

Wellness Your Choice Milwaukee

Phase 2: Healthy Rewards



Biometric Category Ranges

Below are ranges for biometric measures associated with the 2016 Healthy Rewards program.

- Optimal values are awarded 10 points per category.
- Category improvements between the 2014 and 2015 health appraisal are awarded 10 points per category.
- One time rechecks of blood pressure and/or waist circumference can be completed in the Wellness Center after February 1, 2016.
- One time rechecks of fasting blood glucose and/or LDL can be completed in the Workplace Clinic after February 1, 2016.
- The Workplace Clinic requires an appointment. Call 414-777-3410 to schedule an appointment.

Waist Circumference		Optimal	Near Optimal	Borderline	High	Very High
	Male	≤40	40.1 - 42	42.1 - 44	44.1 - 46	≥46
Female	≤35	35.1 - 37	37.1 - 39	39.1 - 41	≥41	
Blood Pressure		Optimal	Near Optimal	Borderline	High	Very High
	Systolic	≤119		120 - 139	140 - 159	≥160
	Diastolic	≤79		80 - 89	90 - 95	≥96
Fasting Blood Glucose		Optimal	Near Optimal	Borderline	High	Very High
		<100		100 - 125	126 - 139	≥140
LDL		Optimal	Near Optimal	Borderline	High	Very High
		<100	100 - 129	130 - 159	160 - 189	≥190

