



# Keep going

## Take action after your biometric screening

You've had your biometric screening. You've received your results. You now have a clearer picture of your overall health. So why stop there? Make the most of your results by taking the next step toward better health. Know what actions you can take following your screening.

### **Share your screening results with your doctor**

This is a great way to start talking about how you can better manage your health. If you haven't already had your annual physical, now is a good time to make an appointment. To find a doctor, you can log in to your member website and search from there. Or just call the number on the back of your member ID card.

### **Complete your online health assessment**

It doesn't take long. You'll answer questions about your health status and lifestyle behaviors. And once you finish, you'll get an overall score along with tips for improving your health. Who wouldn't want that? To start your assessment, just log in at **[aetna.com](https://www.aetna.com)**.



[aetna.com](https://www.aetna.com)

## Get online health coaching

You can also join an online health coaching program to work on your health goals. You choose what you want to work on, and you set the pace. You'll get the support and tools you need to succeed. To get started, visit [aetna.com](http://aetna.com).

## Call the Informed Health® Line

The Informed Health Line connects you to a nurse 24 hours a day, 7 days a week. They can help answer questions about your screening results and other health topics.\* Just call **1-800-556-1555 (TTY: 711)**.

## Know your health risks

Your biometric screening results can show your risk for certain health conditions. A combination of three or more factors can put you at greater risk for heart disease, diabetes or stroke. Smoking, lack of activity and an unhealthy diet increase your risk as well. Be sure to talk to your doctor about steps you can take to lower it.

**You are at a higher risk when three or more of these target measurements are not in range<sup>1</sup>:**



### Ranges for screenings

<b>Blood pressure:</b>	Less than 130/85 mmHg
<b>HDL cholesterol:</b>	Women: greater than or equal to 50 mg/dL Men: greater than or equal to 40 mg/dL
<b>Triglycerides:</b>	Less than 150 mg/dL
<b>Glucose (fasting):</b>	Less than 100 mg/dL
<b>Waist circumference:</b>	40 inches (men), 35 inches (women)

## Getting your biometric screening is only the beginning.

Understand your risks and take extra action to get closer to achieving better health.

\*While only your doctor can diagnose, prescribe or give medical advice, the Informed Health Line nurses can provide information on more than 5,000 health topics. Contact your doctor first with any questions or concerns regarding your health care needs.

<sup>1</sup>American Heart Association. About metabolic syndrome. July 31, 2016. Available at: [heart.org/en/health-topics/metabolic-syndrome/about-metabolic-syndrome#.Tspy31ugjAk](http://heart.org/en/health-topics/metabolic-syndrome/about-metabolic-syndrome#.Tspy31ugjAk). Accessed April 4, 2019.

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