



APRIL 2018
WELLNESS BY NUMBER

CARE CONNECTION

YOUR HEALTH NUMBERS CHEAT SHEET

It's hard to keep track of all the different numbers related to your health, even though it's incredibly important to do so. To make it easier, we've set up a basic health numbers cheat sheet for you. Remember to get your own levels checked at your annual preventive care visit with your physician!

Do you know
YOUR numbers?



BODY MASS INDEX (BMI). Your BMI is an approximate measure of body fat based on two things: height and weight. There are categories for BMI, ranging from underweight to obese.

Underweight = <18.5

Overweight = 25-29.9

Normal weight = 18.5-24.9

Obesity = BMI of 30 or greater

Also, keep in mind your **waist circumference**, which is the measurement around your waist. This should be **less than 40 inches** for men and **less than 35 inches** for women.

CHOLESTEROL. Cholesterol is a waxy substance produced and released into the bloodstream by cells in the liver. The body uses cholesterol to form cell membranes, aid in digestion, convert Vitamin D in the skin and develop hormones. Cholesterol is stored inside a waterproof envelope of lipids (fat), along with specific proteins (called lipoproteins) that weave in and out of the envelope's outer shell. There are two kinds of lipoproteins that cholesterol measures: low density lipoproteins (LDLs, aka "bad cholesterol") and high density lipoproteins (HDLs, aka "good cholesterol").

Your **total cholesterol level should be less than 200 mg/dL**. Your **LDL cholesterol should be less than 130 mg/dL** (or less than 100 mg/dL for those at high risk for heart disease), and your **HDL cholesterol should be greater than 50 mg/dL**.

TRIGLYCERIDES. Triglycerides are a type of fat that is packaged with cholesterol when the lipoproteins form in the liver cells. Triglycerides are stored in fat all over the body and can be an energy source, like carbohydrates. Your cholesterol scores will also show a measurement for triglycerides. A score higher than normal may mean you have a higher chance of developing coronary artery disease. Your triglyceride level should be **less than 150 mg/dL** to be in the healthy range.

BLOOD PRESSURE. Blood pressure is the force of circulating blood pushing against the walls of your arteries. When that pressure is higher than normal, you have high blood pressure (HBP), which puts you at risk for a number of health issues including heart attack, heart failure and stroke.

- **Normal: Under 120 over 80**
- **Elevated: Top number 120-129 and bottom less than 80**
- **Stage 1: Top of 130-139 or bottom of 80-89**
- **Stage 2: Top at least 140 or bottom at least 90**

Don't forget to have these levels checked at your next preventive care visit so you can keep track of your health!

Sources: [AHA - Cholesterol](#), [NIH, NHLBI](#), [Harvard Health](#), [AHA - Blood pressure](#)

CHECK OUT BEST DOCTORS' BEST SERVICES

Best Doctors offers Expert Second Opinion support for medical diagnoses, but that's not all they do. With Best Doctors you can also:

- **Get expert advice about medical treatment.** Get advice about a personal health challenge or medical condition from an expert physician with the Ask the Expert service.
- **Find a Best Doctor near you.** Find a specialist you can trust with the Find a Best Doctor service. You have access to 50,000+ top-rated medical experts.
- **Explore your treatment options before making a decision.** Make the best treatment decisions with Best Doctors. Know all your options — including drugs and medical procedures — before taking action. Best Doctors can help with everything from minor surgery to major issues like cancer and heart disease.



Best Doctors is convenient, confidential, and completely free for you and your dependents. To use Best Doctors' services, log in or sign up at <https://members.bestdoctors.com/>.

Please note: If your medical coverage is through Kaiser, this benefit is not applicable.

CONFIDENCE.

THE FEELING YOU SHOULD HAVE WHEN MAKING MEDICAL DECISIONS.

Best Doctors is 100% free and confidential. It is included in your benefits package and available at no cost to you and any of your dependents enrolled in your company's medical plan.

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1-866-904-0910 members.bestdoctors.com

WELLNESS TIP!

Train your ticker with extra exercise!

Your resting heart rate (RHR) is a key indicator of your overall cardiovascular health! To determine your RHR, feel your pulse, count the number of beats in 15 seconds, and multiply this number by 4. A **normal RHR for adults is 60-100** beats per minute. If your RHR is higher than this, try to get a little more exercise! An extra 15-20 minutes of activity per day can lower RHR — plus, the exercise is good for you!



