



## Glossary of Terms Health and Wellness



Term	Definition
Allowable Charge	The maximum fee that a third party will reimburse a provider for a given service.
Ambulatory Care	Health services delivered on an outpatient basis, i.e., if the patient makes the trip to a doctor's office or surgical center without an overnight stay.
Basic Health Indicator	A characteristic of an individual, population or environment which is subjected to measurement and can be used to describe one or more aspects of the health of an individual or population (quality, quantity and time).
Blood Glucose	The main sugar found in the body and the main source of energy for the body. Also called blood sugar.
Blood Pressure	The force of blood pushing against the walls of the arteries as your heart pumps blood.
Body Image	Your body image is what you think and how you feel when you look in the mirror or when you picture yourself in your mind. This includes how you feel about your appearance; what you think about your body itself, such as your height and weight; and how you feel within your own skin. Body image also includes how you behave as a result of your thoughts and feelings. <sup>2</sup> You may have a positive or negative body image. Body image is not always related to your weight or size.
Body Mass Index (BMI)	An estimate of your body fat. It is calculated from your height and weight. It can tell you whether you are underweight, normal, overweight, or obese.
Brand-Name Drug	A drug manufactured by a pharmaceutical company, which has chosen to patent the drug's formula and register its brand name.
Calorie	A unit of energy in food. Carbohydrates, fats, protein, and alcohol in the foods and drinks we eat provide energy or "calories."

Carbohydrate	Carbohydrates are one of the main types of nutrients. Your digestive system changes carbohydrates into glucose (blood sugar). Your body uses this sugar for energy for your cells, tissues and organs. It stores any extra sugar in your liver and muscles for when it is needed. There are two types of carbohydrates: simple and complex. Simple carbohydrates include natural and added sugars. Complex carbohydrates include whole grain breads and cereals, starchy vegetables and legumes.
Cholesterol	Cholesterol is a waxy, fat-like substance that's found in all cells of the body. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. Your body makes all the cholesterol it needs. However, cholesterol also is found in some of the foods you eat. High levels of cholesterol in the blood can increase your risk of heart disease.
Co-Morbidity	A pre-existing condition on admission that will because of its presence with a specific diagnosis, prolong the length of stay by at least one day in 75% of the patients.
Communicable Disease	Communicable diseases, also known as infectious diseases or transmissible diseases, are illnesses that result from the infection, presence and growth of pathogenic (capable of causing disease) biologic agents in an individual human or other animal host.
Diabetes	Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high.
Dietary Fiber	Fiber is a substance in plants. Dietary fiber is the kind you eat. It's a type of carbohydrate. Fiber makes you feel full faster, and stay full for a longer time. That can help you control your weight. It helps digestion and helps prevent constipation.
Dietary Supplements	A dietary supplement is a product you take to supplement your diet. It contains one or more dietary ingredients (including vitamins; minerals; herbs or other botanicals; amino acids; and other substances).
Discount from Master Charge	Insurance Company negotiated discounts from the original price of a procedure set by health care providers.

Drug Utilization Review	A program that calls for the review of a drug to determine effectiveness, potential danger and potential drug interactions.
Emotional Wellness	A dimension of wellness that involves awareness of your emotions as they occur, expressing and processing your emotions in a productive and positive way, using the insight provided by your emotions to guide your actions, approaching life with optimism, creating interdependent relationships that involve trust and respect, and engaging in healthy coping mechanisms.
Employee Assistance Program	An Employee Assistance Program (EAP) is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems.
Energy Balance	Energy Balance is the balance of calories consumed through eating and drinking compared to calories burned through physical activity and other activities by the body. What you eat and drink is ENERGY IN. What you burn through physical activity is ENERGY OUT. You burn a certain number of calories just by breathing air and digesting food.
Environmental Wellness	A dimension of wellness that involves living and working in environments that are safe and healthy and facilitate your sense of well-being. Since our environments have a big impact on how we feel, it is important for your environment to be pleasing to you, free from exposure to toxins and in balance with the broader natural environment.
Episode of Care	All treatment rendered in a specific timeframe for a specific disease.
Fasting Blood Glucose	This test checks your fasting blood sugar levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.
Fat	Fat is a type of nutrient. You need some fat in your diet but not too much. Fats give you energy and help your body absorb vitamins.
Financial Wellness	A dimension of wellness that involves involves accessing your financial resources and knowledge to direct financial decisions and planning. It

