Preventive Worksite Screening
Guide and Personal Health Journal
The Public Employee Benefit Authority (PEBA) wants to help subscribers and their family members lead healthier lives. As part of its Health and Wellness Programs, PEBA offers a variety of programs and educates volunteer coordinators and benefit administrators at worksites throughout the state.

Through its Health and Wellness initiative, PEBA provide activities, programs and services in:

- Disease Prevention
- Early Detection of Disease
- Consumer Education
- Health Education

Participation is open to all state agencies, public school districts, county offices and local subdivisions with insurance through PEBA. Participation in these free services is simple and easy. To become active, a worksite names a volunteer coordinator and submits a Coordinator application. If your worksite is not active, please see your benefits administrator or contact:

Health and Wellness Programs
Public Employee Benefit Authority
202 Arbor Lake Drive
Columbia, SC 29223
Phone: 803-734-0678 or 888-260-9430 (toll-free)
Fax: 803-737-0557

PREVENTIVE WORKSITE SCREENING – FREE IN ‘15

The screening is offered to all employees, retirees, COBRA subscribers and their covered spouses enrolled in the Savings Plan or the Standard Plan.

It includes blood work, a health risk appraisal, height and weight measurements, blood pressure and lipid panels. After the screening, you receive a confidential report with your results and recommendations for improving your health.

Many employers host worksite screenings. To learn when one is scheduled where you work, contact your benefits administrator.

Eligible members also may participate in a regional screening. They are listed on the PEBA Insurance Benefits website, www.eip.sc.gov. Select “Health and Wellness Programs” and then “Worksite Screenings.”

Another option is to have a screening at a participating provider:

- They are available on a walk-in basis at all Doctors Care locations and at Carolina Center for Occupational Health in North Charleston.
- Screenings are offered by appointment only at HealthWorks of Palmetto Health in Columbia, Carolina Occupational Health Screening Group/North Greenville Fitness in Travelers Rest, Fitness Forum in Florence and Mackey Family Practice in Lancaster.

Print the voucher, which is under “Worksite Screening” on the PEBA website, and take it with you when you go to a participating provider for a screening.

Please note: For an accurate screening, a member should fast for 12 hours before his appointment.
Preventive Worksite Screening Components

RISK FACTORS

Research has shown that many risk factors can affect our health. Risk factors can be divided into two categories.

Those that cannot be modified:

- Age/gender ethnicity
- Family history
- Personal health history
- Height

Those that can be changed:

- Weight
- Nicotine and alcohol consumption
- Diet and nutrition
- Physical activity level
- Stress/coping with stress
- Exposure to other deadly hazards

The Preventive Worksite Screening addresses both types of risk factors and how to prevent and/or manage various health conditions. The parts of the screening explained in this section are:

- Health Risk Appraisal
- Blood Pressure
- Height and weight
- Blood lipid profile
- Blood chemistry profile
- Hemogram.
HEALTH RISK APPRAISAL (HRA)

The HRA is an anonymous questionnaire that gathers important information regarding a person’s health and uses that information to predict potential health risks. The information gathered includes a person’s lifestyle choices (smoking, exercise, seat belt use), ethnicity, family medical history (cancer, heart disease, etc.) and clinical data (current medical conditions). This can help an individual determine his level of risk for disease.

The likelihood of disease may increase or decrease according to your personal risk factors. For example, people of African-American, Hispanic and American Indian descent are at a higher risk for developing diabetes than members of other ethnic groups. It is impossible to change one’s ethnic background and family medical history. However, knowing that certain traits can place a person at risk for developing health problems is the first step in preventing and/or managing those health problems.

BLOOD PRESSURE

Blood pressure is the pressure exerted by a person’s blood volume against the walls of the arteries. Blood pressure is recorded as two numbers in a fraction, such as 122/86. The top number (122) is known as the systolic pressure. It is the pressure in the arteries when the heart is contracting and pumping blood through the arteries to the organs, tissue and muscle. The bottom number (86) is called diastolic pressure. This is the pressure in the arteries when the heart is at rest.

