

Biometric Screening Patient Result Sheet

Your physician will determine the appropriate testing* for your annual physical based on your age, gender and family history. The Wellness Assessment will ask for some of the results from your exam. You can use this form to write down your results once you receive them from your physician, and then complete your Wellness Assessment online at www.wellmark.com.

Biometric Screenings	My Biometric Values**	Value Ranges	Description
Total Cholesterol		<200mg/dl -----Normal 200-239 mg/dl---- Borderline High >240 mg/dl -----High	Your body produces some cholesterol, but most of it comes from your diet. Total Cholesterol is a total measurement of the many different kinds of fats or lipids present in your blood
LDL Cholesterol		<130 mg/dl----Normal 130-160 mg/dl---Borderline High >160 mg/dl-----High	Your bad cholesterol count
HDL Cholesterol		<40 mg/dl-----Low >60 mg/dl-----High	Your good cholesterol count
Triglycerides		<150 mg/dl-----Normal 150-199 mg/dl---Borderline High >200 mg/dl-----High	The chemical form in which most fat exists in food as well as in the body
Glucose		Fasting <100 mg/dl----Normal 100-125 mg/dl---Pre-Diabetes >126 mg/dl-----Diabetes Non Fasting <200 mg/dl-----Normal (non fasting) >200 mg/dl-----Diabetes (non fasting)	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 close to the fasting value. An abnormally high glucose can be indicative of diabetes, but can also be caused by other disorders and diseases.
Blood Pressure		<120/80 -----Normal 120-139/80-89---Pre-hypertension >140/40-----Stage 1 hypertension >160/115-----Stage 2 hypertension	When your heart beats, it pumps blood through your arteries and creates pressure in them. The higher number (systolic) represents the pressure while your heart is beating. The lower number (diastolic) represents the pressure when your heart is resting between beats.
Height		Not applicable	
Weight		Not applicable	
Waist Circumference		Men <40 Women <35	If you have too much fat - especially around your waist—you are at a higher risk for high blood pressure, high cholesterol, and diabetes—which increase your risk for heart disease and stroke

*Should you have questions related to how additional test are covered please contact Wellmark Customer Service number on the back of your ID card.

**If any of your measurements are outside of the normal range, we strongly encourage you to follow up with your health care provider for more information and advice.