

Biometric Screening Patient Result Sheet

FOR THE PRIMARY CARE CLINICIAN

Your patient, _____, is participating in a wellness program to help assess and manage his/her health. As part of the program, please provide appropriate testing (either fasting or non-fasting) to obtain the biometric values* below. Once your patient receives these lab values from you, s/he will be able to complete the wellness program's Personal Health Assessment (PHA). Over time, the PHA may become part of the patient's medical record you can utilize to track health and wellness priorities for your patient.

*Please note that the National Correct Coding Initiatives (NCCI) will apply for the lab services below.

FOR THE PATIENT

Take this form with you to your scheduled appointment to ensure the appropriate biometric screenings are part of your routine physical. Then, you can use this form to write down your biometric values, when you receive them from your health care provider. Your biometric values can assist you in setting and achieving your health and wellness priorities. Wellness information may become part of your personal medical record to allow your health care provider to work with you on your health and wellness priorities over time. If any of your measurements are outside of the normal range, we strongly encourage you to follow up with your health care provider for more information and advice.

Health Care Provider Name/Location _____

Health Care Provider Contact Information (phone, email, fax) _____

Scheduled Appointment Date: ____/____/____ Time: _____ a.m. / p.m.

Biometric Screenings	My Biometric Values	Value Ranges	Description	General Recommendations
Total Cholesterol		<200 mg/dl Normal 200-239 mg/dl Borderline High >240 mg/dl High	Your body produces some cholesterol, but most of it comes from your diet. Total Cholesterol is a total measurement of the many different kinds of fats or lipids present in your blood.	Check cholesterol in 5 years if within normal ranges. If outside of normal ranges, confirm results with physician.
LDL Cholesterol		<130 mg/dl Normal 130-160 mg/dl Borderline High >160 mg/dl High	Your bad cholesterol count.	
HDL Cholesterol		<40 mg/dl Low >60 mg/dl High	Your good cholesterol count.	
Triglycerides		<150 mg/dl Normal 150-199 mg/dl Borderline High >200 mg/dl High	The chemical form in which most fat exists in food as well as in the body.	
Glucose		Fasting <100 mg/dl Normal 100-125 mg/dl Pre-diabetes >126 mg/dl Diabetes	This is your blood sugar. If you have eaten within three hours before taking this test, your values will most likely be elevated, depending on your rate of metabolizing sugars. Glucose rises rapidly after meals and within two hours should return to close to the fasting value. An abnormally high glucose can be indicative of diabetes, but can also be caused by other disorders and diseases.	If within normal ranges, maintain a healthy lifestyle. If outside of normal ranges, confirm results with physician.
		Non-fasting <200 mg/dl Normal (non-fasting) >200 mg/dl Diabetes (non-fasting)		
Blood Pressure (BP)		<120/80 Normal 120-139/80-89 Pre-hypertension >140/90 Stage 1 Hypertension >160/115 Stage 2 Hypertension	When your heart beats, it pumps blood through your arteries and creates pressure in them. The higher number (systolic) represents the pressure while your heart is beating. The lower number (diastolic) represents the pressure when your heart is resting between beats.	Check BP every year if within normal ranges. If outside of normal ranges, confirm results with physician.
Height		Not applicable.		If your weight is within normal ranges, maintain a healthy lifestyle. If outside of normal ranges, increase physical activity, eat healthfully, and consider follow-up with physician.
Weight		Not applicable.		

My biometric lab results will be available on the following date: ____/____/____

My health care provider will contact me with the results by: Phone Mail Web/email Fax