

# Prevention 101

Knowing What You Need and When to Get It

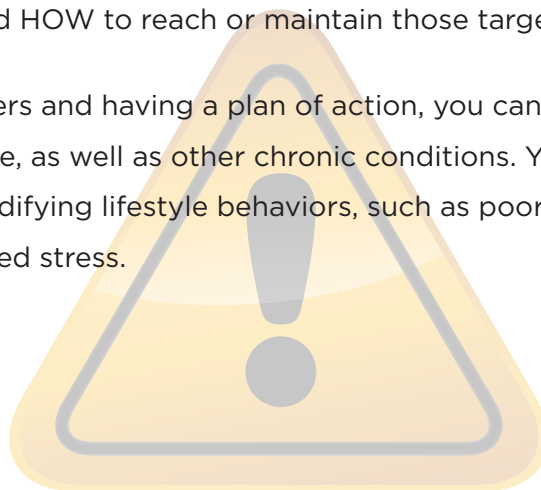


## LET'S TALK ABOUT... Your warning signs

Heart disease, also known as coronary artery disease or CAD, is the number one cause of death in men and women. Your blood pressure, cholesterol, glucose, waist circumference and Body Mass Index (BMI) measurements or “your numbers” are key indicators of heart health.

When your car’s dashboard warning lights or “signs” go on, this indicates a problem. (Hopefully you don’t ignore your warning signs!) Your “numbers” are like your dashboard warning signs. You should learn WHAT your numbers are, WHERE they should be (i.e. your targets) and HOW to reach or maintain those targets.

By knowing your numbers and having a plan of action, you can lessen your chance of developing heart disease, as well as other chronic conditions. You can reduce your risk for heart disease by modifying lifestyle behaviors, such as poor diet, lack of exercise, smoking and uncontrolled stress.



STOP



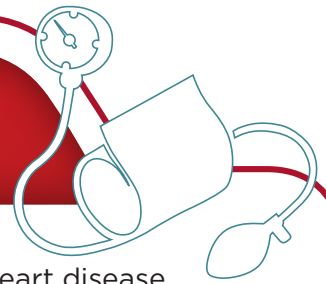
CALL



SCHEDULE



## What You Need



Prevention is the solution to better health, and the first step in prevention of heart disease is protecting your health by getting the recommended exams and screenings. Follow the **At-A-Glance** guide below for an overview of the recommendations for heart health.

### AT-A-GLANCE RECOMMENDED EXAMS AND SCREENINGS FOR HEART HEALTH

SCREENINGS AND EXAMS	AGES 19-39	AGES 50 AND OLDER
Physical Exam	Every 1-2 years	Annually
Weight/Body Mass Index (BMI)/ Waist Circumference	At every physical exam	
Blood Pressure	<ul style="list-style-type: none"><li>• At every health care provider visit or minimum of once every 2 years</li><li>• Annually, if diastolic (bottom number) is greater than 80 mmHg or systolic (top number) is greater than 120 mmHg</li></ul>	
Lipid Profile (Total Cholesterol, HDL, LDL and Triglycerides)	<ul style="list-style-type: none"><li>• Routine screening every 5 years beginning at age 20. More frequent testing for individuals at risk for CAD</li></ul>	

### POP QUIZ

#### TEST YOUR KNOWLEDGE ON HEART HEALTH

How well do you know your heart? Take this quiz to find out what some of the variables are that affect your heart!

**1. Most of your blood cholesterol is produced by:**

- a. Your liver
- b. Your pancreas
- c. Food consumption
- d. Your muscles

**2. You know you have high cholesterol when:**

- a. You have chest pains.
- b. You start to gain weight.
- c. Your blood pressure is high.
- d. You have it checked by a doctor.

