

Group Health Profile

prepared for

Campbell Technologies **

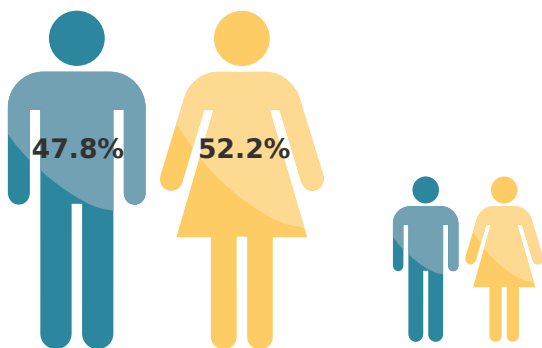
The Group Health Profile is a health "snapshot" of your population or workforce based on information provided to us through our confidential Personal Health Profile. The information contained in the Group Health Profile is intended to provide you an aggregate overview of your group's health characteristics. For comparative purposes, your information is contrasted with other data collected across your local area and the United States.

Number of Respondents: 1062

FTE Count: 3250

Percent Captured: 32.7%

Gender and Age



AGE RANGE

Younger than 20	0.0%	0.0%
20-29	6.5%	7.9%
30-39	7.5%	9.3%
40-49	8.2%	8.9%
Greater than 50	25.6%	26.1%
Average Age	49	48

Key Health Risks

LESS HEALTHY	Percentage Points Worse*
Glucose Screening Level Above Normal	19.8
Elevated PSA	10.8
Frequent Stress	8.7
Blood Pressure Screening Hypertension	7.9
MORE HEALTHY	Percentage Points Better*
Increased Risk Waist Circumference	32.3
No Primary Physician	20.7
High Triglycerides Level	9.5
Self Reported High Blood Pressure	9.4
Never Exercise	8.3

*Compared to National Results

MODIFIABLE LIFESTYLES

Modifiable lifestyle characteristics indicate the percentage of your population that represents or participates in unhealthy lifestyle choices. By changing these characteristics, you may significantly reduce the incidence of health related claims through the promotion of good health.

TOBACCO	Group	Market	National
Smoke Cigarettes	13.7% (145)	21.9%	16.0%
Smokeless Tobacco	2.7% (29)	2.8%	3.3%

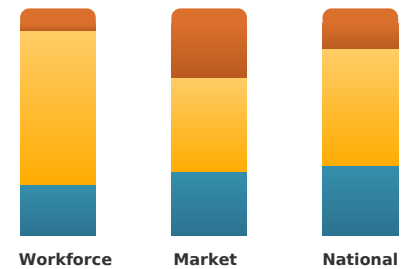
Smoke Cigarettes:



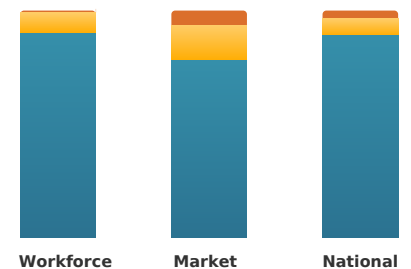
Smokeless Tobacco:



EXERCISE	Group	Market	National
Never/Rarely	10.0% (106)	30.8%	18.3%
Sometimes	68.0% (722)	41.4%	51.4%
Frequently	22.0% (234)	27.8%	30.3%

