. Healthy fats have a positive impact on multiple lipid measurements including total cholesterol and triglycerides. By replacing saturated fats with monounsaturated and polyunsaturated fats you can reduce your risk of heart disease. Simply knowing what kind of fats to look for and practicing moderation can make a big difference in your health. Limit saturated fat to 5 to 6 percent of daily calories and

MONOUNSATURATED: Peanut, canola and olive oil are good sources of these fats, which lower total cholesterol while increasing good (HDL) cholesterol. Focusing on healthy fats while reducing unhealthy fats has been shown to aid in maintaining a healthy weight.

POLYUNSATURATED: Found in fish as well as corn, soy and sunflower oils, these fats improve cholesterol levels and may reduce the risk of Type 2 diabetes. They also contain omega-3 fatty acids which are beneficial to overall heart health.

Pumpkin and sunflower seeds, along with nuts like walnuts or almonds, are good sources of monounsaturated fats.



Fish such as salmon, trout and sardines are an excellent source of polyunsaturated fats and omega-3s.

By boosting levels of HDL ("good" cholesterol), avocados provide the healthy kind of fat your body needs.

Avoid Bad Fats

Fatty animal-based foods and packaged foods often contain bad fats. Foods with these fats can also be a good source of other important nutrients, so moderation is important to maintain a healthy diet.

SATURATED: These fats raise total cholesterol, increasing your risk for heart disease and stroke. Fatty meats and full-fat dairy foods including cheese, ice cream and whole milk are the main source of saturated fats.

TRANS: Although trans fats are being removed from many packaged foods, partially hydrogenated fat, or trans fat, is still found in some margarine, shortening, fast food, cookies, crackers, granola bars and popcorn.



Bacon contains saturated fats and contributes to clogged arteries that block blood flow.

Many restaurants have stopped using trans fats, but fast food is still a leading source of bad fats.



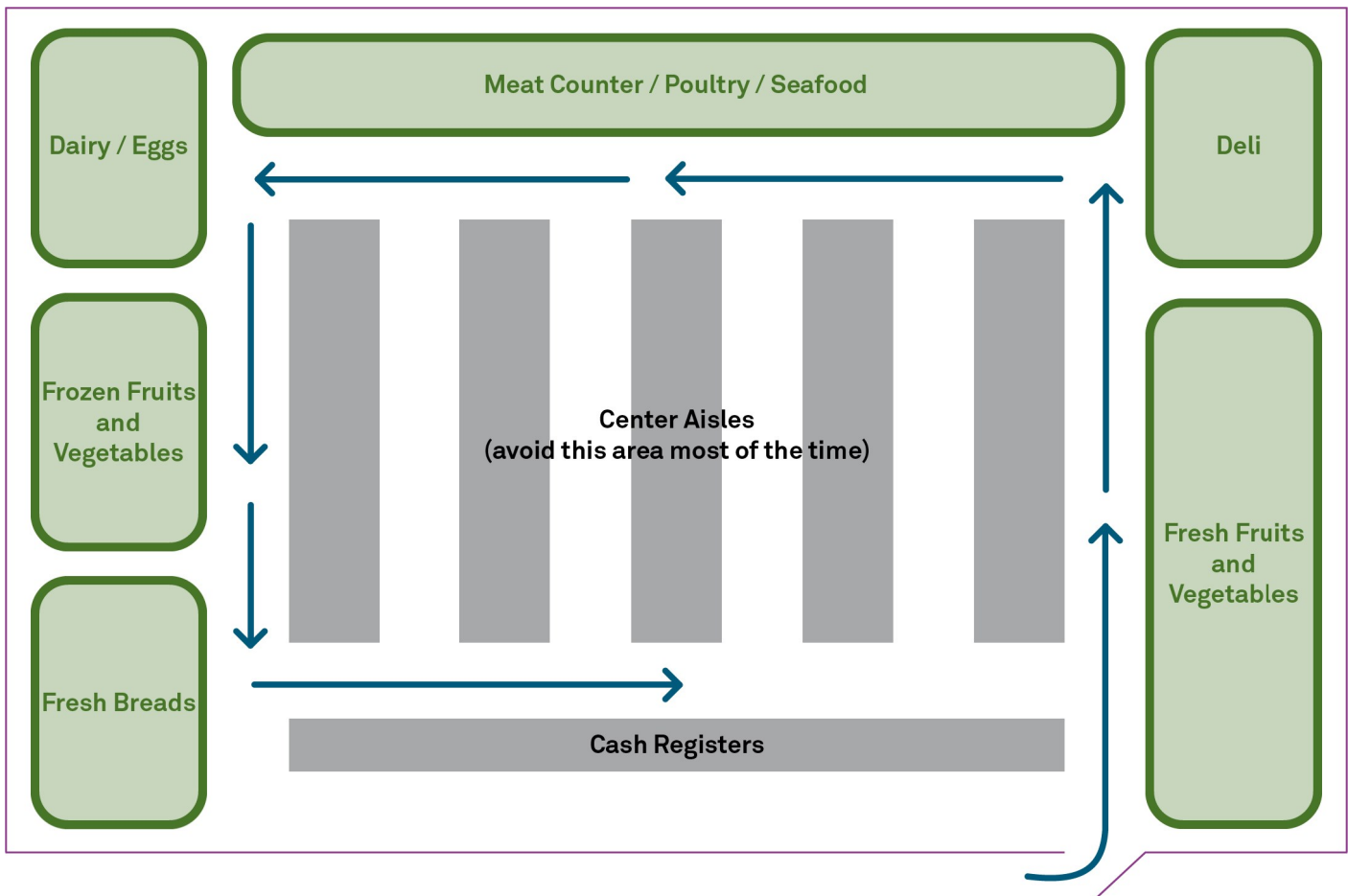
Bad fats tend to be solid at room temperature like butter or margarine.

