EXECUTIVE REVIEW

& 2023 STRATEGIC PLANNING

Kapnick Strive

Eversight

August 15, 2023

TABLE OF CONTENTS

Section I. Summary

Key Findings 3

Participation 5

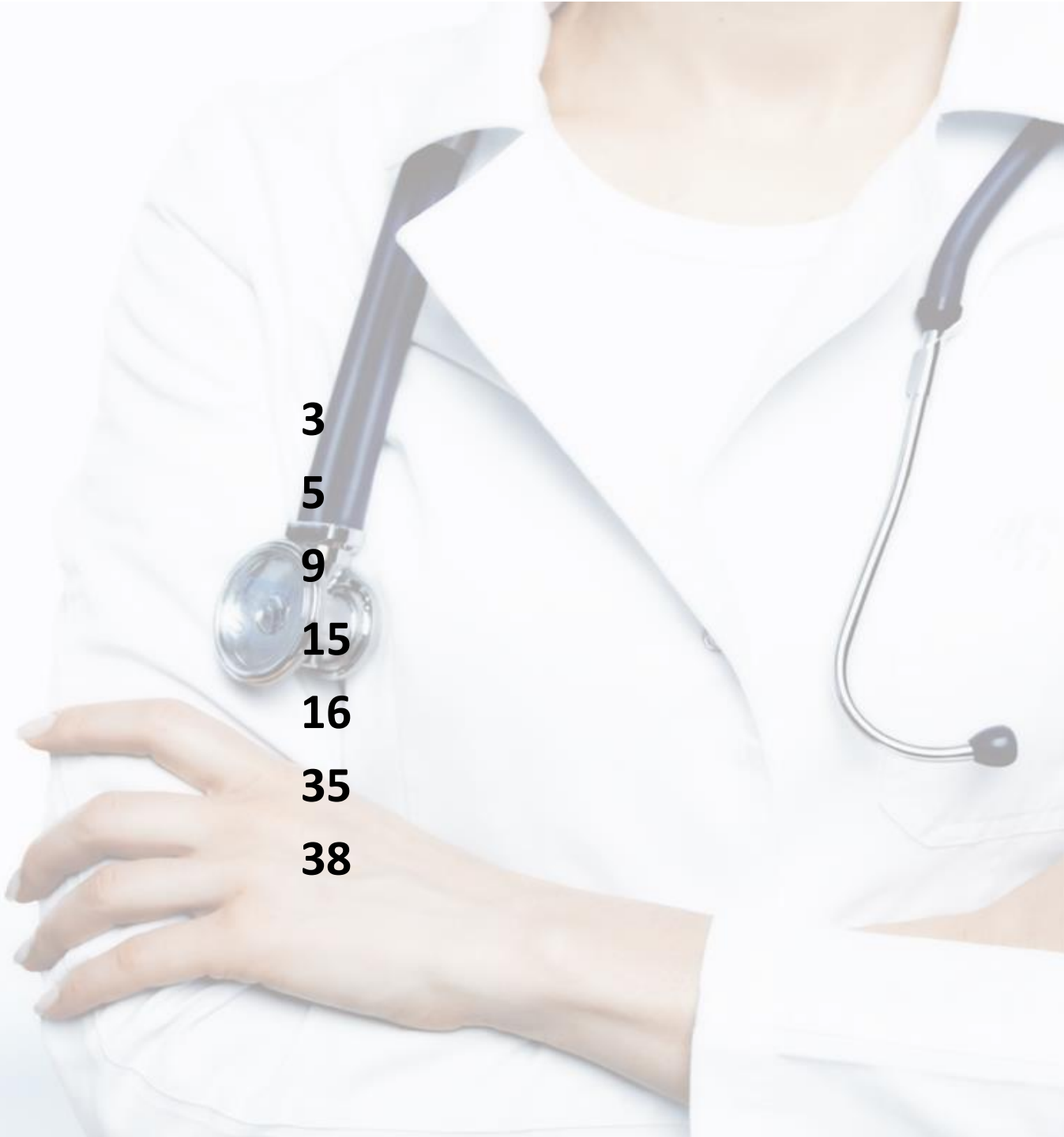
Biometric Averages 9

Top Risk Factors 15

Section II. Comorbidities & Claims Analysis 16

Section III. Goals and Strategies 35

Section V. Biometric Risk Breakdown 38



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2022 KEY FINDINGS

- All biometric averages are in the **low-risk** range
- **88%** of repeat participants remained in the **low-risk** range or made a **positive risk migration** based on health score
- **88%** of all participants scored in the ideal- or low-risk range
- No critical values were reported for 2023
- BMI and triglycerides **decreased** in repeat participants from 2022 to 2023
- Average health score remains in the **ideal** risk range
- **24.7%** of members have a chronic condition compared to benchmark at 27.9%
- The PMPM cost of members with chronic conditions is **4.7% above benchmark**
- There is room for improvement for members with a chronic condition & adherence to maintenance medication, especially for diabetics
- Every member who participated in the health screening also had at least 1 claim during 2022
- **57.6%** of employees who screened had a **wellness visit** compared to 36.4% of employees who didn't screen
- Employees with screenings have an average cost of $4,209 compared to employees without screenings at $5,925, when excluding a high-cost claimant
- Employees who participated in the screening in both 2021 and 2022 experienced $1,508 more in costs with **mental illness being the diagnostic category with the highest cost and claim increase**

2022 EMPLOYEE EVENTS

WELLNESS PRESENTATIONS

- March – Happiness Is...
- July – Live Smart, Play Smart: Reducing the Risk of Skin Cancer
- September – Relaxation Response
- November – Managing Mental Health