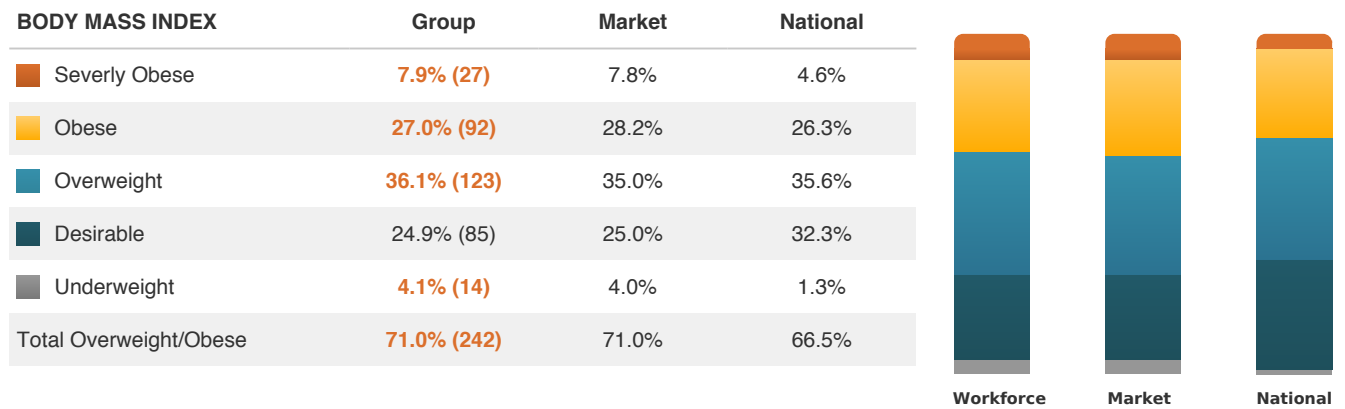


WEAR SEATBELTS	Group	Market	National
Never/Rarely	0.9% (10)	6.4%	3.5%
Sometimes	9.0% (96)	15.8%	7.6%
Frequently	90.0% (956)	77.8%	88.9%



BODY COMPOSITION

Body composition is an estimate of the distribution of fat and muscle throughout the body. People who have a healthy body composition generally have a reduced risk of many chronic diseases and conditions including cancer, coronary heart disease, diabetes, and high blood pressure.



Body Mass Index (BMI) Norms

Underweight	<18.6
Desirable	18.6-24.9
Overweight	25.0-29.9
Obese	30.0-39.9
Severely Obese	>=40.0

Waist Circumference Norms

	Men	Women
Desirable	<40	<35
Increased Risk	>=40	>=35

Body Fat Percentage by Age Norms

	20-29		30-39		40-49		50-59		60+	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
Poor	>22.4	>27.7	>24.2	>29.3	>26.1	>32.1	>27.5	>35.6	>28.5	>36.6
Fair	17.5-22.4	23.8-27.7	20.6-24.2	25.0-29.3	22.6-26.1	28.2-32.1	24.2-27.5	31.7-35.6	25.1-28.5	32.6-36.6
Average	14.2-17.4	20.7-23.7	17.6-20.5	21.7-24.9	19.7-22.5	25.0-28.1	21.4-24.1	28.6-31.6	22.1-25.0	29.4-32.5
Good	9.5-14.1	17.2-20.6	14.0-17.5	18.1-21.6	16.4-19.6	21.4-24.9	18.1-21.3	25.1-28.5	18.5-22.0	25.2-29.3
Excellent	<=9.4	<=17.1	<=13.9	<=18.0	<=16.3	<=21.3	<=17.9	<=25.0	<=18.4	<=25.1

