

# Biometric basics: Understanding your numbers



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A biometric screening is a great way to increase your knowledge about your overall health. Understanding your numbers can help you prioritize improving your health and avoid or control potentially serious health problems.

Below you will find information about each biometric measurement as well as the ranges. Be sure to discuss your results with your practitioner if your numbers are outside of the normal range.

Biometric measurement	Value range	My number
<b>Total Cholesterol</b> is a measurement of the different types of fat or lipids in your blood. Cholesterol is produced in your liver. You also get cholesterol through the foods you eat. The buildup of cholesterol in the arteries is called atherosclerosis.	<p>&lt;200 mg/dl ● Desirable</p> <p>200–239 mg/dl ● Borderline high</p> <p>&gt;240 mg/dl ● High</p>	
<b>HDL (high-density lipoproteins)</b> is considered the “good” cholesterol. HDLs clean the artery walls and remove extra cholesterol from the body, lowering the risk of heart disease. Higher numbers are better. High levels of HDL help to lower your risk for heart disease. Low HDL is considered a risk factor because it increases your risk for developing heart disease.	<p>Men &lt;45 mg/dl ● Low</p> <p>&gt;45 mg/dl ● Optimal</p>	
	<p>Women &lt;50 mg/dl ● Low</p> <p>&gt;50 mg/dl ● Optimal</p>	
<b>LDL (low-density lipoproteins)</b> carries a lot of cholesterol and leaves behind fatty deposits on your artery walls causing atherosclerosis. LDLs are considered “bad” because they can clog your arteries and lead to heart disease. Low LDL numbers are considered better.	<p>&lt;130 ● Desirable</p> <p>130 – 150 ● Borderline high</p> <p>≥160 ● High</p>	
<b>Triglycerides</b> are another type of fat in your blood. When your body digests food, fats in the food change to triglycerides. Normal amounts are important to health, but too much increases your risk of developing coronary artery disease.	<p>&lt;150 mg/dl ● Normal</p> <p>150–199 mg/dl ● Borderline high</p> <p>&gt;200 ● High</p>	
<b>Glucose</b> , also known as blood sugar, is a major source of energy for cells in the body, including those in the brain. Blood glucose that is high over time can damage the eyes, kidneys, nerves, and blood vessels. High glucose can be an indicator of diabetes.	<p>&lt;100 mg/dl ● Normal</p> <p>100–125 mg/dl ● Prediabetes</p> <p>&gt;126 mg/dl ● Diabetes</p>	
<b>Blood Pressure</b> is the force of blood against the walls of arteries as it moves through your body. Blood pressure is recorded as two numbers – the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). Hypertension is the term for blood pressure consistently higher than normal.	<p><math>\frac{\leq 120}{&lt; 80}</math> mm Hg ● Desirable</p> <p><math>\frac{120-129}{&lt; 80}</math> mm Hg ● Elevated</p> <p><math>\frac{130-139}{80-89}</math> mm Hg ● Stage 1 Hypertension</p> <p><math>\frac{\geq 140}{\geq 90}</math> mm Hg ● Stage 2 Hypertension</p>	
<b>Body Mass Index (BMI)</b> is a number calculated from a person’s weight and height. BMI is used as a screening tool to identify possible weight problems for adults. Being overweight or obese increases your risk of having high blood pressure, heart disease, stroke, diabetes, and certain types of cancer.	<p>&lt;18.50 ● Underweight</p> <p>18.50 – 24.99 ● Healthy weight</p> <p>25.00 – 29.99 ● Overweight</p> <p>≥30 ● Obese</p>	

## Lifestyle changes are the key to improving your health

- ▶ **Reach a healthy weight.** Even a 5- to 10-pound weight loss may lower your blood pressure
- ▶ **Find healthy ways to reduce stress.**
- ▶ **Get active.** Exercise at least 30 minutes most days
- ▶ **If you drink alcohol, drink less.** Alcohol adds extra calories and can raise your blood pressure.
- ▶ **Eat a heart-healthy diet.**
  - Limit your salt intake
  - Drink plenty of water
  - Include seven to nine servings of fruits and vegetables each day
  - Eat whole grains and nuts

**Thank you for completing your biometric screening.**

**Now that you've completed your screening, here are your next steps:**

- Complete your health check survey, if you haven't done so already**
  - ▶ Quartz commercial members: Log in to your Quartz Well account at [QuartzBenefits.com/QuartzWell](https://QuartzBenefits.com/QuartzWell)
- View your results online** (*available one week after your biometric screening*)
  - ▶ Quartz commercial members: Log in to your Quartz Well account at [QuartzBenefits.com/QuartzWell](https://QuartzBenefits.com/QuartzWell)
- Share your results with your primary care provider**
- Take part in well-being and clinical programs with Quartz**

*To learn more about all of the programs and resources Quartz offers to help manage your health, visit [QuartzBenefits.com/healthandwellness](https://QuartzBenefits.com/healthandwellness).*