

Prevention 101SM

Knowing What You Need and When to Get It

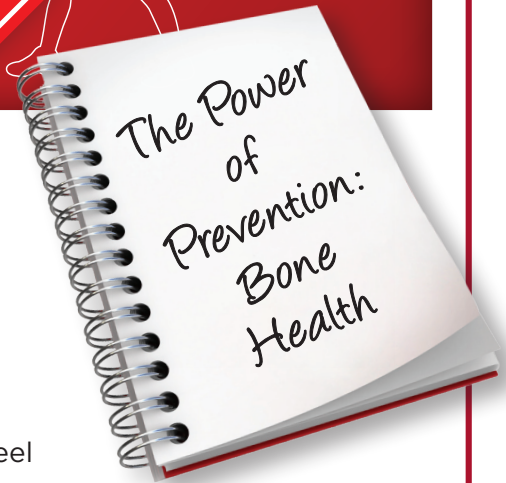


Just because it isn't broken, doesn't mean you shouldn't fix it. When it comes to bone health, if it isn't broken, improve it.

Bone health is something that few of us wake up thinking about each day. We can't feel our bones getting stronger, nor can we feel them getting weaker. In fact, osteoporosis is a silent disease until it is complicated by fractures—fractures that can occur following minimal trauma. The impact that bone loss and subsequent fractures can ultimately have on our quality of life once we've developed osteoporosis is significant.

Osteoporosis is a disease that causes bones to become weak, brittle and porous, resulting in an increased risk for fractures, especially of the hip, spine and wrist. Adequate calcium consumption and weight-bearing physical activity help build strong bones, optimize bone mass and may reduce the risk of osteoporosis later in life.

"Osteoporosis isn't just your grandmother's disease. The good news is that you are never too old or too young to improve your bone health. With healthy nutrition, physical activity every day and regular medical check-ups and screenings, Americans of all ages can have strong bones and live longer, healthier lives. Likewise, if diagnosed in time, osteoporosis can be treated with new drugs that help prevent bone loss and rebuild bone before life-threatening fractures occur." - Richard Carmona, MD, U.S. Surgeon General



STOP



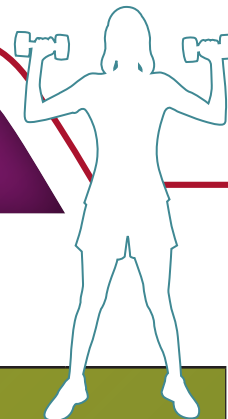
CALL



SCHEDULE



What Is Your Risk for Osteoporosis?



To find out more about the prevalence and risk factors associated with low bone mineral density and osteoporosis, take this simple questionnaire.

RISK FOR OSTEOPOROSIS QUESTIONNAIRE

	POINTS
1. My health is good to excellent.	0
2. My health is fair, poor or very poor.	+1
3. I am African American.	-1
4. My mother or sister had a hip fracture.	+1
5. I weigh less now than I did at age 25 (when not pregnant).	+1
6. My height at age 25 was more than 5 feet 6 inches.	+1
7. I have been clinically diagnosed with (apparent) dementia.	+1
8. I am currently using oral corticosteroids (such as prednisone).	+1
9. I am currently taking medicine to prevent or control seizures.	+1
10. I am currently taking tranquilizers (such as Valium) to help me sleep.	+1
11. I exercise less than two times a week.	+1
12. I cannot get up out of a chair without using my arms to help me.	+1
13. I had a fracture at age 50 or older.	+1
14. I am 80 years old or older.	+1
15. I am post-menopausal and I do not take hormone replacement therapy.	+1
16. I am up on my feet less than 4 hours per day.	+1
17. My heart rate (i.e. pulse rate) is more than 80 beats per minute when I am sitting quietly.	+1
ADD UP YOUR POINTS TO DETERMINE YOUR OSTEOPOROSIS SCORE:	

If Your Score Is:

0 to 2

3 to 4

5 or greater

Your Risk of Fracture Is:

Low

Medium

High

Source: Adapted from Centers for Disease Control and Prevention, April 2002. If you are concerned by your findings, talk to your health care provider about identifying problem areas to reduce your risk of osteoporosis.