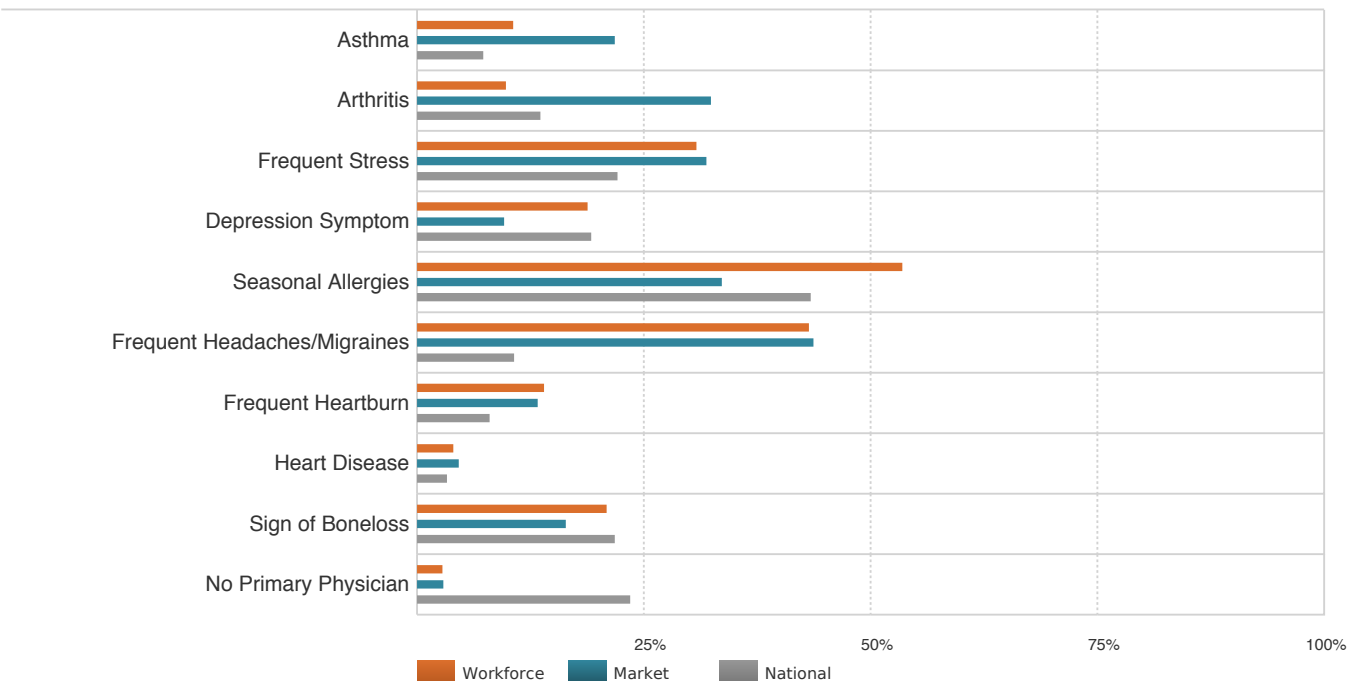


HEALTH CONDITIONS

Health Conditions is a listing of specific health conditions present in your group that can lead to increased health claims. Each condition represents an opportunity to reduce claims by proactively treating or managing each health condition before it results in serious disease or illness.

HEALTH CONDITIONS	Group	Market	National
Asthma	10.6% (113)	21.8%	7.3%
Arthritis	9.8% (104)	32.4%	13.6%
Frequent Stress	30.8% (326)	31.9%	22.1%
Depression Symptom	18.8% (200)	9.6%	19.2%
Seasonal Allergies	53.5% (568)	33.6%	43.4%
Frequent Headaches/Migraines	43.2% (458)	43.7%	10.7%
Frequent Heartburn	14.0% (148)	13.3%	8.0%
Heart Disease	4.0% (42)	4.6%	3.3%
Sign of Bone loss	20.9% (71)	16.4%	21.8%
No Primary Physician	2.8% (30)	2.9%	23.5%

HEALTH CONDITIONS GRAPH

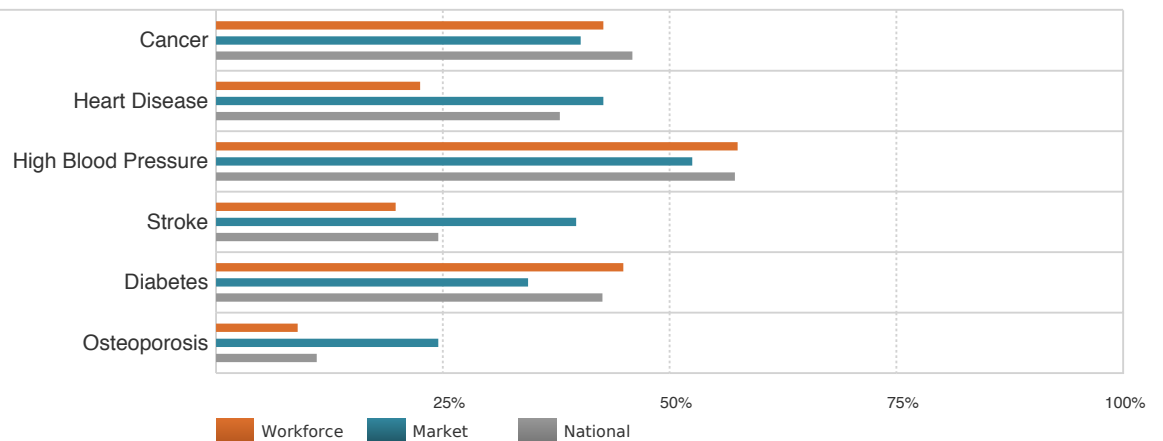


FAMILY HISTORY

Health care professionals have known for a long time that common diseases - heart disease, cancer, and diabetes - can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Understanding these risks helps you to proactively reduce them by enhancing population health.

FAMILY HISTORY	Group	Market	National
Cancer	42.7% (454)	40.2%	45.9%
Heart Disease	22.5% (239)	42.7%	37.9%
High Blood Pressure	57.5% (611)	52.5%	57.2%
Stroke	19.8% (210)	39.7%	24.5%
Diabetes	44.9% (477)	34.4%	42.6%
Osteoporosis	9.0% (96)	24.5%	11.1%

FAMILY HISTORY GRAPH



DIABETES

Diabetes is a chronic disease in which the body does not generate or appropriately use insulin, a hormone that is created in the pancreas. The presence of diabetes causes blood glucose (blood sugar) levels to rise dangerously high and may lead to dangerous complications. Of the 25.8 million Americans currently suffering from diabetes, 7 million of them are unaware of their condition.