Sources: [Mayo Clinic](#), [NCBI](#)

REMINDER! PHONE NUMBERS TO KNOW

- Need an in-network provider? Call **1-800-810-BLUE**.
- Eligibility issues with the doctor? Your provider should call **1-844-594-0393**.
- Have questions about the FMCP? Call the Benefits Office at **1-877-937-9602**.

Important contact information for other FMCP service providers, including Best Doctors, MetLife, and VSP, is listed at the bottom of this newsletter for your reference.

WHAT'S YOUR SLEEP NUMBER?

Sleep is a vital indicator of overall health and well-being. We spend up to one-third of our lives asleep, so most of us know that getting a good night's rest is important, but too few of us actually know how much sleep we should be getting. You don't need to go to a fancy mattress store to figure out your "sleep number" (in this case, how much sleep you ought to get each night) — we'll help you out!

- **Newborns** (0-3 months) should get **14-17 hours** each day
- **Infants** (4-11 months) should sleep for **12-15 hours**
- **Toddlers** (1-2 years) should have **11-14 hours**
- **Preschoolers** (3-5) should sleep for **10-13 hours**
- **School children** (6-13) should sleep for **9-11 hours**
- **Teenagers** (14-17) should get **8-10 hours**
- **Younger adults** (18-25) should sleep for **7-9 hours**
- **Adults** (26-64) should get **7-9 hours**
- **Older adults** (65+) should get **7-8 hours**

Although a variance of one or two hours more or less than this range is acceptable, the National Sleep Foundation does not recommend any adult over age 18 get fewer than 6 or more than 11 hours of sleep per night.

Source: [The National Sleep Foundation](#)



STOP THE SNIFFLES! VISIT A DOCTOR WITH LiveHealth Online

Spring has sprung, and with it come seasonal allergies. You know the tell-tale signs: you're sniffling, your eyes are puffy, and you feel awful. When you're tied up with spring cleaning and filing your taxes, you may not have time to go to the doctor, even when you feel your worst. That's why you have access to LiveHealth Online.

LiveHealth Online is a telemedicine service that uses two-way video to connect you with U.S.-based board-certified doctors who can assess your medical condition, answer questions and even provide certain prescriptions if needed. All you need is Internet access with a webcam or the LiveHealth Online app on your smartphone or tablet. There are no long wait times, and appointments are available 24/7 in all 50 states (with Spanish-speaking doctors available in some areas). LiveHealth Online is easy, convenient, and confidential. Doctors are available on your schedule to provide you with the medical care you need, when you need it.

You can register to use LiveHealth Online on www.livehealthonline.com. Just provide your name, email address, and your chosen password. When asked if you have insurance, click 'Yes' and select **Anthem Blue Cross and Blue Shield** from the dropdown menu. Your subscriber ID is **your member ID starting with AJ from your medical/Rx card**. If you are registering as a dependent, you will also need to provide information for the Primary Subscriber (member) for insurance purposes. You will not need to provide a Service Key. Just hit 'Finish' and you're ready to go! If you have already registered using your previous member ID, simply log in, click on 'My Account' at the top of the screen, and update your health insurance information with your 2018 member ID.

To learn more about LiveHealth Online, sign up, or schedule an appointment, visit their website at <https://www.livehealthonline.com/> or download the LiveHealth Online mobile app on the App Store or Google Play.

REMEMBER: In order to receive this benefit for free in calendar year 2018, you must use your 2018 member ID.

TALK TO A DOCTOR ONLINE

via www.livehealthonline.com or using the LiveHealth Online mobile app

LiveHealth
ONLINE

IMPORTANT CONTACT INFORMATION

NECA/IBEW Family Medical Care Plan
410 Chickamauga Avenue, Suite 301
Rossville, GA 30741

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| PPO - Anthem
1-800-810-BLUE
(Provider locator services)
www.anthem.com | Rx Drugs - SavRx
1-866-233-4239
www.savrx.com | Best Doctors
1-866-904-0910
https://bestdoctors.com/ | Dental - MetLife
1-800-942-0854
www.metlife.com/mybenefits
(if applicable) | Vision - VSP
1-800-877-1795
www.vsp.com
(if applicable) | 1-877-937-9602
www.nifmcp.com |
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