



Fill in your results as you visit each station. This document is for your own personal use.

## Screening Results Sheet Know Your Numbers: Get Screened Day! June 22, 2011 Student Center Building

Biometric Screening	My Biometric Values		Value Ranges	Description	General Recommendations
Height	Ft.	In.	NA		If your weight is outside of normal ranges, increase physical activity, eat healthfully, and consider follow-up with physician.
Weight		(Lbs.)	NA		
Waist		(Inches)	Men <40" Women <35"	Measure your waist at your belly button. Measure in the same spot each time so you can compare consistently.	As your waist increases, so does your chance of heart disease.
BMI			<25 Desirable 25-29.9 Overweight >30 Obese	$=(\text{wt. in lbs} \times 703)/(\text{ht. in inches}^2)$	The higher your BMI, the higher your risk for certain diseases, such as heart disease, high blood pressure and type 2 diabetes.
Body Fat %		%	Men (age 41-60) 11-22% Healthy Women (age 41-60) 23-35% Healthy	Body fat percentage varies by age and gender. Men typically have a lower % than women.	Body fat percentage typically increases as you age due to muscle loss.
Blood Pressure		/	<120/80 Normal 120-139/80-89 Pre-hypertension >140/90 Stage 1 Hypertension >160/115 Stage 2 Hypertension	Systolic pressure (upper #) is the pressure the heart places on the walls of your blood vessels as it's pumping. Diastolic (lower #) is the pressure placed on your vessels as the heart is relaxed.	Check BP every year if within normal ranges. If outside of normal ranges, confirm results with physician.
Total Cholesterol		(mg/dL)	<200 mg/dl Normal 200-239 mg/dl Borderline High >240 mg/dl High	Total Cholesterol is a total measurement of the many different kinds of fats or lipids present in your blood.	Your body produces some cholesterol, but most of it comes from your diet. Check cholesterol in 5 years if within normal ranges. If outside of normal ranges, confirm results with physician.
LDL		(mg/dL)	<130 mg/dl Normal 130-160 mg/dl Borderline High >160 mg/dl High	Your bad cholesterol count.	
HDL		(mg/dL)	<40 mg/dl Undesirable >60 mg/dl Beneficial Women: >45-50+	Your good cholesterol count.	
Total Cholesterol/HDL Ratio			<4.5 Desirable	Divide your Total Cholesterol by your HDL level to get a ratio. The lower the better.	
Triglycerides		(mg/dL)	<150 mg/dl Normal 150-199 mg/dl Borderline High >200 mg/dl High	The chemical form in which most fats exists in food as well as in the body.	
Glucose	Fasting:	(mg/dL)	Fasting <100 mg/dl Normal 100-125 mg/dl Pre-diabetes >126 mg/dl Diabetes	This is your blood sugar. If you have eaten within 3 hours before taking this test, your values will most likely be elevated, depending on your rate of metabolizing sugars. Glucose rises rapidly after meals and within two hours should return to close to the fasting value. An abnormally high glucose can be indicative of diabetes, but can also be caused by other disorders and diseases.	If within normal ranges, maintain a healthy lifestyle. If outside of normal ranges, confirm results with physician.
	Non Fasting:	(mg/dL)	Non Fasting <200 mg/dl Normal >200 mg/dl Diabetes		
Vision			20/20 Desirable	20/20 is optimal vision.	Annual eye exams are important to check the health of the entire eye.

## Why Get Screened?

Biometric screenings are short health examinations that determine your risk level for certain diseases and medical conditions. Biometric screenings allow you to learn about your current health status, and determine your risk for common diseases including diabetes, heart disease, and other medical conditions. Results of biometric screenings allow you to work with your physician to lower your health risks for certain conditions.

**Risks you can't change:** Age, Gender, Family History

**Risks you can change:** Blood Cholesterol, Blood Pressure, Blood Sugar,  
Activity, Smoking, Stress, Obesity

**Disclaimer:** The screenings provided at today's event are not diagnostic and do not replace visiting your physician. Please consult with your physician or pharmacist prior to your screenings if you have any questions, especially if taking certain medications. The screenings provided at today's event are considered protected health information and will not be shared with your employer in any way. Your health data is held in compliance with HIPAA, the laws governing personal health information.

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### Questions? Give us a call!

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