Lawley Captive Program Review

bravo®

Contents.

Program Highlights 2019

Program Highlights 2019

Operational Overview

2,421

members participated (55.4% of total eligible).*

52

critical values identified (compared to 51 last year). See Appendix for details.

99%

of participants were satisfied with their screening experience (203 surveys), see Appendix.

613

calls, emails and contact us forms.

22

appeals and alternatives processed (7 auto-applied alternatives included).

Accomplishments

Weight Loss

Total Cumulative Weight Loss: 4,931 Pounds!

	This Year
Total pounds lost	4931
# who lost weight	556
# who lost > 10 lbs.	159
# who lost > 20 lbs.	54

Fewer Chronic Risks

Of those (768 participants) with one or more risks in the prior year . . .

223 (29%) have eliminated at least one risk.

124 (16.1%) have added one or more risks.

Of those (244 participants) with two or more risks in the prior year . . .

151 (61.9%) have eliminated at least one risk.

16 (6.6%) have added one or more risks.

*Number of screened / Number of those on the current eligibility file.
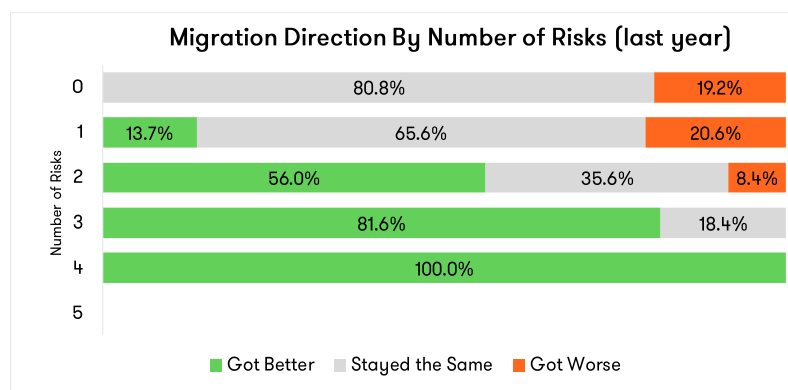
Reducing Hypertension

Participants have made efforts to lower their blood pressure.

- Of the 155 people who reported high blood pressure levels last year, 133 of them have moved out of the high risk category.

- 492 participants have improved their blood pressure by at least one category since their last screening.

Risk Migration

- 80.8% of those with zero high risks held steady.

- Of those who started with two risk factors, more than **6 times** as many people (56.0%) reduced their risk as gained risk (8.4%).

- The favorable shift is even more pronounced among those who started with more than two risk factors, such as the 81.6% with three high risks last year that have reduced to zero to two high risks this year.

HIGH RISKS	
BMI	> 30 Kg/m²
BP	> 140/90 mmHG
LDL	> 160 mg/dL
GLU	> 125 mg/dL
TOB / NIC	Positive

Migration Direction By Number of Risks (last year)

Number of Risks

0	80.8%	19.2%
1	13.7%	65.6%	20.6%
2	56.0%	35.6%	8.4%
3	81.6%	18.4%
4	100.0%
5	

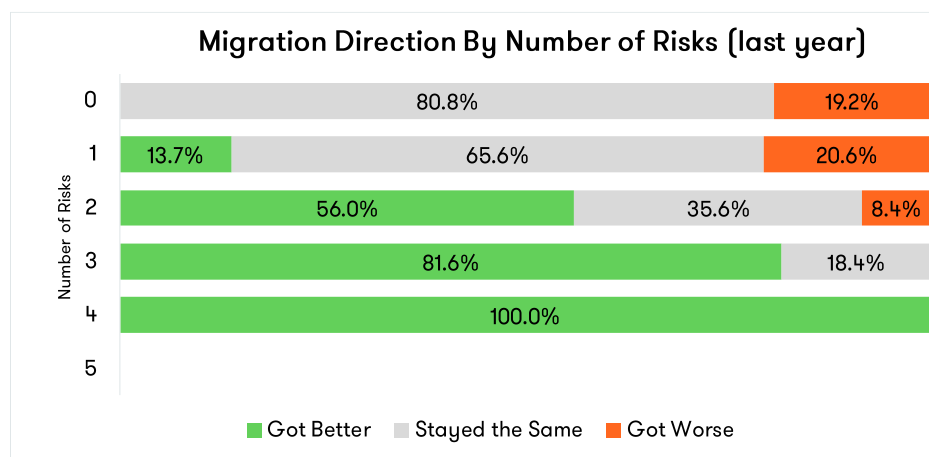■ Got Better ■ Stayed the Same ■ Got Worse

Migration Charts Risk Factors

The employees who are most likely to generate high-dollar claims are those with multiple high risk issues. Reducing co-morbidities is the primary goal of the program.

HIGH RISKS	
BMI	> 30 Kg/m²
BP	> 140/90 mmHG
LDL	> 160 mg/dL
GLU	> 125 mg/dL
TOB / NIC	Positive

Total Number of Risks: 07/2018 - 07/2019   (YOY Population)

Number of Risk Factors	07/2018 Count	Total - 07/2019					
		0	1	2	3	4	5
0	546	441	97	6	2	0	0
1	524	72	344	99	8	1	0
2	191	9	98	68	16	0	0
3	49	5	10	25	9	0	0
4	4	1	0	1	2	0	0
5	0	0	0	0	0	0	0
Total	1314	528	549	199	37	1	0

Migration Direction By Number of Risks (last year)

Number of Risks

0	80.8% (Stayed the Same)	19.2% (Got Worse)
1	13.7% (Got Better)	65.6% (Stayed the Same)	20.6% (Got Worse)
2	56.0% (Got Better)	35.6% (Stayed the Same)	8.4% (Got Worse)
3	81.6% (Got Better)	18.4% (Stayed the Same)
4	100.0% (Got Better)
5	

■ Got Better   ■ Stayed the Same   ■ Got Worse

Engagement

Group	Total Eligible	Total On Health Plan	% of EEs on the Plan who Screened	% of SPs On the Plan who Screened	# of EEs Not on the Plan who Screened
BIOMED INNOVATIONS CO	95	95	89.3%	70.0%	0
BIOMEDICAL INNOVATIONS	100	100	88.5%	84.6%	0
CHIAMPOU, TRAVIS, BESAW & KERSHNER, LLP	112	76	93.1%	61.1%	2
CONSERVE	702	702	51.2%	32.6%	0
COSTANZOS BAKERY	109	109	53.2%	46.9%	0
EASTMAN MACHINE COMPANY	105	105	61.4%	22.7%	0
EVANS ROOFING	97	97	96.1%	80.0%	0
GERNATT ASPHALT PRODUCTS, INC.	112	112	80.7%	70.8%	0
HORIZON HEALTH SERVICES, INC.	420	420	84.8%	76.9%	0
ISAAC HEATING AND AIR CONDITIONING, INC	255	255	56.9%	48.3%	0
KREHER FAMILY FARM	267	267	41.7%	46.9%	0
LEHIGH CONSTRUCTION GROUP, INC.	74	74	91.5%	81.5%	0
LEONARDS EXPRESS	516	516	32.4%	29.4%	0
MACO BAG	58	58	65.4%	66.7%	0
MAZZA MECHANICAL SERVICES, INC.	112	112	35.6%	32.0%	0
MERCY FLIGHT, INC.	71	71	72.9%	50.0%	0
NISSHA MEDICAL	267	267	70.0%	71.9%	0
REGIONAL INTERNATIONAL CORPORATION	105	105	66.2%	57.1%	0
REID PETROLEUM CORP.	144	144	70.9%	94.1%	0
SEALING DEVICES, INC.	164	164	69.0%	54.2%	0
SEQUEL SPECIAL PRODUCTS	40	40	96.8%	66.7%	0
SPEED GLOBAL SERVICES	97	97	19.0%	22.2%	0
SW RODGERS CO	189	189	52.2%	49.0%	0
TIOGA PIPE, INC.	142	102	33.3%	6.7%	1

2,688
Individuals have registered

1,905
Individuals have passed 3 of 5 goals

1,596
Individuals have completed the Health Assessment

## 338
Individuals have completed the annual physical

52
Individuals have completed the Teladoc registration*

*Chiampou, Travis, Besaw, & Kershner LLP was the only group to include this in their plan design this year.

Program Highlights 2019

Comparison to the Bravo Average (Total Population)

Participants fare better than the Bravo average on one out of five biometric measures. Nicotine use is the main concern.
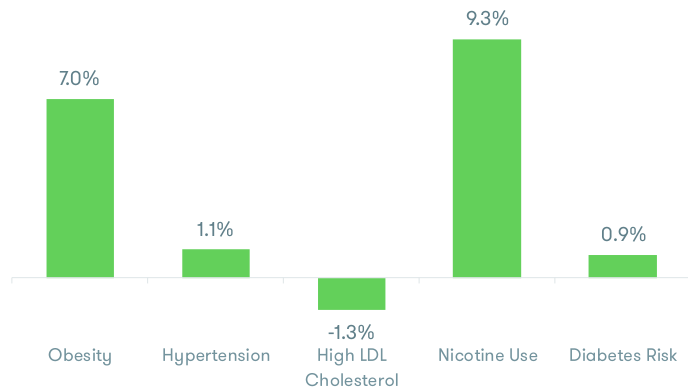
| Risk	Bravo Average	Lawley Captive
Obesity	36.1%	43.1%
Hypertension	12.2%	13.3%
High LDL Cholesterol	6.1%	4.8%
Nicotine Use	12.2%	21.5%
Diabetes Risk	5.8%	6.7%
0 Risks	48.9%	39.3%
1 Risk	34.9%	41.5%
More Than 1 Risk	16.1%	19.2%

What is the Bravo average?

The average value among a sample of Bravo's screening data that has the same age and gender distribution as the client's screened population. Made up of approximately 175,000 unique participants and more than 330,000 screenings.

