



# YOUR HEALTH BY THE NUMBERS



Your annual biometric screening is a way to say you care about your health and your family. It can lift you from Blue Status to Bronze. And it's worth 2,000 Points and Bucks in your Go365™ account.

### The screening is a set of quick checks:

- Cholesterol
- Blood glucose
- Body mass index
- Blood pressure
- Waist circumference
- Height and weight

Your screening will give you a better understanding of your health. Based on your results and your Health Assessment responses, you'll get Recommended Activities for areas where you may want to make changes to improve your health. And you'll learn your Go365 Age, a measure of whether you're living older or younger than your actual age.

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[community.Go365.com](https://community.Go365.com)



## Points and Bucks breakdown

If your numbers are in healthy ranges, you can earn up to an additional 2,000 Points and Bucks. That means you can earn a total of 4,000 Points and Bucks just for completing your biometric screening and with results that show you're taking good care of yourself.

- Earn 2,000 Points for completing your screening each year
- Go365 awards Points for in-range results in your current and next program year for blood pressure, blood glucose and total cholesterol
- Go365 members must get their BMI checked every program year

Biometric screening	Points and Bucks	Points and Bucks for in-range results
Body mass index (BMI)	800	800 – BMI $\geq 18.5$ and $< 25$ , or BMI $\geq 25$ and $< 30$ , with a waist circumference $< 40$ " for males, $< 35$ " for females
Blood glucose	400	400 – $< 100$ mg/dL or A1c $< 6.5\%$
Blood pressure	400	400 – $< 130/85$ mm Hg
Total cholesterol	400	400 – $< 200$ mg/dL or an HDL $\geq 40$ mg/dL for males or an HDL $\geq 50$ mg/dL for females
<b>Total Points and Bucks</b>	<b>2,000</b>	<b>2,000</b>

Adult children are not eligible to earn Points or Bucks for biometric screening completion or in-range results.

## What to know and what to bring

### To fast or not to fast?

You don't have to fast (nothing to eat or drink but water for nine to 12 hours before your screening), but for accuracy it's strongly recommended. Refer to your Physician or healthcare practitioner if you are uncertain whether you should fast.

### Pick a site, make your appointment

Finding a screening location is easy. Options include:

- Your primary care provider (PCP)
- The Little Clinic
- Quest Diagnostics Patient Service Center
- Walgreens Healthcare clinic
- Kroger Company Family of Pharmacies

Complete the appropriate form (walk-in voucher, Biometric Screening Form or download the Quest order form) on [Go365.com](https://www.Go365.com) and bring it along with your Go365 or Humana member ID card or member ID number and a valid photo ID, to your screening. Quest Diagnostic Patient Service Center and Kroger Company Family of Pharmacies require registration and scheduling.

Make your appointment today.



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