



My Health Record

Name: _____ Date: _____

Primary Care Provider's Name: _____ DOB: _____

Primary Care Provider's Phone Number: _____ Anthem ID#: _____

Next Steps:

- You can get your numbers from either your Primary Care Provider or one of the numerous free-standing labs located around the state. More information regarding your independent labs benefit can be found on the [Office of Employee Health, Wellness, & Workers' Compensation website](#).
- For questions or concerns, please contact WellStarME at wellstar@mcd.org or 207-620-9202.

Test	How Often	Goal	Result	Date
Blood Pressure	Every Visit	Less than 120/80		
Height	Every Visit	Not a specific goal indicated		
Weight	Every Visit	Goal Weight		
BMI	Every Visit	18.5 – 24.9 Normal or Healthy Weight		
Total Cholesterol	Depends on Age and Risk	Less than 200 mg/dL		
HDL- Cholesterol	Depends on Age and Risk	Men: more than 40 mg/dL Women: more than 50 mg/dL		
Hemoglobin A1C OR Fasting Blood Glucose	Depends on Age and Risk	Less than 5.7% 100 mg/dL or less fasting		

See Reverse Side for More Information

Type of Test	What is it and why is it important?
Blood Pressure	<p>Blood pressure is the force exerted by the blood on the wall of a blood vessel. Blood pressure is made up of two numbers; the first number is called the Systolic Blood Pressure, and the second number is called the Diastolic Blood Pressure.</p> <p>High blood pressure is also called hypertension. It means that the heart must pump harder than normal for blood to get to all parts of the body.</p> <p>There are lifestyle changes you can make to lower or control your blood pressure:</p> <ul style="list-style-type: none"> • Being more physically active • Eating healthy by limiting salt and high fat foods • Quit tobacco • Manage stress
Height and Weight	<p>Your height and weight are used to calculate your Body Mass Index or “BMI.” The BMI number is used to determine weight status (underweight, normal weight, overweight and obese).</p> <p>As a member of the State of Maine’s Point of Service health plan administered by Anthem, you have nutritional counseling visits available to you \$0 copay, no deductible (in-network).</p>
Total Cholesterol	<p>Cholesterol is a waxy substance that comes from two sources: your body and food. Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood. Total cholesterol includes HDL, LDL, and triglycerides.</p> <p>Lifestyle changes such as eating a healthy diet, maintaining a healthy weight, tobacco cessation, and increasing physical activity can help lower cholesterol numbers.</p>
HDL (good) Cholesterol	<p>HDL helps the body get rid of extra fatty deposits in the arteries. Low HDL cholesterol puts you at higher risk for heart disease.</p>
Hemoglobin A1C Fasting Blood Glucose	<p>The Hemoglobin A1C result is a 2 to 3-month average of the blood sugar results. Hemoglobin, a protein that links up with sugars such as glucose, is found inside red blood cells. Its job is to carry oxygen from the lungs to all the cells of the body. You have this test to see if you are at risk of diabetes (prediabetes) or if you have diabetes.</p> <p>A check of a person's blood glucose level after the person has not eaten for 8 to 12 hours (usually overnight), is known as fasting blood glucose. This test is used to diagnose pre-diabetes and diabetes. It is also used to monitor people with diabetes.</p>

Sources: Centers for Disease Control and Prevention, American Diabetes Association, American Heart Association