LOG ON TO LEARN YOUR RISK

Log onto your Member Web site and access an interactive "Health and Fitness Tool" called "Are You at Risk for Osteoporosis" to determine their risk for osteoporosis. After logging onto the Member Web site, click on "Health Topics," then select "Healthwise Knowledgebase." Once you are redirected to the "Healthwise Knowledgebase" link, click on "Interactive Tools" and choose "Are You at Risk for Osteoporosis?" Follow the directions on the screen and click on the appropriate responses.



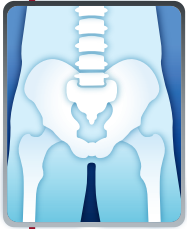


What to Know About Bone Health



While men and women of all ages and ethnicities can develop osteoporosis or low bone mineral density, some of the risk factors are:

DIET: Getting too little calcium can increase your chances of developing osteoporosis. Vitamin D is also important because it helps the body use the calcium in your diet. National nutrition surveys have shown that many women and young girls consume less than half the amount of calcium recommended to grow and maintain healthy bones.



BODY WEIGHT/BONE STRUCTURE:

Petite, small-boned and thin women and men have a greater risk of developing osteoporosis because they have less bone to lose than individuals with more body weight and larger frames.

A BMI of less than 20 to 25 increase, risk.

WEIGHT-BEARING EXERCISES: Walking, jogging, stair-climbing, dancing, strength training and other weight-bearing types of exercise keep bones healthy by working the muscles and bones against gravity.

SMOKING: Smoking cigarettes can keep your body from using the calcium in your diet.

ALCOHOL: Drinking higher levels of alcohol (defined as more than two alcoholic drinks a day for men or one alcoholic drink

a day for women) increases the risk for low bone mineral density and osteoporosis.

MEDICINES: Prolonged or ongoing use of certain medicines and therapies (e.g. prednisone or other corticosteroids and androgen deprivation therapy used in the treatment of prostate cancer) increases bone loss.



AGE: The chances of developing osteoporosis increase as you get older—especially age 70 and older.

GENDER: Women have smaller bones than men. In addition, because of hormone changes that happen after menopause, women have a greater chance of developing osteoporosis.

ETHNICITY: Caucasian, Hispanic and Asian women are most likely to develop osteoporosis.

FAMILY HISTORY: Having a close family member who has osteoporosis or has broken a bone may also increase your risk.

ADDITIONAL RISK FACTORS: Never having children, excessive caffeine intake, gastric surgery and excessive consumption of soft drinks, both caffeinated and caffeine-free, are also linked to reduced bone mineral density.

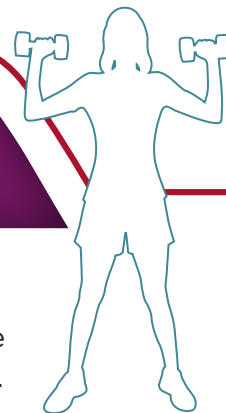
COMPLEMENTARY WELLNESS DISCOUNT PROGRAM

Log onto your Member Web site and check out our Member Discounts. Click on “Choose Providers” to search the WholeHealth Network, which includes more than 35,000 practitioners who offer up to a 30% discount on services, such as:

- Fitness Centers & Spas
- Massage & Body Work
- Acupuncture
- Chiropractic
- Personal Trainers & Relaxation
- Tai Chi, Qi Gong, Yoga and Pilates
- Nutrition Counseling and much more



What Is Your Frame Size



Use the following calculation to determine your body frame size. A small body frame size is a risk factor for osteoporosis. Stop guessing and find out your frame size by comparing your wrist circumference to your height using the chart below.

DIRECTIONS: To determine your body frame size, measure your wrist with a tape measure and use the following chart to determine whether you are small, medium or large boned.

