

## Making Life *Healthy* Program

### Rewards Requirements:

#### Healthy Ranges for Biometric Screening Results:

Blood Pressure:	< 140 (Systolic) AND < 90 (Diastolic)
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Total Cholesterol / HDL Ratio:	< 4.5
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#### Glucose:

Fasting	< 110
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Random	< 160
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BMI:	< 30
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OR

Waist Circumference:	< 40 (Men) < 35 (Women)
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***Note: Screenings can be completed by employees at on-site screening events, or through their PCP. Enrolled spouses should complete screenings through their PCP, using the Screening Results form on the Making Life Healthy portal.***