HealthCheck360

Biometrics 101

November 4, 2026

Presented By | HealthCheck360



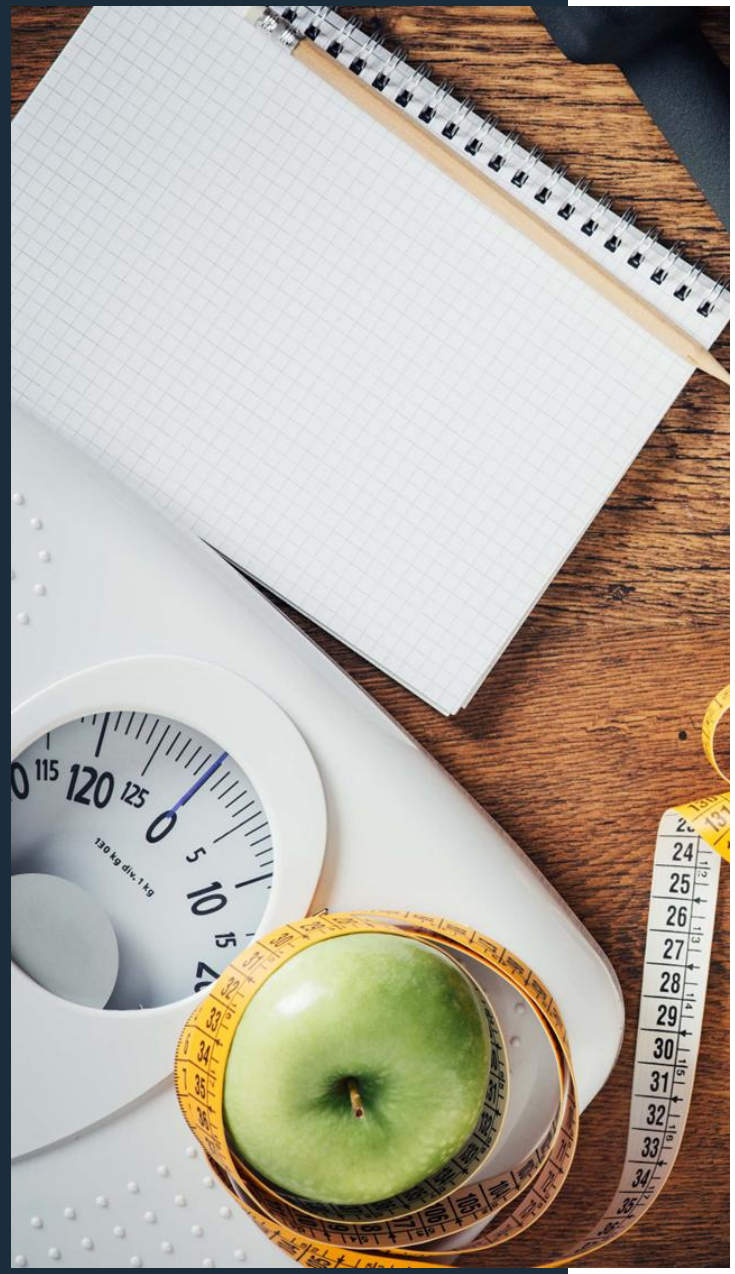
Agenda

What is it?

What risks are associated with it?

How do my habits affect it?





BMI

Healthy Weight	Overweight	Obese: Class 1	Obese: Class 2 or Underweight	Obese: Class 3
18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9 or <= 18.4	>= 40

- What is it?
  - Calculation of height vs. weight
- Associated risks
  - High - Heart disease, Type 2 diabetes, certain cancers
  - Low – Anemia, osteoporosis, infertility, weakened immune system

Waist measurement

Ideal	High Risk
<= 35 in.	>= 35.01 in.

- What is it?
  - Measurement around your anatomical waist
- Associated risks
  - Heart disease, Type 2 diabetes, stroke

Waist-to-Height ratio

Ideal	Moderate	High Risk		Very High Risk
<= 0.5	0.51 - 0.6	0.61 - 0.7	0.71 - 0.8	>= 0.81

- What is it?
  - Calculation of waist vs. height
- Associated risks
  - Heart disease, stroke

How do my habits affect these numbers?

https://www.cdc.gov/bmi/about/index.html

Blood Pressure

What is it?

- The force of blood against the walls of your arteries

Associated risks

- Heart disease, stroke, kidney disease, vision problems

How do my habits affect it?