Comparison to Last Year (Year-over-year population)

Participants in the year-over-year population improved in three out of five biometric measures.

	1.5%		3.1%	
Obesity	Hypertension	High LDL Cholesterol	Nicotine Use	Diabetes Risk
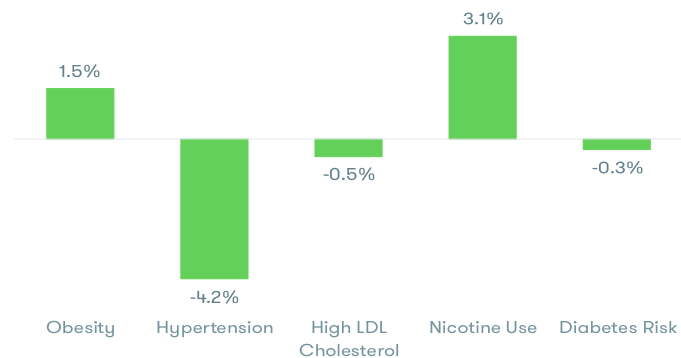
Risk	Last Year	This Year
Obesity	42.4%	44.0%
Hypertension	12.0%	7.8%
High LDL Cholesterol	5.1%	4.6%
Nicotine Use	15.0%	18.1%
Diabetes Risk	7.1%	6.7%

	Last Year	This Year
0 Risks	41.6%	40.2%
1 Risk	39.9%	41.8%
More Than 1 Risk	18.6%	18.0%

Participants experienced reductions in three out of five biometric measures, with the largest decrease occurring in hypertension.

Nicotine use has risen by 3.1% among the participants who screened in the two most recent cycles.

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Opportunities

Opportunities

Obesity

Prevalence of Obesity

- Obesity has decreased among the total population but increased among the cohort population.

- Obese participants are 2.3 times more likely to have high blood pressure and 4.3 times more likely to report diabetes risk.

- 67 participants gained more than 20 pounds in the past year.

- Obesity is more prevalent among males than females (pg. 33).

- Employees have a higher incidence of obesity than spouses (pg. 33).

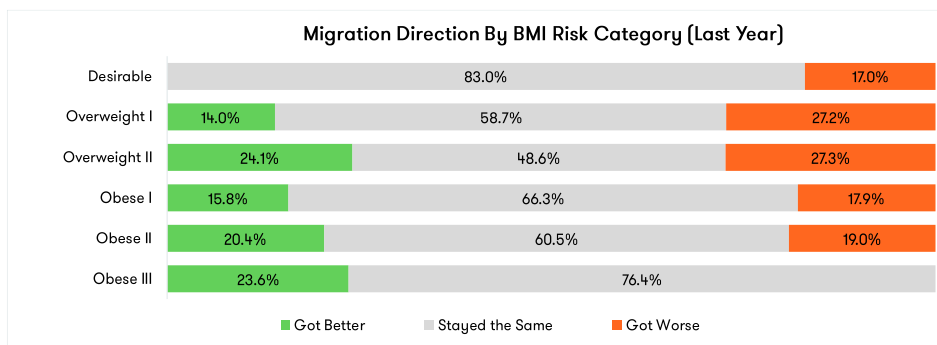- There is a higher rate of obesity in the 40-49 age group (pg. 50).

TREND IN OBESITY
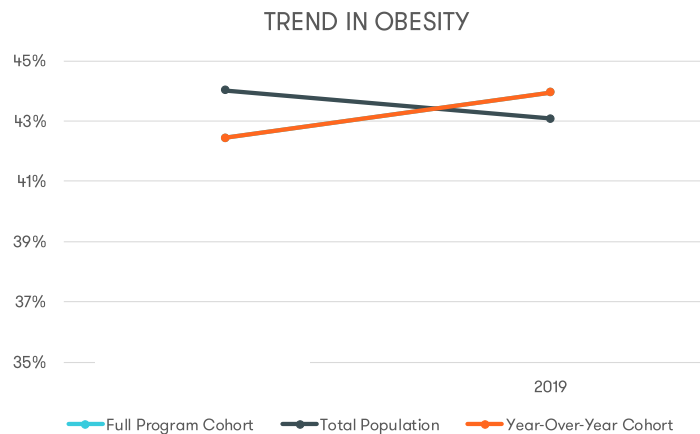
Business Impact

Individuals reporting a BMI of at least 40 (obese III category) can cost employers in excess of $6,000 annually due to additional medical bills and decreased productivity.*

For Lawley Captive, there is the potential for over $1,236,000 worth of savings if participants with a BMI in the obese III range were to move to a normal weight.

Obesity: 07/2018 - 07/2019 (YOY Population)							
Goal:	N/A						
	07/2018	07/2019					
BMI Category	Count	DESIRABLE (18-24.9)	OVERWEIGHT I (25-27.5)	OVERWEIGHT II (27.6-29.9)	OBESE I (30-34.9)	OBESE II (35-39.9)	OBESE III (above 40)
DESIRABLE (18-24.9)	300	249	43	5	1	1	1
OVERWEIGHT I (25-27.5)	235	33	138	57	6	0	1
OVERWEIGHT II (27.6-29.9)	216	4	48	105	57	2	0
OBESE I (30-34.9)	279	7	3	34	185	46	4
OBESE II (35-39.9)	147	0	0	4	26	89	28
OBESE III (above 40)	127	0	0	2	6	22	97
Total	1304	293	232	207	281	160	131

Migration Direction By BMI Risk Category (Last Year)

| Category	Got Better	Stayed the Same	Got Worse
Desirable		83.0%	17.0%
Overweight I	14.0%	58.7%	27.2%
Overweight II	24.1%	48.6%	27.3%
Obese I	15.8%	66.3%	17.9%
Obese II	20.4%	60.5%	19.0%
Obese III	23.6%	76.4%	

■ Got Better ■ Stayed the Same ■ Got Worse

*Finkelstein EA, Et al. The Costs of Obesity in the Workplace. *Journal of Occupational and Environmental Medicine*, 52(10):971-6.

Opportunities

Nicotine Use

Prevalence of Nicotine Use

- Participants experienced an increase in nicotine use in both the year-over-year and total populations.

- Nicotine use is more common among males than females (pg. 33).

- There is a higher percentage of nicotine use among employees than spouses (pg. 33).

- Nicotine use is more prevalent in the 40-49 age group (pg. 50).

TREND IN NICOTINE USE

Full Program Cohort   Total Population   Year-Over-Year Cohort
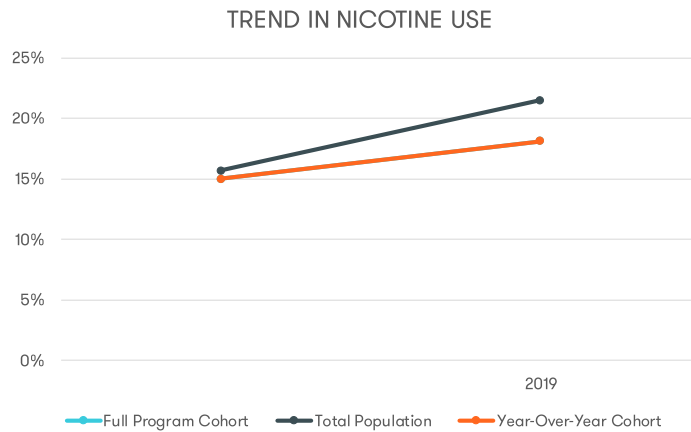
Business impact

Individuals who smoke cost their employers over $5,500 annually in medical expenses and lost productivity.

Over $2,557,500 worth of annual savings is available to Lawley Captive if tobacco use was completely eliminated among employees.

Nicotine Use: 07/2018 - 07/2019   (YOY Population)

Nicotine Category	07/2018	07/2019		Got Better	Stayed the Same	Got Worse
	Count	NEGATIVE	POSITIVE			
NEGATIVE	1113	1049	64		94.2%	5.8%
POSITIVE	196	23	173	11.7%	88.3%	
TOTAL	1309	1072	237	1.8%	93.4%	4.9%

*Berman, Micah Et al. Estimating the Cost of a Smoking Employee. *Tobacco Control*, 23(5).

Opportunities

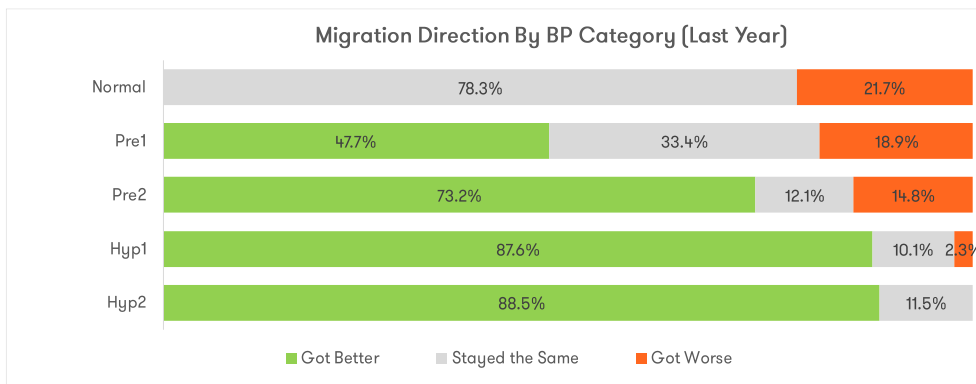## Hypertension

Prevalence of Hypertension

- Hypertension has decreased among the year-over-year population as well as the total population.

- It is more common among males than females (pg. 33).

- It is more prevalent among those in the 60+ age group (pg. 50).

- 63.6% of those with hypertension are also obese.