<table>
<thead>
<tr>
<th>Classification of Blood Pressure</th>
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<tbody>
<tr>
<td>Category</td>
</tr>
<tr>
<td>Normal</td>
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<tr>
<td>Prehypertension</td>
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<tr>
<td>Hypertension, Stage 1</td>
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<tr>
<td>Hypertension, Stage 2</td>
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</tbody>
</table>

SBP = systolic blood pressure  DBP = diastolic blood pressure  *If systolic and diastolic blood pressures fall into different categories, the higher category should be used to classify the blood pressure level. For example, 160/80 mmHg would be classified as Hypertension, Stage 2.

What are the Risk Factors?
The risk factors for developing hypertension can be hereditary, lifestyle-related or both. Hypertension is more likely to occur if it runs in an individual’s family. However, this is the only risk factor that cannot be changed. Risk factors you can change include high amounts of salt in the diet, smoking, being overweight, sedentary lifestyle, stress and consuming high amounts of alcohol and saturated fat.
Making Healthy Choices Regarding Blood Pressure
The choices we make over time can cause or prevent a chronic disease, such as hypertension. Just as the unhealthy behaviors listed above can lead to facing the “Silent Killer,” healthy choices can prevent that from happening or allow individuals with hypertension to manage their condition effectively.

Making Healthy Choices if you DON’T Have Hypertension
- Have your blood pressure checked regularly.
- Manage your weight (see height and weight chart below).
- Exercise regularly (3-5 days/week for 20-30 minutes).
- Limit caffeine intake.
- Eat healthy, balanced, low-fat, low-salt meals.
- Learn to manage stress.
- Stop smoking or using tobacco products.
- Reduce alcohol use.
- Eliminate trans-fats.

Making Healthy Choices if you DO Have Hypertension
Being diagnosed with hypertension and being required to take daily medication does not mean that you are powerless over your condition. You can also follow the recommendations above under the supervision of your physician and should adhere to the following:

- Stay on your medication schedule. Keep a diary, if necessary. (See the Personal Health Journal.)
- Monitor your blood pressure at home.
- Visit your physician to check your blood pressure and medication.
- Record and report medication side effects and other symptoms immediately.

HEIGHT AND WEIGHT

Although height cannot be modified, weight can. Being overweight or obese or being underweight can place individuals at risk of developing health problems. Height is important because it is used as a variable to measure the extent to which an individual is considered overweight or underweight. The table on the next page describes weight ranges for women and men according to height.

What risks are linked to being overweight or obese?
Being overweight contributes to hypertension, heart disease, diabetes and even cancer.

How could the Height/Weight Chart results be used?
If you are overweight:

• Check with your doctor before starting an exercise and/or weight-loss program.
• Begin slowly, exercising three days a week, for 20-30 minutes each session. You may gradually increase the length of each session to 30-60 minutes, or increase the number of times you exercise to three to five days a week, keeping the amount of time the same. Walking is one of the best choices for initiating healthy weight loss through exercise.
• Reduce fat in your diet by:
  • Avoiding fried dishes and fast foods. Instead, choose baked, broiled, grilled or steamed meats (lean red meat, skinless chicken and fish).
  • Reducing the use of fat-based sauces, gravies, dressings, mayonnaise, butter, etc. and increasing the use of low-fat dairy products, such as skim milk.
  • Eliminating “junk” foods, such as potato chips, sugary snacks and carbonated drinks.
• Increase daily consumption of fresh fruits, vegetables and grains.
• Increase water consumption to eight glasses a day.
• Eat when you are truly hungry and not out of boredom.

### Healthy Weight Ranges for Men and Women

<table>
<thead>
<tr>
<th>Height*</th>
<th>Weight (lbs)**</th>
<th>Height*</th>
<th>Weight (lbs)**</th>
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<td>4'10&quot;</td>
<td>91-119</td>
<td>5'9&quot;</td>
<td>129-169</td>
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<td>97-128</td>
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<td>132-174</td>
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<td>6'1&quot;</td>
<td>144-189</td>
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<td>107-141</td>
<td>6'2&quot;</td>
<td>148-195</td>
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<td>6'3&quot;</td>
<td>152-200</td>
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<td>156-205</td>
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<td>6'5&quot;</td>
<td>160-211</td>
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<td>5'7&quot;</td>
<td>121-160</td>
<td>6'6&quot;</td>
<td>164-216</td>
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<td>5'8&quot;</td>
<td>125-164</td>
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### BLOOD LIPOPROTEIN PROFILE