Normal	Elevated	Hypertension: Stage 1		Hypertension: Stage 2
<= 120 and <= 80	121 - 130 and <= 80	131 - 139 or 81 - 85	131 - 139 or 86 - 89	>= 140 or >= 90





Glucose

What is it?

- A type of sugar that serves as your body's primary source of energy.

Associated risks

- Type 2 diabetes, disease of the heart, blood vessels, kidneys and eyes, nerve damage, poor circulation and weakened immune system

How do my habits affect it?

Normal	Pre-Diabetic			Diabetic
<= 99 mg/dL	100 - 109 mg/dL	110 - 119 mg/dL	120 - 125 mg/dL	>= 126 mg/dL

Cholesterol

High	Moderate			Low
>= 60 mg/dL	50 - 59 mg/dL	46 - 49 mg/dL	40 - 45 mg/dL	<= 39 mg/dL

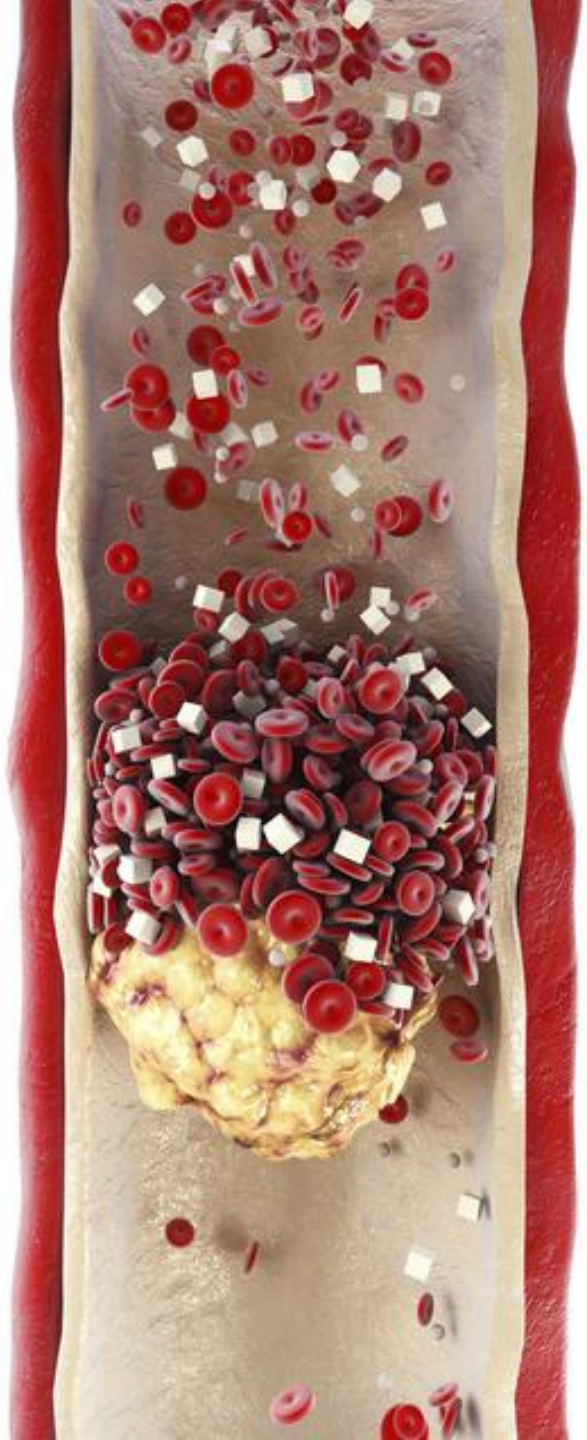
HDL

- What is it?
  - “Good cholesterol”. Helps remove excess cholesterol
- Associated risks
  - Heart disease, stroke

LDL

- What is it?
  - “Bad cholesterol”. Carries cholesterol through the bloodstream
- Associated risks
  - Heart disease, stroke

Optimal	Near Optimal	Borderline High	High	Very High
1 - 99 mg/dL	100 - 129 mg/dL	130 - 159 mg/dL	160 - 189 mg/dL	>= 190 or 0 mg/dL



Cholesterol

Triglycerides

Normal	Borderline High		High	Very High
<= 149 mg/dL	150 - 174 mg/dL	175 - 199 mg/dL	200 - 499 mg/dL	>= 500 mg/dL

- What is it?
  - Type of fat in your blood
- Associated risks
  - Heart disease, stroke

