

UNDERSTANDING YOUR BIOMETRIC SCORE

InHealth BioScreen™

The InHealth BioScreen™ is a series of basic tests that are used in conjunction with the HRA to get a snapshot of your overall health. Tests include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height and weight, as well as testing your total cholesterol, HDL, LDL, triglyceride, and glucose levels.

Understanding Your Score

The results from your InHealth BioScreen are individually scored so that Interra Health can apply Risk Ratings to evaluate your results and identify areas of potential concern. For each biometric category tested, you will receive a Risk Rating of Low, Moderate, or High Risk. Participants will also earn points based on the Risk Rating received; these points make up the Biometric Score. The maximum amount of points/highest Biometric Score that can be earned during a biometric screening is 1,000 points.

An overall risk score will also be determined based on risk ratings applied to all biometric values collected. The following biometrics are required in order to calculate an overall risk score: systolic blood pressure, diastolic blood pressure, body mass index, total cholesterol, HDL cholesterol, triglycerides, glucose, tobacco use, and waist circumference.

Biometric Category	Low Risk	Points	Moderate Risk	Points	High Risk	Points
Total Cholesterol	< 200	50	200-239	25	≥ 240	0
HDL (women)	> 50	100	40-50	50	≤ 39	0
HDL (men)	> 40	100	35-40	50	≤ 34	0
LDL	≤ 129	50	130-159	25	≥ 160	0
TC/HDL Ratio	≤ 3.54	50	3.55-4.99	25	≥ 5.00	0
Triglycerides	≤ 149	100	150-199	50	≥ 200	0
Glucose	< 100	100	100-126	50	≥ 127	0
Blood Pressure (systolic)	< 130	100	130-139	50	≥ 140	0
Blood Pressure (diastolic)	< 85		85-89			
Percent Body Fat (women)	< 28%	0	28%-32.9%	0	≥ 33%	0
Percent Body Fat (men)	< 22%	0	22%-27.9%	0	≥ 28%	0
BMI	< 25	50	25-29.9	25	≥ 30	0
Waist Circumference (women)	≤ 35	50	N/A	0	> 35	0
Waist Circumference (men)	≤ 40	50	N/A	0	> 40	0
Tobacco Use	Non-User	350	N/A	0	User	0

Where to Find Your Score

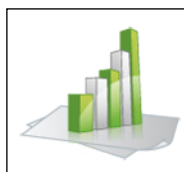
Your biometric score can be found in your individual report in your participant dashboard. To access it:

STEP 1

Visit www.MyInterraHealth.com and log in to your participant dashboard.

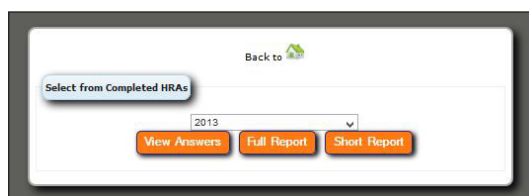
STEP 2

Click on the Reports icon.



STEP 3

Select the year from the drop down menu & click "Full Report".



STEP 4

When the report opens, go to page 2.

Your biometric score is located in the bottom right corner of the page.