	means knowing how your investments are distributed and whether this is in alignment with your personal values and desires.
Formulary	A list of drugs, both brand and generic, covered within a certain plan.
Generic Drug	A chemically equivalent copy designed from a brand-name drug whose patent has expired.
Glycemic Index	The glycemic index (GI) measures how a carbohydrate-containing food raises blood sugar.
HDL Cholesterol	HDL stands for high-density lipoproteins. It is also known as “good” cholesterol. HDL is one of the two types of lipoproteins that carry cholesterol throughout your body. It carries the cholesterol from other parts of your body back to your liver.
Health	The condition of being sound in body, mind, or spirit.
Health Credit Premium Program	A voluntary program that provides incentives to State of Maine employees enrolled in the health insurance plan as rewards for healthy behaviors as outlined by the Office of Employee Health & Benefits and the State Employee Health Commission. The health premium credit of up to 5% is applied to the individual (employee only portion) health insurance premium.
Health Insurance Premium	The amount you pay for your health insurance every month.
Health Literacy	Health literacy skills are those people use to realize their potential in health situations. They apply these skills either to make sense of health information and services or provide health information and services to others.
Heart Rate	Heart rate, or pulse, is how many times your heart beats in a period of time — usually a minute. The usual pulse for an adult is 60 to 100 beats per minute after resting for at least 10 minutes.
Hemoglobin A1C	The A1C test—also known as the hemoglobin A1C or HbA1c test—is a simple blood test that measures your average blood sugar levels over the past 3 months.
Hypertension	Hypertension is when your blood pressure, the force of blood pushing against the walls of your blood vessels, is consistently too high.

Intellectual Wellness	A dimension of wellness that involves engaging in mentally stimulating activities, creativity, and expanding your personal and professional knowledge and skills. Intellectual wellness also encompasses involvement in the exploration of new ideas and information.
LDL Cholesterol	LDL stands for low-density lipoproteins. It is also known as “bad” cholesterol. LDL is one of the two types of lipoproteins that carry cholesterol throughout your body. A high LDL level leads to a buildup of cholesterol in your arteries.
Mental Health	Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
Metabolism	Metabolism is the process your body uses to get or make energy from the food you eat.
Mindfulness	Mindfulness is the quality of being present and fully engaged with whatever we’re doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them.
Monounsaturated Fat	Monounsaturated fat is a type of fat is found in avocados, canola oil, nuts, olives and olive oil, and seeds. Eating food that has more monounsaturated fat (or "healthy fat") instead of saturated fat (like butter) may help lower cholesterol and reduce heart disease risk.
National Diabetes Prevention Program	<p>The National Diabetes Prevention Program—or National DPP—is a partnership of public and private organizations working to prevent or delay type 2 diabetes.</p> <p>The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.</p>
Non-Communicable Disease	Non-communicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic,

	physiological, environmental and behaviors factors.
Nutrient	Nutrients are chemical compounds in food that are used by the body to function properly and maintain health. Examples include proteins, fats, carbohydrates, vitamins, and minerals.
Nutrition	This field of study focuses on foods and substances in foods that help animals (and plants) to grow and stay healthy. Nutrition science also includes behaviors and social factors related to food choices.
Occupational Wellness	A dimension of wellness that involves finding personal satisfaction and fulfillment through work. It entails using your talents and skills to their fullest extent through your career as well as understanding the need for and creating a balance between work and personal time.
Overweight and Obesity	The terms “overweight” and “obesity” refer to body weight that is greater than what is considered normal or healthy for a certain height. Overweight is generally due to extra body fat. However, overweight may also be due to extra muscle, bone, or water. People who have obesity usually have too much body fat.
Physical Wellness	A dimension of wellness that includes being aware of and taking care of your body, including engaging in pleasurable physical activity and eating food that is nutritious. Physical wellness also involves obtaining regular medical check-ups, sleeping well, and living tobacco-free.
Point-of-Service Plan (POS)	Managed care plan, which specifies that those patients who go outside of the plan for services may pay more out of pocket expenses.
Prediabetes	Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.
Prevention (Primary)	Intervening before health effects occur, through measures such as vaccinations, altering risky behaviors (poor eating habits, tobacco use), and banning substances known to be associated with a disease or health condition.
Prevention (Secondary)	Screening to identify diseases in the earliest