WOMEN

● Height under 5' 2"

- Small = wrist size less than 5.5"
- Medium = wrist size 5.5" to 5.75"
- Large = wrist size over 5.75"

● Height 5' 2" to 5' 5"

- Small = wrist size less than 6"
- Medium = wrist size 6" to 6.25"
- Large = wrist size over 6.25"

● Height over 5' 5"

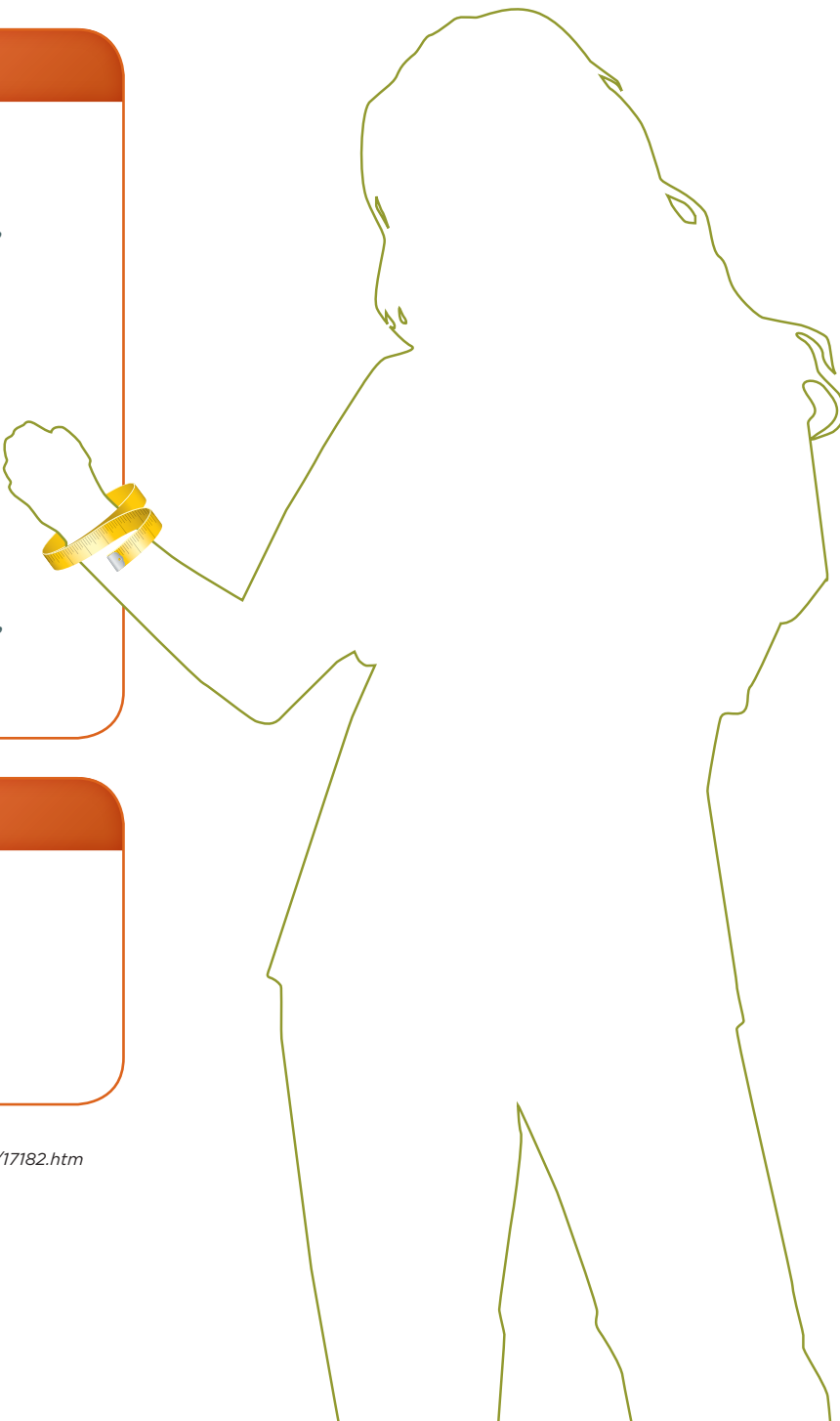
- Small = wrist size less than 6.25"
- Medium = wrist size 6.25" to 6.5"
- Large = wrist size over 6.5"

MEN

● Height over 5' 5"

- Small = wrist size 5.5" to 6.5"
- Medium = wrist size 6.5" to 7.5"
- Large = wrist size over 7.5"

Source: Retrieved January 29, 2010,
from: www.nlm.nih.gov/medlineplus/ency/imagepages/17182.htm





What You Need



Prevention is the solution to better bone health, and the first step in prevention of osteoporosis and low bone mineral density is taking steps to reduce your modifiable risk factors (those risk factors that you can change). Follow the **At-A-Glance** guide below for an overview of the recommended exams and screenings for bone health.

