

Interra Health®

Understanding Your Biometric Score

The Biometric Score

The results from your InHealth BioScreen™ are individually scored so that Interra Health® can apply Risk Ratings to evaluate your results and identify areas of potential concern. For each biometric category tested, you will receive a Risk Rating of Low, Moderate, or High Risk. Participants will also earn points based on the Risk Rating received; these points make up the Biometric Score. The maximum amount of points/highest Biometric Score that can be earned during a biometric screening is 1000 points.

An Overall Risk score will also be determined based on Risk Ratings applied to all biometric values collected. The following biometrics are required in order to calculate an Overall Risk score: systolic blood pressure, diastolic blood pressure, body mass index, total cholesterol, HDL cholesterol, triglycerides, and glucose.

The following scoring will be applied for screens completed in 2013.

Biometric Tested	Low Risk Range	Points Earned	Moderate Risk Range	Points Earned	High Risk Range	Points Earned
Total Cholesterol	< 200	50	200-239	25	≥ 240	0
HDL	Women: >50 Men: >40	100	Women: 40-50 Men: 35-40	50	Women: ≤39 Men: ≤34	0
LDL	≤ 129	50	130-159	25	≥ 160	0
TC/HDL Ratio	≤ 3.54	50	3.55-4.99	25	≥ 5.00	0
Triglycerides	≤ 149	100	150-199	50	≥ 200	0
Glucose	<100	100	100-126	50	≥ 127	0
Blood Pressure	<130 (systolic)/ <85 (diastolic)	100	130-139 (systolic)/ 85-89 (diastolic)	50	≥ 140 (systolic)/ ≥ 90 (diastolic)	0
BMI	< 25	50	25-29.9	25	≥ 30	0
Percent Body Fat	Women: <28% Men: <22%	0	Women: 28-32.9% Men: 22-27.9%	0	Women: ≥33% Men: ≥ 28%	0
Waist Circumference	Women: ≤ 35 Men: ≤ 40	50	N/A	0	Women: > 35 Men: > 40	0
Tobacco Use	Non-User	350	N/A	0	User	0
Total Possible Points = 1000						

Sources:

