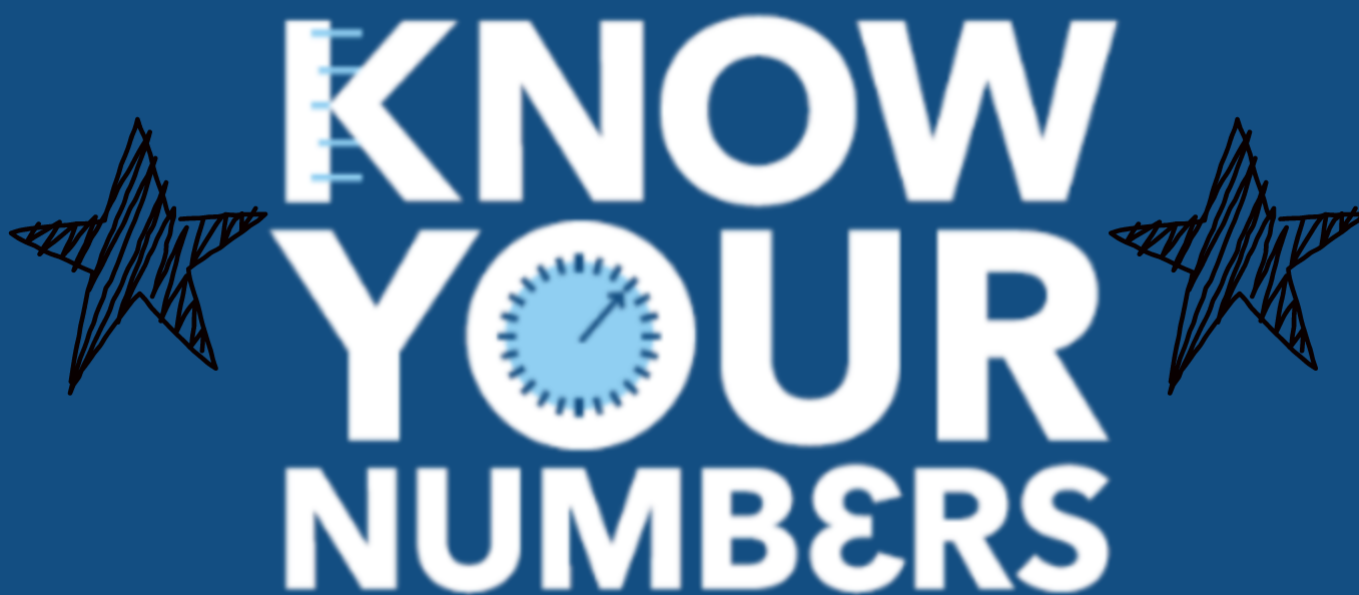


KNOW YOUR NUMBERS



Be proactive, Know Your LIFESTYLE Numbers!

February 13th through March 19th

Your overall health, lifestyle habits and daily choices attribute to your medical numbers of blood pressure, cholesterol, blood glucose/A1C, etc. This year rather than focusing solely on our medical numbers (results), we are going to look at our ACTIONABLE numbers (what we do, or not do) and learn if the two (our health/our medical) numbers correlate (individually) in some manner for us within variation factors of genetic traits.

Over the next 5 weeks, we will look at these behaviors:

- Diet ID Quality_Score
- True Vitality Test Score
- Calming Statistics
- Movement Averages
- Sleep Averages

To participate in the campaign, follow these simple steps:

1. Read each weekly communication and schedule "you time" to take action via the links provided.
2. Keep digital track of your score, stats, minutes, or screenings.
3. Keep an open mind towards whatever your numbers are.
4. Plan how you might make even the slightest improvement over a specific period of time.
5. Comparing your numbers to someone else's makes no sense, avoid the temptation or even wonderment. Be concerned with yourself, it's all about YOU!

To view your medical numbers (blood pressure, cholesterol and blood glucose)

- Sign on to kp.org with your user ID and password.

- Click “My health manager.”

- Click “My medical record.”

(If you're not already registered on kp.org, you'll need to create your account first.

If you're not a Kaiser Permanente member, check with your primary care provider.

The bottom line:

Campaign participants who took steps or created habits to be healthier on one or more of the weekly lifestyle behaviors during the campaign dates - will be eligible, by simply sharing your story (not your confidential numbers) - please email to lmarten@sd27j.net

Reward Drawing for (1 of 7) - \$200 Gift Cards will be held on Wednesday, March 29th.



Lori Marten

<https://www.sd27j.org/Page/7781>

We appreciate your feedback!

Please share your experience so we can focus on what matters to you.

<https://forms.gle/bHpA999Q4KaQUrTa9>