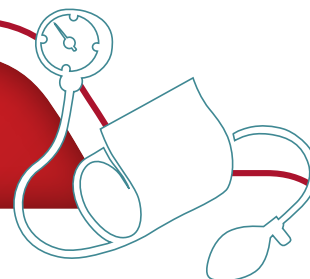
**3. All adults age 20 and older should have their cholesterol levels checked:**

- a. Annually
- b. Every 5 years
- c. Every 10 years
- d. Only if they are at risk

- 1. Answer: a. Your Liver. our liver produces about 1,000 mg of cholesterol a day—all the cholesterol your body needs. Another 200 to 500 milligrams (or more) can come from the food you eat.
- 2. Answer: d. You have it checked by a doctor. High cholesterol has no symptoms, so the only way to know your cholesterol levels is by having them checked.
- 3. Answer: b. Every 5 years. However, some people may need their numbers checked more frequently depending on their medical history and medication regimen. You should speak with your health care provider to find out how often you should be tested.



## What Are Your Numbers?



### YOUR WEIGHT

**BMI (Body Mass Index)** is calculated from a person's weight and height and provides a reasonable indicator of body fat and weight categories that may lead to health problems. The BMI score is valid for both men and women, but it does have some limits. (There are different BMI tools for ages 2 through 20.) The BMI may **overestimate** body fat in athletes and others, who have a muscular build, and it may **underestimate** body fat in older persons and others, who have lost muscle mass. A BMI of less than 25 is linked to the lowest risk for disease. A high BMI can increase your chance of developing a chronic condition, such as heart disease, diabetes and high blood pressure.

### BMI CHART

Use the chart below to determine your BMI. For an **online BMI Calculator**, members can log onto our Member Web site and click on "Wellness Calculator" under the "Your Health" tab.

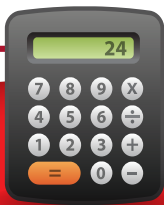
BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Normal							Overweight						Obese	
Height	Body Weight (pounds)													
4'11"	94	99	104	109	114	119	124	128	131	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

**WAIST CIRCUMFERENCE** is a key measure of excess midsection fat. A high waist circumference is associated with increased risk for developing abnormal cholesterol levels, heart disease, type 2 diabetes, sleep apnea, high blood pressure and other chronic diseases. The risk increases with a waist circumference over 35 inches for women and over 40 inches for men.

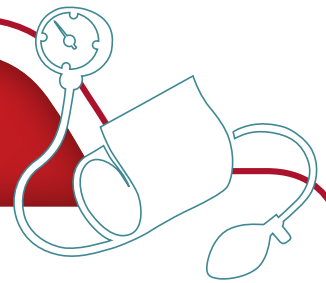
Waist circumference isn't necessarily your pant size! To accurately measure your waist circumference:

- Place a tape measure around your waistline.
- For accurate placement of the tape measure, locate your waistline by bending slightly to one side and measuring horizontally around this area. (Hint: It's about 1 inch above your belly button, or midway between the top of the hip bone and the bottom of the rib cage.)

Speak with your health care provider about your BMI and waist circumference to establish realistic goals for you. Even small changes in your waist measurement can yield big health rewards.



## What Are Your Numbers?

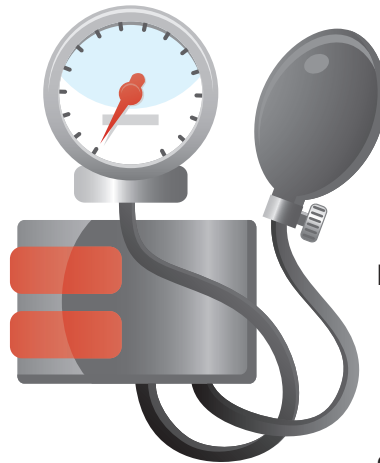


### YOUR BLOOD PRESSURE

BLOOD PRESSURE is the force applied to the walls of the arteries as the heart pumps blood through the body. Your blood pressure reading, which is made up of two numbers, shows how hard your heart is working. The systolic (or top number) is your pressure when the heart is pumping blood (or working), and the diastolic (or bottom number) is your pressure when the heart relaxes. Blood pressure constantly changes depending on activity, temperature, diet, emotional state, posture, physical state and medication use.