**What are Blood Lipids?**
A “lipid” is an organic compound composed of carbon, oxygen and hydrogen. Lipids include fat, cholesterol and other fat-like substances that do not dissolve in water. Blood lipids are fat cells that are transported to tissues and organs in the body by way of the bloodstream. The blood lipids that are assessed are:

- **Total Cholesterol** is a waxy substance that is necessary for normal body function. There are two types of cholesterol:
  1. Blood cholesterol, which occurs naturally in every cell in the body and circulates in the bloodstream
  2. Dietary cholesterol, which is found in food of animal origin. The liver produces enough cholesterol to meet the body’s needs without the addition of dietary sources.

**What is the significance of dietary cholesterol?**
A diet high in saturated fat (fats from animal sources), smoking, obesity and lack of regular aerobic activity (walking, swimming) can cause your blood cholesterol to rise above recommended levels. The Guide for Cholesterol Treatment matches risk for heart disease with total blood cholesterol measurements.
Low-Density Lipoprotein (LDL) blood cholesterol is the cholesterol that is carried through the blood stream by low-density lipoproteins. It has been dubbed “bad cholesterol” because it has a tendency to form deposits that stick to the walls of arteries and other blood vessels, contributing to hypertension and heart disease.

High-Density Lipoprotein (HDL) blood cholesterol, or “good cholesterol,” carries excess cholesterol away from the body so it can be excreted.

Triglycerides are the form fat takes as it is carried through the blood stream to the body’s tissues. Most body fat is stored in the form of triglycerides. Combining high triglyceride levels with high LDL and low HDL has been linked to increased risk for heart disease.

Many people with high triglycerides have underlying diseases or genetic disorders. If this applies to you, the main therapy is to change your lifestyle. This includes controlling your weight, eating foods low in saturated fat and cholesterol, exercising regularly, not smoking and, in some cases, drinking less alcohol. People with high triglycerides may also need to limit their intake of carbohydrates to no more than 45-50 percent of total calories. The reason for this is that carbohydrates raise triglycerides and lower HDL cholesterol. Use products with monounsaturated and polyunsaturated fats.

**GUIDE FOR CHOLESTEROL TREATMENT**

Aggressive guidelines for doctors treating people at risk for heart disease could nearly triple the number of Americans taking drugs to lower their cholesterol. The guidelines recommend use of different tests to screen for high cholesterol and revise the optimal standards for good and bad cholesterol.

<table>
<thead>
<tr>
<th>Total Cholesterol Levels</th>
<th>Category</th>
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<tbody>
<tr>
<td>Less than 200 mg/dL</td>
<td>Desirable</td>
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<tr>
<td>200-239 mg/dL</td>
<td>Borderline High</td>
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<tr>
<td>240 mg/dL and above</td>
<td>High Risk</td>
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<tr>
<td><strong>LDL Levels</strong></td>
<td><strong>LDL-Cholesterol Category</strong></td>
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<tr>
<td>Less than 100 mg/dL</td>
<td>Optimal</td>
</tr>
<tr>
<td>100-129 mg/dL</td>
<td>Near Optimal/Above Optimal</td>
</tr>
<tr>
<td>130-159 mg/dL</td>
<td>Borderline High</td>
</tr>
<tr>
<td>160-189 mg/dL</td>
<td>High</td>
</tr>
<tr>
<td>190 mg/dL and above</td>
<td>Very High</td>
</tr>
<tr>
<td><strong>HDL Levels</strong></td>
<td><strong>HDL-Cholesterol Category</strong></td>
</tr>
<tr>
<td>Less than 40 mg/dL</td>
<td>High Risk</td>
</tr>
<tr>
<td>60 mg/dL and above</td>
<td>Desirable</td>
</tr>
<tr>
<td><strong>Triglycerides Levels</strong></td>
<td><strong>Triglycerides Category</strong></td>
</tr>
<tr>
<td>Less than 150 mg/dL</td>
<td>Normal</td>
</tr>
<tr>
<td>150-199 mg/dL</td>
<td>Borderline High</td>
</tr>
<tr>
<td>200 mg/dL-499 mg/dL</td>
<td>High</td>
</tr>
<tr>
<td>500 mg/dL and above</td>
<td>Very High</td>
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</tbody>
</table>

For more information about the cholesterol guidelines visit the National Heart, Lung and Blood Institute at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) or the American Heart Association at [www.americanheart.org](http://www.americanheart.org).
How can I lower my total cholesterol and LDL levels while increasing my HDL level?

