

# Personal Health Record

For Covered Individual's Personal File



NAME \_\_\_\_\_  Male  Female Date of Birth \_\_\_\_\_

Access your Personal Health Record and Health Power Assessment by signing in at [www.tmliebp.org](http://www.tmliebp.org).

1. When did you have your blood work done?	<input type="text"/>	mm/dd/yy	
2. What is your height?	<input type="text"/>	feet	<input type="text"/> inches
3. What is your weight?	<input type="text"/>	pounds	
4. What is your waist measurement?	<input type="text"/>	inches	
5. What is your blood glucose?	<input type="text"/>	Less than 100 mg/dL 100-125 mg/dL 126 mg/dL or higher	Normal Impaired/Pre-diabetes Diabetes
6. What is your blood pressure?	<input type="text"/>	Less than 120/80 120-139 140 or higher	Optimal Pre-hypertension High Blood Pressure
7. What is your total cholesterol?	<input type="text"/>	Less than 200 mg/dL 200-239 mg/dL 240 mg/dL or higher	Optimal Borderline High High Cholesterol
8. What is your LDL (bad) cholesterol?	<input type="text"/>	Less than 115 mg/dL 115-159 mg/dL 160 mg/dL or higher	Optimal Borderline High High
9. What is your HDL (good) cholesterol?	<input type="text"/>	Less than 40 mg/dL for men and 50 mg/dL for women increases the risk of heart disease.	
10. What is your triglyceride level?	<input type="text"/>	Less than 150 mg/dL 150-199 mg/dL 200 mg/dL or higher	Normal Borderline High High

AGE & GENDER BIOMETRIC SCREENINGS	Female 18-35	Female 36-39	Female 40-50	Female 51+	Male 18-39	Male 40-50	Male 51+
Health Power Assessment Questionnaire	X	X	X	X	X	X	X
Preventive Office Visit	X	X	X	X	X	X	X
Lipid Panel	X	X	X	X	X	X	X
Comprehensive Metabolic Blood Panel	X	X	X	X	X	X	X
TSH		X	X	X			
PSA							X
Fecal Occult			X	X		X	X
Bone Density Study				X			
Mammogram			X	X			
PAP		X	X				

The TML Intergovernmental Employee Benefits Plan is a non-Federal governmental health plan that has elected to be exempted from the HIPAA Title I prohibitions against discriminating against individual participants and beneficiaries based on health status. Therefore, the rules regarding Nondiscrimination and Wellness Programs in Health Coverage in the Group Market do not apply to this plan.