About one out of every three American adults has high blood pressure—also known as hypertension. When you have high

blood pressure, the heart is working too hard. High blood pressure can lead to heart attack, stroke, kidney failure or damage to your eyesight. Anyone—adults and children—can develop high blood pressure.



High blood pressure is sometimes called the “silent killer” because it often has no noticeable warning signs or symptoms until other serious problems arise. Because of this silence, many people do not know that they have it.

Checking your blood pressure only takes a few minutes. The blood pressure chart below can help you determine if your blood pressure is at a healthy level or if you need to speak with your health care provider about taking some steps to improve your numbers.

### WHAT DO YOUR BLOOD PRESSURE NUMBERS MEAN?

<b>SYSTOLIC</b> (Top Number) (in mmHg)	<b>DIASTOLIC</b> (Bottom Number) (in mmHg)	<b>CLASSIFICATION</b>
Less than 120	Less than 80	Normal
120-139	80-90	Pre-hypertension
140-159	90-99	Hypertension, Stage 1
Greater than 160	Greater than 100	Hypertension, Stage 2
Greater than 180	Greater than 110	Severe Hypertension

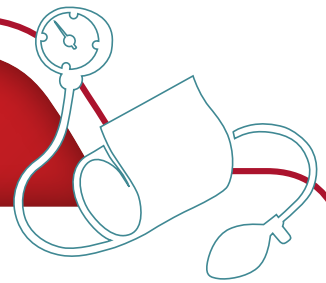
#### Note

Ranges may be lower for children and teenagers. Speak with your child's health care provider if you are concerned that your child may have high blood pressure.

Reference: National Institutes of Health, National Heart, Lung, and Blood Institute. Accessed July 2009.



## What Are Your Numbers?



### YOUR CHOLESTEROL

High blood cholesterol plays a major role in the development of heart disease: the higher your blood cholesterol level, the greater your risk. Your health care provider may order a blood test called a **LIPID PROFILE** as part of a physical exam. A lipid profile measures the total cholesterol, HDL-cholesterol, LDL-cholesterol and triglycerides in your bloodstream and is an indicator of your risk for heart disease. All adults age 20 and older should have their cholesterol levels checked every 5 years.

**CHOLESTEROL** is a soft, waxy substance found in the bloodstream and in all your body's cells. It comes in different forms and affects your body in different ways. HDL or "good" cholesterol (H = Healthy and you want it Higher) helps protect against heart disease: the higher your **HDL**, the better. **LDL** or "bad" cholesterol (L = LOUSY and you want it Lower) is the main culprit for heart disease and blockages in the arteries: the lower your LDL, the better. **TRIGLYCERIDES** are a form of fat in the blood that can lead to blocked arteries.

Like high blood pressure, there are symptoms of high cholesterol--you can't "feel" it. Higher than normal cholesterol doesn't usually cause an immediate problem. It's the long-term build-up of cholesterol in the blood vessels that can lead to heart attack or stroke. If there is too much cholesterol in the body, it needs to be treated with diet, exercise and possibly medication.

### How to Prep for a Lipid Profile

You usually need to avoid eating (or fast) for 10 to 12 hours before having a lipid profile. You may drink water and take medicines that your health care provider prescribed.

Note

\* Speak with your health care provider to find out how often you should be tested and what your lipid goals should be based on your medical history.

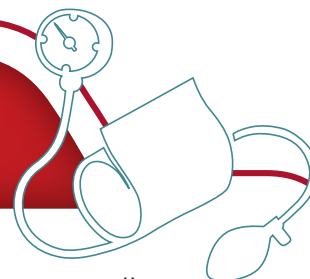
### WHAT DO YOUR LIPID PROFILE NUMBERS MEAN?