TREND IN HYPERTENSION
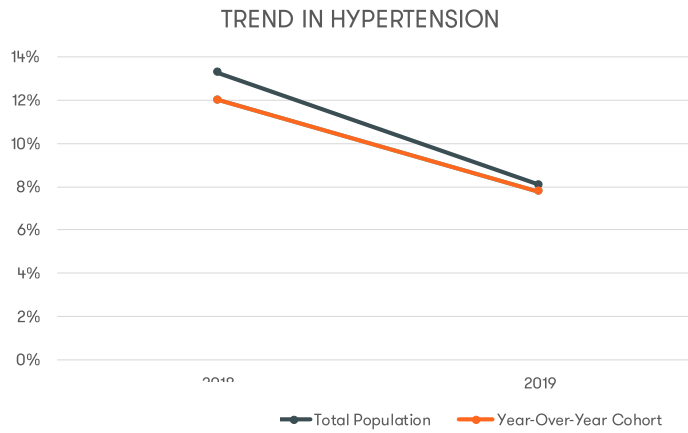
Business Impact

- Individuals with high blood pressure contribute an additional $1,400 annually in medical expenses.*

- High blood pressure costs the nation $47.5 billion each year. This includes medical expenses, medications and productivity loss.**

Hypertension: 07/2018 - 07/2019 (YOY Population)						
Goal:	N/A					
	07/2018	07/2019				
BP Category	**Count**	NORMAL (below 120/80 mmHg)	PRE-HYP 1 (120-130 and 81-85)	PRE-HYP 2 (131-139 and 86-89)	HYPERTENSION 1 (140-159 and 90-99)	HYPERTENSION 2 (above 160/100)
NORMAL (below 120/80 mmHg)	479	375	84	10	7	3
PRE-HYP 1 (120-130 and 81-85)	518	247	173	50	39	9
PRE-HYP 2 (131-139 and 86-89)	149	62	47	18	13	9
HYPERTENSION 1 (140-159 and 90-99)	129	39	54	20	13	3
HYPERTENSION 2 (above 160/100)	26	7	8	5	3	3
TOTAL	1301	730	366	103	75	27

Migration Direction By BP Category (Last Year)

Category	Got Better	Stayed the Same	Got Worse
Normal		78.3%	21.7%
Pre1	47.7%	33.4%	18.9%
Pre2	73.2%	12.1%	14.8%
Hyp1	87.6%	10.1%	2.3%
Hyp2	88.5%	11.5%	

■ Got Better   ■ Stayed the Same   ■ Got Worse

*Health Affairs, 31, no.11 (2012): 2474-2484
**http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm

Opportunities

Diabetes Risk

Prevalence of Diabetes Risk

- Diabetes risk has decreased since the start of the program.

- It's more common among males than females (pg. 33).

- It's more prevalent among those in the 60+ age group (pg. 50).

- Employees have a higher incidence of diabetes risk than spouses (pg. 33).

- 76.4% of those with diabetes are also obese.

TREND IN DIABETES RISK

Full Program Cohort   Total Population   Year-Over-Year Cohort
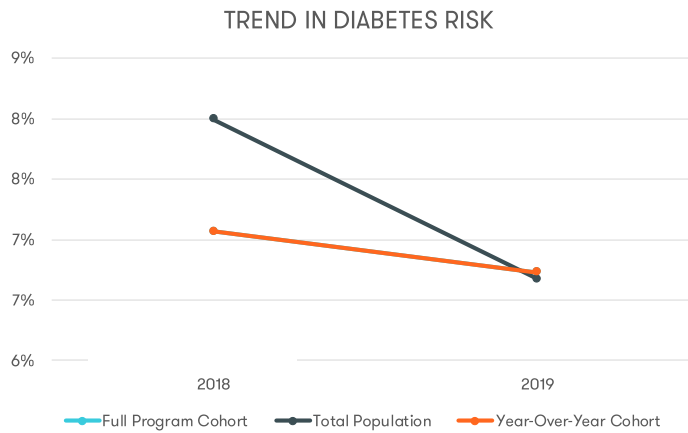
Business Impact

"People with diagnosed diabetes incur average medical expenditures of $16,752 per year, of which about $9,601 is attributed to diabetes. People with diagnosed diabetes, on average, have medical expenditures approximated 2.3 times higher than what expenditures would be in the absence of diabetes."*
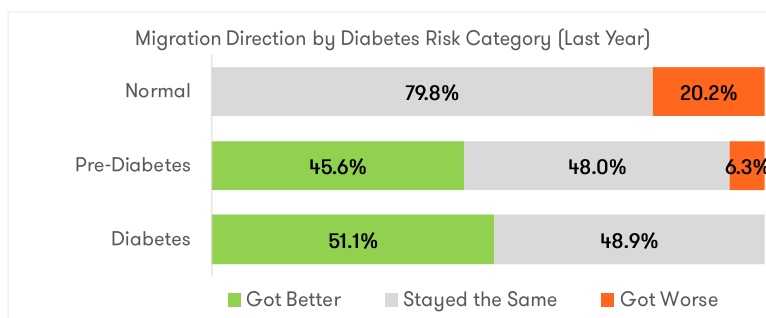
634 participants have glucose levels in the pre-diabetes range. According to the CDC, between 15% and 30% of pre-diabetic people will be diagnosed with diabetes within five years. Medical cost for people with diabetes are twice as high as people without diabetes.**

Diabetes Risk: 07/2018 - 07/2019 (YOY Population)				
Goal:	N/A			
	07/2018	07/2019		
Glucose Category	Count	NORMAL (70-99 mg/dL)	PRE-DIABETES (100-125)	DIABETES (126 or higher)
NORMAL (70-99 mg/dL)	871	695	155	21
PRE-DIABETES (100-125)	333	152	160	21
DIABETES (126 or higher)	92	25	22	45
Total	1296	872	337	87

Migration Direction by Diabetes Risk Category (Last Year)

	Got Better	Stayed the Same	Got Worse
Normal		79.8%	20.2%
Pre-Diabetes	45.6%	48.0%	6.3%
Diabetes	51.1%	48.9%	

■ Got Better ■ Stayed the Same ■ Got Worse

*http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html
**http://www.cdc.gov/diabetes/library/socialmedia/infographics.html

Opportunities

High LDL Cholesterol

Prevalence of High LDL Cholesterol

- High LDL cholesterol has decreased this past year.

- High LDL cholesterol is more common among males than females (pg. 33).

- There is a higher percentage of high LDL cholesterol among spouses than employees (pg. 33).

- There is a higher incidence of high LDL in the 60+ age group (pg. 50).

- 46.0% of those with high LDL cholesterol are also obese.

TREND IN HIGH LDL CHOLESTEROL

Total Population   Year-Over-Year Cohort
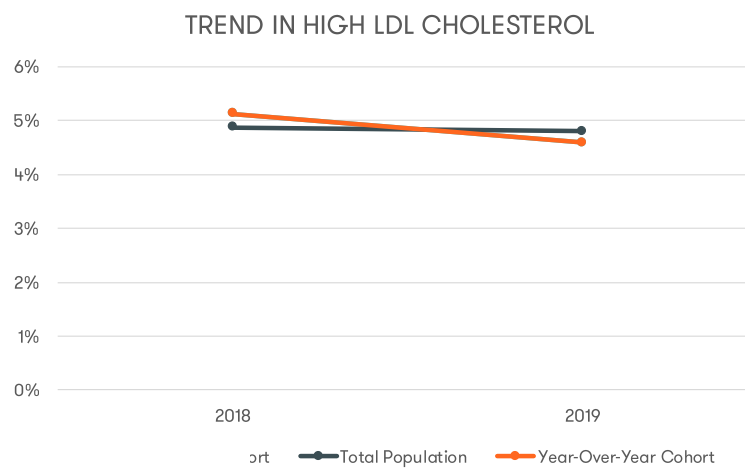
Business Impact

Individuals with cardiovascular disease will attribute, on average, an additional $3,614 annually in medical expenses.*

If each of the participants who reported high LDL cholesterol were diagnosed with cardiovascular disease, there is a potential $336,102 in medical expenses.

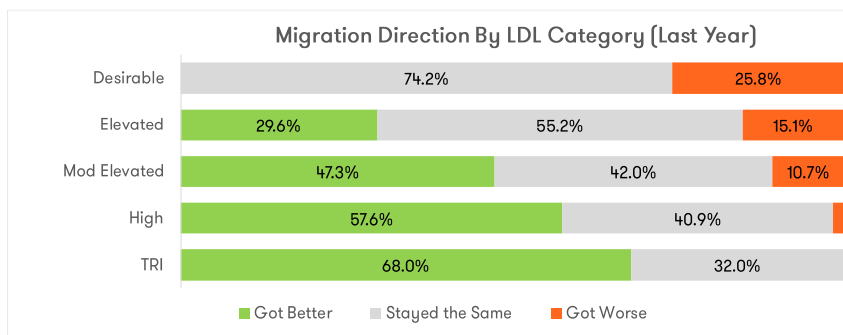| High LDL Cholesterol: 07/2018 - 07/2019 (YOY Population)						
Goal:	N/A					
	07/2018	07/2019				
LDL Category	Count	DESIRABLE (below 100 mg/dL)	ELEVATED (101-130)	MOD ELEVATED (131-160)	HIGH (above160 mg/dL)	UNABLE TO CALC (trig > 400)
DESIRABLE (below 100 mg/dL)	496	368	109	13	0	6
ELEVATED (101-130)	469	139	259	63	5	3
MOD ELEVATED (131-160)	243	21	94	102	26	0
HIGH (above160 mg/dL)	66	5	11	22	27	1
UNABLE TO CALC (trig > 400)	25	10	4	2	1	8
Total	1299	543	477	202	59	18

Migration Direction By LDL Category (Last Year)

Category	Got Better	Stayed the Same	Got Worse
Desirable		74.2%	25.8%
Elevated	29.6%	55.2%	15.1%
Mod Elevated	47.3%	42.0%	10.7%
High	57.6%	40.9%	
TRI	68.0%	32.0%	

■ Got Better   ■ Stayed the Same   ■ Got Worse

www.cdc.gov/chronicdisease/resources/publications/AAG/dhdsp.htm—83 million US adults with cardiovascular disease contribute to the $300 billion annual healthcare costs.

