

## Biometric Screening Results Form

All of the biometrics must be completed during the current year order to be eligible for the Start Now insurance discount.

The deadline to turn in your biometric results is **July 31**.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Test Date: \_\_\_\_\_

	Your Numbers	Normal Range
Total Cholesterol		Less than 200 mg/dL*
HDL		Greater than 40 mg/dL*
LDL		Optimal: Less than 100 mg/dL*
Triglycerides		Less than 150 mg/dL*
Fasting Blood Sugar		Fasting: Less than 100 mg/dL** Random: Less than 200 mg/dL**
Blood Pressure		Less than 120/Less than 80*
Pulse		60-100 beats per minute
Height - without shoes (Feet/Inches)		N/A
Weight (Pounds)		N/A
Body Mass Index		18.5 to 24.9*
Waist Circumference		Less than 35in for women Less than 40in for men*

\*National Heart, Lung and Blood Institute

\*\*American Diabetes Association

	<p><u>If screening was completed at primary care office:</u>  <b>Fax completed form to Start Now Program (913) 551-8504</b></p>	
	<p>Provider Signature: _____</p>	<p>Date: _____</p>
	<p><u>If screening was completed at a Balls Foods location:</u>  <b>These biometrics were submitted for you on the test date.</b></p>	<p><b>Initials:</b> _____</p>