Anthem

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COVA Care

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Virginia, Inc.
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Three is a crowd.

Most of us have heard of the health problems that come with high blood pressure, high cholesterol or being overweight. Each is important to control on its own. Together, they can be an even greater risk to your health. In combination, even slightly raised measurements of any of these factors can contribute to heart disease and diabetes.

Nearly 50 million Americans – one in four adults – have health risks due to their weight, blood pressure, cholesterol, or blood sugar. **Researchers have called the combination of 3 or more of these risk factors Metabolic Syndrome**. The underlying causes of Metabolic Syndrome are not fully understood but researchers believe that genetic makeup and lifestyle choices may contribute.

Take the Metabolic Syndrome CheckPoint to see if you could you be at risk for developing heart disease or diabetes:

- ☐ Do you have a waistline of more than 40 inches or more for men or more than 35 inches for women (pants size 18 or larger)?
- ☐ Is your triglyceride level 150mg/dL or higher?
- ☐ Is your HDL ("good" cholesterol) less than 40 mg/dL (for men) or 50 mg/dL (for women)?
- ☐ Is your blood pressure 130/85 mm Hg or higher?
- ☐ Is your blood sugar level 100 mg/dL or higher (before eating)?

If you answered "Yes" to three or more of these questions or if you have only one of these health issues— high blood pressure, high cholesterol, high blood sugar or obesity— you can take steps now to reduce or eliminate your risks. If you are not sure of these answers, talk with your doctor to see if you are at risk.

Take action now! You can participate in the Anthem Better Prepared℠ program for Metabolic Syndrome offered at no extra cost to you by COVA Care Health Plan. You will receive the following services as a part of the program:

- Personalized nutrition education and counseling
- An exercise plan designed for your specific goals
- Access to a nurse 24-hours a day to provide support and information

A Health Specialist will contact you soon to explain more about the benefits of the program and answer your questions. If you would like to start on your way to better health today, call us toll free at **1-800–445-7922**.

The program is voluntary and confidential. There is no extra cost to you.