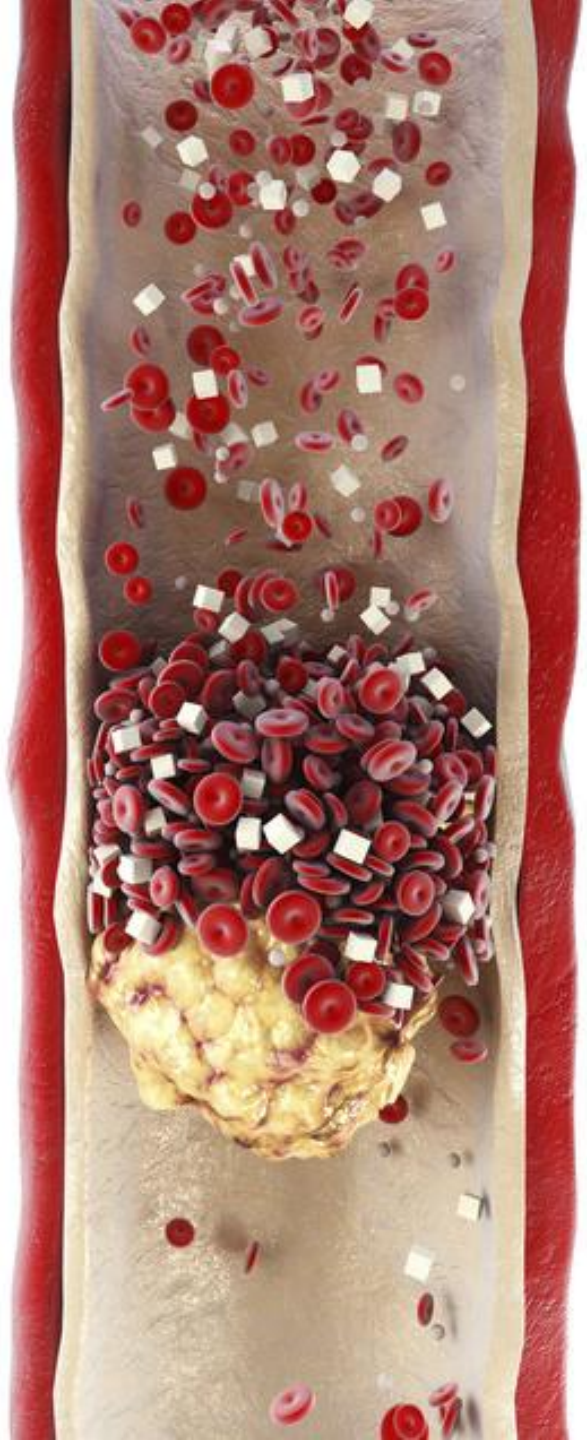
Ratio

-2x Risk	-1x Risk	Average Risk	1x Risk	2x Risk
<= 3.4	3.5 - 4.2	4.3 - 5	5.1 - 7.3	>= 7.4

- What is it?
  - Comparison of your total cholesterol to your HDL
- What affects it?

How do my habits affect these numbers?

https://www.medicalnewstoday.com/articles/313207.php
https://www.sciencedaily.com/releases/2019/06/190605133514.htm





Nicotine (serum cotinine)

What is it?

- A highly addictive chemical found naturally in tobacco plants. It is the primary substance in cigarettes, cigars, smokeless tobacco, and many vaping products

Associated risks

- Increased heart rate, narrowing of blood vessels, long-term risk of heart issues, addiction/withdrawal symptoms

How do my habits affect it?

Negative	Positive
NEG	POS

https://www.heart.org/-/media/Healthy-Living-Files/Infographics/Tobacco-Hub/The-Truth-About-Nicotine-and-Cardiovascular-Disease-Infographic.pdf

Additional biometrics

Liver function tests

Electrolytes

Iron

TSH

PSA

A1C

Discuss with your doctor





What Can I do?

