



Total Health Management



Blue ValueSM

Definitions For Adult Health

Blood Pressure: The pressure exerted by circulating blood on the walls of your blood vessels when your heart beats and pumps blood through your arteries.

- The top number (systolic) of a blood pressure measurement represents the pressure while your heart is contracting; the bottom number (diastolic) represents the pressure when your heart is resting between contractions.
- Blood pressure can vary with changes in posture, exercise, stress, or sleep. Your optimal blood pressure should normally be less than 120/80 mm Hg.
- Hypertension (high blood pressure) increases your risk for diseases such as heart disease, stroke, and kidney failure.

Body Mass Index (BMI): A number calculated from your height and weight that indicates the ratio of fat to muscle and other substances in your body.

- BMI is a good indicator for adults of healthy or unhealthy weights and is used to screen issues that may lead to health problems.
- Being overweight or obese increases your risk for high blood pressure, heart disease, stroke, type 2 diabetes, and many other medical conditions.

Depression: Depression affects 19 million Americans in any given one-year period. It is a common co-morbidity with physical disorders, including diabetes, heart disease, and cancer. Without proper screening, depression can go undiagnosed for years. Depression screening is recommended annually for all adults by the U.S. Preventive Services Taskforce.

Blood Pressure Categories (Defined by the American Heart Association)			
Category	Systolic mm Hg (Upper #)		Diastolic mm Hg (Lower #)
Normal	Less than 120	and	Less than 80
Elevated	120-129	or	80-89
High Blood Pressure (Hypertension, Stage 1)	130-139	or	90-99
High Blood Pressure (Hypertension, Stage 2)	140 or Higher	or	100 or Higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Body Mass Index [BMI] Categories	
BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 and above	Obese



Total Health Management Incentive Measures

Standard Metrics: The standard metrics are based on nationally recognized medical guidelines set by the United States Preventive Services Task Force (USPSTF).

Category	Standard	Points
Adult Subscriber/Spouse		
Tobacco	Tobacco Free	25
Blood Pressure	≤130/80	25
	<140/90	20
Weight	Adult: BMI 18-18.4	20
	Adult: BMI 18.5-24.9	25
	Adult: BMI 25-29.9	20
	Adult: BMI 30-35.9	10
	Adult: BMI over ≥ 36	0
Depression Screening	18+: Annual/Provider Recommendation	10
Colon Cancer Screening	50-75: Colonoscopy every 10 years, or Flex Sig or CT Colonography every 5 years, or FIT-DNA every 3 years, or FIT every year (exception: total colectomy)	10
Cervical Cancer Screening	21-64: Pap test every 3-5 years (exception: hysterectomy)	10
Breast Cancer Screening	50-74: Mammography every 2 years (exception: BL mastectomy)	10

REFERENCES: American Heart Association, www.heart.org, 2017; U.S. Preventive Services Task Force, www.preventiveservices.hhrq.gov; www.bcbsmt.com/member/forms-anddocuments#bluevalue; Healthwise, www.healthwise.org; U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov>

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NOTE TO MEMBERS: Your group health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your employer's wellness program coordinator, sponsor, or Human Resources office and they will work with you to find a wellness program with the same reward that is right for you in light of your health status.

NOTE TO EMPLOYERS: Any and all information supplied by BCBSMT concerning the THM Program is intended to provide the Group with educational resources and data to develop and implement its own internal Employee Wellness Program. No such information is intended to be nor should it be considered legal advice. All decisions regarding the design of the wellness program or its administration are the responsibility of the Group. Neither BCBSMT or affiliates or any of their respective directors, officers, employees or agents shall be liable for any decision made, or action taken, by the Group based upon its reliance on any information provided by BCBSMT. The Group must consult its legal counsel, tax advisor, or other professional advisor for any legal or tax advice or guidance.