Shop Smarter, Eat Better

Making healthier choices can be as easy as changing your routine at the grocery store. Focusing on the perimeter of the store gives you access to all the healthy essentials without the temptation of packaged snacks. Planning your menu in advance and

shopping when you're not hungry can also help. Start by spending extra time in the produce section, stocking up on colorful fruits and vegetables like berries, carrots, broccoli, oranges and tomatoes.

Pick up whole grain breads in the bakery. Stop at the seafood and meat counters for fish poultry and lean meats, if your diet does not exclude meat. And look for low-fat or non-fat dairy options. Try to avoid the unhealthy packaged products in the center aisles.



Read the Label

Be sure to read product labels. This gives you a better idea of what you're eating and helps with portion control. Serving size is especially important because a single package can often contain more than one serving. Try to limit saturated fats, sodium, sugars and cholesterol. Use a food tracking app to make sure you get 100% of the protein, fiber, vitamins, and nutrients you need.

Preventive Screenings



According to your age and gender, there are several preventive screenings you should consider. Use this information to help keep you on the road to good health. It's always important to schedule regular checkups with your physician.

Females ages 18-39:

Screening Type	Screening
Heart Health Blood Pressure Measurement (American Heart Association, 2019)	At each regular healthcare visit or at least once per year.*
Diabetes Blood glucose test or hemoglobin A1c test (U.S. Preventive Services Task Force, 2015)	Clinicians should consider screening those with 1 or more of the following characteristics: Persons with a BMI of 25.0 or greater, those with a family history of diabetes, polycystic ovarian syndrome or are members of certain high risk racial/ethnic groups.
Immunization Flu shot (Centers for Disease Control and Prevention, 2015)	Every year*
Liver Health Hepatitis C (U.S. Preventive Services Task Force, 2020) (Centers for Disease Control and Prevention, 2020)	The CDC and USPSTF recommend screening for hepatitis C virus (HCV) infection in persons at high risk for infection. They also recommend offering one-time screening for HCV infection for adults 18 years and older.*
Heart Health Lipid panel (cholesterol) test (U.S. Preventive Services Task Force, 2008)	USPSTF recommends screening ages 20-45 for lipid disorders if at increased risk for coronary heart disease.
Reproductive Health Pap and Human Papilloma Virus (HPV) tests and Pelvic Exam (U.S. Preventive Services Task Force, 2018)	Every 1-3 years if you have been sexually active or are older than 21. Pap and HPV co-test at 25 or older unless at increased risk.
Breast Health Mammography (American Cancer Society, 2017)	It is up to you to decide if you want to start regular screening mammography before the age of 45.*
Colorectal Health Fecal occult blood test/fecal immunochemical test (FOBT/FIT) Colonoscopy or sigmoidoscopy (American Cancer Society, 2018)	No requirement unless high risk.*

* Discuss with your doctor or nurse. † Before age 55 in men and 65 in women.

Looking for the recommended preventive screenings for your family or friends?

To see more preventive screening recommendations, go to the *Health Resources* menu on your online results.



Medical Summary Report for Your Doctor

Sample Female

32 years | Female | 59" | 172 lbs.

Screening Results from: 08/18/2020

Testing Facility:

Quest Diagnostics LLC-Quest Diagnostics LLC
200 Forest St 3Rd Fl Marlborough MA 01752-3023

Medical Director: Salim E Kabawat MD

This report serves as an easy reference to review all of your testing results, including data from previous years. We encourage you to use this information in conjunction with an exam by your doctor, not as a replacement for one. We hope this summary will be a good starting point for conversations with your doctor about improving your overall health.