✓ Eat less saturated fat and other foods that are high in cholesterol. Since the liver uses saturated fat to produce cholesterol, the more saturated fat one consumes, the more cholesterol the liver will produce. Since saturated fats are found in animal products, such as fatty meats and dairy products as well as hydrogenated vegetable oils (trans-fat), it is wise to replace these with healthier foods.

✓ Eat more complex carbohydrate foods, such as whole-grain breads, pastas, cereals, brown rice, peas, beans, fruits and vegetables. They are more nutritious and are much lower in fat.

✓ Lose excess weight if necessary. Under the supervision of your physician, you may wish to begin a regular exercise program. Dietary changes and increased physical activity have been proven to enhance healthy weight maintenance. Aerobic exercise at least three days a week can increase HDL levels.

✓ Stop using tobacco. It contributes to the risk of developing hypertension and cancer. Quitting reduces those risks and can also elevate the favorable HDL cholesterol levels.

BLOOD CHEMISTRY PROFILE

What does it Measure?
Of these three components, the glucose measurement is most significant:

• Blood Glucose levels
• Blood Urea Nitrogen (BUN) and Creatine
• Electrolyte levels.

DIABETES

Why is diabetes screening part of this screening?
Unfortunately, South Carolina has one of the highest rates of Type 2 diabetes in the United States. Studies show that diabetes is more common in African-Americans, is more prevalent among women in general and, in the South, is most common among women age 64 and older. However, the main reason a diabetes screening is essential is because nearly half of the diabetic population in the U.S. is unaware that they have this potentially life-threatening disease!

What are the different blood glucose levels that indicate risk and/or detection of diabetes?
Glucose levels in the bloodstream are measured to determine whether an individual is at risk for developing diabetes or has the disease. Blood glucose levels vary according to the length of time a person has fasted before being tested. After fasting for 12 hours (no food intake for 12 hours) blood glucose below 100 milligrams per tenth of a liter of blood (mg/dL) is normal, pre-diabetes is 100 to 125 mg/dL and diabetes is 126 mg/dL or higher.
What are the potential consequences of undetected diabetes?
Undetected and/or untreated diabetes can lead to a dangerously high build up of blood sugar levels. Such complications can lead to development of heart disease and/or kidney disease, stroke, blindness, nerve damage and even limb amputations due to gangrene.

What is diabetes?
The American Diabetes Association and the U.S. Department of Health and Human Services now use the term “pre-diabetes” to describe blood sugar levels that are higher than normal but not yet indicative of full-blown diabetes. They are also urging that more people be screened. Left untreated, most people with pre-diabetes will go on to develop diabetes within 10 years. Diabetes is a disease that does not allow the body to produce or properly utilize insulin. Insulin, a hormone produced in the pancreas, is essential for converting the foods we consume into glucose. Glucose supplies the energy we need for daily life. There are two types of diabetes: Type 1, which requires daily insulin injections, and Type 2, which can be managed though proper diet and exercise.

Type 1 diabetes usually occurs in persons under age 30, appearing during childhood and adolescence. Warning symptoms include:
- Frequent urination and unusual thirst
- Extreme hunger
- Rapid weight loss
- Irritability, nausea and vomiting.

Note: These symptoms occur suddenly and require immediate medical attention.

Type 2 diabetes is more common and develops in persons age 45 and older and/or who are overweight. Warning signs for Type 2 include:
- Frequent urination and unusual thirst
- Weight gain or loss
- Low energy, drowsiness or fatigue
- Blurred vision or dizziness
- Frequent infections/dry skin
- Tingling and numbness of the feet
- Family history of diabetes.

