INSIGHT INTO YOUR HEALTH

YOUR HEALTH BY THE NUMBERS

Your annual biometric screening is a way to say you care about your health and your family. It can lift you from Blue Status to Bronze. And it's worth 2,000 Points and Bucks in your Go365™ account.

The screening is a set of quick checks:

- Cholesterol
- Blood glucose
- Body mass index
- Blood pressure
- Waist circumference
- Height and weight

Your screening will give you a better understanding of your health. Based on your results and your Health Assessment responses, you'll get Recommended Activities for areas where you may want to make changes to improve your health. And you'll learn your Go365 Age, a measure of whether you're living older or younger than your actual age.

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Points and Bucks breakdown

If your numbers are in healthy ranges, you can earn up to an additional 2,000 Points and Bucks. That means you can earn a total of 4,000 Points and Bucks just for completing your biometric screening and with results that show you're taking good care of yourself.

- Earn 2,000 Points for completing your screening each year
- Go365 awards Points for in-range results in your current and next program year for blood pressure, blood glucose and total cholesterol
- Go365 members must get their BMI checked every program year

Biometric screening	Points and Bucks	Points and Bucks for in-range results
Body mass index (BMI)	800	800 – BMI ≥ 18.5 and < 25, or BMI ≥ 25 and < 30, with a waist circumference < 40" for males, < 35" for females
Blood glucose	400	400 – < 100 mg/dL or A1c < 6.5%
Blood pressure	400	400 – < 130/85 mm Hg
Total cholesterol	400	400 – < 200 mg/dL or an HDL ≥ 40 mg/dL for males or an HDL ≥ 50 mg/dL for females
Total Points and Bucks	**2,000**	**2,000**

Adult children are not eligible to earn Points or Bucks for biometric screening completion or in-range results.

What to know and what to bring

To fast or not to fast?

You don't have to fast (nothing to eat or drink but water for nine to 12 hours before your screening), but for accuracy it's strongly recommended. Refer to your Physician or healthcare practitioner if you are uncertain whether you should fast.

Pick a site, make your appointment

Finding a screening location is easy. Options include:

- Courthouse - LL43
  February 22: Starting at 7:00am
  February 28: Starting at 7:00am
  March 1: Starting at 7:00am
  March 15: Starting at 7:00am
- Sheriff's Office - Conference Room 1129
  February 19: Starting at 6:00am
  February 21: Starting at 6:00am

Make your appointment today.

Register At: https://hhbewell.hooperholmes.com/ID/ebd502f6

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注意：如果您嫿用繁體摎文，您韙蓖皻費獲得語言援薧服謢。請致電會鯥爃幙的電話號碼。

Go365 is not an insurance product. Not available with all Humana health plans.