

KNOW YOUR NUMBERS

LEARN HOW THEY ADD UP TO BETTER HEALTH

Health screenings help measure your overall health. Screenings can help determine if you are at risk for a health condition – like heart disease, diabetes or a stroke – and detect diseases early, before they become difficult and costly to treat. Screening results can alert you to health behaviors you need to change and help you to set goals to live a healthier life.

Health screenings are done with simple body measurements and a finger-prick blood test. Results are often available immediately.

DO THE MATH – THEN TALK WITH YOUR DOCTOR

If your screening numbers aren't where they should be, talk with your doctor or Health Coach about ways to improve your health and set goals that are appropriate for you.

If your numbers are in the normal ranges, you can still talk to your doctor or your Health Coach about lifestyle habits to maintain good health.



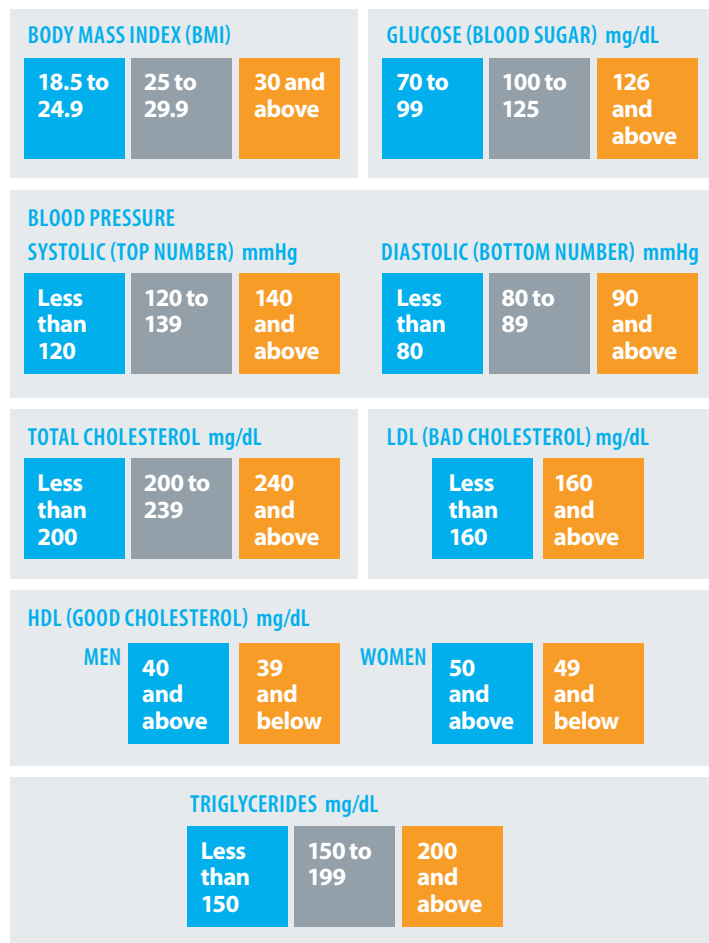
EARLY DETECTION SAVES LIVES

Knowing your numbers is the first step. Talk to your doctor. Or contact a Blues On CallSM Health Coach directly at 1-888-BLUE-428 (1-888-258-3428).

The information contained in this flier is not intended as a substitute for professional medical care. Only a health care provider can diagnose and treat a medical problem. Your health care provider is always your best resource for determining if you are at increased risk for a certain condition. Your specific needs may vary according to your personal risk factors, but the first step to a healthier life is to speak with your health care provider and know your numbers.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association. Blues On Call is a service mark of the Blue Cross and Blue Shield Association.

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KEY ■ Normal/Optimal ■ Elevated/Borderline ■ At Risk/High Risk

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。