

Make sure you earn your reward for completing the Health Questionnaire!



Knowing your biometric screening numbers and completing the Health Questionnaire are important steps toward improving your health. And, you and your spouse will each be rewarded with a \$100 gift incentive for completing the Health Questionnaire by **May 31, 2012**.

To earn your gift card, complete the confidential Health Questionnaire with all required information. You will need to **“Know Your Numbers”** from your biometric screenings or your doctor’s visit and use them to fill out questions 5, 6, 8, 9, 10 and 13 of the Health Questionnaire.

Know Your Numbers -----

	Question # on Harvard Pilgrim Health Questionnaire
Height (without shoes) <u>5</u> feet <u>4</u> inches	#5
Weight (without shoes) <u>130</u> pounds	#6
Your Body Mass Index (BMI) is _____ ✓ Healthy BMI is 25 or less.	
What is your Blood Pressure now? (most recent) ✓ Healthy blood pressure is less than 120/80	
Systolic - (high number) <u>120</u>	#8
Diastolic - (low number) <u>70</u>	
What is your total cholesterol level? <u>180 mg/dL</u>	#9
What is your HDL cholesterol level? <u>70 mg/dL</u> ✓ Healthy total cholesterol is 200 or less and HDL 40 or greater	#10
What is your blood sugar level? (glucose level) <u>90 mg/dL</u> ✓ Healthy non-fasting glucose is less than 140	#13



Health Questionnaire

(available via www.harvardpilgrim.org/wellesleycollege)

5 Height (without shoes)	<u>5</u> feet <u>4</u> inches OR <input type="text"/> centimeters
6 Weight (without shoes)	<u>130</u> pounds
7 Waist Circumference	<input type="text"/> inches
8 What is your blood pressure now?	<u>120</u> Systolic (high number)
	<u>70</u> Diastolic (low number)
9 What is your total cholesterol level? (based on a blood test)	<u>180</u> mg/dL
If you do not know the number, which best describes your total cholesterol?	<input type="text"/>
10 What is your HDL cholesterol level? (based on a blood test)	<u>70</u> mg/dL
If you do not know the number, which best describes your HDL cholesterol?	<input type="text"/>
11 What is your LDL cholesterol level? (based on a blood test)	<input type="text"/> mg/dL
If you do not know the number, which best describes your LDL cholesterol?	<input type="text"/>
12 What is your triglyceride level? (based on a blood test)	<input type="text"/> mg/dL
If you do not know the number, which best describes your triglyceride level?	<input type="text"/>
13 What is your blood sugar level (glucose level)? (based on a blood test)	<u>90</u> mg/dL
Fasting (please indicate if blood test was after no food or drink for at least 12 hours)	<input type="text"/>
If you do not know the number, which best describes your blood sugar?	<input type="text"/>

IMPORTANT: Do NOT submit the Health Questionnaire unless ALL required fields have been completed. If the Health Questionnaire is submitted with incomplete information, you will not be able to enter additional data and will not be eligible for the gift card.

Earn additional rewards!

Say “Yes” to question 50 on the Health Questionnaire and a Harvard Pilgrim nurse who is a certified Personal Health Coach will contact you to help you plan and achieve health improvement goals. There is no charge for this important service.