AT-A-GLANCE RECOMMENDED EXAMS AND SCREENINGS FOR BONE HEALTH

PHYSICAL EXAM	<ul style="list-style-type: none"> Your health care provider will determine if you are at an increased risk for developing osteoporosis and recommend one of the screening tests before you break any bones.
BONE MINERAL DENSITY (BMD) TESTS:	<ul style="list-style-type: none"> Detect osteoporosis before a fracture occurs Predict the chances of a fracture Assess the rate of bone loss with repeated measurements Monitor the effectiveness of medications
DUAL-ENERGY X-RAY ABSORPTION (DEXA) The most common and accurate technology, which measures bone density at the hip, spine or wrist.	Indications for Bone Mineral Density Screening <ul style="list-style-type: none"> Women ages 65 and older and men ages 70 and older, regardless of clinical risk factors Younger post-menopausal women and men ages 50-70 with clinical risk factors Women in menopausal transition, if there is a specific risk factor associated with increased fracture risk, as identified by the health care provider Men and women who have a fracture after age 50 Men and women taking a medication associated with low bone mass or bone loss Anyone being considered for drug therapy for osteoporosis Anyone being treated for osteoporosis Anyone not receiving therapy with evidence of bone loss Postmenopausal women discontinuing estrogen therapy

DAILY CALCIUM AND VITAMIN D REQUIREMENTS FOR BONE HEALTH

AGE	CALCIUM	VITAMIN D
1 through 3 years	500 mg	200 IU
4 through 8 years	800 mg	200 IU
9 through 18 years	1,300 mg	200 IU
19 through 49 years	1,000 mg	400-800 IU
50 years and older	1,200 mg	800-1000 IU
Pregnant or nursing women (18 years and under)	1,300 mg	400-800 IU
Pregnant or nursing women (19 years and over)	1,000 mg	400-800 IU

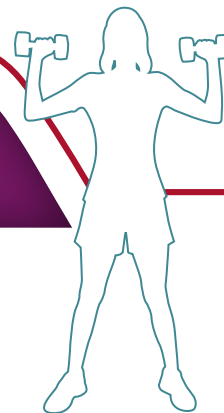
LOG ON TO TRACK

Keep track of your numbers using the online "Personal Health Record." Log onto your Member Web site and click on the "Your Health" tab and then "Personal Health Record." Choose the sections you wish to update and follow the prompts. Remember to update your online record each time you or a family member have a screening, blood test or exam.



Based on the Institute of Medicine of the National Academies and National Institutes of Health

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
GENERAL HEALTH			
Physical Exam			
HEART HEALTH			
Weight			
BMI			
Waist Circumference			
Blood Pressure			
Total Cholesterol			
HDL-Cholesterol			
LDL-Cholesterol			
REPRODUCTIVE HEALTH			
Pelvic Exam			
Mammogram			
Pap Test			
HIV/Sexual Transmitted Diseases Screening			
Prostate Screening			
COLORECTAL HEALTH			
Colorectal Cancer Screening			
DIABETES SCREENING			
Blood Glucose (Sugar)			
BONE HEALTH			
Bone Mineral Density			
ORAL HEALTH			
Dental Exam			
VISION CARE			
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 bone health now and in the future. Research has clearly demonstrated the potential that healthy lifestyle factors can have on reducing the risk of osteoporosis and low bone mineral density. Building strong bones can be the best defense against developing osteoporosis. Be proactive and take action today to protect your bone health. What changes can you make?



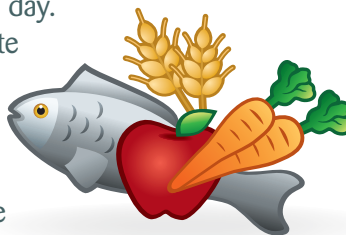
- **Get adequate calcium in your diet every day at every age.** Choose at least two to three servings of foods from the dairy group each day. Choose other foods that contain calcium, including tofu, calcium-fortified orange juice, canned fish with bones and dark-green leafy vegetables.

