

# Health First



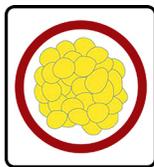
## New Health Bucks Program

You do your best work when you're feeling your best, which is why Manatee YourChoice's new Health Bucks program, **Health First**, will look at the risk factors associated with metabolic syndrome and overall health - abnormal cholesterol and triglycerides, high blood pressure, obesity, and high blood sugar. Having just one of these risk factors doesn't mean you have metabolic syndrome. However, **if any of these factors are outside a healthy range, it increases your risk for serious conditions like heart disease, stroke, and diabetes, and your risk increases when more risk factors are present.**

## Risk Factors and Healthy Levels



**HDL Cholesterol**  
Greater than or equal to:  
40 mg/dL (men)  
50 mg/dL (women)



**Triglycerides**  
Less than 150mg/dL



**Blood Pressure**  
Less than 130/85 mmHg



**Body Mass Index (BMI)**  
Less than 30



**Fasting Blood Glucose**  
Less than 100 mg/dL

## How to Participate (It's simple!)

You are **automatically enrolled** when you complete your QE Lab Work at Quest, which includes blood work, blood pressure, and weight. Anyone not completing QE\* will request a lab slip.

**The program begins November 2018 and labs must be completed by August 31, 2019.**

\*New employee/Not on MYC Health Plan

### Healthy Range:



At least 3 out of 5 risk factors in healthy range - automatically earn \$400 in Health Bucks. Keep engaging in a healthy lifestyle to prevent metabolic syndrome!

### Metabolic Syndrome:



3 or more risk factors outside healthy range - put your **Health First** by engaging in an alternative, personalized plan to improve your risk factors and earn \$400 in Health Bucks. Call Christina Edenfield at 941.748.4501 x6464 by August 31, 2019 to get started.

## Lifestyle Activities for Prevention & Treatment

We want to help you achieve your highest level of health and wellbeing, which is why we offer resources and support for each of these lifestyle areas, such as educational classes, advocate support, access to Registered Dietitians and Personal Trainers, and much more - all at little to no cost to you.



Get moving for 30 minutes a day



Eat nutrient-rich foods



Manage Your Stress



Work With Your Doctor



Stop (or Don't Start) Smoking



Take Medicines As Prescribed

Learn more about metabolic syndrome, how to prevent and treat, available resources, and the ins and outs of the new program at:

[www.manateeyourchoice.com/healthfirst](http://www.manateeyourchoice.com/healthfirst)

Or, contact your Insurance Coordinator, Wellness Champion, or call Christina Edenfield at Manatee YourChoice at 941.748.4501 x6464.