

KNOW YOUR NUMBERS

What you need to know
for a long and healthy life



Together, all the way.®

891910



This presentation is for informational purposes only. Material within this presentation should **not** be considered medical advice. If you have questions following the presentation, please consult with your doctor.



For more information, Cigna customers can speak with a nurse at the 24-Hour Health Information Line at 1.888.922.4462.



Do you know your numbers?

The only way to really know your health is to know your numbers.

Blood
pressure

Body mass
index

Waist
circumference

Cholesterol

Glucose

Talk to your doctor about your numbers. Develop a plan if you need to make them better. Make your health a priority.





BLOOD PRESSURE



Learn how to control high blood pressure

Know your blood pressure reading

- Millions of Americans have high blood pressure but don't know it.
- High blood pressure has no warning signs or symptoms.
- The only way to know if you have it is to get it checked.



You can control your blood pressure.



The dangers of high blood pressure

High blood pressure can damage important organs¹

THE HEART

- Arteries can harden – decreases flow of blood and oxygen to the heart, leading to heart disease
- Less blood flow can also cause heart failure and heart attack

THE BRAIN

- Arteries can burst or be blocked and cause a stroke

THE KIDNEYS

- High blood pressure can lead to chronic kidney disease



1. Centers for Disease Control and Prevention. "Effects of High Blood Pressure". <http://www.cdc.gov/bloodpressure/effects.htm> (accessed January 25, 2016).

What you can do

Lifestyle choices matter. Simple changes can make a big difference in your blood pressure.¹

- Maintain a healthy weight.
- Eat more fruits, vegetables, low-fat dairy foods and whole grains.
- Exercise. Start slowly. Talk with your doctor before starting any new exercise program.
- Cut back on your salt intake:
 - Check food labels for sodium content
 - Use the salt shaker sparingly
 - Limit salt when cooking – try herbs and spices
- Avoid tobacco.
- Take medication as prescribed.

1. Centers for Disease Control and Prevention. "Preventing High Blood Pressure: Healthy Living Habits". http://www.cdc.gov/bloodpressure/healthy_living.htm (accessed January 25, 2016).

Get it checked



- Know your blood pressure reading.
- Normal blood pressure is 120/80.¹
- Schedule an appointment with your doctor.
Have your blood pressure checked regularly.

Knowing your risk factors and making healthy lifestyle choices can reduce your risk of hypertension, heart attack, and stroke.



1. Centers for Disease Control and Prevention. "Measuring Blood Pressure". <http://www.cdc.gov/bloodpressure/about.htm> (accessed January 25, 2016)



BMI & WAIST CIRCUMFERENCE



Learn how to maintain a healthy weight

Know your BMI or Waist Circumference numbers

BMI

Body mass index (BMI) is a measure of body fat based on height and weight.¹

- **25+ = overweight**
- **30+ = obese**

To find your BMI, visit your doctor or use an online calculator (NIH.gov).

Waist Circumference

More weight at the waist can mean a higher risk for disease. Your risk increases if your waist is:¹

- **35 inches+ for women**
- **40 inches+ for men**

To measure your waist inches, visit your doctor or do it at home using a tape measure:

- Start at the top of the hip bone and bring the tape measure around your body (keep it level with your navel).

1. National Institutes of Health. "Assessing Your Weight and Health Risk." http://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm (accessed February 2, 2016).

The dangers of obesity



The more body fat you have, the higher your risk for disease, including:¹

- High blood pressure
- Heart disease
- Type 2 diabetes
- Gallbladder disease
- Sleep apnea
- Stroke
- Some cancers

If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes.



1. Centers for Disease Control and Prevention. "The Health Effects of Overweight and Obesity" <http://www.cdc.gov/healthyweight/effects/> (accessed February 2, 2016).

What you can do



- See your doctor to create a plan that's right for you.
- Small diet and exercise changes can make a difference: ¹
 - Follow a healthy eating plan and reduce calories.
 - Eat smaller portions.
 - Eat fat-free or low-fat dairy products.
 - Limit added sugars in food and beverages.²
 - Enjoy a variety of fruits and vegetables every day (make half of your fruits whole fruits).²
 - Increase fiber intake with whole grains.²
 - Exercise at least 30 minutes a day, five days a week (you may need more activity to reach a healthy weight).³

Maintaining a healthy weight can lower your risk for developing health problems, keep you feeling good about yourself and give you more energy to enjoy life.

1. National Institutes of Health. "Healthy Eating Plan." http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories.htm (accessed February 2, 2016).
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. "2015-2020 Dietary Guidelines for Americans" 8th Edition. December 2015. <http://health.gov/dietaryguidelines/2015> (accessed February 1, 2016).
3. National Institutes of Health. "Be Physically Active." http://www.nhlbi.nih.gov/health/educational/lose_wt/physical.htm (accessed February 2, 2016).



CHOLESTEROL



Learn how to control your cholesterol

Cholesterol: It's more complex than just “high” or “low.”

- Our bodies need cholesterol to make hormones, vitamin D and substances to help digest food.
- Cholesterol is also found in fatty foods.
- Your body makes **two** types of cholesterol:¹
 - **HDL** or “good cholesterol”: Protects against blockages in the arteries leading to heart disease.
 - **LDL** or “bad cholesterol”: More likely to clog arteries and cause heart disease.
- Some cholesterol goals:²
 - **Total cholesterol: Less than 200 mg/dl**
 - **LDL: Lower than 100**
 - **HDL: Greater than 40** (the higher the better)



If you need to improve your numbers, talk with your doctor to make a plan.

