



## 2020 Embrace Well-being Rewards

### Healthy Numbers

#### Member Information

<b>Full name:</b>	<b>Date of birth:</b>
<b>Group number:</b>	<b>Member ID:</b>
<b>Applicant status:</b> <input type="checkbox"/> Subscriber <input type="checkbox"/> Dependent (Spouse only)	

#### Healthy Numbers

Eligible members can submit Embrace Well-being Rewards for both sets of Healthy Numbers activities. However, to receive rewards for Healthy Numbers, members must submit **both** of the required measurements **in the healthy range**.

#### BMI & Blood Pressure

**Both a BMI score and blood pressure** reading, in the healthy range, must be submitted **together**.

BMI | Body mass index less than 30 is eligible for an Embrace Well-being Reward.

#### BMI score:

Blood Pressure | Blood pressure readings less than 140 mm Hg systolic and 90 mm Hg diastolic are eligible for an Embrace Well-being Reward.

#### Blood pressure:

#### Physician signature

Date

#### Glucose & Cholesterol

**Both glucose and cholesterol** levels, in the healthy range, must be submitted **together**.

Glucose | Glucose level less than 126 mg/dL (fasting or non-fasting) are eligible for an Embrace Well-being Reward.

#### Glucose level:

Cholesterol | Combined HDL and LDL cholesterol level less than 240 is eligible for an Embrace Well-being Reward.

#### Cholesterol level:

#### Physician signature

Date