DIABETES	Group	Market	National
Have Diabetes	13.0% (138)	12.8%	5.0%
Of These with Type 2 Diabetes	73.2% (101)	52.9%	80.1%

Have Diabetes:

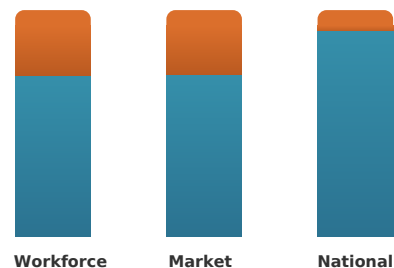


Of These with Type 2 Diabetes:



GLUCOSE SCREENING	Group	Market	National
■ Above Normal Screening Level	29.4% (100)	28.9%	9.6%
■ Normal Glucose Screening Level	70.6% (240)	71.1%	90.3%

Glucose Screening Level:






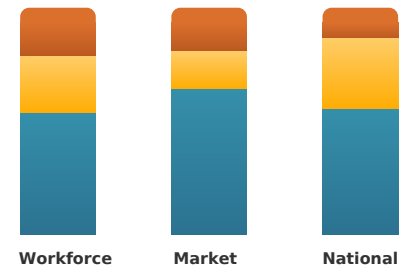
Blood Glucose Norms

	Glucose (Fasting)	Glucose (Non-Fasting)
Normal	<100	<140
Above Normal	>=100	>=140

BLOOD PRESSURE PROFILE

Elevated blood pressure results indicate an increased risk of heart disease and strongly suggest you take preventative measures as a means to enhance population health and reduce the incidence of related healthcare claims.

SCREENING RESULTS	Group	Market	National
 Hypertension	21.5% (73)	19.2%	13.6%
 Pre-hypertension	25.3% (86)	16.7%	31.4%
 Normal	53.2% (181)	64.1%	55.0%



SELF REPORTED	Group	Market	National
Have High Blood Pressure	14.7% (76)	18.5%	24.1%
Of These on Medication	2.3% (12)	4.7%	66.0%

Have High Blood Pressure:



Of These on Medication:



