

Understanding your screening results.



Regular health screenings including a blood draw test can help detect potential problems before they become serious. Read on to learn what's measured and how to make sense of your results.

What's included?

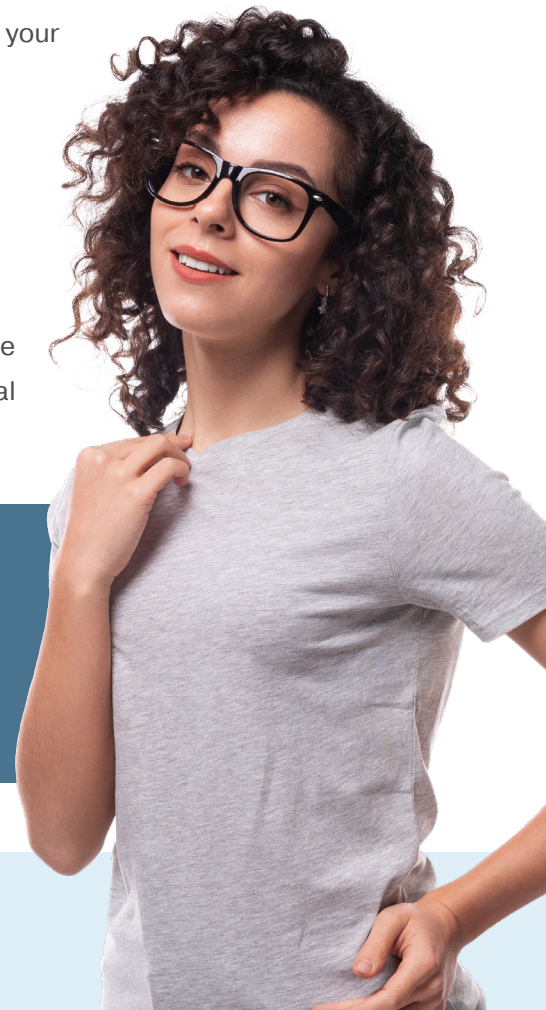
A typical health screening, sometimes called a biometric screening, is performed by your primary care provider (PCP) and measures your height, weight, calculated body mass index (BMI) and blood pressure. A small sample of your blood will be taken in order to measure your blood sugar, triglycerides and cholesterol.

How are my results used?

Your doctor will review your results and enter them in your confidential medical file (you'll get a copy). Your first screening will establish your baseline numbers. Future results will show how they change over time, for instance, if your weight or cholesterol are trending up or down.

Why is getting one important?

Your health screening and blood work can indicate your risk for preventable and treatable chronic conditions. This allows your doctor to find and treat any issues sooner, which can ultimately improve your quality of life, and reduce pain and discomfort. The healthier you stay, the more time you spend away from the hospital (and the lower your medical costs may be).



TIP: Every Wellmark® Blue Cross® and Blue Shield® health plan covers a health screening and basic blood test as part of your annual preventive exam.

Keep reading

Your screening results can tell you a lot about your risk level for serious health concerns — so it helps to know how to read them.

What do my numbers mean?

Your physical measurements and your blood draw tests contain helpful data your doctor can use to gauge your risk for conditions like heart disease, diabetes and more. Beyond the basics covered here, you can always reach out to your doctor with any questions you may have before, during or after your appointment.

Height, weight and body mass index (BMI)

BMI estimates your body fat using a height-to-weight ratio. This number can help assess your risk for several weight-related diseases — especially if you carry excess body fat in your midsection. However, be aware that there are [several reasons](#) it may not be accurate for you. Adults can follow these guidelines:

Reading BMI results:

- ✓ **Healthy BMI:** 18.5-24.9
- ✓ **Underweight:** < 18.5
- ✓ **Overweight:** 25-29.9
- ✓ **Obese:** > 30

Blood pressure

Blood pressure is the force at which your blood pushes against your artery walls as it pumps through your body. Knowing your blood pressure is important because high blood pressure (or hypertension) can indicate a higher risk for a range of medical issues such as heart disease, stroke or heart attack.

Blood pressure is recorded as two numbers, often as a top and bottom number or “systolic over diastolic.” Systolic blood pressure is measured as your heart contracts, and diastolic is measured as your heart relaxes.

Reading your blood pressure:

Blood pressure stages	Systolic and diastolic ranges in mm/Hg (millimeters of mercury)
Normal for most adults	< 120 and < 80
Elevated	120-129 and < 80
High – Hypertension stage one	130-139 or 80-89
High – Hypertension stage two	140-180 or 90-120
Hypertensive crisis	> 180 and/or > 120

Your doctor or PCP can diagnose high (or low) blood pressure and recommend lifestyle changes or medication if need be. If you are experiencing a hypertensive crisis, call 911 immediately.



TIP: Calculate your BMI at home with the [WebMD® BMI Calculator](#).

Glucose

Your *glucose level* is a measure of the sugar in your blood, which comes from the food we eat. High blood sugar can be an indication of prediabetes or diabetes.

The most common glucose test is a FPG (Fasting Plasma Glucose) test. An FPG test requires fasting for at least eight hours and is performed with a simple blood draw.

Reading FPG results:

- ✓ **Normal:** < 100 mg/dL
- ✓ **Prediabetes:** 100-125 mg/dL
- ✓ **Diabetes:** > 126 mg/dL

Source: American Heart Association, "Symptoms, Diagnosis and Monitoring of Diabetes," 2025.

Triglycerides

As your body breaks down fat from the food you eat, it creates *triglycerides*, a type of fat called a lipid that enters your bloodstream and is used for energy. Having too many triglycerides can elevate your risk of heart disease, heart attack and stroke, and problems with your liver and pancreas. Triglyceride levels are related to your cholesterol levels and are checked at the same time in a test called a *lipid panel*.



Cholesterol

Cholesterol is a waxy substance found in the food we eat, particularly meat, dairy, and foods high in saturated fat. Because it aids with the creation of cell membranes and helps maintain balanced hormones and vitamin D levels, some cholesterol can be good — but too much cholesterol can lead to heart disease and stroke.

There are two types of cholesterol which comprise your total cholesterol: HDL and LDL. HDL, or *high-density lipoprotein*, is a good cholesterol that helps displace LDL, and LDL, or *low-density lipoprotein*, is bad cholesterol. Monitoring your LDL is especially important since having high cholesterol often comes with no noticeable symptoms.

Reading lipid panel results:

Lipid panel	Normal ranges
Triglycerides	< 150 mg/dL
LDL	< 100 mg/dL
HDL	< 50 mg/dL
Total cholesterol	< 200 mg/dL

Sources: American Heart Association, "What is Cholesterol?" 2024.
American Heart Association, "Learn About Your LDL Cholesterol," 2022.
American Heart Association, "What Your Cholesterol Levels Mean," 2024.

How will I get my results?

After your appointment, be sure to ask your provider when and how you'll receive results. They could be sent as a letter to your home, through your provider's patient portal online or through an app on your mobile device.

What can I do if my numbers are off?

If your results are above or below normal for one or more of your tests, your doctor can help you assess your unique health situation and suggest changes to your diet, exercise or lifestyle. Remember, your doctor is there to help you be healthy and happy, so don't be afraid to ask questions or share any concerns you may have.

Track your health year after year.

Take a few minutes to enter your results and complete the Wellness Assessment within Wellmark Connect powered by WebMD®.

You'll get personalized tips and insights to help you reach your wellness goals, and can review your progress as you update your numbers with each additional screening.



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