	stages, before the onset of signs and symptoms, through measures such as mammography and regular blood pressure testing.
Protein	Protein is in every living cell in the body. Your body needs protein from the foods you eat to build and maintain bones, muscles, and skin.
Public Health	Public health is defined as the science of protecting the safety and improving the health of communities through education, policy making and research for disease and injury prevention.
Recommended Dietary Allowance	Average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%-98%) healthy people.
Reference Based Pricing	Where plan sponsors pay a fixed amount or limit payment toward the cost of a specific health service.
Saturated Fat	Saturated fats are simply fat molecules that have no double bonds between carbon molecules because they are saturated with hydrogen molecules. Saturated fats are typically solid at room temperature.
Smoking Cessation Program	To quit smoking. Smoking cessation lowers the risk of cancer and other serious health problems. Counseling, behavior therapy, medicines, and nicotine-containing products, such as nicotine patches, gum, lozenges, inhalers, and nasal sprays, may be used to help a person quit smoking.
Social Wellness	A dimension of wellness that involves creating meaningful interpersonal relationships that feel supportive and satisfying. Social wellness also involves contributing positively to one's community.
Spiritual Wellness	A dimension of wellness that involves having a belief system that is meaningful and matches your values, establishing a life that feels purposeful, and being compassionate towards others. Spiritual wellness does not necessarily mean having a religion; rather, it focuses on your ability to attribute meaning to life and the day-to-day interactions you experience.
Sodium	Table salt is made up of the elements sodium and chlorine - the technical name for salt is sodium chloride. Your body needs some sodium to work properly. It helps with the function of nerves and

	muscles. It also helps to keep the right balance of fluids in your body.
Step Therapy	A program designed to make sure that patients have at least tried a less expensive drug that's proven effectiveness for a specific condition before moving onto a more expensive drug.
Trans Fat	A type of fat that has certain chemical properties and is usually found in processed foods such as baked goods, snack foods, fried foods, shortening, margarine, and certain vegetable oils. Eating trans fat increases blood cholesterol levels and the risk of heart disease.
Value-Based Care	Aligning patient health outcomes achieved per dollar spent.
Wellbeing	Wellbeing is a state of balance or alignment in body, mind, and spirit. In this state, we feel content; connected to purpose, people, and community; peaceful and energized; resilient and safe.

## Resources

- <https://www.takingcharge.csh.umn.edu/glossary>
- <https://www.bhwellness.org/about-us/philosophy/>
- <https://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/balance.htm>
- [https://extranet.who.int/kobe\\_centre/en](https://extranet.who.int/kobe_centre/en)
- <https://medlineplus.gov/definitions/generalhealthdefinitions.html>
- <https://www.womenshealth.gov/mental-health/body-image-and-mental-health/body-image>
- <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/trans-fat>
- <https://www.publichealth.pitt.edu/careers/what-is-public-health>
- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>
- <https://medlineplus.gov/definitions/nutritiondefinitions.html>
- <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/smoking-cessation>
- [https://www.cdc.gov/pictureofamerica/pdfs/picture\\_of\\_america\\_prevention.pdf](https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_prevention.pdf)
- [https://ods.od.nih.gov/Health\\_Information/Dietary\\_Reference\\_Intakes.aspx](https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx)
- <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/definition-facts>
- <https://www.cdc.gov/diabetes/prevention/what-is-dpp.htm>
- <https://www.headspace.com/mindfulness>
- <https://www.mentalhealth.gov/basics/what-is-mental-health>
- <https://www.cdc.gov/healthliteracy/learn/index.html>
- <https://medlineplus.gov/dietaryfats.html>
- <https://www.diabetes.org/a1c/diagnosis>
- <https://www.opm.gov/FAQs/QA.aspx?fid=4313c618-a96e-4c8e-b078-1f76912a10d9&pid=2c2b1e5b-6ff1-4940-b478-34039a1e1174>
- <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>
- <https://www.dhs.wisconsin.gov/disease/communicable.htm>
- <https://www.maine.gov/bhr/oeh/faq#healthcreditpremiumprogram>