WELLNESS CHALLENGES

- April – 4th Annual Kapnick Strive Corporate Challenge: 24 participants
- July – Hydration Station: 30 participants
- September – Get Fit Crime Mystery: 18 participants
- November – Maintain Don’t Gain: 9 participants

STRIVE REWARD POINTS PROGRAM

- Quarterly and Annual Raffles

MONTHLY WEBINARS

QUARTERLY MEDITATION MOMENTS

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TOTAL PARTICIPATION

50 REPEAT PARTICIPANTS

YEAR	TOTAL PARTICIPATION	% OF EE Participation	AVG HEALTH SCORE
2023	90	59%	85
2022	72	44%	85
2021	83	57%	84
2020	-	-	-
2019	93	66%	87.5
2018	101	63%	84
2017	79	49%	83
2016	100	61%	79

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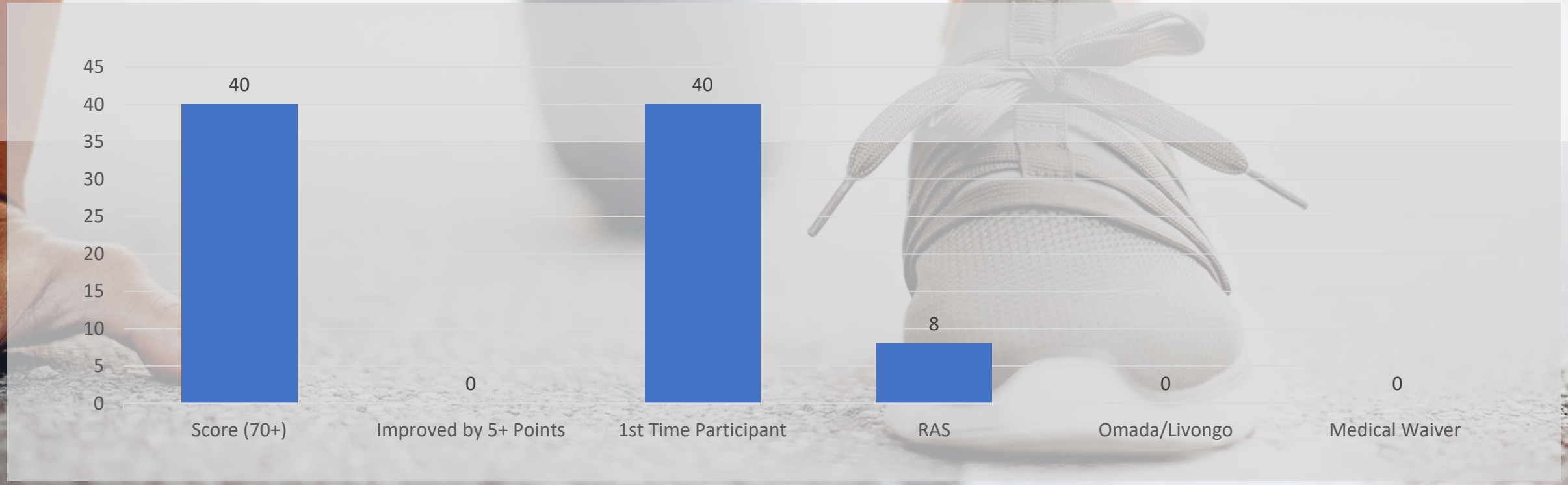
PARTICIPATION BY LOCATION

LOCATION	2023	2022
Ann Arbor	57	53
Chicago	13	8
Cleveland	10	7
At-home Screenings	10	4

WELLNESS INCENTIVE BREAKDOWN

88/94 incentive* eligible = 94%



***incentive = $500 premium deduction OR addition to waiver dollars**

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PROGRAM OUTREACHES

CRITICAL VALUES

- There were no critical values reported in 2023

HEALTH COACHING

- 60 or below: 3 participants scored 60 or below
  - A health coach was able to connect with 0 out of the 3 participants
- RAS health coaching program: 10 eligible
  - 10 enrolled (including 4 Korea employees)
  - 8 completed to-date

BIOMETRIC AVERAGES

Biometric	2023 Repeat Participants	2023 AVG	2022 AVG	2021 AVG	Strive AVG	Ideal Range
Health Score	84	85	85	84	76	70 - 100
BMI	30.5	29.2	30.9	30.5	30	18.5 - 29.9
Waist/Hip Ratio	0.85	0.83	0.85	0.89	0.88	<= 0.95
BP: Systolic	119	117	116	117	115	≤121mmHg
BP: Diastolic	77	74	73	75	75	≤81mmHg
Total Cholesterol	187	184	188	189	193	<200mg/dL
HDL Cholesterol	58	58	59	60	54	>=50
LDL Cholesterol	108	105	107	106	112	<=129
Triglycerides	107	106	107	112	134	<150
Blood Glucose	91	91.5	93.5	92.4	100	≤100mg/dL
Hemoglobin A1C	5.4	5.4	5.4	5.4	5.6	<5.7%