Opportunities

Total Cholesterol

Total Cholesterol: 07/2018 - 07/2019 (YOY Population)				

Goal:

Total Cholesterol Category	07/2018	07/2019		
	Count	DESIRABLE (below 200 mg/dL)	BORDERLINE HIGH (201-239)	HIGH (above 240)
DESIRABLE (below 200 mg/dL)	794	678	108	8
BORDERLINE HIGH (201-239)	395	172	186	37
HIGH (above 240)	112	14	44	54
Total	1301	864	338	99

Migration Direction by Total Cholesterol Category (Last Year)

Category	Got Better	Stayed the Same	Got Worse
Normal		79.8%	20.2%
Pre-Diabetes	45.6%	48.0%	6.3%
Diabetes	51.1%	48.9%	

■ Got Better   ■ Stayed the Same   ■ Got Worse

Migration Charts

Reading Migration Charts

A migration chart shows the movement of participants between risk categories from one program cycle to another. Through this chart, you can get a sense of how many of your higher-risk participants are becoming healthier, and how many of your healthiest participants are staying that way. At the end of this document you will see a chart—color-coded with an interpretation key at bottom—that shows how the 1,259 repeat participants in a two-year Bravo program have reduced (and increased) their overall chronic risk prevalence.

Total Number of Risks: 2015-2016							
Number of Risk Factors	**2015** Count	**2016**					
		0	**1**	**2**	**3**	**4**	**5**
0	278	222	40	14	2	0	0
1	500	67	340	82	11	0	0
2	351	9	116	193	31	2	0
3	108	2	17	35	48	5	1
4	21	0	0	4	11	6	0
5	1	0	0	0	0	1	0
Total	1259	300	513	328	103	14	1

PINK: Risk factor counts for each year. 2015 is on the left and 2016 is across the top.

BLUE: Number of participants with each number of risk factors by year. 2015 is on the left, 2016 is on bottom.

ORANGE: Shows the movement of participants between categories.

- The numbers shown in the gray-shaded boxes represent those staying in the same risk category.
- Numbers below/left of the shaded boxes now have fewer risk factors than they started with. (Green numbers)
- Numbers above/right of the shaded boxes now have a greater number of risk factors. (Orange numbers)

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Program Overview & Recommendations

Program Overview

Based on the screening data from this year*, we have provided passing percentages for the five health measures below. Based on the vast majority of the captive participants passing on BP, Total Cholesterol, Glucose and Triglycerides, it's Bravo's recommendation to offer a moderate goal set to start to move people towards healthier ranges.

Measures	Lenient/Generous Goals	Passing Percentage
BMI	≤ 29.9 or Waist: F ≤33; M ≤35	56.9%
BP	≤ 140/90	91.9%
Total Cholesterol	≤ 240	91.5%
Glucose	≤ 125	93.3%
Triglycerides	≤ 200	88.5%

*Based on data in our system as of 5/24 and does not include all Lawley captive groups who are still screening or have yet to screen.

Program Recommendations

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1 Include a Moderate Goal Set

Given the passing percentages on the previous page, we recommend adding a moderate goal set to the plan design as an option for those groups who are ready to tighten their goals, but don't want to move to NIH goals.

- The recommended moderate goal for Glucose and Triglycerides are essentially the same as the NIH goals currently, but we feel it's important for people to move closer to normal ranges for both of these criteria.

- We would keep the BMI goal the same for now and look at potentially tightening that goal in the future.

Measures	Moderate Goals	Reasonable Alternative
Biometric Screening	Complete	N/A
Annual Physical with PCP	Complete	N/A
BMI	≤ 29.9 or Waist: F ≤33; M ≤35	Meet 3 out of 5 goals with alternative of completing Online University courses, based on measures that were missed
BP	≤ 130/85	
Total Cholesterol	≤ 220	
Glucose	≤ 100	
Triglycerides	≤ 150	
Tobacco	Negative	Online University course (LivingFree)

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Comparison

Comparison
Work Locations (Employer Groups)

Division	# Screened	% of Eligibles (enrolled in Medical)	Percent of at Risk Participants by Division				
			Obesity	Hypertension	High LDL Cholesterol	Nicotine Use	Diabetes Risk
			Bravo Average				
			36.1%	12.2%	6.1%	12.2%	5.8%
BIOMED INNOVATIONS CO	81	89.3%	30.0%	8.8%	9.9%	23.5%	8.6%
BIOMEDICAL INNOVATIONS	88	88.5%	29.5%	11.4%	6.9%	29.5%	5.7%
CHIAMPOU, TRAVIS, BESAW & KERSHNER, LLP	68	91.4%	33.3%	6.1%	4.4%	1.5%	2.9%
CONSERVE	344	50.9%	50.9%	7.0%	4.7%	18.4%	6.1%
COSTANZOS BAKERY	56	53.2%	39.3%	25.0%	3.6%	28.6%	7.3%
EASTMAN MACHINE COMPANY	55	61.0%	34.5%	1.8%	0.0%	23.6%	10.9%
EVANS ROOFING	90	100.0%	41.1%	15.6%	5.6%	36.0%	10.1%
GERNATT ASPHALT PRODUCTS, INC.	86	79.3%	40.7%	5.8%	3.5%	18.6%	2.4%
HORIZON HEALTH SERVICES, INC.	352	84.7%	39.4%	5.7%	2.6%	9.7%	4.6%
ISAAC HEATING AND AIR CONDITIONING, INC	141	56.9%	42.9%	5.0%	5.7%	25.5%	2.8%
KREHER FAMILY FARM	43	0.0%	42.9%	14.3%	7.0%	37.2%	7.0%
LEHIGH CONSTRUCTION GROUP, INC.	66	91.5%	40.9%	6.1%	7.6%	18.2%	0.0%
LEONARDS EXPRESS	162	0.5%	45.7%	8.7%	6.8%	28.4%	8.6%
MACO BAG	38	0.0%	36.8%	10.5%	2.6%	26.3%	7.9%
MAZZA MECHANICAL SERVICES, INC.	37	49.0%	36.1%	5.6%	5.4%	40.5%	5.6%
MERCY FLIGHT, INC.	50	75.4%	55.1%	4.0%	0.0%	20.0%	14.0%
NISSHA MEDICAL	175	0.0%	39.7%	11.4%	5.1%	16.7%	4.6%
REGIONAL INTERNATIONAL CORPORATION	67	70.0%	46.3%	6.0%	3.0%	24.2%	19.4%
REID PETROLEUM CORP.	108	70.9%	55.6%	7.4%	3.7%	31.5%	5.6%
SEALING DEVICES, INC.	102	70.3%	45.9%	5.1%	5.0%	16.8%	6.9%
SEQUEL SPECIAL PRODUCTS	34	96.8%	32.4%	2.9%	2.9%	20.6%	8.8%
SW RODGERS CO	97	52.6%	55.7%	8.2%	3.1%	31.3%	15.6%
TIOGA PIPE, INC.	62	0.0%	40.3%	14.5%	13.1%	27.4%	4.9%

Better Than Bravo Average   Equals Bravo Average   Worse Than Bravo Average

Comparison
Gender & Member Type

bravo

GENDER COMPARISON

■ Males ■ Females ▬ Bravo Average

(Bar chart — Gender Comparison)
Categories: Obesity, Hypertension, High LDL, Nicotine Use, Diabetes
Y-axis: 0% to 50%

MEMBER TYPE COMPARISON

■ Employees ■ Spouses

(Bar chart — Member Type Comparison)
Categories: Obesity, Hypertension, High LDL Cholesterol, Nicotine Use, Diabetes Risk
Y-axis: 0% to 50%

6/10/2019 — version 1
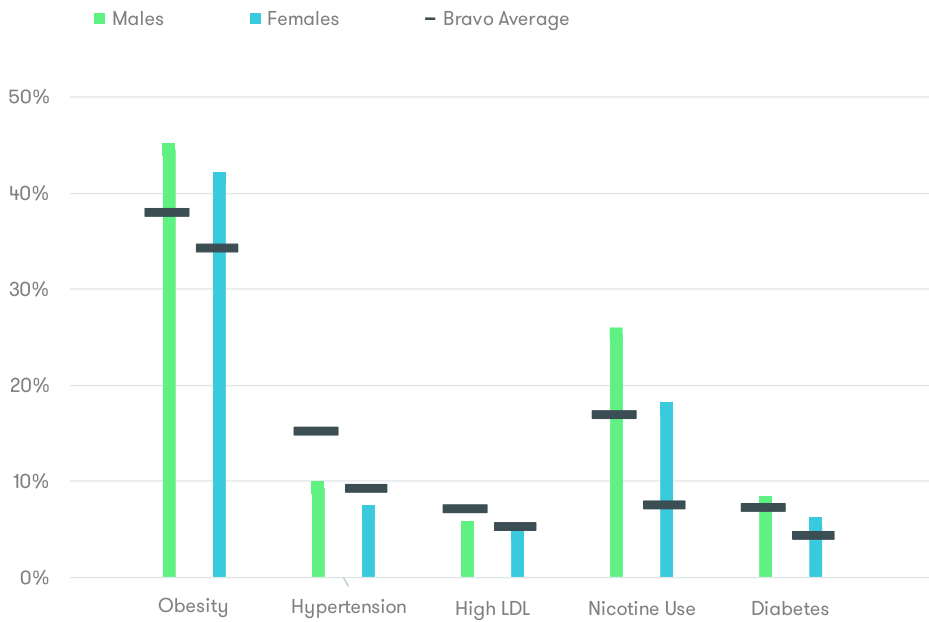
Migration Charts
Body Mass Index

