

Identifying Risks to Prevent Disease



Health Screening for Self-Insured Organizations



Health screening enables your members to learn about any health risks they might have, so they can take action to prevent painful and expensive illnesses. Their biometric test results will guide them to lifestyle changes and/or preventive clinical intervention. You may already have a health-screening program offered to your members, which significantly reduces your overall cost of care.

If you do have a program in place, we would welcome the opportunity to submit a proposal with our unique attributes and competitive pricing, for when it is time to renew your agreement. If you do not currently have a health-screening program, we would love to tell you about how Medivon can provide a valuable health-optimization service for your members, while decreasing overall healthcare costs for your organization.



Medivon has a state-of-the-art health-screening platform, which enhances our nationwide comprehensive biometric testing. A flexible and user-friendly health portal manages member appointments, graphic results reporting, and Amazon Awards. It also links to other health applications our client may have in operation. We send email confirmations/reminders and provide statistical reporting and analytics for management. To give you a sense of our capabilities, we have been serving a 300,000-member self-insured organization for 12 years, performing 500 screening events at worksites over a 5-month period each year.

Health Screening Results for: FEMALE EXAMPLE

Select Assessment Date 01/30/09 Age 66 Height 5 Feet 8 Inches Weight 155 lbs.

Risk Factors The more risk factors a person has, the greater the chance that person will eventually have a heart attack or other serious disease. Some risk factors cannot be controlled, such as age, family history, ethnic heritage, and gender. But you can modify, treat, or control other risk factors to lower your overall risk of disease.

No Personal history of heart attack / heart disease / stroke / peripheral vascular disease
 No Diagnosed with diabetes
 No I am a smoker No I am a recent smoker (quit less than a year ago)
 Yes I am taking medication for high blood pressure
 N/A I am taking medication for high cholesterol
 No Irregular heart beat
 Exercise 30 min 4 days a week **Doing Well**

Total Cholesterol 161 Your results were 161 mg/dL. Total Cholesterol is a measure of the total amount of cholesterol in your blood at a given time. It is usually measured in milligrams per deciliter (mg/dL), and it's an important factor in determining your risk of developing cardiovascular disease. Generally, you should strive to keep this number below 200.

HDL Cholesterol 46 Your results were 46 mg/dL. HDL (High Density Lipoprotein) is the so-called "good" cholesterol. For women, an HDL of at least 55 mg/dL, or more is ideal for women and considered a negative risk factor for disease.

Blood Pressure 127/85 Your results were 127/85 mg/dL. Blood Pressure indicates how hard your heart must work to pump blood through your body. Systolic pressure (top number) is when the heart beats. Diastolic pressure (bottom number) is when the heart is at rest. BP from 120/80 to 139/89 is an indication of pre-hypertension. BP of 140/90 and above is an indication of hypertension. BP of 160/100 or above is Stage 2 hypertension. Below 90/60 is hypotension.

Pulse 69 Your results were 69 BPM. Pulse is the throbbing of your arteries, a measure of your heartbeat in beats per minute (BPM). A normal pulse rate for a healthy adult, while resting, can range from 60 to 90 BPM, although well-conditioned athletes may have a healthy pulse rate lower than 60 BPM.

Glucose 99 Your results were 99 mg/dL. Glucose is a measure of the sugar level in your blood. High glucose levels can be an indication of diabetes or pre-diabetes. Since fasting is not required for this test, above 140 but less than 199 is an indication of pre-diabetes; 200 and above might indicate diabetes.

Body Fat % 38.5% Your results were 38.5%. Body Fat % is the percent of your body that is composed of fat. Serious health risks have been associated with both too much and too little body fat. The recommended range for women is 20-25%.

Body Mass Index 23.5 Your results were 23.5. Body Mass Index (BMI) is a calculation based upon a person's weight and height. BMI values between 18.5 and 24.9 are considered "healthy". Those at or above 25 are considered "overweight", 30 and over is "obese". A BMI below 18.5 is potentially indicative of malnutrition or anorexia.