- **Take a calcium supplement, if necessary,** when adequate dietary intake cannot be achieved. Some nutrition authorities recommend that women of all ages take a calcium supplement as an extra precautionary measure to guard against bone loss. Calcium carbonate and calcium citrate are the most common forms. Calcium is best absorbed in doses of 500 mg or less. To maximize calcium absorption:

- Take calcium supplements with food, and space the dosage throughout the day.
- Drink plenty of fluids, and don't take calcium supplements with soft drinks, coffee or iron supplements.
- Avoid calcium supplements made from dolomite, oyster shell and bonemeal, which may be contaminated with lead.

- **Get adequate Vitamin D,** which is important for optimal calcium absorption. Adequate amounts may be obtained through fortified milk, egg products and 10 minutes of sunshine each day. If you do not drink milk or get adequate sunshine, consider taking a Vitamin D supplement—400 to 800 IU daily.

- **If you drink alcohol, drink only in moderation.** Women should consume no more than one alcoholic drink per day, and men should consume no more than two alcoholic drinks per day. A standard drink is one: 12-ounce



bottle of beer or wine cooler, 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits. If you take medications, speak with your health care provider to find out if it's safe for you to drink alcohol.

- **Stop smoking.** Your health care company offers resources to help you quit when you're ready. From the online **HealthMedia® Breathe™** program to the telephonic **Smokeless®** programs, our 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.

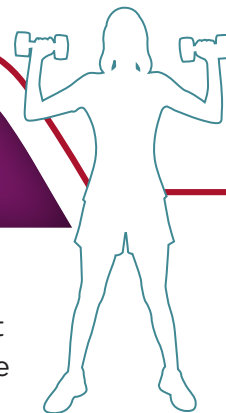


- **Avoid calcium robbers.** Calcium robbers inhibit the absorption of calcium and can contribute to low bone mineral density and osteoporosis. Avoid excessive intake of: phosphorous (found in some processed foods and soft drinks), caffeine and sodium. Don't substitute soft drinks, coffee, tea or other beverages in place of milk, and limit soft drinks to one can per day.

- **Eat a well-balanced diet** to ensure adequate magnesium, vitamin K, vitamin B6 and vitamin B12, which are important for bone health. If you eat a well-balanced diet, you should be getting enough of these nutrients. Most experts recommend multivitamins or supplements for people who do not get what they need from foods.



Where to Go for More Help



It's not easy putting a plan for bone 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 protect your bone health and “have a greater hand in your health.”

- **On the Phone.** For more information about bone health and other health issues, 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 CallSM 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 conditions such as osteoarthritis and back pain.
- **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[®] online programs or choose “Preventive Care” to explore other available program options on bone health and healthy lifestyles.
- **Additional Resources.** Contact your company's wellness coordinator to learn about wellness programs offered at your workplace. Call the Wellness Resource Center at 1-800-650-8442 for information on wellness programs that may be available. Or call the Member Services' phone number on the back of your health insurance ID card for additional resources or to find the wellness program that is right for you.

Lifestyle Returns[®]

If your company participates in Lifestyle Returns, you can receive credit for completing **Prevention 101**. To access the “Lifestyle Returns” program, log onto your Member Web site. Under “Quick Resources,” click on “Lifestyle Returns”. Under **Step 3: Take Charge of Your Health**, click on “Health and Wellness Programs,” and then scroll down until you come to **PREVENTION 101**. Your employer/group will provide you with a completion code to enter.

LOG ON AND LEARN MORE

To learn more about Bone Health, search the HEALTH TOPICS tab on your Highmark Member Web site. Log on at 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 bone health and osteoporosis prevention.



The material contained in this Guide has been selected to provide general background and useful information regarding preventive care. It is not intended to be complete or tailored to your specific needs, or to diagnose or treat medical conditions, and does not replace medical advice or medical treatment. You should discuss the information, facts and tips with your doctor, who is always your best resource for determining if you are at an increased risk for a condition. If you engage in physical activity, it may have injuries and health risks associated with it. You should confirm with your doctor that physical activity is appropriate for you. If you experience any pain or discomfort, call your doctor. Highmark Inc. does not endorse any product or service, and does not provide medical or legal advice or medical treatment. If you have questions about your health care coverage, you should call the toll-free Member Service number on your health insurance identification card.

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