	07/2018	07/2019					
Obesity: 07/2018 - 07/2019 (YOY Population)							
Goal:	N/A						
BMI Category	**Count**	DESIRABLE (18-24.9)	OVERWEIGHT I (25-27.5)	OVERWEIGHT II (27.6-29.9)	OBESE I (30-34.9)	OBESE II (35-39.9)	OBESE III (above 40)
DESIRABLE (18-24.9)	300	249	43	5	1	1	1
OVERWEIGHT I (25-27.5)	235	33	138	57	6	0	1
OVERWEIGHT II (27.6-29.9)	216	4	48	105	57	2	0
OBESE I (30-34.9)	279	7	3	34	185	46	4
OBESE II (35-39.9)	147	0	0	4	26	89	28
OBESE III (above 40)	127	0	0	2	6	22	97
Total	1304	293	232	207	281	160	131

Migration Direction By BMI Risk Category (Last Year)

Category	Got Better	Stayed the Same	Got Worse
Desirable		83.0%	17.0%
Overweight I	14.0%	58.7%	27.2%
Overweight II	24.1%	48.6%	27.3%
Obese I	15.8%	66.3%	17.9%
Obese II	20.4%	60.5%	19.0%
Obese III	23.6%	76.4%	

■ Got Better   ■ Stayed the Same   ■ Got Worse

Hypertension

bravo

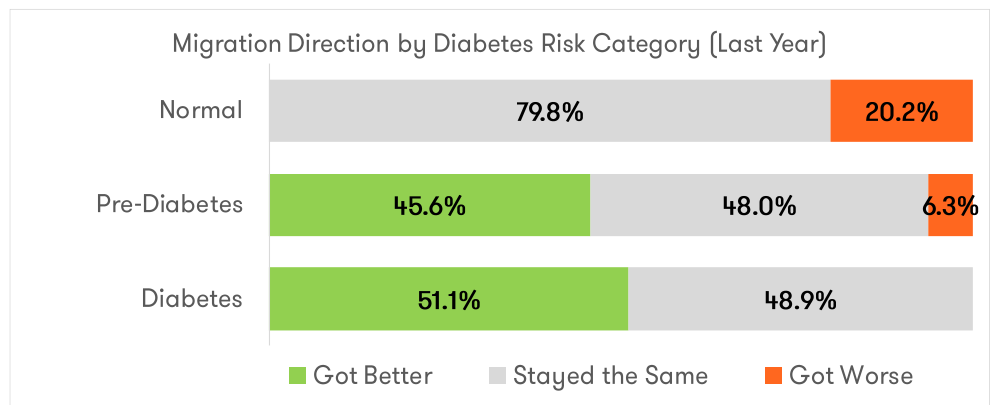|	07/2018	07/2019				
BP Category	**Count**	NORMAL (below 120/80 mmHg)	PRE-HYP 1 (120-130 and 81-85)	PRE-HYP 2 (131-139 and 86-89)	HYPERTENSION 1 (140-159 and 90-99)	HYPERTENSION 2 (above 160/100)
NORMAL (below 120/80 mmHg)	479	375	84	10	7	3
PRE-HYP 1 (120-130 and 81-85)	518	247	173	50	39	9
PRE-HYP 2 (131-139 and 86-89)	149	62	47	18	13	9
HYPERTENSION 1 (140-159 and 90-99)	129	39	54	20	13	3
HYPERTENSION 2 (above 160/100)	26	7	8	5	3	3
TOTAL	1301	730	366	103	75	27

Hypertension: 07/2018 - 07/2019   (YOY Population)

Goal: N/A

Migration Direction By BP Category (Last Year)

Category	Got Better	Stayed the Same	Got Worse
Normal		78.3%	21.7%
Pre1	47.7%	33.4%	18.9%
Pre2	73.2%	12.1%	14.8%
Hyp1	87.6%	10.1%	2.3%
Hyp2	88.5%	11.5%	

■ Got Better ■ Stayed the Same ■ Got Worse

Difbetes Risk

Diabetes Risk: 07/2018 - 07/2019 (YOY Population)				
Goal:	N/A			
	07/2018	07/2019		
Glucose Category	**Count**	NORMAL (70-99 mg/dL)	PRE-DIABETES (100-125)	DIABETES (126 or higher)
NORMAL (70-99 mg/dL)	871	695	155	21
PRE-DIABETES (100-125)	333	152	160	21
DIABETES (126 or higher)	92	25	22	45
Total	1296	872	337	87

Migration Direction by Diabetes Risk Category (Last Year)

	Got Better	Stayed the Same	Got Worse
Normal		79.8%	20.2%
Pre-Diabetes	45.6%	48.0%	6.3%
Diabetes	51.1%	48.9%	

■ Got Better   ■ Stayed the Same   ■ Got Worse

Nicotine Use

Nicotine Use: 07/2018 - 07/2019   (YOY Population)

Nicotine Category	07/2018	07/2019				
	Count	NEGATIVE	POSITIVE	Got Better	Stayed the Same	Got Worse
NEGATIVE	1113	1049	64		94.2%	5.8%
POSITIVE	196	23	173	11.7%	88.3%	
TOTAL	1309	1072	237	1.8%	93.4%	4.9%

Migration Charts
LDL Cholesterol

High LDL Cholesterol: 07/2018 - 07/2019 (YOY Population)						
Goal:	N/A					
	07/2018	07/2019				
LDL Category	**Count**	DESIRABLE (below 100 mg/dL)	ELEVATED (101-130)	MOD ELEVATED (131-160)	HIGH (above160 mg/dL)	UNABLE TO CALC (trig > 400)
DESIRABLE (below 100 mg/dL)	496	368	109	13	0	6
ELEVATED (101-130)	469	139	259	63	5	3
MOD ELEVATED (131-160)	243	21	94	102	26	0
HIGH (above160 mg/dL)	66	5	11	22	27	1
UNABLE TO CALC (trig > 400)	25	10	4	2	1	8
Total	1299	543	477	202	59	18

Migration Direction By LDL Category (Last Year)

Category	Got Better	Stayed the Same	Got Worse
Desirable		74.2%	25.8%
Elevated	29.6%	55.2%	15.1%
Mod Elevated	47.3%	42.0%	10.7%
High	57.6%	40.9%	
TRI	68.0%	32.0%	

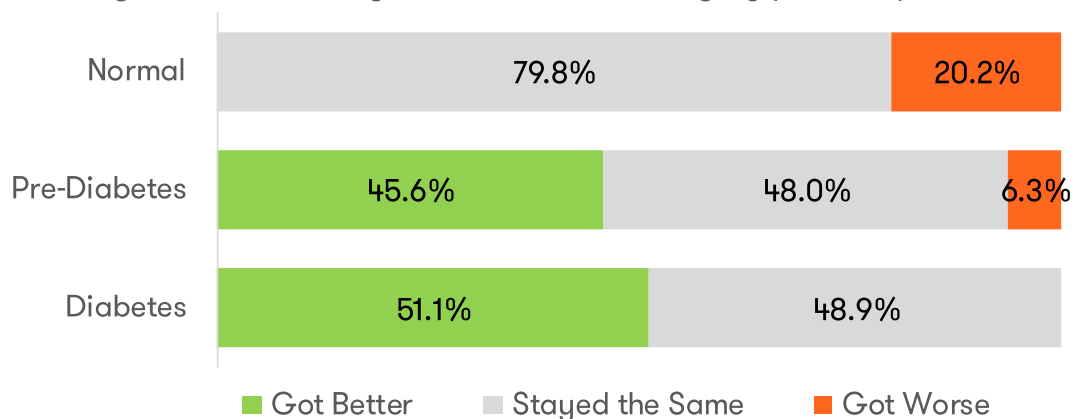■ Got Better   ■ Stayed the Same   ■ Got Worse

Total Cholesterol

Total Cholesterol: 07/2018 - 07/2019   (YOY Population)

Goal:

Total Cholesterol Category	07/2018 Count	07/2019 DESIRABLE (below 200 mg/dL)	BORDERLINE HIGH (201-239)	HIGH (above 240)
DESIRABLE (below 200 mg/dL)	794	678	108	8
BORDERLINE HIGH (201-239)	395	172	186	37
HIGH (above 240)	112	14	44	54
Total	1301	864	338	99

Migration Direction by Total Cholesterol Category (Last Year)

Normal: 79.8% / 20.2%
Pre-Diabetes: 45.6% / 48.0% / 6.3%
Diabetes: 51.1% / 48.9%

■ Got Better   ■ Stayed the Same   ■ Got Worse

Appendix

Appendix
Total Population

Number of Measures at High Risk	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
0 high risks	48.9%	40.1%	39.3%	-0.7%	-9.6%
1 high risk	34.9%	39.7%	41.5%	1.8%	6.5%
2 high risks	13.4%	15.4%	15.6%	0.2%	2.2%
3 high risks	2.5%	4.4%	3.3%	-1.1%	0.8%
4 high risks	0.2%	0.5%	0.3%	-0.2%	0.1%
5 high risks	0.0%	0.0%	0.0%	0.0%	0.0%
More than 1 high risk	16.1%	20.3%	19.2%	-1.1%	3.1%
More than 2 high risks	2.7%	4.8%	3.6%	-1.2%	0.9%
Avg Number of Risks		0.86	0.84	-1.7%	

Body Mass Index	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Desirable (18-24.9 kg/m^2)	29.0%	22.8%	23.1%	0.3%	-5.9%
Overweight I (25-27.5)	19.4%	17.3%	17.2%	0.0%	-2.2%
Overweight II (27.6-29.9)	15.4%	16.0%	16.6%	0.6%	1.2%
Obese (above 30 kg/m^2)	36.1%	44.0%	43.1%	-0.9%	7.0%
Obese I (30-34.9)	20.7%	22.6%	21.3%	-1.3%	0.5%
Obese II (35-39.9)	9.2%	11.3%	11.8%	0.5%	2.6%
Obese III (above 40)	6.2%	10.2%	10.0%	-0.2%	3.9%
Not reported (not in percentages)		5	14		

