Your Vital Numbers Health Screening

Vital Numbers is a quick, convenient way to get information about your current health status and assess your risk for cardiovascular disease, diabetes, high blood pressure and certain other potentially preventable chronic diseases — and potentially save your life.

And remember that you and your spouse/domestic partner (if applicable) can earn up to 7,000 Points (with good results and tobacco-free certification) for completing the screening. Those Points get you well on your way to earning the $600 health plan incentive for 2018.

Note:
All measurements are meant for screening purposes only and cannot be used to diagnose disease. Please consult your physician for further interpretation of your results.

We’re here for you...at or near your worksite

Cummins offers health services through Premise Health. Premise Health is dedicated to you — the Cummins employee. Our doctors, nurses and team are here to support you to be at your best possible health.

We encourage you to schedule a follow-up visit at any one of the Cummins Health Centers.

- **Cookeville**
  1200 Fleetguard Rd.
  Cookeville, TN 38506
  931-528-9499

- **Columbus**
  Cummins LiveWell Center
  806 Jackson Street
  Columbus, IN 47201
  812-748-3412

- **Fridley**
  1400 73rd Ave NE
  Fridley, MN 55432
  763-574-5740

- **Jamestown**
  4720 Baker St. Extention
  Lakewood, NY 14750
  716-456-2149

- **Mineral Point**
  856 Fair Street
  Mineral Point, WI 53565
  608-987-5985

- **Whitakers**
  9377 US HWY 301 North
  Whitakers, NC 27891
  252-437-9211

In this guide, you will find:
- A worksheet to record your screening results and top health goals;
- Resources for improving your health;
- General information about the components measured in your health screening.

CONFIDENTIALITY: Cummins takes the privacy of your health information seriously. The results of your screening are completely confidential and are not shared with Cummins or any of our health partners without your consent.

2 | UNDERSTANDING YOUR SCREENING NUMBERS
### Action Plan

#### Your Numbers
Using your Results Form, fill in the chart below.

<table>
<thead>
<tr>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
</tr>
<tr>
<td>Weight</td>
</tr>
<tr>
<td>Body Fat %</td>
</tr>
<tr>
<td>BMI</td>
</tr>
<tr>
<td>Waist</td>
</tr>
<tr>
<td>Blood Pressure</td>
</tr>
<tr>
<td>Total Cholesterol</td>
</tr>
<tr>
<td>HDL Cholesterol</td>
</tr>
<tr>
<td>LDL Cholesterol</td>
</tr>
<tr>
<td>Triglycerides</td>
</tr>
<tr>
<td>Blood Glucose</td>
</tr>
</tbody>
</table>

#### Cummins Vital Numbers

**Incentive Categories**

You earn 2,000 Points for participation. Additional Points are awarded if your screening measures fall within the following healthy ranges:

- **Body Mass Index (BMI)**
  - At or below 30
  - 1,000 Points

- **Blood Pressure**
  - At or below 140/90
  - 1,000 Points

- **Total Cholesterol**
  - At or below 220 mg/dL
  - 1,000 Points

- **Blood Glucose**
  - At or below 139 mg/dL
  - 1,000 Points

- **Certify Tobacco-free**
  - (for the past 3 months)
  - 1,000 Points

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Metabolic syndrome is a collection of five conditions that increase your risk of developing heart disease, diabetes and stroke. It is diagnosed if you have three or more of the following:

- **Blood glucose (Fasting):** Greater than or equal to 100 mg/dL and/or are taking blood glucose-lowering medication
- **Blood pressure:** Greater than or equal to 130/85 mmHg and/or are taking blood pressure medication
- **HDL cholesterol:** Less than 40 mg/dL (men), less than 50 mg/dL (women)
- **Triglyceride level:** Greater than 150 mg/dL and/or are on medication to treat high triglycerides
- **Waist circumference:** Greater than 40 inches (men), greater than 35 inches (women)

Metabolic syndrome is increasingly prevalent among adults, especially with rising obesity rates. Consult your primary care physician to learn more about your risk factors.
Body Composition

Body composition is a term that describes the four major components of body weight. Along with other measurements, body composition can determine your risk for chronic conditions such as diabetes and heart disease.