*** Strive AVE Benchmarking reflects data for all Kapnick Strive Biometric Clients**

SELF-PERCEPTION VS ACTUAL HEALTH

AVERAGE SCORE – 85

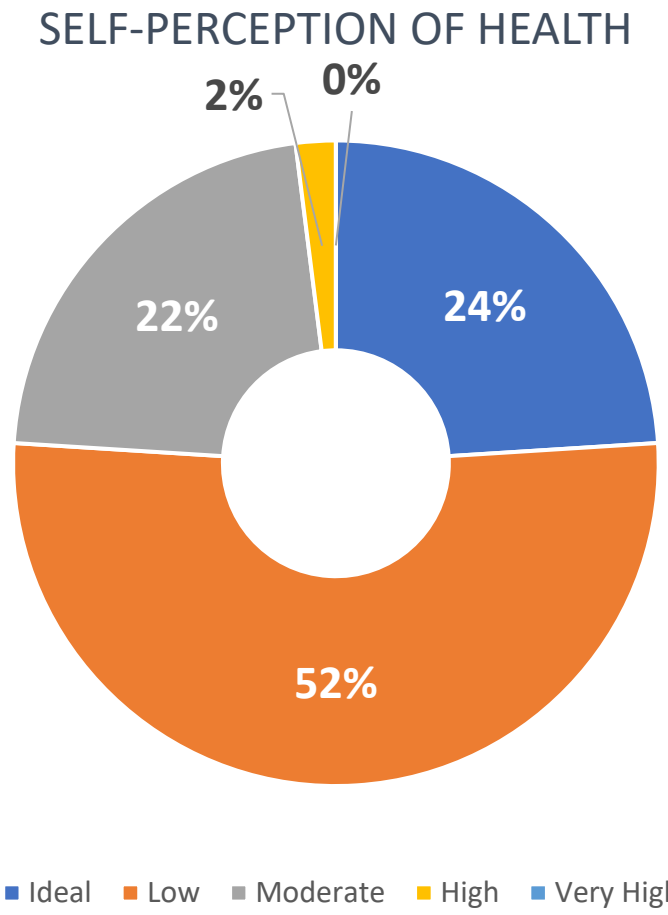
Ideal = 100-85

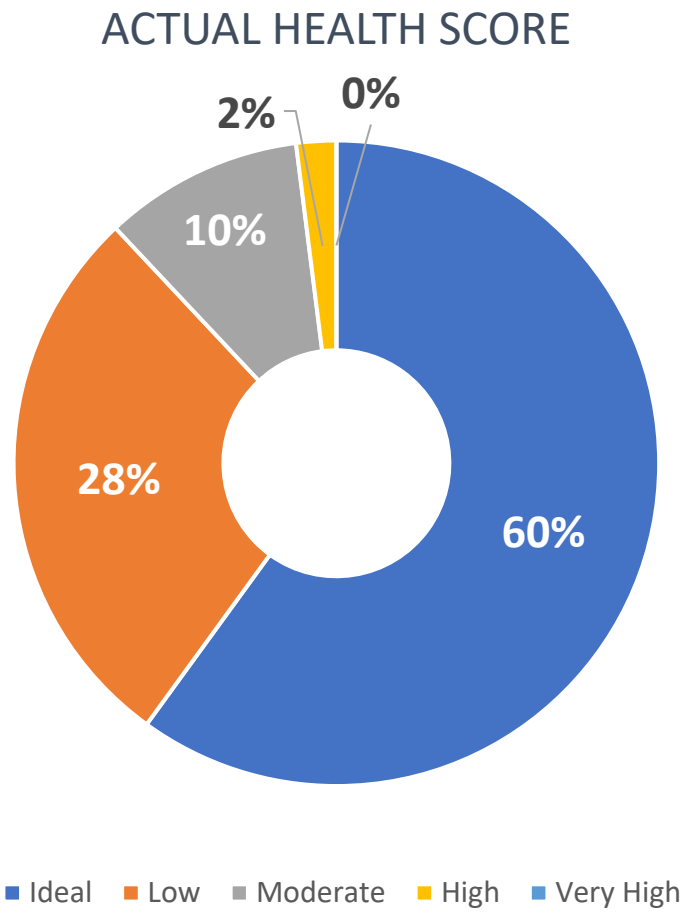
Low Risk = 84-70

