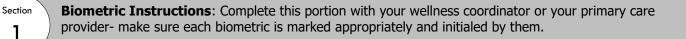
FY24 HEALTH YOURSELF SCREENING FORM

Fax, scan, or deliver hard copy to Jess Brown by May 31

Patient Information (please print)					
Patient's last name:	First:	Middle:	Phone number:	DOB:	
To receive the discount you When you've earned 100 p			o Jess Brown.	Total points earned in FY24	



Health Indicator	Good to Go (15 pts each)	Proceed with Caution (10 pts each)	Time to act (0 pts each)	Initial	Points earned
Tobacco Use	Non-Tobacco User		Tobacco User		/15
Cholesterol Risk Ratio	Women: RR less than 3.3	Women: RR 3.3 - 4.4	Women: RR 4.4 or higher		
(Tot/HDL)	Men: RR less than 3.4	Men: RR 3.4 - 5.0	Men: RR 5.0 or higher		/15
Fasting Glucose (> 10 hours)	Normal (70-99 mg/dl)	100- 125 mg/dl	Over 125 mg/dl		
OR					
A1C	Less than 5.7%	□ 5.7%-6.4%	Over 6.4%		/15
Blood Pressure	□ Up to 120/80	□ Up to 140/90	Over 140/90		/15
*Earn 10 HY points by entering your biometric data into the ASCVD Risk Calculator and discussing results					
with either your Wellness Coordinator or your Provider. (For those under 40 years old, enter 40 in 'age' to estimate risk)					/10

Cholesterol goals are based on Framingham Heart study; Glucose goals are based on American Diabetes Association; Blood Pressure goals are based on American Heart Association guidelines updated in 2017

Section

Preventive Health Visit Instructions:

• Have your primary care provider sign to verify that you've had a wellness checkup for 15 points.

• Have your dentist or hygienist sign to verify that you've had a preventive cleaning <u>OR</u> attach your Premera Explanation of Benefits (EOB) from your dental cleaning for 15 points.

Wellness	This patient has completed his or her annual wellness physical since June 1, 2023.	Points earned
Checkup	Primary care provider signature: Date:	/15
	Primary care provider's printed name:	, 20
Preventive	This patient has had at least one preventive dental cleaning since June 1, 2023.	145
Dental Cleaning	Dentist/dental hygienist signature: Date:	/15

3 Section

Patient Information (please print)				
Patient's last name:	First:	Middle:	Phone number:	DOB:



Activity Instructions:

- Use the following table for personal reference to keep track of any other points you earn from Health Yourself activities. Jess will also keep track of the HY activities or challenges you participate in.
- You do not earn any points for simply doing a blood draw- instead you earn points from the biometric results from the blood draw in section 1 of this form.
- If you earn more than 150 points total for FY24, you will be entered in a prize drawing!

Health Yourself Activity	Date	Points Earned

Points earned in section 3:

100