Note: The onset of Type 2 diabetes is often gradual and undramatic.

Who should be tested for diabetes?
There are two conditions for diabetes screening:
1. According to the America Diabetes Association (ADA) general guidelines, testing should be considered for all individuals aged 45 and older. If no risks are apparent, then testing should occur every three years.
2. ADA recommends testing at a younger age or more often for individuals who have any of these risk factors:
   - They are obese and/or physically inactive.
   - They have a parent or sibling with diabetes.
   - They are members of a high-risk ethnic population (Hispanic, African/Asian-American, American Indian).
   - They have delivered a baby weighing more than 9 lbs. or have a history of gestational diabetes.
They have hypertension with a blood pressure above 140/90.
Their triglyceride level is 250 mg/dL or more and/or a HDL cholesterol is 35mg/dL or less,
They have polycystic ovary disease, or
They have been diagnosed with pre-diabetes — a condition with a fasting blood glucose level of 100-125 mg/dL.

Blood Urea Nitrogen (BUN) and Creatinine Analysis
This test consists of four components that work together to assess the health of the kidneys.

Electrolyte Levels
The electrolytes measured in the blood stream are sodium, potassium, chloride and bicarbonate. These four elements control the body’s pH (acid/base) and water balance.

HEMOGRAM

The Hemogram comprises four tests that measure:

- White blood cells are the body’s primary means of defense against illness. White blood cells react to invasive bacteria by attacking them and preventing potential infection.
- Red blood cells (RBC) transport oxygen from the lungs to the organs, muscles and other body tissues.
- Hemoglobin (HGB) is also found inside red blood cells giving them their red color. It is a chemical that contributes to the transport of oxygen to and carbon dioxide from the body’s tissues and organs.
- Hematocrit (HCT) means “to divide or separate.” This test measures the number of red blood cells in blood stream.

Note: A significantly low reading on any one of the RBC, HGB or HCT could indicate types of anemia that could signify diseases of the entire body or the blood stream.
The U.S. Preventive Services Task Force recommends screenings to help you maintain your health. The chart below will help you to remember when it is time to go for your checkups. Just look for your age range, and follow the list.

<table>
<thead>
<tr>
<th>Adult Preventive Health Guidelines</th>
<th>20-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-64</th>
<th>65-74</th>
<th>75+</th>
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<tbody>
<tr>
<td>Blood Pressure</td>
<td>Every 3-5 years</td>
<td>Every 1-2 years</td>
<td>Every 1-2 years</td>
<td>Every 1-2 years</td>
<td>Yearly</td>
<td>Yearly</td>
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<tr>
<td>Cholesterol*</td>
<td>Every 3-5 years**</td>
<td>Yearly for men age 35+</td>
<td>Yearly for women age 40+</td>
<td>Yearly</td>
<td>Yearly</td>
<td>Yearly</td>
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<tr>
<td>Pap Smear</td>
<td>Every 1-3 years</td>
<td>Every 1-3 years</td>
<td>Every 1-3 years</td>
<td>Every 1-3 years</td>
<td>Every 1-3 years</td>
<td>***</td>
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<tr>
<td>Mammograms</td>
<td>One Baseline ***</td>
<td>Yearly</td>
<td>Yearly</td>
<td>Yearly</td>
<td>***</td>
<td></td>
</tr>
<tr>
<td>Physician Breast Exam</td>
<td>Every 1-2 years</td>
<td>Every 1-2 years</td>
<td>Yearly</td>
<td>Yearly</td>
<td>Yearly</td>
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</tr>
<tr>
<td>Physician Testicular Exam</td>
<td>Every 4-5 years</td>
<td>Every 4-5 years</td>
<td>Every 4-5 years</td>
<td>Every 4-5 years</td>
<td>***</td>
<td>***</td>
</tr>
<tr>
<td>Testicular Self Exam</td>
<td>Monthly</td>
<td>Monthly</td>
<td>Monthly</td>
<td>Monthly</td>
<td>Monthly</td>
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</tr>
<tr>
<td>Stool Blood Test* (and/or sigmoidoscopy after age 50)</td>
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<td></td>
<td></td>
<td>Yearly</td>
<td>Yearly</td>
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<tr>
<td>General Health Assessment</td>
<td>Every 4-5 years</td>
<td>Every 4-5 years</td>
<td>Every 4-5 years</td>
<td>Every 1-2 years</td>
<td>Every 1-2 years</td>
<td>Every 1-2 years</td>
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<tr>
<td>Prostate Exam (consult your physician)</td>
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<tr>
<td>Glucose</td>
<td>Yearly if overweight or have one or more diabetes risk factors</td>
<td>Yearly if 45+ and overweight</td>
<td>Yearly if overweight</td>
<td>Yearly if overweight</td>
<td>Yearly if overweight</td>
<td>Yearly if overweight</td>
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</table>