Moderate Risk = 69-60

High Risk = 59-50

Very High Risk = 49-0





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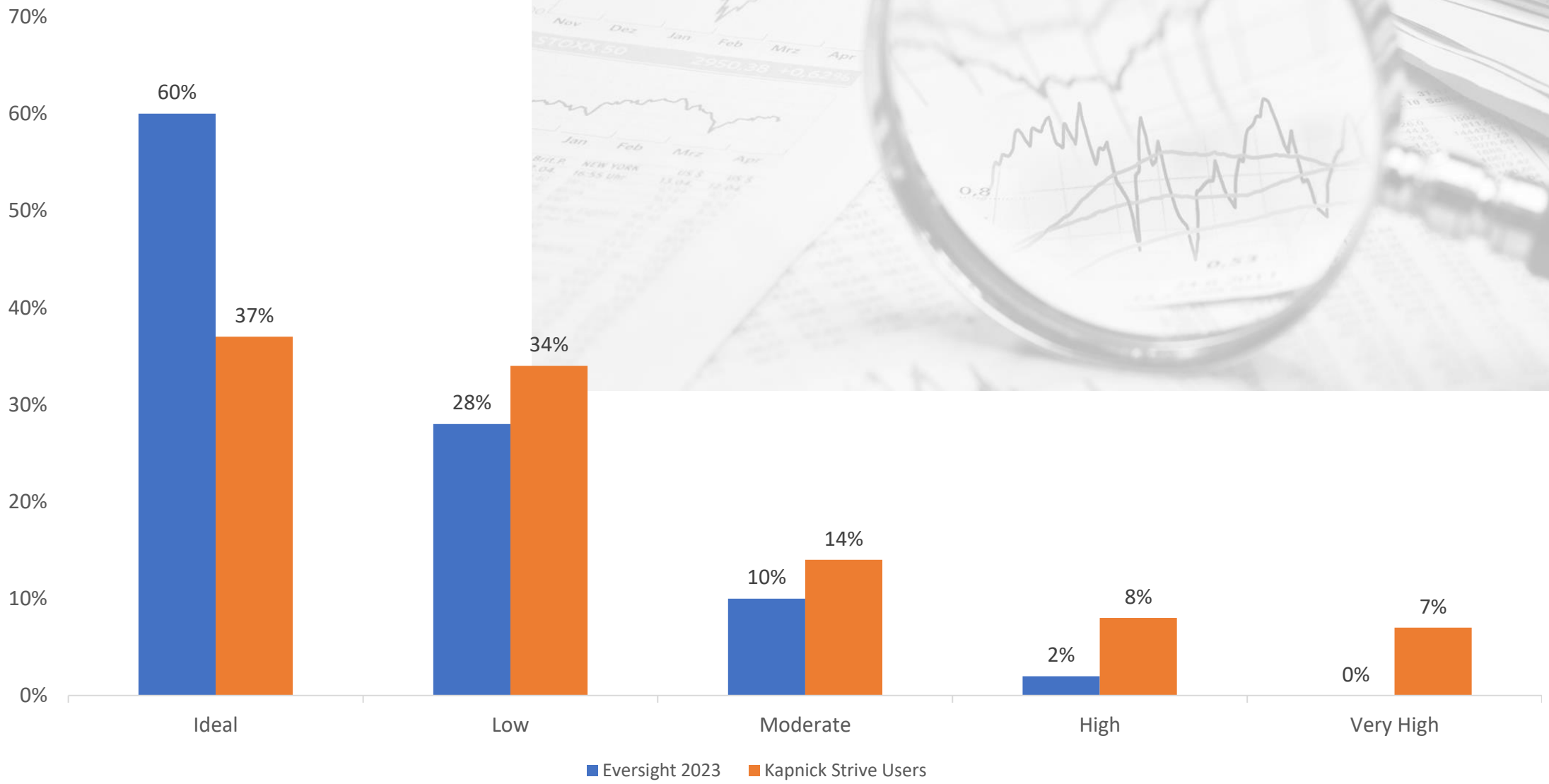
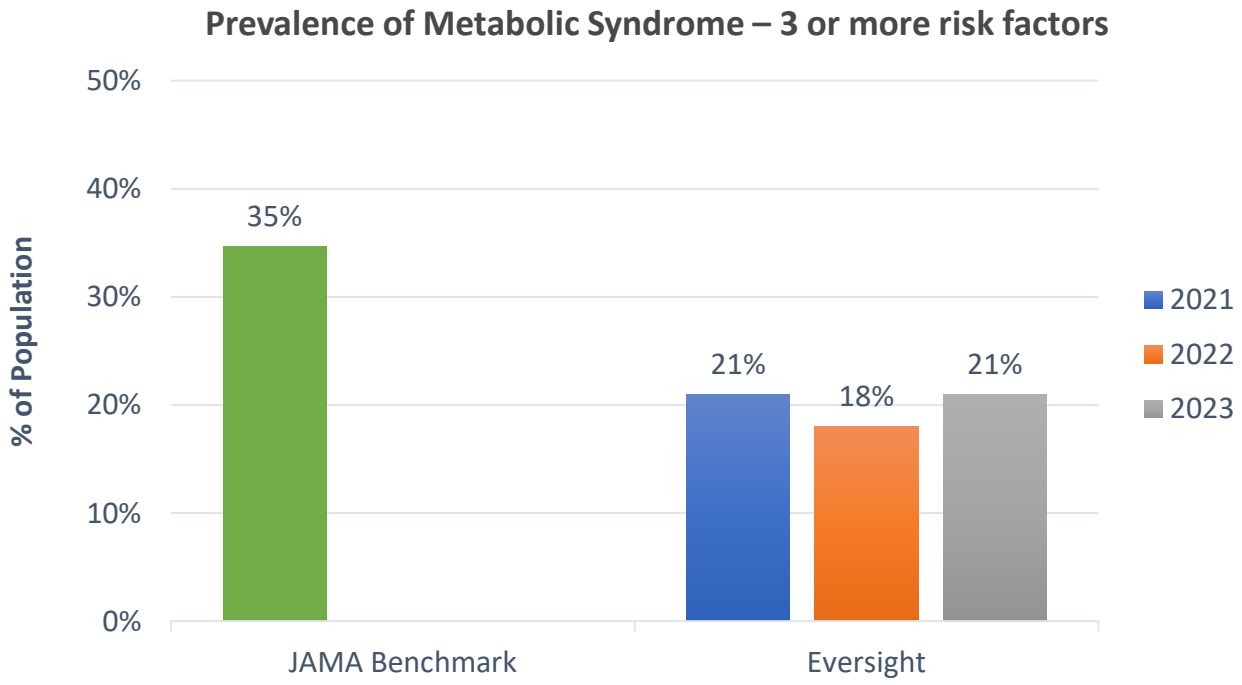
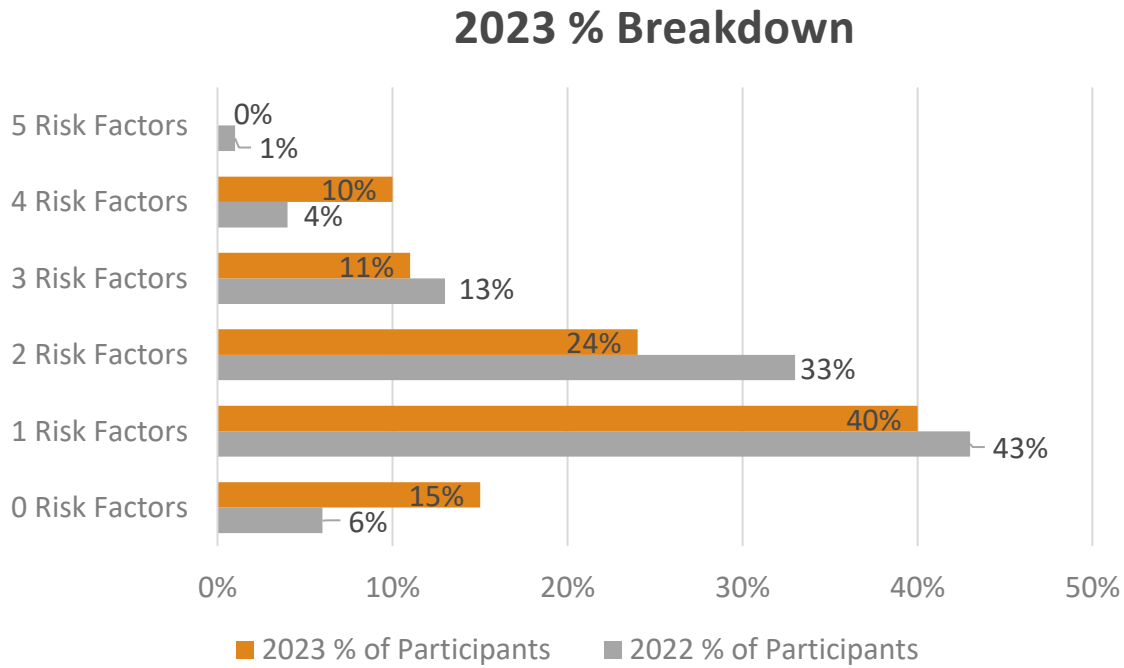
HEALTH SCORE BENCHMARKING