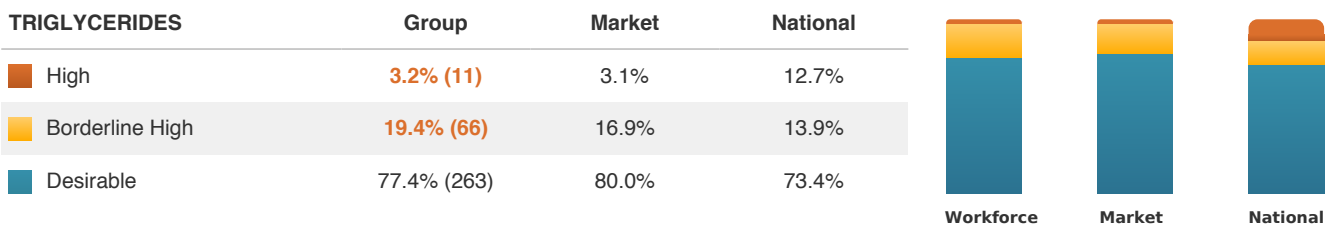
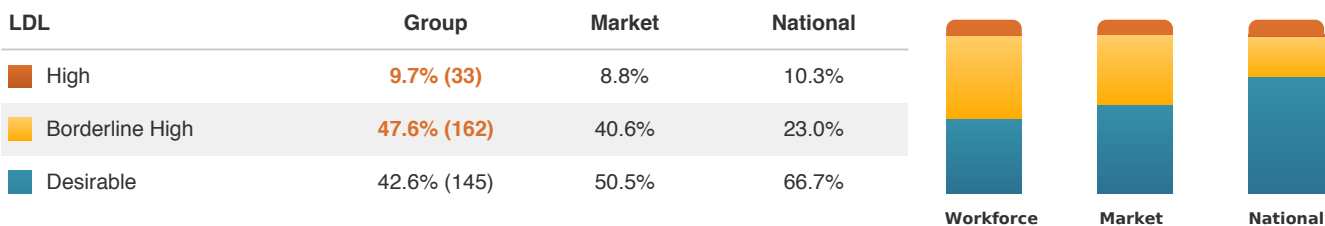
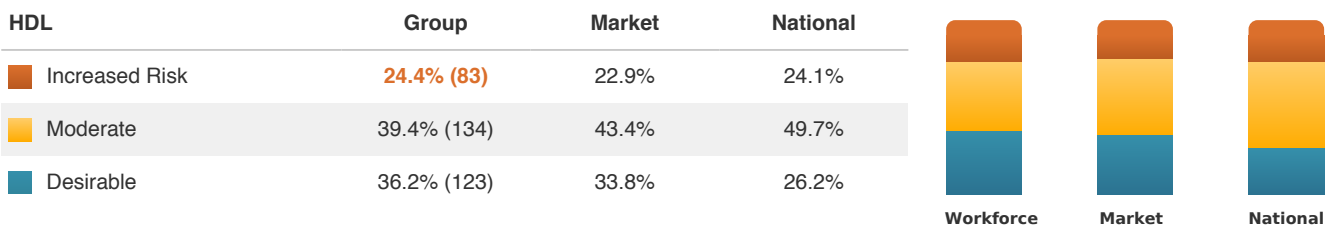
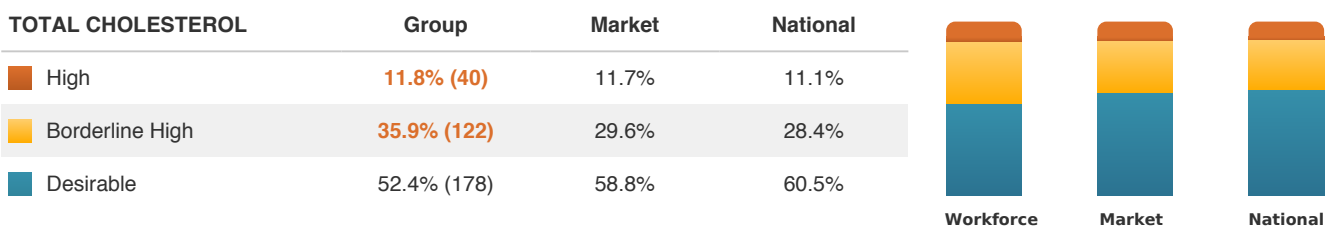
Blood Pressure Norms

	Systolic	Diastolic
Normal	<120	<80
Pre-hypertension	120-139	80-89
Hypertension Stage 1	140-159	90-99
Hypertension Stage 2	>=160	>=100

LIPID PROFILE

The lipid profile is a group of tests that are often ordered together to determine risk of coronary heart disease. They are tests that have been shown to be good indicators of whether someone is likely to have a heart attack or stroke caused by blockage of blood vessels or hardening of the arteries.

- Total Cholesterol:** A measure of LDL cholesterol, HDL cholesterol, and other lipid components
- HDL:** Protects against heart disease by taking "bad" cholesterol out of the blood and keeps it from building up in arteries
- LDL:** Can build up on the walls of arteries and increase chances of getting heart disease
- Triglycerides:** Chemical form in which most fat exists in food and the body



Lipid Norms

	Total Cholesterol	LDL	Triglycerides
Desirable	<200	<100	<150
Borderline High	200-239	100-159	150-199
High	>=240	>=160	>=200

HDL Norms

	Men	Women
Desirable	>=60	>=60
Moderate	40-59	50-59
Increased Risk	<40	<=50

PSA (PROSTATE SPECIFIC ANTIGEN)

Prostate-specific antigen (PSA) is a substance produced by the prostate gland. Elevated PSA levels may indicate prostate cancer or a noncancerous condition such as prostatitis or an enlarged prostate.

