

engage • educate • empower

INTRODUCING

The *Prevention Works* campaign is designed to engage, educate and empower our employees to better utilize the extensive benefits available to you as a Larimer County employee designed to detect, reduce and manage chronic disease conditions.

This quarter, our focus is...

KNOW YOUR NUMBERS

This quarterly theme is "know your numbers," and our focus is on available benefits that can help you address risk factors and improve your health through Lifestyle modifications:

- Health coaching
- Lifestyle education reimbursement benefit
- Registered Dietician benefit



1,297

Employees completed their biometric screening in February.

DID YOU KNOW?



86% of national health care costs are for chronic and mental health conditions.



69% of Larimer County employees are considered overweight or obese.



54% of Larimer County employees have blood pressure above the normal range.

THE MOST COMMON BEHAVIORS THAT LEAD TO CHRONIC DISEASE ARE:



Tobacco



Insufficient Physical Activity



Poor Eating Habits



Excessive Alcohol

The **WORLD HEALTH ORGANIZATION** estimates that 80% of all heart disease, stroke, and type 2 diabetes, as well as more than 40 percent of cancer, would be prevented if Americans would stop using tobacco, eat healthy, and exercise.

READY TO MAKE A CHANGE?

Try using these Larimer County benefits to get started down the right path. Employees and covered dependents on the medical plan have access to several different resources:

HEALTH COACHING	Available at no cost at the Wellness Clinic, to assist with making lifestyle changes and managing chronic conditions. Contact the Clinic (970-980-2425) to make an appointment.
REGISTERED DIETICIAN	See a Registered Dietitian for a \$25 Copay. Basic nutrition counseling, meal planning, weight loss, & help with chronic conditions. To find an in-network Registered Dietitian, visit www.umar.com .
LIFESTYLE EDUCATION	\$500/year for approved educational classes and programs to help with weight management, stress management, chronic disease management, disease prevention, nutrition, and emotional health; More information can be found on the Larimer County Wellness Program page here.

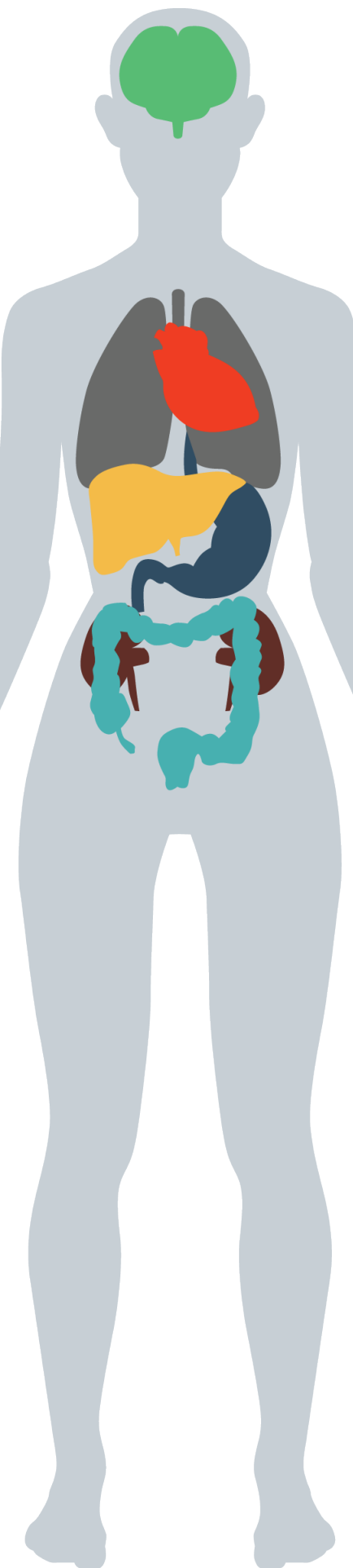
FREE BENEFIT








For those benefit eligible employees who are NOT covered on the medical plan, you can also access free lifestyle coaching through our Viverae wellness portal (www.connect.viverae.com), or by calling 888-848-3723.

KNOW YOUR NUMBERS

Your cholesterol, blood pressure, blood sugar and body mass index numbers are key indicators of your risk for serious illness. Learn more about what your numbers mean, and what you can do to improve your health and reduce your risk of developing heart disease, diabetes and other chronic diseases.



CRITICAL HEALTH MARKER	RECOMMENDED RANGE	MORE INFORMATION
FASTING BLOOD SUGAR  <p>The amount of sugar (glucose) in the blood after a minimum of 8 hours fasting.</p>	<p>NORMAL: 70 - 99 mg/dl</p> <p>PRE-DIABETES: 100 - 125 mg/dl</p> <p>DIABETES: above 126 mg/dl</p>	Diabetes is typically diagnosed when fasting blood glucose levels are 126 mg/dl or higher.
BLOOD PRESSURE  <p>The force of blood against the arteries when the heart beats and rests.</p>	<p>NORMAL: < 120/80 mm/Hg</p> <p>ELEVATED: 120 - 129/80</p> <p>HIGH: > 130/80 +</p>	High Blood Pressure (HPB or hypertension) is when your blood pressure, the force of the blood flowing through your blood vessels, is consistently too high.
BLOOD CHOLESTEROL  <p>A waxy substance produced by the liver.</p>	<p>DESIRABLE: < 200 mg/dL</p> <p>BORDERLINE HIGH: 200 - 239</p> <p>HIGH: > 240</p>	High cholesterol over time can damage your arteries, contribute to heart disease and increase risk of stroke.
BODY MASS INDEX  <p>Number based your weight and height.</p>	<p>HEALTHY: BMI: 18.5 - 24.9</p> <p>OVERWEIGHT: BMI: 25 - 29.9</p> <p>OBESE: BMI: > 30</p>	A person's ideal body weight varies by gender, age, height, and frame. Body mass index (BMI) is an indicator of healthy weight. Even a 5% reduction in body weight can decrease risk.
TRIGLYCERIDES  <p>Circulating fat in your blood system.</p>	<p>NORMAL < 150 mg/dL</p>	Triglycerides are the most common type of fat in your body. Having a high triglyceride level, increases your risk of heart disease.

EARN YOUR VIVERAE WELLNESS POINTS