08/18/20 06/2019 10/2018

Pancreas Health

✓ Hemoglobin A1c	5.3	5.3	5.3
(Reference Range: 4.0-5.6 % of total Hgb)			

Heart Health

⚠ Total Cholesterol	225	219	205
(Reference Range: 125-199 mg/dL)			

✓ HDL Cholesterol	72	63	67
(Reference Range: > OR = 50 mg/dL)			

✓ Cholesterol/HDL Ratio	3.1	3.5	3.1
(Reference Range: < 5.0 (calc))			

⚠ Direct LDL (DLDL)	144	138	111
(Reference Range: <100 mg/dL)			

Physical Measures

⚠ Body Mass Index (BMI)	34.7	35.5	35.1
(Reference Range: 18.5-24.9 (calc))			

✓ Blood Pressure	92/67	102/70	106/66
(Reference Range: < 120/80 mmHg)			

⚠ Waist Circumference	40	36	
(Reference Range: < OR = 35 in)			



Become More Active in Your Healthcare

A great way to stay healthy is to be active in your own healthcare. **You can start by sharing your screening results with your doctor and asking questions like:**

- What do you think about my results in the red ranges?
- Should I have any other preventive screenings?
- What behaviors can I change to improve my health?
- Where can I find more health-related information?
- Is it safe for me to start a physical activity program?
- How do I learn more about healthy eating habits?
- What is a good health improvement goal for me?

If medication is prescribed:

- How do you spell the name of that medication?
- How will this medicine improve my health?
- What side effects might I have?
- How will this medication interact with others I am taking?
- What additional behaviors can I do to improve my health?

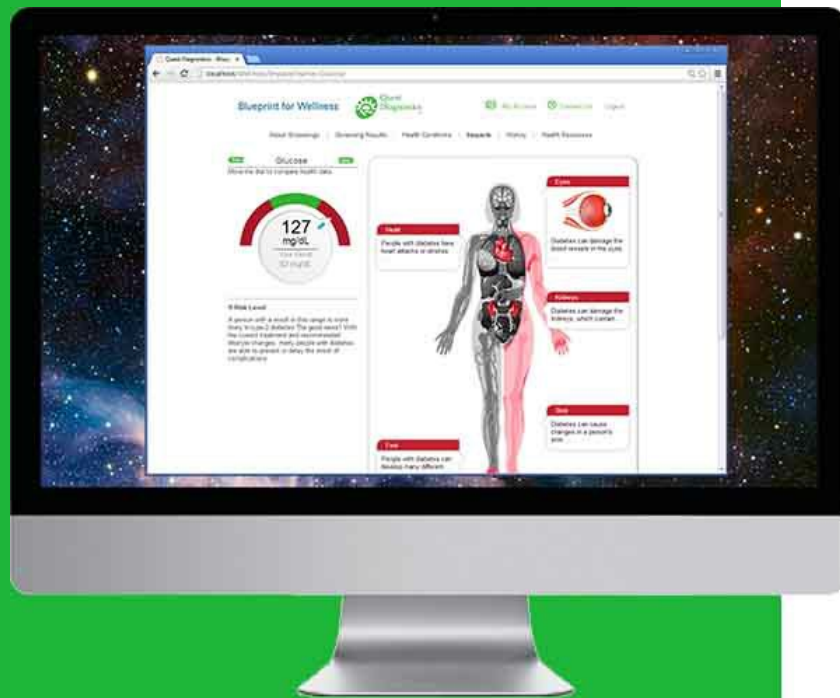
Use this space to write down other questions you have:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

For more information, visit
www.ahrq.gov/questions

Learn More About Your Results Online.

For additional insight into your screening results, be sure to view your results online. You'll find a variety of interactive tools, information and links not included in this booklet. We encourage you to use these online resources to better understand your results and improve your overall health.



Login Instructions

You should have received information with specific login instructions several weeks ago. To get started, please visit:

My.QuestForHealth.com

Your employer may have provided you with an alternative URL for accessing your screening results.

If you've already registered, simply enter your username and password. If not, enter your organization's registration key, which is:

RegistrationCode

Then follow the prompts to set up a username and password. You can log in with this information after you have registered to view your results.

Terms and Conditions

The full Terms and Conditions for this program can be accessed by logging in to My.QuestForHealth.com.

IMPACTS

See how your results affect specific areas and functions of the body with this interactive tool.

HISTORY

Compare your results to those from your previous screenings and averages for your age and gender.

HEALTH CONDITIONS

Find out how your results are related to common medical conditions, including metabolic syndrome, heart disease and diabetes.

HEALTH RESOURCES

Access a wide variety of resources, articles and videos about healthy living that will help you reach your goals.

Blueprint for Wellness®

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