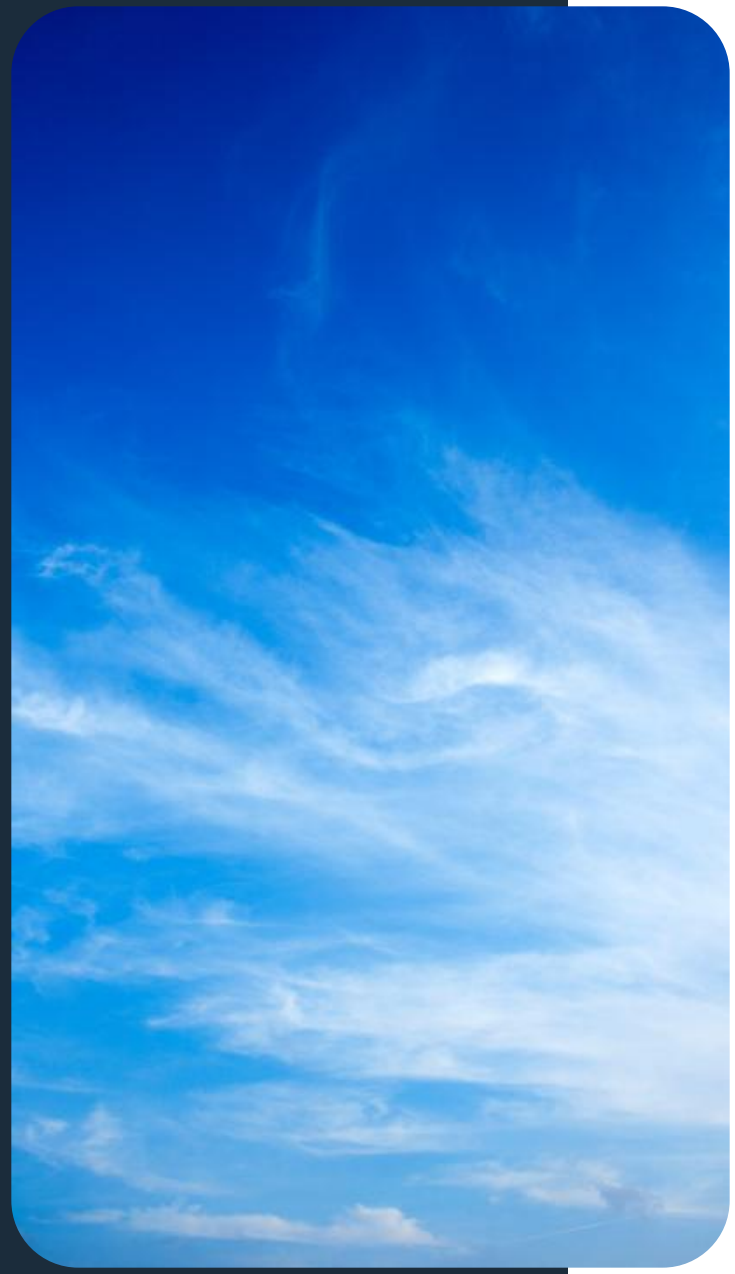
Pick an area that is realistic to work on

- Nutrition
- Exercise
- Stress
- Sleep

Set a small goal

Take a small step

Let it snowball into bigger and bigger results



Summary

Pick your Change

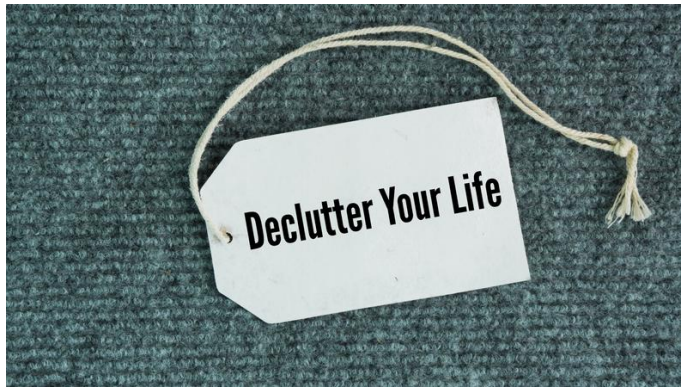
- What do you want to do?
- What's realistic?

Progress over perfection

Upcoming Webinars

Declutter Your Life

Discover how simplifying your environment and routines can reduce stress, boost mental clarity, and support overall wellness.



December 2

Your Home’s Hidden Health Influencers

From food storage containers and cookware to cleaning products and indoor air quality, everyday choices can influence your daily exposure and overall well-being.



January 6

Lifestyle Rewards



1. **What is one way our habits affect our BMI?**
   a) Quality of foods
   b) Which exercise you choose
2. **What goes along with sodium to affect our blood pressure?**
   a) Iron
   b) Potassium
3. **How is the cholesterol ratio calculated?**
   a) Total cholesterol divided by HDL
   b) Triglycerides divided by LDL

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**

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Contact a Health Coach

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Questions?