* People at high risk may need monitoring more often. See your primary care physician.
** Younger adults (men age 20-35 and women age 20-45) should be screened if they have other risk factors for heart disease. These risk factors include tobacco use, diabetes, a family history of heart disease or high cholesterol, or high blood pressure.
*** Your risk factors will determine how often you should get these check-ups. Ask your primary care physician.
HEALTH INFORMATION ON THE INTERNET

There is a lot of health information on the Internet, and much of it is useful. Here are some sites PEBA’s Health and Wellness staff members find not only reliable but often fun:

- **www.cdc.gov** Sponsored by the **Centers for Disease Control and Prevention**, this site offers information about healthy living, travelers’ health and workplace health, as well as about diseases and conditions.

- **www.diabetes.org** The **American Diabetes Association** gives tips on how to prevent diabetes, news of the latest research and a tempting-but-nutritious “Recipe of the Day.”

- **www.heart.org** The **American Heart Association** sponsors this site, which offers information about the warning signs of heart attacks and strokes, as well as tips on healthy eating at home and in restaurants.

- **www.kidshealth.org** This entertaining site, sponsored by the **Nemours Foundation**, has sections for young children, teenagers and parents. Kids can even find help with homework.

- **www.medlineplus.gov** This service of the **U.S. National Library of Medicine** and the **National Institutes of Health** offers a medical encyclopedia and dictionary, as well as information on 750 health topics and health information for older adults.

- **www.strokeassociation.org** Visit this site sponsored by the **American Stroke Association** to learn the warning signs of a stroke and tips on how to recover from one.

- **www.womenshealth.gov** The **National Women’s Health Information Center, U.S. Department of Health and Human Services**, developed this site. It covers all aspects of women’s health and includes links to online journals that specialize in the topic.

To see additional sites, go to the **PEBA Insurance Benefits** website, [www.eip.sc.gov](http://www.eip.sc.gov), and click on “Links.” To learn more about PEBA’s preventive programs, click on “Health and Wellness Programs.”
WHEN IN DOUBT, ASK!

Here are some questions you might want to ask your pharmacist or health care provider.

- What is the name of this drug, and how is it supposed to help me?
- Should I take this pill with water, or may I take it with juice or milk instead?
- What should I do if I forget to take one dose? Two doses?
- How soon can I expect results?
- Can I drink alcohol or smoke while taking this medication?
- Are there any foods, prescription or non-prescription drugs, or vitamin supplements that may affect this medication? Should I quit taking them until I finish this prescription?
- Can I stop taking the medication if my symptoms disappear?
- Are there any non-drug treatment options that you would recommend?
- What are the side effects of this medication? Should I report them?
- Will this drug make me drowsy? Will it impair my ability to drive or operate heavy machinery?
- Where can I obtain written information about this medication?
- Can I increase or decrease the dosage at my own discretion?
- Should this medication be taken before, with or after meals?
- Does this drug come with a generic version that can save me money?