PSA	Group	Market	National	Elevated PSA Level:		
Elevated PSA	24.1% (82)	23.0%	13.3%			
				Workforce	Market	National

PSA Norms

Normal	<4
Elevated	>=4

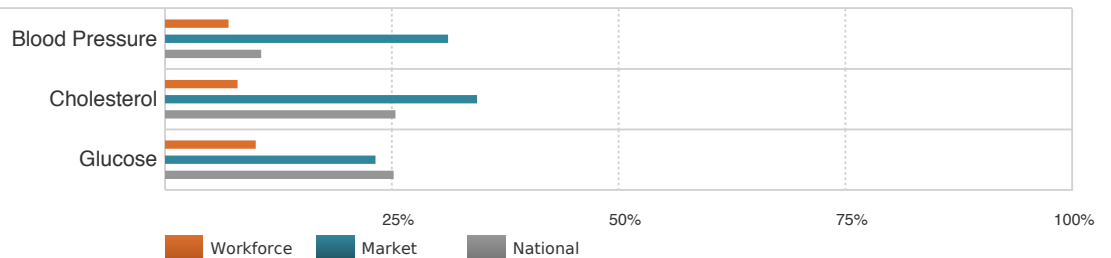
SCREENING HISTORY

Early detection is key to the prevention and treatment of illness and disease, and there is no better way to foster good health than by participating in routine health screenings and physical examinations. The screening profile details the percentage of individuals who have not participated in a listed screening event as recommended by medical experts.

NOT CHECKED IN THE LAST YEAR

	Group	Market	National
Blood Pressure	7.0% (74)	31.2%	10.6%
Cholesterol	8.0% (85)	34.4%	25.4%
Glucose	10.0% (106)	23.2%	25.2%

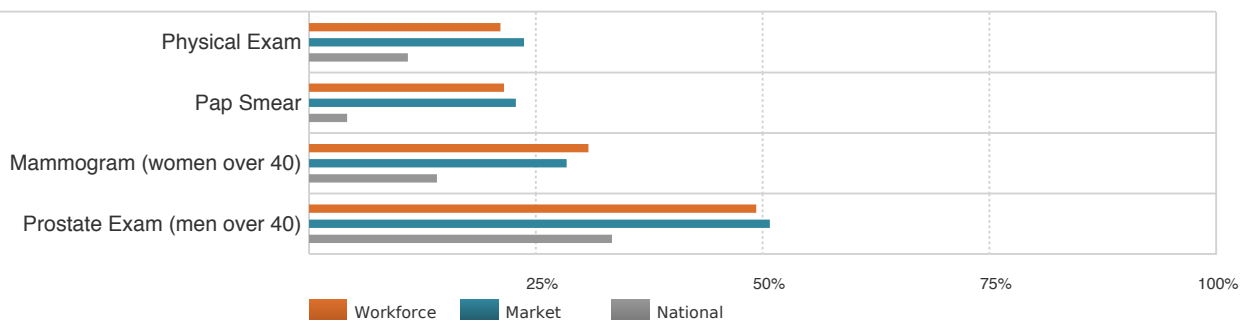
NOT CHECKED IN LAST YEAR GRAPH



NEVER CHECKED

	Group	Market	National
Physical Exam	21.1% (224)	23.7%	10.9%
Pap Smear	21.5% (119)	22.8%	4.2%
Mammogram (women over 40)	30.8% (99)	28.4%	14.1%
Prostate Exam (men over 40)	49.3% (151)	50.8%	33.4%

NEVER CHECKED GRAPH



METABOLIC SYNDROME

Metabolic syndrome is not a disease itself, but is a complex set of health risks that may lead to cardiovascular disease, stroke or diabetes. Metabolic syndrome is of importance, because the collective impact of certain conditions or disease states together impacts health more significantly than when these conditions are experienced separately. Although the exact cause of the syndrome is unknown, current research suggests that the condition may be caused by poor lifestyle choices such as inactivity, poor nutrition, and overeating.

Blood Pressure: Current Systolic \geq 130 OR Current Diastolic \geq 85) OR Current "Have you ever had High Blood Pressure?" = Yes

Triglycerides: Current Triglycerides > 150

Glucose: Current Fasting Glucose > 100

Waist Circumference or BMI: Male: Current Waist > 40 Female: Current Waist > 35

HDL: Male: Current HDL < 40 Female: Current HDL < 50

If you meet 3 or more of these criteria, or if you meet at least 2 of these criteria and your current BMI > 30 (and you have no current Waist reading), then you are at risk for Metabolic Syndrome.

THREE OR MORE CONDITIONS	Group	Market	National
Three or more conditions met	17.1% (58)	16.0%	18.7%



QUALIFYING CONDITIONS	Group	Market	National
No Conditions	37.6% (128)	47.2%	22.0%
One Condition	30.6% (104)	27.2%	29.9%
Two Conditions	14.7% (50)	9.6%	29.5%
Three Conditions	4.4% (15)	3.9%	15.6%
Four Conditions	12.4% (42)	12.0%	2.8%
Five Conditions	0.3% (1)	0.1%	0.3%