Four Major Components of Body Weight

1. Muscle Mass
2. Bone Mass
3. Fat Mass
4. Body Water

Measurements

Some of the measurements used to assess body composition include Body Mass Index, waist circumference and body fat percentage.

Body Mass Index (BMI) is calculated from your weight and height. Although BMI provides information about the risk for diseases such as heart disease and diabetes, it does not account for muscle or bone mass. As a result, BMI is not always accurate for every body type.

Waist circumference is measured around the midsection at the top of the hip bone. It is an indicator of fat distribution, which is important because fat storage around the midsection is a risk factor for heart disease.

Body fat percentage estimates the portion of your weight that comes from fat.
### Understanding Your Results

#### Age-Adjusted Body Fat Percentage Recommendations

<table>
<thead>
<tr>
<th>AGE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BELOW RECOMMENDED</td>
<td>RECOMMENDED</td>
</tr>
<tr>
<td></td>
<td>Under 20%</td>
<td>21-33%</td>
</tr>
<tr>
<td></td>
<td>Under 22%</td>
<td>23-34%</td>
</tr>
<tr>
<td></td>
<td>Under 23%</td>
<td>24-36%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AGE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BELOW RECOMMENDED</td>
<td>RECOMMENDED</td>
</tr>
<tr>
<td></td>
<td>Under 7%</td>
<td>8-20%</td>
</tr>
<tr>
<td></td>
<td>Under 10%</td>
<td>11-21%</td>
</tr>
<tr>
<td></td>
<td>Under 12%</td>
<td>13-25%</td>
</tr>
</tbody>
</table>


#### Body Mass Index (BMI)

- Less than 18.5 kg/m²: **UNDERWEIGHT**
- 18.5-24.9 kg/m²: **NORMAL WEIGHT**
- 25-29.9 kg/m²: **BORDERLINE HIGH**
- Greater than or equal to 30 kg/m²: **HIGH**

#### Waist Circumference

- **WOMEN**: Less than or equal to 35 inches: **ACCEPTABLE**
  - Greater than 35 inches: **HIGHER RISK**
- **MEN**: Less than or equal to 40 inches: **ACCEPTABLE**
  - Greater than 40 inches: **HIGHER RISK**

Blood Pressure

Your blood pressure is the force in your arteries when your heart beats and when it is at rest. Your blood pressure reading consists of two numbers — systolic pressure and diastolic pressure.

Blood Pressure Measurement

SYSTOLIC PRESSURE: The pressure of blood in the vessels when the heart beats.

DIASTOLIC PRESSURE: The pressure of blood between beats when the heart relaxes.

120/80 mmHg

The Silent Killer

High blood pressure, also called hypertension, is sometimes referred to as the silent killer because there are often no symptoms. The only real way to know if you have high blood pressure is to have it measured on a regular basis. High blood pressure is dangerous because it can increase your risk of heart attack, heart failure, stroke, kidney disease and other life-threatening conditions.

Your blood pressure fluctuates throughout the day due to many factors such as the food you eat, stress you endure, your physical activity and smoking. Resting for at least 30 minutes before having your blood pressure measured will help reduce the effects of these factors and provide a more accurate reading.

