

Human Resources

My HealthyU Biometric Results

If you choose to see your primary care provider for your biometric screening, please bring this form to your appointment to make sure you get all of the information you will need to complete the My BluePrint assessment at azblue.com. You DO NOT need to turn the form in to NAU.

My Biometric Results



Date Completed: _____

| Health Indicator | My Results | Normal Values |
|----------------------------|------------|--|
| Weight | | |
| Height | | |
| Waist Circumference | | |
| Blood Pressure | | Systolic <120 & Diastolic <80 Normal |
| Glucose | | <100 optimal (fasting) <140 (non-fasting) 140 – 200 pre diabetes 200 diabetes |
| Total Cholesterol | | <200 optimal 200 – 239 borderline high >240 high |
| LDL Cholesterol (optional) | | <100 optimal 100 – 129 good 130 – 159 borderline high >160 very high |
| Triglycerides (optional) | | <150 optimal 150 – 199 borderline high >200 high |

My BluePrint Health Assessment

For complete information on how to complete your My BluePrint health assessment, please visit nau.edu/healthyU.

For assistance with registration or login issues, please contact BCBSAZ eSolutions Center at 800-650-5656.

This form is for your use only. DO NOT submit this form to your Human Resources Department.