

IBM GWBS Wellness Resources

<https://wellnessforlifecenter.com>

- WebMD Health Risk Assessment** Identify and understand your personal health risks and preventive care needs.

- Stress Assessment** Explore what is making you susceptible to stress, what your true sources of stress are, and what steps you should take to manage it.
- Stress Management** Learn how to change your behavior and lessen the impact of stress in your life using proven skills and strategies.

- Virtual Fitness Center** Your link to year-round physical activity. Use regular activity logging, behavior change support, incentive programs, challenges and team options to keep you active all year.

- Virtual Food Pro** Your link to nutrition and weight management. Utilize interactive tools and customized plans to help you eat healthier and achieve lasting results.

- Smoking Cessation** Create an action plan and get support with the powerful online tools. Also offering telephone coaching and self-directed kit options.

| Cholesterol | | | |
|-------------------|--------|-------------|-------|
| Total Cholesterol | Normal | High-Normal | High |
| | < 200 | 200-239 | ≥ 240 |
| HDL | Normal | Low | |
| | ≥ 40 | < 40 | |
| Total/HDL Ratio | Normal | High | |
| | < 5.0 | ≥ 5.0 | |

| Glucose | | | | | |
|-------------|----------------------------|--------------|----------|--------------------------|--------------|
| Non Fasting | | | Fasting | | |
| In Range | Impaired Glucose Tolerance | Out Of Range | In Range | Impaired Fasting Glucose | Out of Range |
| <140 | 140-199 | >199 | 70-99 | 100-125 | <70 or >125 |

| Blood Pressure | | | | |
|----------------|--------|-----------------|--------------|---------------|
| Category | Normal | Prehypertension | High Stage 1 | High Stage 2 |
| Systolic | < 120 | 120-139 | 140-159 | 160 or higher |
| Diastolic | < 80 | 80-89 | 90-99 | 100 or higher |

BMI Formula = $\frac{\text{Weight (lb)} \times 703}{(\text{Height (in)})^2}$

| Body Mass Index | | | | | | |
|-----------------|--------------|-----------|------------|-------------------|--------------------|---------------------|
| Class | Under weight | Normal | Overweight | Obesity (Class I) | Obesity (Class II) | Obesity (Class III) |
| BMI | <18.5 | 18.5-24.9 | 25.0-29.9 | 30.0-34.9 | 35.0-39.9 | ≥40 |

| Osteoporosis Awareness | |
|--|---|
| Score | Interpretation |
| Above -1 | May suggest Healthy Bone Discuss with physician at next regular visit if preventive measures are necessary. |
| Between -1 and -2.5 | May suggest Osteopenia Follow up with physician and discuss values from screening. |
| Below -2.5 | May suggest Osteoporosis Follow up with physician and discuss values from screening. |
| Below -2.5 and evidence of a low trauma fracture | May suggest possible severe or established Osteoporosis Follow up with physician and discuss values from screening. |

****Note: Most top triathletes are in the 21-23 (male) and 20-22 (female) BMI range with the BF noted below****

| Percent Body Fat | | | | | | |
|------------------|--------------------|-----------|-----------|-----------|-----------|-----------|
| Gender | Rating | Age Range | | | | |
| | | 20 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60 + |
| Men | Well Above Average | <7.2 | <11.4 | <13.7 | <15.4 | <15.4 |
| | Above Average | 7.2-11.8 | 11.4-15.9 | 13.7-18.1 | 15.4-19.8 | 15.4-20.3 |
| | Average | 11.9-19.5 | 16.0-22.3 | 18.2-24.1 | 19.9-25.7 | 20.4-26.7 |
| | Below Average | 19.6-25.8 | 22.4-27.2 | 24.2-28.8 | 25.8-30.2 | 26.8-31.1 |
| | Well Below Average | >25.8 | >27.2 | >28.8 | >30.2 | >31.1 |
| Women | Well Above Average | <14.6 | <15.6 | <18.6 | <21.7 | <21.2 |
| | Above Average | 14.6-19 | 15.6-20 | 18.6-23.5 | 21.7-26.6 | 21.2-27.5 |
| | Average | 19.1-25.3 | 20.1-26.9 | 23.6-30.0 | 26.7-33.4 | 27.6-34.2 |
| | Below Average | 25.4-32.0 | 27.0-32.7 | 30.1-34.9 | 33.5-37.8 | 34.3-39.2 |
| | Well Below Average | >32.0 | >32.7 | >34.9 | >37.8 | >39.2 |

****Note: Elite athlete goal is 0-2% below top line. Top age group goal is between 1st and 2nd line****