

# Know. Plan. Act.



Take control of your health – first by understanding your personal biometric values and overall health status.

**See inside.**

**peHP**

[www.pehp.org](http://www.pehp.org)

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# Know.

**View Your Health Snapshot to get an overall picture of your health based on key biometrics.**

Log in to myPEHP at [www.pehp.org](http://www.pehp.org) to access Your Health Snapshot, which displays your most currently available biometric values. Biometric values include cholesterol, blood glucose, blood pressure, and BMI (Body Mass Index). Based on your numbers, you'll learn your health risks and recommended guidelines.

**Missing current biometric data in Your Health Snapshot?** Schedule a testing appointment at [www.healthyutah.org](http://www.healthyutah.org).

Metric	Your Result	Your Risk Level	Guidelines
Height (in.)	65		
Weight (lbs)	210		
Body Mass Index	34.942	High	<a href="#">Guidelines</a>
Waist Circumference (in.)	43	High	<a href="#">Guidelines</a>
Body Fat Percent	31.4	High	<a href="#">Guidelines</a>
Blood Pressure Systolic (mmHg)	120	Low	<a href="#">Guidelines</a>
Blood Pressure Diastolic (mmHg)	78	Low	<a href="#">Guidelines</a>
Cholesterol Total (mg/dL)	193	Low	<a href="#">Guidelines</a>
Cholesterol HDL (mg/dL)	60	Low	<a href="#">Guidelines</a>
Cholesterol LDL (mg/dL)	-		<a href="#">Guidelines</a>
Triglycerides (mg/dL)	-		<a href="#">Guidelines</a>
Blood Glucose (mg/dL)	-		<a href="#">Guidelines</a>
Hemoglobin A1c (%)	104	Medium	<a href="#">Guidelines</a>
	-		<a href="#">Guidelines</a>

\*The biometric results displayed above are the most recent results within the last three (3) years. For older results, click on YOUR BIOMETRICS HISTORY.

# Plan.

This online resource helps you understand your numbers and make a plan to improve them.

Once you know your numbers, use them to take action to improve your health. Go to [mylifecheck.heart.org](http://mylifecheck.heart.org) and complete the “My Life Check” assessment. It will help you set a health improvement plan based on your numbers and lifestyle.



# Act.

**Go to [www.pehp.org](http://www.pehp.org) to find out about wellness resources to help put your plan into action.**

## **PEHP Can Help...**

You have more control over your risk factors than you may realize. Lifestyle choices such as the Simple Seven below affect your lifespan, your quality of life, how you look, and how you feel. We can help you take control of your health. Learn more about the programs below at [www.pehp.org](http://www.pehp.org)\*.



\*Participation may vary by employer group

## **Focus on The Simple Seven**

- 1.** Get Active
- 2.** Control Cholesterol
- 3.** Eat Better
- 4.** Manage Blood Pressure
- 5.** Lose Weight
- 6.** Reduce Blood Sugar
- 7.** Stop Smoking



**PEHP Healthy Utah's Stan Moyle (left) tests Gov. Gary Herbert.**

For more information on how to manage your risk factors, go to the American Heart Association's website, [mylifecheck.heart.org](http://mylifecheck.heart.org)