

HealthyU Biometric Results

Name: _____

Date: _____

If you visit Campus Health Services or your primary care provider for your biometric measures, please bring this form to your appointment to be sure you get all of the information you need to complete the wellness assessment on the BCBSAZ website at azblue.com. This form is for your use only. Do not submit it to anyone at NAU.

Biometric measure	My result	Guideline
Weight		
Height		
Waist circumference		< 35" women < 40" men
Blood pressure		< 120/ < 80, normal 120 - 129 / < 80, elevated 130 - 139/ 80 - 89, stage 1 hypertension > 140 / > 90, stage 2 hypertension
Glucose		Fasting: < 100 optimal 100 - 125 pre-diabetes > 125 diabetes Non-fasting: < 140 normal
Total cholesterol		< 200, optimal 200 - 239, borderline high > 240, high
HDL cholesterol		> 60, optimal 50 - 59, average < 40, poor
LDL cholesterol		< 100, optimal 100 - 129, near optimal 130 - 159, borderline high > 160, high
Triglycerides		< 150, optimal 150 - 199, borderline high > 200, high

NAU BCBSAZ Wellness Assessment

When you complete the wellness assessment on the BCBSAZ website, you will be asked for your current biometrics. For complete information on how complete your wellness assessment and record points, please visit nau.edu/healthyU.

For assistance with NAU BCBSAZ registration or login issues, please contact the BCBSAZ e-solutions center at 800-650-5656. For general assistance with the HealthyU program, please call EAW at 928-523-1552.