Blood Pressure	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Total Number Screened		1697	2421		
Normal (below 120/80 mmHg)	37.6%	34.6%	54.8%	20.3%	17.2%
Pre-Hypertension I (120-130 & 81-85)	36.4%	40.6%	29.4%	-11.2%	-7.1%
Pre-Hypertension II (131-139 & 86-89)	13.7%	11.6%	7.7%	-3.8%	-6.0%
Stage 1 Hypertension (140-159 & 90-99)	10.0%	10.7%	6.3%	-4.5%	-3.7%
Stage 2 Hypertension (above 160/100)	2.2%	2.5%	1.8%	-0.7%	-0.4%
Not reported (not in percentages)		10	11		

LDL Cholesterol	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Desirable (below 100 mg/dL)	42.7%	39.1%	42.4%	3.3%	-0.3%
Elevated (101-130)	33.9%	35.0%	35.0%	0.0%	1.1%
Moderately Elevated (131-160)	16.2%	19.1%	16.0%	-3.1%	-0.2%
High (above160 mg/dL)	6.1%	4.9%	4.8%	-0.1%	-1.3%
Unable to Calculate - trig > 400	1.2%	2.0%	1.9%	-0.1%	0.7%
Not reported (not in percentages)		15	9		

Total Cholesterol	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Desirable (below 200 mg/dL)	65.6%	61.2%	65.3%	4.1%	-0.4%
Borderline High (201-239)	25.8%	30.4%	26.2%	-4.2%	0.4%
High (above 240)	8.6%	8.5%	8.6%	0.1%	0.0%
Not reported (not in percentages)		17	9		

Cholesterol / HDL Ratio	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Normal (below 4.5)	78.2%	77.1%	81.4%	4.3%	3.3%
High (above 4.5)	21.8%	22.9%	18.6%	-4.3%	-3.3%
Not reported (not in percentages)		17	10		

HDL Cholesterol	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Excellent (above 60 mg/dL)	34.7%	31.8%	33.7%	1.9%	-1.0%
Desirable (40-59)	45.5%	50.1%	50.6%	0.5%	5.1%
Low (below 40)	19.7%	18.1%	15.7%	-2.5%	-4.1%
Not reported (not in percentages)		15	10		

Triglycerides	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Optimal (below 100)	47.6%	43.5%	46.1%	2.6%	-1.4%
Normal (100-149)	26.4%	26.9%	29.2%	2.3%	2.9%
Borderline High (150-199)	12.6%	15.5%	13.2%	-2.4%	0.6%
High (200-499)	11.6%	13.1%	10.2%	-3.0%	-1.5%
Very High (above 500)	1.8%	0.9%	1.3%	0.4%	-0.5%
Not reported (not in percentages)		15	4		

Tobacco/Nicotine Usage	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Positive	12.2%	15.7%	21.5%	5.8%	9.3%
Negative	87.8%	84.3%	78.5%	-5.8%	-9.3%
Not reported (not in percentages)		0	7		

Glucose	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1697	2421		
Normal (70-99 mg/dL)	71.1%	65.5%	67.0%	1.6%	-4.0%
Pre-Diabetes (100-125)	23.1%	26.6%	26.3%	-0.3%	3.1%
Diabetes (>=126)	5.8%	8.0%	6.7%	-1.3%	0.9%
Not reported (not in percentages)		21	9		

Appendix
Year-Over-Year Population

Number of Measures at High Risk	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
0 high risks	48.9%	41.6%	40.2%	-1.4%	-8.7%
1 high risk	34.9%	39.9%	41.8%	1.9%	6.8%
2 high risks	13.4%	14.5%	15.1%	0.6%	1.7%
3 high risks	2.5%	3.7%	2.8%	-0.9%	0.4%
4 high risks	0.2%	0.3%	0.1%	-0.2%	-0.2%
5 high risks	0.0%	0.0%	0.0%	0.0%	0.0%
More than 1 high risk	16.1%	18.6%	18.0%	-0.5%	1.9%
More than 2 high risks	2.7%	4.0%	2.9%	-1.1%	0.2%
Avg Number of Risks		0.81	0.81	-0.5%	

Body Mass Index	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Desirable (18-24.9 kg/m^2)	29.0%	22.9%	22.4%	-0.5%	-6.6%
Overweight I (25-27.5)	19.4%	18.0%	17.7%	-0.3%	-1.7%
Overweight II (27.6-29.9)	15.4%	16.6%	15.9%	-0.7%	0.5%
Obese (above 30 kg/m^2)	36.1%	42.4%	44.0%	1.5%	7.8%
Obese I (30-34.9)	20.7%	21.5%	21.6%	0.1%	0.8%
Obese II (35-39.9)	9.2%	11.3%	12.3%	1.0%	3.1%
Obese III (above 40)	6.2%	9.7%	10.1%	0.4%	3.9%
Not reported (not in percentages)		4	6		

Blood Pressure	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Total Number Screened		1314	1314		
Normal (below 120/80 mmHg)	37.6%	36.7%	56.2%	19.5%	18.5%
Pre-Hypertension I (120-130 & 81-85)	36.4%	39.7%	28.2%	-11.5%	-8.3%
Pre-Hypertension II (131-139 & 86-89)	13.7%	11.6%	7.9%	-3.7%	-5.9%
Stage 1 Hypertension (140-159 & 90-99)	10.0%	10.0%	5.7%	-4.3%	-4.3%
Stage 2 Hypertension (above 160/100)	2.2%	2.0%	2.1%	0.1%	-0.1%
Not reported (not in percentages)		9	4		

LDL Cholesterol	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Desirable (below 100 mg/dL)	42.7%	38.3%	41.9%	3.6%	-0.8%
Elevated (101-130)	33.9%	36.0%	36.6%	0.7%	2.8%
Moderately Elevated (131-160)	16.2%	18.6%	15.5%	-3.1%	-0.7%
High (above160 mg/dL)	6.1%	5.1%	4.6%	-0.5%	-1.5%
Unable to Calculate - trig > 400	1.2%	2.0%	1.4%	-0.6%	0.2%
Not reported (not in percentages)		8	7		

Total Cholesterol	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Desirable (below 200 mg/dL)	65.6%	61.1%	66.4%	5.3%	0.8%
Borderline High (201-239)	25.8%	30.2%	26.0%	-4.3%	0.2%
High (above 240)	8.6%	8.7%	7.6%	-1.0%	-0.9%
Not reported (not in percentages)		8	5		

Cholesterol / HDL Ratio	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Normal (below 4.5)	78.2%	77.5%	81.9%	4.4%	3.7%
High (above 4.5)	21.8%	22.5%	18.1%	-4.4%	-3.7%
Not reported (not in percentages)		8	6		

HDL Cholesterol	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Excellent (above 60 mg/dL)	34.7%	33.2%	34.3%	1.2%	-0.4%
Desirable (40-59)	45.5%	49.6%	50.5%	0.9%	5.0%
Low (below 40)	19.7%	17.2%	15.1%	-2.1%	-4.6%
Not reported (not in percentages)		8	6		

Triglycerides	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Optimal (below 100)	47.6%	44.1%	46.0%	1.9%	-1.5%
Normal (100-149)	26.4%	27.6%	29.7%	2.1%	3.4%
Borderline High (150-199)	12.6%	14.5%	13.1%	-1.4%	0.5%
High (200-499)	11.6%	12.7%	10.0%	-2.7%	-1.7%
Very High (above 500)	1.8%	1.0%	1.1%	0.1%	-0.7%
Not reported (not in percentages)		8	2		

Tobacco/Nicotine Usage	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Positive	12.2%	15.0%	18.1%	3.1%	5.9%
Negative	87.8%	85.0%	81.9%	-3.1%	-5.9%
Not reported (not in percentages)		0	7		

Glucose	Bravo Average	07/2018	07/2019	Change (YOY)	Vs. Bravo Average
Number Screened		1314	1314		
Normal (70-99 mg/dL)	71.1%	67.1%	67.4%	0.2%	-3.7%
Pre-Diabetes (100-125)	23.1%	25.8%	25.9%	0.1%	2.8%
Diabetes (>=126)	5.8%	7.1%	6.7%	-0.3%	0.9%
Not reported (not in percentages)		12	6		

Appendix
Gender

Number of Measures at High Risk	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
0 high risks	55.0%	42.9%	44.5%	34.3%
1 high risk	32.6%	37.2%	39.0%	43.9%
2 high risks	10.7%	16.1%	13.3%	17.9%
3 high risks	1.5%	3.4%	2.8%	3.8%
4 high risks	0.2%	0.3%	0.3%	0.2%
5 high risks	0.0%	0.0%	0.0%	0.0%
More than 1 high risk	12.3%	19.9%	16.5%	21.9%
More than 2 high risks	1.7%	3.7%	3.2%	4.0%
Avg Number of Risks			0.75	0.92

Body Mass Index	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Desirable (18-24.9 kg/m^2)	37.5%	20.8%	30.2%	16.2%
Overweight I (25-27.5)	16.5%	22.2%	15.5%	18.9%
Overweight II (27.6-29.9)	11.6%	19.1%	12.8%	20.2%
Obese (above 30 kg/m^2)	34.3%	37.9%	41.5%	44.6%
Obese I (30-34.9)	17.2%	24.2%	17.9%	24.6%
Obese II (35-39.9)	9.6%	8.8%	11.7%	11.9%
Obese III (above 40)	7.4%	4.9%	12.0%	8.1%
Not reported (not in percentages)			0	0