METABOLIC SYNDROME RISK





The National Institutes of Health guidelines define metabolic syndrome as having three or more of the following traits, including traits you're taking medication to control:

- **Large waist** — A waistline that measures at least 35 inches for women and 40 inches for men
- **High triglyceride level** — 150 milligrams per deciliter (mg/dL) or higher of this type of fat found in blood
- **Reduced "good" or HDL cholesterol** — Less than 40 mg/dL in men or less than 50 mg/dL in women of high-density lipoprotein (HDL) cholesterol
- **Increased blood pressure** — 130/85 millimeters of mercury (mm Hg) or higher
- **Elevated fasting blood sugar** — 100 mg/dL or higher

Source: Journal of the American Medical Association. 2020; 232(24)

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REPEAT PARTICIPANT RISK CHANGE

REMAINED IDEAL/LOW AND/OR MADE POSITIVE RISK MIGRATION	REMAINED MODERATE OR HIGH/V HIGH	MADE A NEGATIVE RISK MIGRATION
44 88%	0 0%	6 12%

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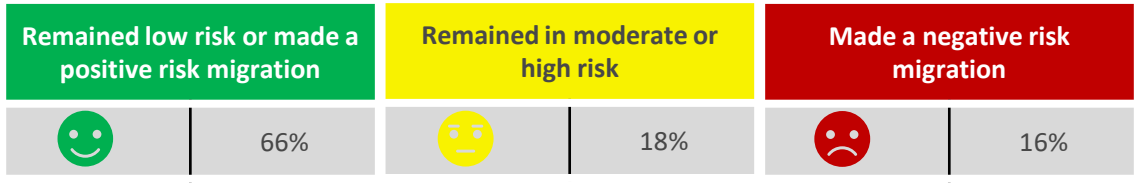
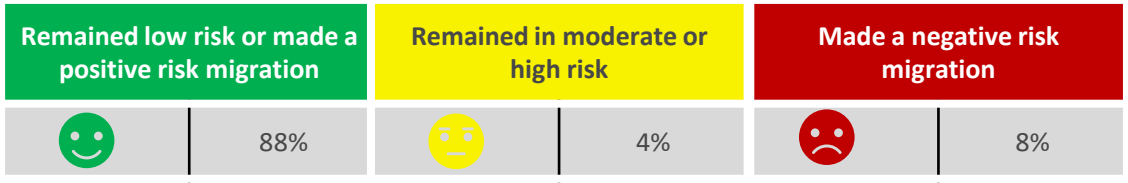
REPEAT PARTICIPANT BIOMETRIC RISK CHANGE