TIPS ABOUT DRUG AND FOOD INTERACTIONS

1. Always read directions, warnings and precautions.
2. Don’t mix medication into food. Some foods contain substances that might alter the drug. Breaking apart the medication can also alter the effect of the drug.
3. Don’t mix medications into hot beverages. Heat can destroy or alter the effect of the drug.
4. Avoid alcohol. It can enhance or reduce the effect of the drug.
5. Don’t take your medication at the same time that you take your vitamin or mineral supplement. Sometimes, the nutrients can bind with the drug ingredient, leading to reduced absorption or faster elimination.
6. Unless otherwise directed, take medicines with water on an empty stomach. Drugs generally are absorbed faster this way. Make sure to check your prescription directions to see if they recommend taking your medication with food.
7. Always check with your pharmacist if you have any questions about the correct way to take your medication!
### Important Information

Name: ___________________________  Phone Number: _______________________
Address: ___________________________  Date of Birth: _______________________
Height: ________  Weight: ________  Blood Type: _______________________

### Family Doctor:

Name: ___________________________  Phone Number: _______________________
Address: ___________________________

### Other Health Care Providers

Name: ___________________________  Phone Number: _______________________
Address: ___________________________  Specialty: _______________________
Name: ___________________________  Phone Number: _______________________
Address: ___________________________  Specialty: _______________________
Name: ___________________________  Phone Number: _______________________
Address: ___________________________  Specialty: _______________________

### Visits to Doctor

<table>
<thead>
<tr>
<th>Date</th>
<th>Doctor</th>
<th>Reason for Visit</th>
<th>Blood Pressure</th>
<th>Weight</th>
<th>Total Cholesterol</th>
<th>HDL</th>
<th>LDL</th>
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**Current Medication List**

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<tr>
<th>Medication</th>
<th>Rx Number</th>
<th>Date</th>
<th>Doctor</th>
<th>Dose/Frequency</th>
<th>Pharmacy/Phone #</th>
<th>Reaction (if any)</th>
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*Include vitamins and over-the-counter medications

**Tests/Procedures**

<table>
<thead>
<tr>
<th>Date</th>
<th>Doctor</th>
<th>Test or Procedure</th>
<th>Hospital or Clinic</th>
<th>Result</th>
<th>Phone #</th>
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*Include X-rays, ECGs, sonograms (ultrasound), etc.
WAYS TO IMPROVE YOUR HEALTH

WEIGHT LOSS PROGRAM

State Health Plan members can take advantage of Weight Management for Adults. It is designed to help you achieve weight-loss goals through small changes you can make while still getting on with your life. You will receive information about weight management and complete a confidential survey will help a registered nurse tailor the program to your needs. For information or to enroll in the program, call 855-838-5897 8:30 a.m. - 8 p.m. Monday-Thursday and until 5 p.m. on Friday. Then select option 2. You also may enroll online at statesc.southcarolinablues.com. Log in to My Health Toolkit®. Select “Wellness,” then “Personal Health Record.” From your Activity Center, complete the health assessment for your condition.

TOBACCO CESSATION PROGRAM

The American Cancer Society and Alere Wellbeing's Quit For Life® Program is available to State Health Plan subscribers and their covered dependents at no cost.

The program will help you overcome your addiction to tobacco and stop using tobacco products for good. A Quit Coach® will work with you to create a personalized quit plan that will include five calls from your coach, quit guides and access to an online support community. The program also provides free nicotine replacement products (patches, gum or lozenges) if appropriate. Your Quit Coach may recommend your doctor prescribe a smoking cessation drug, such as Bupro-pion or Chantix, which are available through your prescription drug coverage. You may call Free & Clear’s toll-free support line as often as you wish. Coaches are available 8 a.m. to midnight, seven days a week. If you still need help after the 12-month program ends, you may re-enroll.

To enroll in the Quit For Life Program, call 866-QUIT-4-LIFE (866-784-8454) or go to www.quitnow.net/ScStateHealthPlan. After your eligibility is verified, you will be transferred to a Quit Coach for your first call.

GENERIC COPAY WAIVER

Savings Plan and Standard Plan members with high blood pressure, high cholesterol, congestive heart failure or diabetes can qualify for 12 months of free generic drugs that treat these conditions. Diabetes testing supplies also are free at network pharmacies. The 12-month waiver can be renewed each year.

The waiver is available only to members whose primary coverage is the State Health Plan.

For information about how to qualify, go to the PEBA insurance website, www.eip.sc.gov, and click on “Free in '15." A list of drugs covered by the program is on statesc.southcarolinablues.com. Click on “Generic Copay Waiver.” To learn more or for help enrolling in the program, call BlueCross BlueShield of South Carolina at 855-838-5897, option 2.