Blood Pressure	Females - Bravo Average	Males - Bravo Average	Females	Males
Total Number Screened			1195	1226
Normal (below 120/80 mmHg)	47.3%	28.2%	64.6%	45.3%
Pre-Hypertension I (120-130 & 81-85)	32.5%	40.3%	23.2%	35.4%
Pre-Hypertension II (131-139 & 86-89)	10.9%	16.5%	5.3%	10.1%
Stage 1 Hypertension (140-159 & 90-99)	7.6%	12.3%	5.1%	7.4%
Stage 2 Hypertension (above 160/100)	1.7%	2.7%	1.7%	2.0%
Not reported (not in percentages)			7	4

LDL Cholesterol	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Desirable (below 100 mg/dL)	46.2%	39.2%	44.4%	40.4%
Elevated (101-130)	33.2%	34.5%	34.5%	35.4%
Moderately Elevated (131-160)	14.6%	17.8%	15.7%	16.3%
High (above160 mg/dL)	5.2%	6.9%	4.5%	5.1%
Unable to Calculate - trig > 400	0.8%	1.5%	0.8%	2.9%
Not reported (not in percentages)			7	2

Total Cholesterol	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Desirable (below 200 mg/dL)	63.9%	67.3%	62.6%	67.8%
Borderline High (201-239)	27.0%	24.6%	27.8%	24.6%
High (above 240)	9.1%	8.1%	9.6%	7.6%
Not reported (not in percentages)			7	2

Cholesterol / HDL Ratio	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Normal (below 4.5)	88.7%	67.8%	89.6%	73.5%
High (above 4.5)	11.3%	32.2%	10.4%	26.5%
Not reported (not in percentages)			8	2

HDL Cholesterol	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Excellent (above 60 mg/dL)	50.7%	19.2%	49.2%	18.7%
Desirable (40-59)	40.9%	50.0%	44.3%	56.7%
Low (below 40)	8.3%	30.9%	6.5%	24.6%
Not reported (not in percentages)			8	2

Triglycerides	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Optimal (below 100)	54.6%	40.7%	52.0%	40.5%
Normal (100-149)	25.5%	27.2%	27.7%	30.7%
Borderline High (150-199)	10.2%	14.9%	11.4%	14.8%
High (200-499)	8.0%	15.2%	8.0%	12.3%
Very High (above 500)	1.7%	2.0%	0.9%	1.7%
Not reported (not in percentages)			4	0

Tobacco/Nicotine Usage	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Positive	7.5%	16.8%	17.6%	25.3%
Negative	92.5%	83.2%	82.4%	74.7%
Not reported (not in percentages)			5	2

Glucose	Females - Bravo Average	Males - Bravo Average	Females	Males
Number Screened			1195	1226
Normal (70-99 mg/dL)	78.1%	64.2%	74.8%	59.5%
Pre-Diabetes (100-125)	17.5%	28.7%	19.7%	32.7%
Diabetes (>=126)	4.4%	7.2%	5.6%	7.8%
Not reported (not in percentages)			6	3

Appendix
Member Type

Number of Measures at High Risk	Employees	Spouses
Number Screened	2040	381
0 high risks	38.1%	45.9%
1 high risk	42.4%	36.5%
2 high risks	16.1%	12.9%
3 high risks	3.1%	4.2%
4 high risks	0.2%	0.5%
5 high risks	0.0%	0.0%
More than 1 high risk	19.5%	17.6%
More than 2 high risks	3.4%	4.7%
Avg Number of Risks	0.85	0.77

Body Mass Index	Employees	Spouses
Number Screened	2040	381
Desirable (18-24.9 kg/m^2)	22.7%	25.4%
Overweight I (25-27.5)	17.0%	18.7%
Overweight II (27.6-29.9)	16.8%	15.2%
Obese (above 30 kg/m^2)	43.5%	40.6%
Obese I (30-34.9)	21.4%	20.6%
Obese II (35-39.9)	12.0%	10.7%
Obese III (above 40)	10.1%	9.4%
Not reported (not in percentages)	7	7

Blood Pressure	Employees	Spouses
Total Number Screened	2040	381
Normal (below 120/80 mmHg)	54.9%	54.4%
Pre-Hypertension I (120-130 & 81-85)	30.0%	26.1%
Pre-Hypertension II (131-139 & 86-89)	7.7%	7.7%
Stage 1 Hypertension (140-159 & 90-99)	6.0%	7.7%
Stage 2 Hypertension (above 160/100)	1.4%	4.0%
Not reported (not in percentages)	5	6

LDL Cholesterol	Employees	Spouses
Number Screened	2040	381
Desirable (below 100 mg/dL)	42.7%	40.7%
Elevated (101-130)	35.1%	34.4%
Moderately Elevated (131-160)	15.8%	16.9%
High (above160 mg/dL)	4.6%	6.1%
Unable to Calculate - trig > 400	1.9%	1.9%
Not reported (not in percentages)	6	3

Total Cholesterol	Employees	Spouses
Number Screened	2040	381
Desirable (below 200 mg/dL)	66.0%	61.4%
Borderline High (201-239)	26.0%	27.2%
High (above 240)	8.1%	11.4%
Not reported (not in percentages)	6	3

Cholesterol / HDL Ratio	Employees	Spouses
Number Screened	2040	381
Normal (below 4.5)	80.8%	84.9%
High (above 4.5)	19.2%	15.1%
Not reported (not in percentages)	*6*	*4*

HDL Cholesterol	Employees	Spouses
Number Screened	2040	381
Excellent (above 60 mg/dL)	32.6%	39.8%
Desirable (40-59)	50.9%	48.8%
Low (below 40)	16.5%	11.4%
Not reported (not in percentages)	*6*	*4*

Triglycerides	Employees	Spouses
Number Screened	2040	381
Optimal (below 100)	46.1%	46.4%
Normal (100-149)	29.3%	28.5%
Borderline High (150-199)	12.9%	14.8%
High (200-499)	10.5%	8.7%
Very High (above 500)	1.3%	1.6%
Not reported (not in percentages)	*2*	*2*

Tobacco/Nicotine Usage	Employees	Spouses
Number Screened	2040	381
Positive	22.8%	14.3%
Negative	77.2%	85.7%
Not reported (not in percentages)	*4*	*3*

Glucose	Employees	Spouses
Number Screened	2040	381
Normal (70-99 mg/dL)	66.6%	69.6%
Pre-Diabetes (100-125)	26.5%	25.1%
Diabetes (>=126)	6.9%	5.3%
Not reported (not in percentages)	*6*	*3*

Appendix
Age

	Bravo Average									
Number of Measures at High Risk	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
0 high risks	63.1%	54.0%	45.6%	41.7%	41.7%	55.8%	39.2%	34.9%	33.8%	36.3%
1 high risk	28.2%	34.4%	36.7%	36.4%	38.4%	36.7%	44.4%	41.5%	42.2%	41.1%
2 high risks	7.6%	10.0%	14.7%	17.9%	16.1%	7.2%	14.4%	18.8%	18.6%	17.3%
3 high risks	1.0%	1.4%	2.8%	3.7%	3.3%	0.3%	2.0%	4.7%	4.8%	4.5%
4 high risks	0.0%	0.1%	0.2%	0.4%	0.4%	0.0%	0.0%	0.0%	0.6%	0.9%
5 high risks	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
More than 1 high risk	8.6%	11.6%	17.7%	21.9%	19.9%	7.5%	16.4%	23.6%	24.0%	22.6%
More than 2 high risks	1.0%	1.6%	3.0%	4.0%	3.7%	0.3%	2.0%	4.7%	5.4%	5.4%
Avg Number of Risks						0.52	0.79	0.93	0.96	0.93

Body Mass Index	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Desirable (18-24.9 kg/m^2)	44.8%	31.5%	44.4%	23.3%	23.1%	35.0%	23.9%	21.6%	19.0%	17.9%
Overweight I (25-27.5)	17.2%	20.2%	35.5%	20.1%	19.3%	18.4%	16.4%	16.2%	18.8%	15.8%
Overweight II (27.6-29.9)	11.7%	14.4%	55.6%	16.6%	18.4%	13.7%	16.3%	15.1%	16.2%	22.1%
Obese (above 30 kg/m^2)	26.2%	34.0%	61.4%	40.0%	39.3%	32.9%	43.4%	47.1%	46.0%	44.2%
Obese I (30-34.9)	14.8%	19.0%	32.0%	23.8%	23.5%	16.3%	19.3%	21.8%	24.3%	24.5%
Obese II (35-39.9)	6.9%	8.5%	17.7%	10.1%	10.3%	10.1%	12.5%	14.3%	11.3%	10.4%
Obese III (above 40)	4.6%	6.5%	7.6%	6.1%	5.5%	6.5%	11.5%	11.0%	10.5%	9.3%
Not reported (not in percentages)						0	2	4	6	1

Blood Pressure	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Total Number Screened						387	592	467	628	336
Normal (below 120/80 mmHg)	51.4%	44.9%	37.9%	30.0%	23.3%	72.5%	63.3%	53.4%	46.2%	37.9%
Pre-Hypertension I (120-130 & 81-85)	33.5%	36.2%	35.4%	37.2%	40.2%	20.3%	27.1%	29.7%	33.8%	35.2%
Pre-Hypertension II (131-139 & 86-89)	9.1%	11.6%	13.4%	16.3%	18.6%	4.4%	4.7%	8.4%	9.3%	13.1%
Stage 1 Hypertension (140-159 & 90-99)	5.0%	6.3%	10.8%	13.6%	14.3%	2.1%	3.9%	6.3%	9.0%	9.6%
Stage 2 Hypertension (above 160/100)	1.0%	1.0%	2.6%	3.0%	3.7%	0.8%	1.0%	2.2%	1.8%	4.2%
Not reported (not in percentages)						0	1	3	4	1