TYPE	CLASSIFICATION
<b>TOTAL CHOLESTEROL*</b>	
Less than 200 mg/dl	Optimal
200-239 mg/dl	Borderline High
240 mg/dl and above	High
<b>LDL CHOLESTEROL*</b>	
Less than 100 mg/dl	Optimal
100-129 mg/dl	Near Optimal/Above Optimal
130-159 mg/dl	Borderline High
160-189 mg/dl	High
190 mg/dl	Very High
<b>HDL CHOLESTEROL*</b>	
Less than 40 mg/dl	Major heart disease risk factor
60 mg/dl and above	Helps protect against heart disease
<b>TRIGLYCERIDES*</b>	
Less than 150 mg/dl	Normal
150-199 mg/dl	Borderline High
200 mg/dl	High

References: National Cholesterol Education Program (U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute) and National Diabetes Education Program (Centers for Disease Control, U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases). Accessed July 2009.



# What to Track

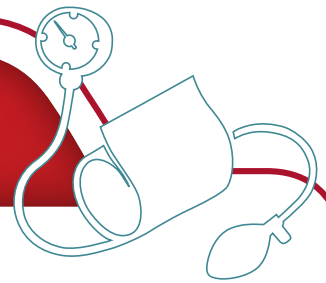


Create a **Personal Health Record** for yourself and each member of your family to see all your health care information at a glance in one convenient location. A Personal Health Record table is provided below for your convenience.

PERSONAL HEALTH RECORD			
SCREENING	DATE	RESULTS	NOTES
<b>GENERAL HEALTH</b>			
Physical Exam			
<b>HEART HEALTH</b>			
Weight			
BMI			
Waist Circumference			
Blood Pressure			
Total Cholesterol			
HDL-Cholesterol			
LDL-Cholesterol			
<b>REPRODUCTIVE HEALTH</b>			
Pelvic Exam			
Mammogram			
Pap Test			
HIV/Sexual Transmitted Diseases Screening			
Prostate Screening			
<b>COLORECTAL HEALTH</b>			
Colorectal Cancer Screening			
<b>DIABETES SCREENING</b>			
Blood Glucose (Sugar)			
<b>BONE HEALTH</b>			
Bone Mineral Density			
<b>ORAL HEALTH</b>			
Dental Exam			
<b>VISION CARE</b>			
Eye Exam			



## What Other Steps to Take

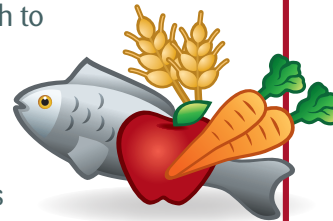


In addition to knowing what you need and when to get it, taking other steps to make healthy lifestyle choices can impact your heart health now and in the future. Research has clearly demonstrated the potential that healthy lifestyle factors can have on reducing the risk of heart disease and stroke. Be proactive and take action today to protect your heart health. What changes can you make?

- **Get regular check-ups** based on the recommendations for your age. Learn to practice “health” care not “disease” care. Getting regular check-ups will help ensure that you control your cholesterol and blood pressure under the direction of your health care provider.
- **Have your blood pressure checked routinely.** It only takes a few minutes, but it could save your life. Learn what your numbers are, where they should be and how to reach or maintain the healthiest numbers for you.
- **Take your medications as prescribed.** Taking your prescribed medicine can lower your risk of having a heart attack or dying from coronary artery disease. Speak with your health care provider if you have any questions or concerns about your prescriptions. Do not stop taking your medications without consulting your health care provider.
- **Maintain a healthy weight.** Use the scale and the measuring tape (to measure your waist circumference) to monitor your progress. Try to balance the calories you consume from food and drink with the calories you burn off through activity. Cut back by 250 to 500 calories per day to promote gradual weight loss, if you need to lose weight.
- **Don't smoke,** and avoid secondhand smoke. Smoking increases triglyceride and LDL cholesterol levels. Quitting smoking can quickly reduce the risk of a heart attack or death. Your health care company offers resources to help you quit when you're ready. From the online **Health-Media® Breathe™** program to our telephonic **Smokeless®** programs, the smoking cessation

resources can help guide you through the process of quitting with the support, coping strategies and practical stress management skills that you need. Log onto your Member Web site to enroll in **Breathe** under the “Your Health” tab, or call **Smokeless** at 1-800-345-2476 to enroll. For tips on how to quit, go to: <http://www.ahrq.gov/path/tobacco.htm> or visit <http://www.smokefree.gov>. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW(784-8669).

