



Healthy Initiatives HealthPlan

TML Intergovernmental Employee Benefits Pool

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A large, light gray star graphic with a subtle drop shadow, centered on the right side of the page. Inside the star, the years 2008 and 2009 are printed in a bold, black, sans-serif font.

**2008
2009**

Revised October 2008

Personal Health Record (PHR)

For Covered Individual's Personal File

Name _____

Male

Date of Birth _____

Female

Height _____ Weight _____

Annual Tests	Date/Comments
Health Power Assessment	
Heart Rate ¹	
Blood Pressure ²	
Body Mass Index (BMI) ³	
Lipid Profile Cholesterol ⁴	
LDL Cholesterol (Bad) ⁵	
HDL Cholesterol (Good) ⁶	
Triglycerides ⁷	
Comprehensive Metabolic Blood Panel ⁸	
Thyroid Stimulating Hormone (TSH) ⁹	
Osteoporosis Screening/Bone Density ¹⁰	
Mammogram ¹¹	
Well Woman Check Up/PAP ¹²	
Prostate Specific Antigen (PSA) ¹³	
Fecal Occult Blood Test ¹⁴	

- 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, CO2, 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.