LDL Cholesterol	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Desirable (below 100 mg/dL)	56.6%	45.1%	37.8%	35.6%	42.1%	54.5%	44.7%	38.9%	37.7%	37.2%
Elevated (101-130)	29.4%	33.0%	36.2%	35.7%	33.8%	31.5%	35.4%	36.3%	35.0%	36.0%
Moderately Elevated (131-160)	9.5%	15.2%	17.8%	19.7%	17.0%	11.6%	13.7%	16.1%	19.8%	18.3%
High (above160 mg/dL)	3.5%	5.2%	6.7%	7.9%	6.4%	1.3%	4.9%	5.4%	5.6%	6.6%
Unable to Calculate - triglycerides > 400	1.0%	1.4%	1.3%	1.1%	0.7%	1.0%	1.4%	3.2%	1.9%	1.8%
Not reported (not in percentages)						0	1	2	2	3

Total Cholesterol	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Desirable (below 200 mg/dL)	78.4%	69.8%	63.3%	57.3%	62.5%	76.9%	70.6%	63.0%	57.7%	58.9%
Borderline High (201-239)	17.5%	23.3%	27.7%	31.0%	27.4%	20.2%	23.2%	26.9%	30.5%	29.7%
High (above 240)	4.1%	6.9%	9.1%	11.7%	10.1%	2.8%	6.3%	10.1%	11.8%	11.4%
Not reported (not in percentages)						0	1	2	1	3

Cholesterol / HDL Ratio	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Normal (below 4.5)	86.3%	77.2%	73.5%	75.9%	80.9%	88.3%	82.4%	74.4%	80.7%	82.3%
High (above 4.5)	13.7%	22.8%	26.5%	24.1%	19.1%	11.7%	17.6%	25.6%	19.3%	17.7%
Not reported (not in percentages)						0	1	2	2	3

HDL Cholesterol	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Excellent (above 60 mg/dL)	39.7%	32.0%	32.4%	36.0%	34.7%	38.3%	31.1%	31.6%	35.0%	33.3%
Desirable (40-59)	44.8%	47.9%	45.2%	44.2%	45.0%	49.2%	53.3%	50.3%	49.4%	50.5%
Low (below 40)	15.6%	20.1%	22.3%	19.8%	20.2%	12.4%	15.6%	18.1%	15.7%	16.2%
Not reported (not in percentages)						0	1	2	2	3

Triglycerides	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Optimal (below 100)	59.4%	50.1%	44.8%	42.3%	43.1%	57.6%	51.3%	41.3%	41.3%	39.1%
Normal (100-149)	23.2%	24.8%	26.2%	28.2%	29.6%	27.1%	27.7%	28.9%	29.2%	34.6%
Borderline High (150-199)	9.1%	11.2%	13.7%	14.6%	13.8%	8.8%	12.0%	13.5%	15.0%	16.4%
High (200-499)	6.3%	11.3%	13.4%	13.3%	12.8%	5.7%	8.3%	13.9%	13.1%	8.4%
Very High (above 500)	2.0%	2.6%	1.9%	1.6%	0.7%	0.8%	0.7%	2.4%	1.4%	1.5%
Not reported (not in percentages)						0	1	0	1	1

Tobacco/Nicotine Usage	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Positive	11.5%	12.5%	12.5%	12.8%	9.6%	14.5%	24.0%	25.3%	25.3%	13.2%
Negative	88.5%	87.5%	87.5%	87.2%	90.4%	85.5%	76.0%	74.7%	74.7%	86.8%
Not reported (not in percentages)						0	1	1	3	2

Glucose	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60
Number Screened						387	592	467	628	336
Normal (70-99 mg/dL)	87.5%	80.6%	71.4%	61.0%	53.9%	88.3%	77.3%	64.4%	57.6%	45.9%
Pre-Diabetes (100-125)	11.3%	16.8%	23.2%	29.8%	35.1%	11.1%	20.5%	27.9%	33.0%	38.7%
Diabetes (>=126)	1.2%	2.5%	5.4%	9.2%	10.9%	0.5%	2.2%	7.7%	9.4%	15.3%
Not reported (not in percentages)						1	2	1	1	3

Appendix
Operational Info

Critical Values		
Cycle	2018	2019
Alanine amino transferase levels (ALT) (> 300 U/L)	0	1
Albumin (<2 and >8 g/dL)	1	1
Alkaline phosphatase (> 350 U/L)	0	0
Aspartate aminotransferase (AST) levels (> 300 U/L)	0	0
Blood glucose (> 400 mg/dL)	0	0
Blood urea nitrogen (BUN) levels (> 50 mg/dL)	1	1
Calcium levels (<7.5 and >11 mg/dL)	6	0
Creatinine levels (> 3.0 mg/dL)	0	2
Gamma-glutamyl transpeptidase (GGT) levels (> 400 U/L)	0	1
Globulin (> 6.0 g/dL)	0	0
High blood pressure (≥ 160/100)	43	44
Total bilirubin (> 4.0 mg/dL)	0	0
Total protein (<4 and >10 g/dL)	0	1
Triglycerides (> 1500 mg/dL)	0	1
Uric acid (> 12 mg/dL)	0	0
Total Critical Values	**51**	**52**

Alanine amino transferase levels (ALT) (> 300 U/L)	ALT - Alanine Aminotransferase (ALT) is an enzyme involved in the metabolism of the amino acid alkaline. ALT is found in a number of tissues, but in higher concentration in the liver. Elevated levels can be due to certain medications or extensive exercise, but can also be a sign of liver disorders.
Albumin (<2 and >8 g/dL)	Albumin - Albumin is one part of serum proteins and a component of total protein. Low values may be a result in hepatic (liver) or renal (kidney) disorders. Higher values may indicate dehydration.
Alkaline phosphatase (> 350 U/L)	ALP - Alkaline Phosphate is an enzyme found primarily in the liver and bones. These levels are usually higher in pregnant women and children due to its role in the bone making process. Elevated levels may be an indication of bone, kidney, or liver disorders.
Aspartate aminotransferase (AST) levels (> 300 U/L)	AST - Aspartate Aminotransferase (AST) is an enzyme found in high concentration in heart muscle, liver cells, skeletal muscle cells and to a lesser degree in other tissues. Elevated levels of AST can indicate muscle trauma, hear damage, or damage to the liver.
Blood glucose (> 400 mg/dL)	Glucose - Glucose is a type of sugar found in the body that is used as a diabetic marker to measure blood sugar levels. This test is for glucose levels and is very sensitive to food intake. To achieve the most accurate results it requires a period of fasting before testing. High levels may indicate a diabetic condition.
Blood urea nitrogen (BUN) levels (> 50 mg/dL)	BUN - Blood Urea Nitrogen (BUN) is an end product of protein metabolism, which is cleared by the kidneys. Elevated levels may be an indication of kidney disorders or diuretics.
Calcium levels (<7.5 and >11 mg/dL)	Calcium - Calcium testing is typically ordered to screen for, diagnose, and monitor a range of conditions relating to the bones, heart, nerves, kidneys, and teeth. Blood calcium levels do not directly tell how much calcium is in the bones, but rather, how much calcium is circulating in the blood.
Creatinine levels (> 3.0 mg/dL)	Creatinine - Creatinine is a byproduct of muscle tissue metabolism. Elevations might suggest kidney or vascular diseases. High protein diets may cause mild elevations.
Gamma-glutamyl transpeptidase (GGT) levels (> 400 U/L)	GGT - Gamma Glutamyl Transpeptidase (GGT) is an enzyme found in the liver, bile ducts and kidneys. Greater than normal levels may indicate hepatitis, heavy alcohol use, or the use of certain medications.
Globulin (> 6.0 g/dL)	Globulin - Globulin is a component of total serum protein, which shows the total amount of proteins in the blood. Abnormal levels have been found in individuals with immune disorders, infections, and other diseases.
Total bilirubin (> 4.0 mg/dL)	Bilirubin - This is a byproduct of the breakdown of red blood cells and is made into a water-soluble form in the liver. Elevations can indicate chronic liver disease, gall bladder disease, or anemia (a red blood cell disorder).
Total protein (<4 and >10 g/dL)	Total Protein - Results of a total protein test will give your doctor information on your general health status with regard to your nutrition and/or conditions involving major organs, such as the kidney and liver. High values may be an indicator of dehydration, chronic inflammation, or infection. Extremely low values may be associated with liver or kidney disorder, or difficulty with protein digestion or absorption; however, if results are abnormal, further testing is usually required to help diagnose the disease affecting protein levels in the blood.
Triglycerides (> 1500 mg/dL)	Triglycerides - Triglycerides comprise the largest portion of fat in the blood. In higher elevations is can be an indication of diabetes, acute alcoholism, liver disease or renal failure. Triglycerides may also be elevated in non-fasting samples.

Appendix
Operational Info

Engagement

Online University Courses

- Restarted indicates that an individual started the course, then chose to restart the course again.

Online Health University Activity			
Course	Started	Restarted	Completed
LivingEasy	3	0	0
LivingFit	4	0	0
LivingFree	21	1	8
LivingLean	10	0	0
LivingWell	1	0	1

Note: LivingEasy addresses blood pressure, LivingFit addresses BMI, LivingLean addresses total cholesterol and triglycerides, LivingFree addresses tobacco/nicotine use and LivingWell addresses Glucose.

Lawley Captive Screening Participant Survey Report

Collection Date Range: October 11, 2018 - May 16, 2019

Total Surveys Collected: 2,379

Total Screening Events to Collect Surveys: 74

Total Percentage Satisfied: 98.5%

Participant Survey Report Summary

Statement	Average Rating (Out of 6)		Satisfied Participants	
1. My needs were met and questions were answer during the screening proces	5.67	⭕	95.96%	⭕
2. The examiners performed the screening in a professional and clinically appropriate manner.	5.92	⭕	99.50%	⭕
3. The health screening took just the right amount of time.	5.88	⭕	98.91%	⭕
4. The examiners that operated the screening were friendly and professional.	5.92	⭕	99.41%	⭕
5. My privacy and confidentiality were protected during the screening.	5.87	⭕	98.89%	⭕

6/10/2019 — version 1