

Healthy Initiatives HealthPlan Personal Health Record (PHR)

For Covered Individual's Personal File

NAME _____

Male Female

Date of Birth _____

Height _____ Weight _____

Annual Tests	Date/Comments
Health Power Assessment	
Routine/Preventive Office Visit	
Heart Rate 60-80 beats/minute	
Blood Pressure Normal <120/80; Prehypertension 120-139/80-89; Hypertension Stage 1 140-159/90-99; Hypertension Stage 2 >159/99	
Body Mass Index (BMI) 19%-24%	
Lipid Profile Cholesterol Desirable <200; Borderline High 200-239; High >240; Total Cholesterol Ratio (TC/HDL) <=4.5	
LDL Cholesterol (Bad) Optimal <100; Near Optimal 100-129; Borderline High 130-159; High 160-189; Very High >189	
HDL Cholesterol (Good) Low 40; Desirable 40-59; High >59	
Triglycerides Normal <150; Borderline high 150-199; High 200-499; Very High >500	
Comprehensive Metabolic Blood Panel Glucose, Diabetes, Calcium, Sodium, Potassium, CO ₂ , Chloride, Urea Nitrogen BUN, Creatinine, Albumin, Bilirubin, Phosphatase Alkaline, Protein, Transferase Alanine Amino (ALT)(SGPT), Transferase, Aspartate Amino (AST)(SGOT)	
Thyroid Stimulating Hormone (TSH) Women >age 35; Tests the thyroid gland for over/under thyroid	
Osteoporosis Screening/Bone Density Women age >65	
Mammogram Women >age 40; One (1) Per Calendar Year	
Well Woman Check Up/PAP Women >age 35 through 50; One (1) Per Calendar Year	
Prostate Specific Antigen (PSA) Men >age 50; Tests for prostate cancer and benign prostate enlargement	
Fecal Occult Blood Test > age 40	

The TML Intergovernmental Employee Benefits Plan is a non-Federal governmental health plan that has elected to be exempted from the HIPAA Title I prohibitions against discriminating against individual participants and beneficiaries based on health status. Therefore, the rules regarding Nondiscrimination and Wellness Programs in Health Coverage in the Group Market do not apply to this plan.