

# June 2012 is HealthWatch Wellness Screening Awareness Month



At the State Employees' Insurance Board (SEIB)  
Wellness Center and Pharmacy

## Why get screened?

- To stay healthy and to save \$25 each month on your insurance premium for a total savings of \$300 each year.
- Helps to decrease your healthcare costs by catching high blood pressure, high cholesterol, and high blood sugar before they become an issue.
- We want to prevent serious complications as well as decrease incidence of hospitalizations and future healthcare expenses.

### Wellness Center Hours:

Monday-Wednesday, Friday  
8:00 am to 5:00 pm  
Thursday  
9:00 am to 5:00 pm

(334) 263-8470

### Pharmacy Hours:

Monday-Wednesday, Friday  
7:30 am to 5:30 pm  
Thursday  
9:00 am to 5:30 pm

(334) 263-8460



All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don't delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

**We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.**

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

**NOTE:** Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions! \*Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

[rx@alseib.org](mailto:rx@alseib.org)

[www.alseib.org](http://www.alseib.org)

# What the Screenings Involve

The screening process only takes about 10-15 minutes and it's free! At the screening we will take your weight, BMI and blood pressure. We will also check your blood sugar and cholesterol by a small finger stick and draw a small blood sample. We will discuss all of your results with you before you leave and provide you with education.

## Screenings Provided by the State Wellness Center

- **Blood Pressure (BP)**: This is a measure of the pressure exerted by the blood on your blood vessels. It is important to maintain your BP at normal values in order to prevent damage to other organs in your body such as your heart, brain, or kidneys.

### Goals:

- Normal patient with no history of high blood pressure: <120/80 mmHg
- Patients diagnosed with high blood pressure: <140/90 mmHg
- Patients diagnosed with high blood pressure and also have some type of kidney disease or diabetes: <130/80 mmHg

- **Blood Glucose** This is a measure of the amount of sugar in your blood. While some sugar in your blood is a good thing in order to feed the cells in your body, too much of it can be damaging to your kidneys, eyes, and nerves.

### Goals:

- Normal patient with no diagnosis of diabetes:
  - Fasting: <100 mg/dL
  - 2 hours after eating: <200 mg/dL
- Diabetic patients:
  - Fasting: 70-130 mg/dL
  - 2 hours after eating: <180 mg/dL

- **Cholesterol**: This is a measure of the amount of fatty substances in your blood. We all need some fat in our body because it can be used for cell repair and in some cases energy. There are two different types of cholesterol: LDL is the "bad" cholesterol and HDL is the "good" cholesterol. LDL is considered to be the "bad" cholesterol because it can deposit in your arteries and cause blockages, which can lead to stroke or heart attack. HDL is considered to be the "good" cholesterol because it can help remove excess cholesterol from the blood. Goals for cholesterol vary depending on your risk factors.

- **Weight and Body Mass Index (BMI):** Weight contributes to many different aspects of your health including blood pressure, blood sugar, cholesterol, overall heart health as well as joint stress which can lead to pain. BMI is a measure of the ratio of your weight to your height and can give you an idea as to if you are overweight or not.

**BMI Ranges:**

- Underweight: <18.5
- Normal weight: 18.5-24.9
- Overweight: 25-29.9
- Obese: ≥30

## **Come to the State Wellness Center to be screened now!**

Schedule an appointment online to receive your annual screening or call the State Wellness Center to set up your appointment. You do not have to wait a full year to get your next screening so make your appointment today to avoid the end of the year rush!

**Give us a call at the SEIB wellness center if you have any questions (334) 263-8470 or (877) 311-1375**