1. National Institutes of Health. “What Is Cholesterol?” <http://www.nhlbi.nih.gov/health/health-topics/topics/hbc> (accessed February 3, 2016).

2. National Institutes of Health. “Cholesterol Levels: What You Need to Know” <https://www.nlm.nih.gov/medlineplus/magazine/issues/summer12/articles/summer12pg6-7.html> (accessed February 3, 2016).

The dangers of high cholesterol



High levels of “bad” cholesterol can lead to serious health issues, including:¹

- Coronary heart/artery disease
- Atherosclerosis (hardening and narrowing of the arteries)
- Angina (chest pain)
- Heart attack
- Stroke
- Carotid artery disease
- Peripheral artery disease



1. WebMD. "Diseases Linked to High Cholesterol". <http://www.webmd.com/cholesterol-management/guide/diseases-linked-high-cholesterol> (accessed February 11, 2016).

What you can do

Get your cholesterol levels checked by your doctor.
If your numbers are high, make a plan to lower them.

To help keep your numbers in a healthy range:¹

- Eat a heart healthy diet (fruits, vegetables, whole grains, fish and low-fat or nonfat dairy).
- Limit saturated fats (mostly from animal sources like fatty meats, high-fat dairy, lard, etc.)
- Use healthier oils like olive, canola and safflower.
- Avoid trans fats found in fried foods, baked goods and stick margarines.²
- Enjoy foods high in soluble fiber (oatmeal, apples, beans, etc.)²
- Keep a healthy body weight.²
- Exercise for at least 30 minutes, five days a week.²



1. American Heart Association. "Cooking for Lower Cholesterol". http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Cooking-for-Lower-Cholesterol_UCM_305630_Article.jsp (accessed February 2, 2016).
2. WebMD. "11 Tips to Cut Your Cholesterol Fast". <http://www.webmd.com/cholesterol-management/features/11-tips-to-cut-your-cholesterol-fast?page=2> (accessed February 1, 2016).



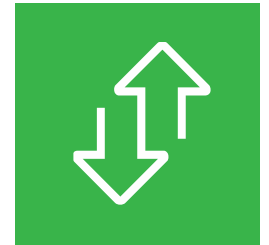
GLUCOSE



Learn how to control your glucose

Blood glucose is a simple blood sugar that's your body's main source of energy. But blood glucose levels higher or lower than the normal range can cause serious health problems.

- The normal range for **fasting** blood glucose levels (nothing but water for at least eight hours before the test) is **70–100**.¹
- If your numbers are higher, you could have a type of pre-diabetes that increases your risk for developing type 2 diabetes.¹
- See your doctor if your blood sugar reading is above the normal range.



1. National Institutes of Health/U.S. National Library of Medicine. "Blood sugar test – blood". <https://www.nlm.nih.gov/medlineplus/ency/article/003482.htm> (accessed January 25, 2016).

The dangers of elevated glucose levels

High blood glucose levels can lead to type 2 diabetes, which can cause other serious health problems.

Diabetes can damage the:¹

Heart

Kidneys

Nerves

Blood
vessels

Eyes

Early detection of high glucose levels is key to prevention and treatment.

1. Mayo Foundation for Medical Education and Research. "Type 2 diabetes". <http://www.mayoclinic.org/diseases-conditions/type-2-diabetes/basics/complications/con-20031902> (accessed January 25, 2016).

What you can do



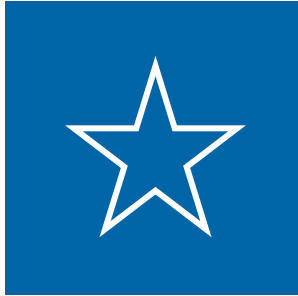
These lifestyle changes can help keep your glucose levels in the healthy range¹

- See your doctor regularly.
- Lose weight if you're overweight.
- Eat more foods low in saturated fat and high in soluble fiber.
- Limit foods high in sugar or salt.
- Eat a variety of fruits and vegetables every day. Make half of your fruits whole fruits.²
- Get more fiber by eating whole-grain foods like oatmeal, brown rice, whole-wheat bread, etc. Make half of your grains whole grains.²
- Exercise at least 30 minutes a day, five days a week.³

Get a blood test to check your glucose levels.

1. Centers for Disease Control and Prevention. "Eat Right!" <http://www.cdc.gov/diabetes/managing/eatright.html> (accessed February 4, 2016).
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. "2015-2020 Dietary Guidelines for Americans" 8th Edition. December 2015. <http://health.gov/dietaryguidelines/2015> (accessed February 1, 2016).
3. Centers for Disease Control and Prevention. "Be Active!" <http://www.cdc.gov/diabetes/managing/beactive.html> (accessed February 4, 2016).

How Cigna can help



Healthy Rewards^{®*}

- Fitness discounts
- Weight management program
- Tobacco cessation program



myCigna.com

- My health assessment
- Prescription drug costs
- Online coaching programs



24-Hour Health Information Line

- 1.888.992.4462

*Healthy Rewards is a discount program. If your plan includes coverage for any of these services, this program is in addition to, not instead of your plan benefits. Healthy Rewards programs are separate from your medical benefits. A discount program is NOT insurance, and the member must pay the entire discounted charge. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time.





City of Fort Lauderdale

Health and Wellness Center

- Well or sick adult/child visits
- Well woman exams (pap smears/breast exams)
- Well male exams (including prostate exams)
- Health coaching (nutrition/weight loss/smoking/stress)
- Mental health
- Pre-operative visits
- Student/sports physicals

Marathon Health

105 NE 3rd Street



This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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