

Dear Troyer Foods GFGH Participant,

Screening results are completely confidential. Your health results are not shared with your employer. There are several key areas of attainable Wellness Credits your employer offers you in your health plan.

**Blood Pressure Credit**

- Blood Pressure reading is less than 140/90 (\$2/pay period)
  - Blood Pressure reading less than or equal to 120/80 (\$4/pay period)
- \*National Institutes of Health ideal recommended level is 120/80 or less*

**Cholesterol (LDL) Credit**

- LDL Cholesterol reading is less than 160 (\$2/pay period)
  - LDL Cholesterol reading is less than 130 (\$4/pay period)
- \*National Institutes of Health ideal recommended level is under 100*

**Body Mass Index Credit**

- Body Mass Index reading less than 30 (\$5/pay period)
  - Body Mass Index reading less than 28 (\$9/pay period)
  - Body Mass Index is more than 30 and individual loses 10% of body weight from the last annual screening (\$5/pay period)
- \*National Institutes of Health ideal recommended level is under 25*

**Tobacco/Nicotine Credit**

- Nicotine free (\$12/pay period)
- \*National Institutes of Health ideal is negative*

**Glucose Credit**

- Glucose reading is less than 140 (\$4/pay period)
- \*National Institutes of Health recommends fasting blood glucose is 70-100*

**Wellness Screening and Follow-up**

- Attend the screening and complete the screening follow-up (\$4/pay period)

Please contact your Human Resources representative if you have further questions regarding these credits.

Get Fit  
Get Healthy 