One in three American adults — approximately 67 million people — have high blood pressure. Of these, one in five don’t know they have the condition.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION
# Understanding Your Results

## Systolic (mmHg) – Top number

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 120</td>
<td>NORMAL</td>
</tr>
<tr>
<td>120-139</td>
<td>PRE-HYPERTENSION</td>
</tr>
<tr>
<td>140-159</td>
<td>HIGH BLOOD PRESSURE – STAGE 1</td>
</tr>
<tr>
<td>Greater than or equal to 160</td>
<td>HIGH BLOOD PRESSURE – STAGE 2</td>
</tr>
<tr>
<td>Greater than or equal to 180</td>
<td>HYPERTENSION CRISIS (EMERGENCY CARE NEEDED)</td>
</tr>
</tbody>
</table>

## Diastolic (mmHg) – Bottom number

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 80</td>
<td>NORMAL</td>
</tr>
<tr>
<td>80-89</td>
<td>PRE-HYPERTENSION</td>
</tr>
<tr>
<td>90-99</td>
<td>HIGH BLOOD PRESSURE – STAGE 1</td>
</tr>
<tr>
<td>Greater than or equal to 100</td>
<td>HIGH BLOOD PRESSURE – STAGE 2</td>
</tr>
<tr>
<td>Greater than or equal to 110</td>
<td>HYPERTENSION CRISIS (EMERGENCY CARE NEEDED)</td>
</tr>
</tbody>
</table>


Cholesterol/Lipid Profile

Cholesterol is a waxy, fat-like substance that is found in every cell of the body. While your body needs cholesterol to function properly, an incorrect balance may increase your risk for heart disease, heart attack and stroke.

A biometric health assessment typically measures three types of fats in the blood:

1. **HDL Cholesterol**
   - Often called the “good” cholesterol.
   - High levels of HDL cholesterol may actually decrease your risk for heart disease by removing more dangerous cholesterol particles from artery walls.

2. **LDL Cholesterol** *
   - Often called the “bad” cholesterol.
   - High levels of LDL cholesterol can cause buildup of cholesterol on artery walls, leading to clogged arteries.

3. **Triglycerides** *
   - Help store energy and are the most common type of fat in your body. Excess triglycerides, however, may be stored as fat, increasing your risk for heart disease.

* This test may not be part of your Vital Numbers health screening. Talk to your health provider to determine if these tests are appropriate for you. These tests are not part of the Virgin Pulse incentive program so no points are awarded for completing them.

If you have high total cholesterol, you have approximately two times the risk of heart disease as someone with optimal levels.

*Source: Centers for Disease Control and Prevention*
Understanding Your Results

### Total Cholesterol

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 200 mg/dL</td>
<td>DESIRABLE</td>
</tr>
<tr>
<td>200-239 mg/dL</td>
<td>BORDERLINE HIGH</td>
</tr>
<tr>
<td>Greater than or equal to 240 mg/dL</td>
<td>HIGH</td>
</tr>
</tbody>
</table>

### HDL Cholesterol

**MEN**

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater than or equal to 60 mg/dL</td>
<td>DESIRABLE</td>
</tr>
<tr>
<td>40-59 mg/dL</td>
<td>ACCEPTABLE</td>
</tr>
<tr>
<td>Less than 40 mg/dL</td>
<td>HIGHER RISK</td>
</tr>
</tbody>
</table>

**WOMEN**

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater than or equal to 60 mg/dL</td>
<td>DESIRABLE</td>
</tr>
<tr>
<td>50-59 mg/dL</td>
<td>ACCEPTABLE</td>
</tr>
<tr>
<td>Less than 50 mg/dL</td>
<td>HIGHER RISK</td>
</tr>
</tbody>
</table>

### LDL Cholesterol* (Fasting)

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 100 mg/dL</td>
<td>DESIRABLE</td>
</tr>
<tr>
<td>100-129 mg/dL</td>
<td>NEAR DESIRABLE</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>Greater than or equal to 190 mg/dL</td>
<td>VERY HIGH</td>
</tr>
</tbody>
</table>

*The precise recommended range varies based on factors such as the presence of heart disease.

### Triglycerides (Fasting)*

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<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>200-499 mg/dL</td>
<td>HIGH</td>
</tr>
<tr>
<td>Greater than or equal to 500 mg/dL</td>
<td>VERY HIGH</td>
</tr>
</tbody>
</table>

* This test may not be part of your Vital Numbers health screening. Talk to your health provider to determine if these tests are appropriate for you. These tests are not part of the Virgin Pulse incentive program so no points are awarded for completing them.