- **Eat a heart-healthy diet** that includes plenty of “whole” foods, such as vegetables, fruits, legumes, soy foods and whole grains. Also reduce the amount of saturated fat, cholesterol and simple sugars. Choose heart-healthy fats, like canola oil, olive oil and nuts. Add more fish to your diet and speak with your health care provider about taking fish oil (Omega-3) supplements.

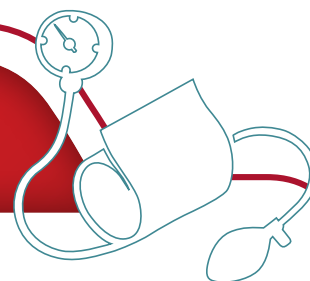


- **Get regular exercise** on most days of the week. Strive for about 150 minutes of moderate physical activity every week. Speak with your health care provider about safe levels of exercise for you. Regular physical activity (defined as 30 minutes of moderate exercise almost daily) can help you maintain a healthy weight, reduce LDL cholesterol, triglyceride and glucose levels and increase HDL cholesterol.
- **Manage your stress.** Try to seek balance in your life and practice daily stress management. Stress, depression and hostility are directly associated with increased blood pressure, high cholesterol and triglycerides and angina (chest pain).





## Where to Go for More Help



It's not easy putting a plan for heart health and healthy lifestyles into action.

Whether on the Web, on the phone or at the worksite, there are many convenient and accessible wellness resources to help you reach your goals and “have a greater hand in your health.”

📞 **On the Phone.** For more information about blood pressure, cholesterol and other important numbers, talk with your health care provider. Or speak confidentially with a specially-trained Health Coach 24 hours a day, 7 days a week by calling Blues On Call<sup>SM</sup> at 1-888-BLUE(2583)-428 for the answers and support you need. You can request free “Shared Decision Making” videos to help you learn more about living with heart disease and treatment choices.

🌐 **On the Web.** Log onto your Member Web site and click on the “YOUR HEALTH” tab. Select the link “Improve Your Health” to enroll in **HealthMedia**<sup>®</sup> online programs or choose “Preventive Care” to explore other available program options on heart health and healthy lifestyles. Explore the **HealthMedia**<sup>®</sup> **Care**<sup>™</sup> **for Your Health** program—a self-paced chronic condition management program that teaches the skills needed to effectively take control of chronic condition(s) such as high blood pressure, high cholesterol, heart disease and more.

### Lifestyle Returns<sup>®</sup>

If your company participates in Lifestyle Returns, you can receive credit for getting your preventive care exams. To access the “Lifestyle Returns” program, log onto your Member Web site. Under “Quick Resources,” click on “Lifestyle Returns” and enter your preventive exams under **Step 3: Take Charge of Your Health.**

There are many other online resources on heart health. Learn about the DASH Diet (Dietary Approaches to Stop Hypertension) by visiting [www.dashdiet.org](http://www.dashdiet.org). Explore information about healthy lifestyle recommendations to promote heart health, visit the National Cholesterol Education Program at: <http://www.nhlbi.nih.gov/about/ncep/index.htm>. Or visit the American Heart Association at [www.americanheart.org](http://www.americanheart.org).

### LOG ON AND LEARN MORE

To learn more about Heart Health, search the HEALTH TOPICS tab on your Highmark Member Web site. Log on at [www.highmark.com](http://www.highmark.com), and select your service region. You can search the site for topics of interest to you and your family and stay up-to-date on the latest in health and wellness.



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