Waist 29 Your results were 29 inches. Waist Girth has been shown to be significantly correlated with the risk of heart disease and other serious conditions. It is also one of the easiest risk factors for you to control. No more than 35 inches for females is desirable.
 Hip = 41 inches

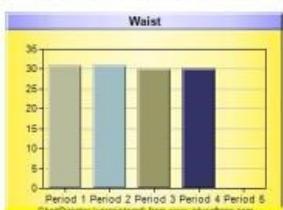
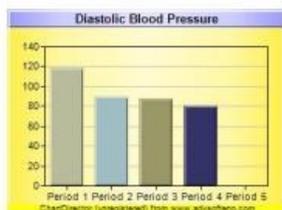
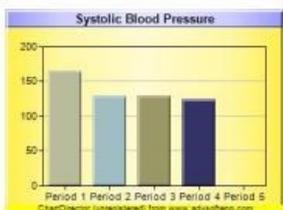
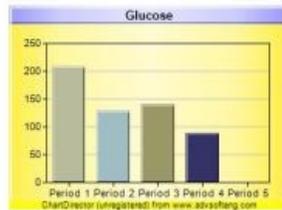
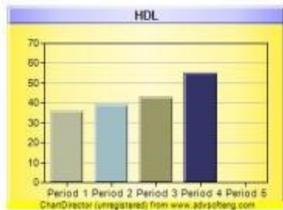
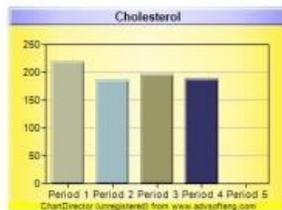
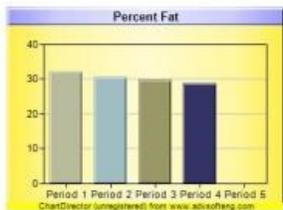
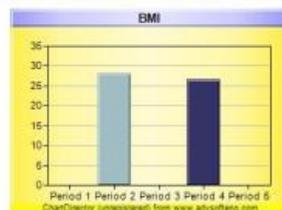
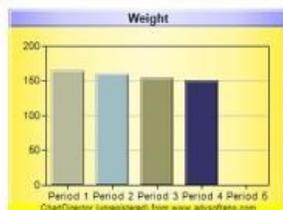
Waist/Hip Ratio 0.7 Your results were 0.7. Waist/Hip Ratio is even more highly related than waist girth alone to the chance of having a heart attack or some other form of heart disease. An "apple" shape, where your waist is large compared to your hips, is unhealthy. A "pear" shape is healthier. Women should have a ratio less than 0.8.

10 Year Coronary Risk 16% Your results were 16%. The Framingham Heart Risk Score analyzes some of the data above to determine your risk of having a heart attack, or other coronary death in the next 10 years. If your Score is less than 10%, you're at Low Risk. If 10-20%, you're at Moderate Risk. Above 20% is High Risk.

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Color Key: Green = Doing Well Orange = Needs Improving Red = At Risk

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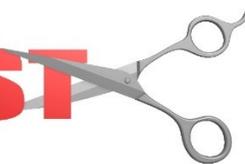


Test/Measurement	Risk Level	No. at Risk	% at Risk
High Total Cholesterol	>=200	3,223	35%
Low HDL	M<45; F<55	4,377	47%
High TCH/HDL Ratio	M>4.5; F>4.0	2,563	27%
Glucose (potential diabetes)	>=200	158	2%
Glucose (potential pre-diabetes)	141 - 199	529	6%
HbA1c (diabetes)	>6.4	56	0.60%
HbA1c (pre-diabetes)	5.7 - 6.4	216	2%
High Blood Pressure (BP)	>=140/90	1,959	21%
Very High BP (Stage 2 Hypertension)	>=160/100	521	6%
Low BP (Hypotension)	<90/60	190	2%
High Pulse	>90	924	10%
Irregular Heartbeat	Observed	55	0.59%
High BMI (overweight)	25 - 29	3,178	34%
Very High BMI (obese)	>=30	3,167	34%
Very low BMI (potentially anorexic)	<18.5	79	1%
High Body Fat Percent	M>=21; F>=31	6,576	70%
High Waist Girth	M>40; F>35	4,153	44%
High Waist/Hip Ratio	M>=0.9; F>=0.8	4,518	48%
Very High Waist/Hip Ratio	M>=1.0; F>=0.9	2,482	27%
10-Year Coronary Risk - Intermediate	10-20%	534	6%
10-Year Coronary Risk - High	>20%	41	0.44%
History of Heart Disease	Yes	230	2%
Diagnosed with Diabetes	Yes	524	6%
Current Smoker	Yes	142	2%
Former Smoker (quit in last year)	Yes	148	2%
Taking High BP Medication	Yes	1,273	14%

HEALTH SCREENINGS



COST



For further information, email info@medivon.com