Blood Glucose

People diagnosed with pre-diabetes can prevent or delay the development of Type 2 diabetes by up to 85% through simple Lifestyle Changes.

Glucose is a sugar derived mainly from the breakdown of carbohydrates in your diet. Glucose is carried in your bloodstream to cells throughout your body. The hormone insulin is responsible for moving the glucose out of the blood and into the cells where it is used as a source of energy. Too much glucose in your bloodstream is a strong risk factor for diabetes and may be a sign of existing disease. Blood glucose screenings are essential to identifying insulin resistance, a pre-diabetic condition.

Diabetes

Diabetes is a condition characterized by high blood glucose levels. Diabetic individuals have an impaired ability to metabolize glucose.

- **Type 1 Diabetes** (formerly known as Juvenile Diabetes) is commonly diagnosed in children or young adults and results from the body’s failure to produce insulin, leading to elevated blood glucose levels. The development of Type 1 Diabetes is not related to poor lifestyle habits and is generally managed by taking daily insulin.

- **Type 2 Diabetes** is the most common form of diabetes. It results when cells begin to resist the actions of insulin, leading to increased blood glucose. While genetics can play a role, lifestyle factors are largely to blame for Type 2 Diabetes, including obesity, physical inactivity and a diet high in fat, sugar and refined carbohydrates.

- **Pre-Diabetes** describes a condition where blood glucose levels are higher than normal, but not high enough to be considered Type 2 Diabetes. In these cases, lifestyle changes such as weight loss and regular physical activity may help prevent or delay the development of Type 2 Diabetes.
Understanding Your Results

### Blood Glucose

<table>
<thead>
<tr>
<th>Fasting</th>
<th>Less than or equal to 99 mg/dL</th>
<th>100-125 mg/dL</th>
<th>Greater than or equal to 126 mg/dL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-fasting</td>
<td>Less than or equal to 139 mg/dL</td>
<td>140-199 mg/dL</td>
<td>Greater than or equal to 200 mg/dL</td>
</tr>
</tbody>
</table>

**Normal**

**Pre-diabetes**

**Diabetes Risk**


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**If you would like to learn more about the components of your health assessment or how you can improve your health status, the following websites provide a wealth of tools, resources and information.**

**Cummins Resources**

www.healthspan.cummins.com

**National Sleep Foundation**

http://sleepfoundation.org

**Forks Over Knives**

http://www.forksoverknives.com

**American Heart Association**

www.heart.org

**American Diabetes Association**

www.diabetes.org

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**Do you have questions about the Cummins health and wellbeing programs?**

- Visit healthspan.cummins.com
- Call the CBS Benefits Contact Center at 1-877-377-4357 for questions related to eligibility, plan designs, qualifying life events and enrollment.

**More resources**

- **The Employee Assistance Program (EAP)** can help you handle life’s demands, such as stress, relationship or financial issues or child or elder care needs. Call 1-888-371-1125.
- For any medical question at any time of the day or night, call the **Anthem 24/7 Nurseline** at 1-866-691-8432.
- **Maternity Management (Future Moms)** offers support for a healthy pregnancy and baby. Call 1-866-691-8432.
- **Case Management** can help you coordinate care in the event of an accident, sudden illness or ongoing serious health condition. Call 1-866-691-8432.
- **Advance Medical** offers a second opinion for a serious medical diagnosis or treatment. Call 1-888-282-1640.

**Lifestyle Changes**

- **A Premise Health Coach** can give you one-on-one support for losing weight, quitting smoking, diabetes, back pain and more. Call 1-812-377-5207.
- **Virgin Pulse** gives you access to resources to get you moving and focused on your health, including regular challenges and rewards to keep you motivated throughout the year. Go to virginpulse.com or call 1-877-877-1179.