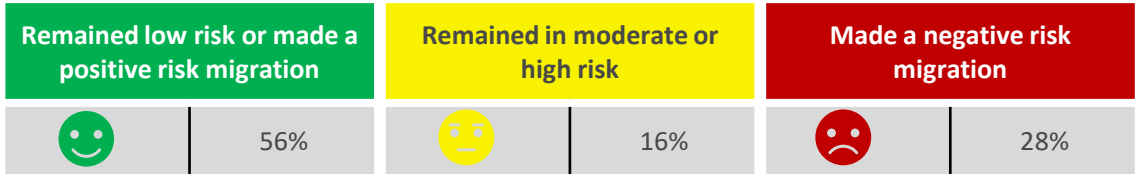
Total Cholesterol



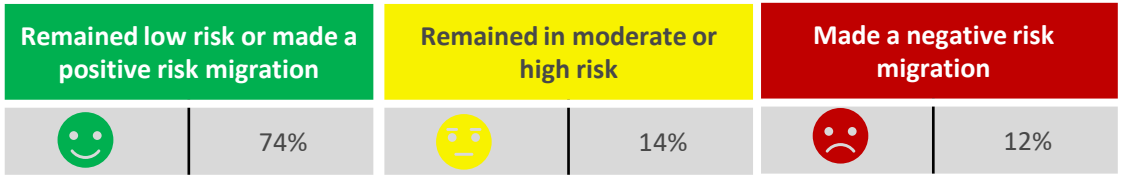
Blood Glucose



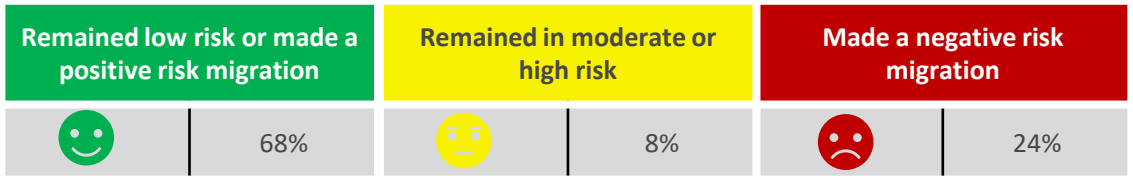
Systolic Blood Pressure



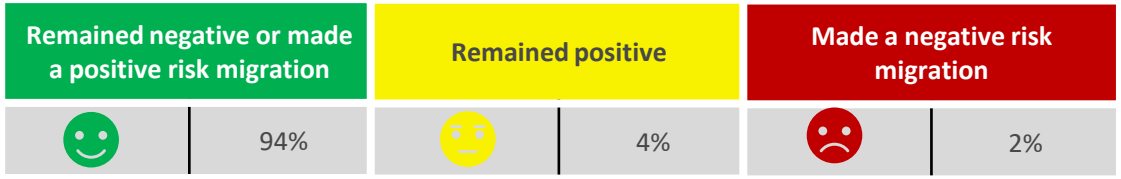
Hemoglobin A1C



Diastolic Blood Pressure

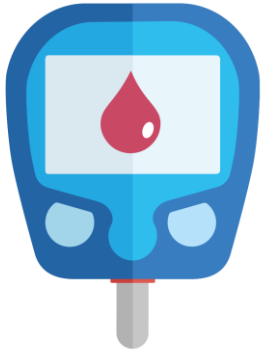


Tobacco



TOP RISK FACTORS

DIABETES



HEART HEALTH

NICOTINE USE

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Chronic Conditions & Health Screening Claims Analysis

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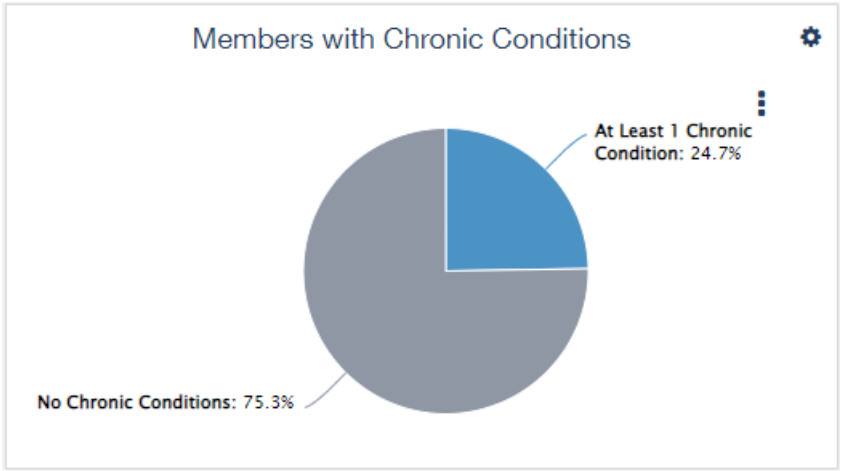
Chronic Condition Prevalence

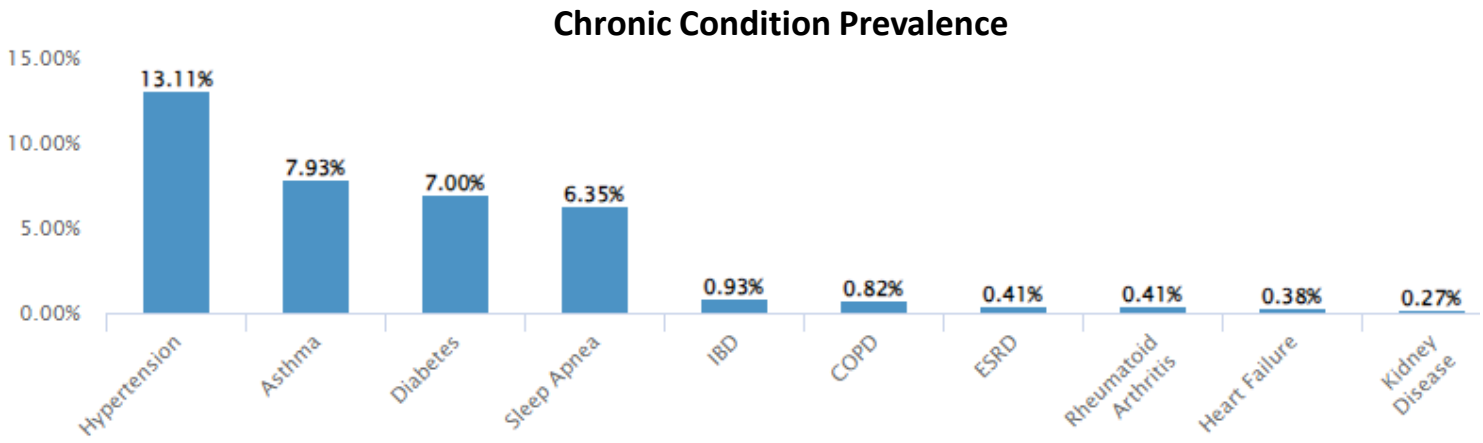
Summary:

- 24.7% of members on Eversight's health plan have at least 1 chronic condition
  - This is **below** the Kapnick book of business benchmark which is 27.9%
- Asthma, sleep apnea, IBD and ESRD all have a **higher prevalence** as compared to benchmark

Assumptions:

- All members enrolled in the health plan are included
- Data is from the most recent 12 months on an incurred basis





- Chronic condition prevalence in the Kapnick benchmark is as follows:
  - Hypertension: 16.82%
  - Diabetes: 8.58%
  - Asthma: 7.33%
  - Sleep Apnea: 5.01%
  - COPD: 1.20%
  - Heart Failure: 1.08%
  - IBD: 0.61%
  - Kidney Disease: 0.56%
  - Rheumatoid Arthritis: 0.47%
  - ESRD: 0.14%

Chronic Condition Cost

Total Cost & PMPM Cost of Members with and without Chronic Conditions

Total Allowed Amount	Total Allowed with Chronic Conditions	Chronic Condition % of Total Cost	Eversight PMPM without Chronic Condition	Eversight PMPM with Chronic Condition	Benchmark PMPM without Chronic Condition	Benchmark PMPM with Chronic Condition
$1,611,661	$866,044	54%	$235	$950	$217	$907

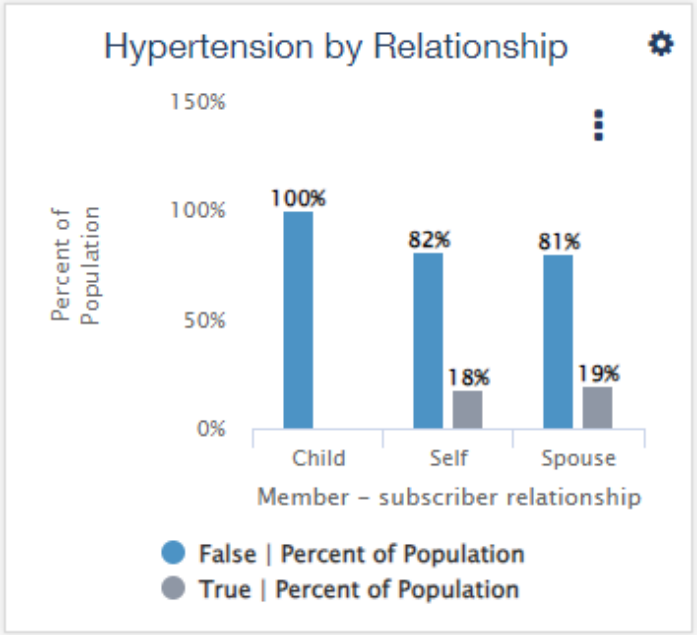
- **The PMPM cost of members without chronic conditions is 8.3% above benchmark**
- **The PMPM cost of members with chronic conditions is 4.7% above benchmark**

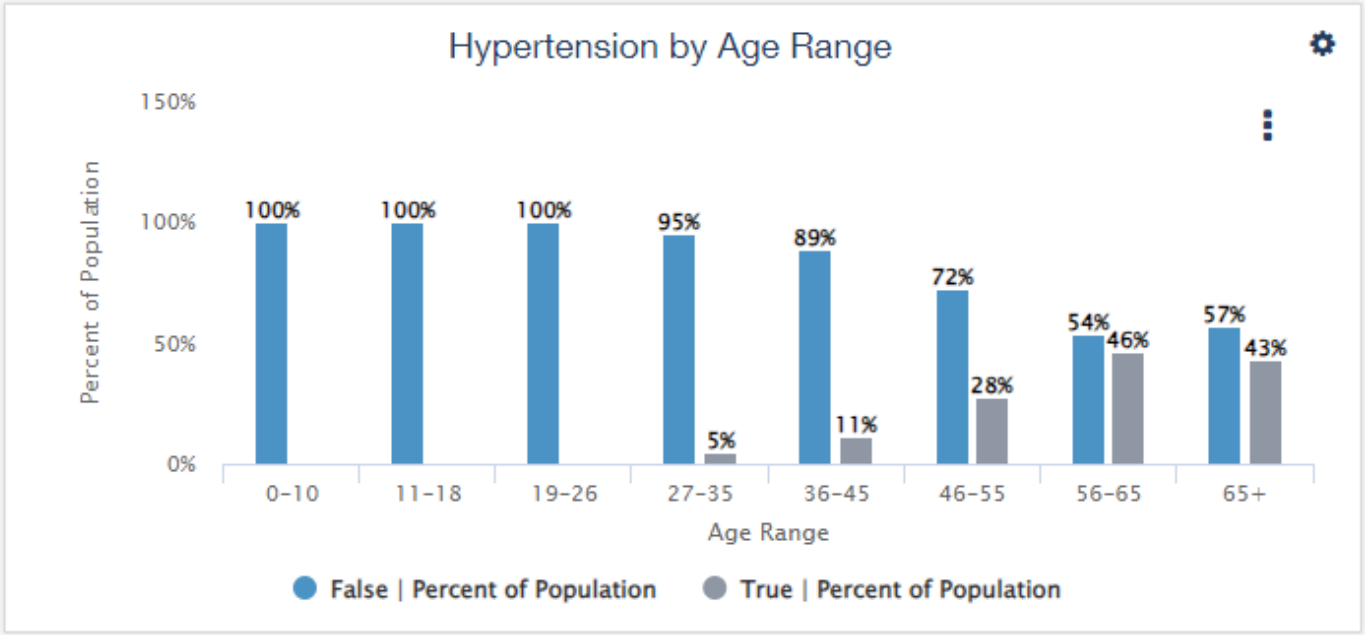
Assumptions:

- All members enrolled in the health plan are included
- Data is from Jan 2022 through Dec 2022 on an incurred basis
- Benchmark reflects Kapnick's book of business benchmark (49k members)

Hypertension: Demographics

- **Total hypertensive members:**
  - **2021: 41**
  - **2022: 44**
- **Total hypertensive employees:**
  - **2021: 28**
  - **2022: 29**
- **Total hypertensive spouses:**
  - **2021: 12**
  - **2022: 15**
- **Total hypertensive dependent children:**
  - **2021: 1**
  - **2022: 0**





Assumptions:

- All members enrolled in the health plan are included
- Data is from Jan 2022 through Dec 2022 on an incurred basis
- True = hypertensive members

Hypertension: Gaps in Care

Year	Total Hypertensive Members	Total Hypertensive Members (enrolled full 12 months)	% Hypertensive Members (enrolled full 12 months)	Total Hypertensive Members with No Maintenance Rx (enrolled full 12 months)
2021	41	18	7.5%	3 (16.7%)
2022	44	20	9.9%	4 (20.0%)

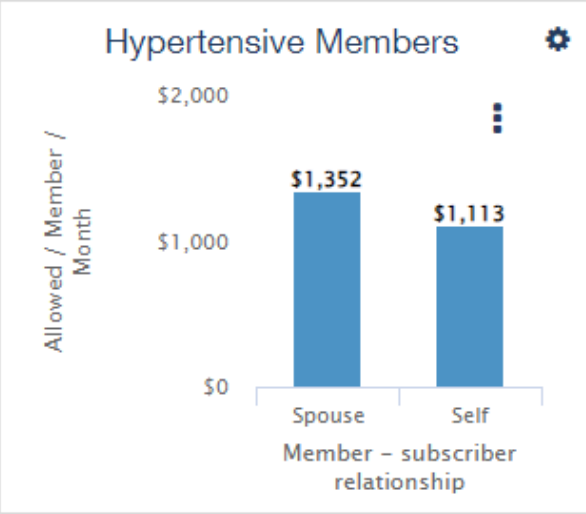
- **In 2021:**
  - **2 of the 3 members without maintenance drugs were employees & strive participants with health scores of 76 & 80**
  - **The other member was a spouse & non-strive participant**
  - **All 3 members were above age 40**
- **In 2022:**
  - **2 of the 4 members without maintenance drugs were employees & strive participants with health scores of 72 & 94**
  - **1 member was an employee & non-strive participant**
  - **The other member was a spouse & non-strive participant**
  - **All 4 members were above age 40**
- **None of the members in 2021 & 2022 were the same member**

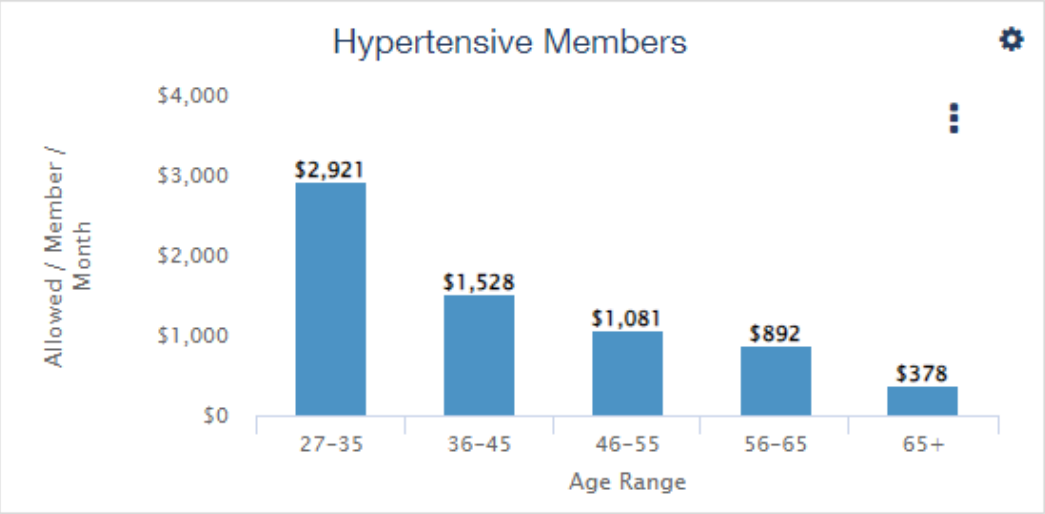
Assumptions:

- All members enrolled in the health plan are included
- Data is from Jan 2022 through Dec 2022 on an incurred basis

Hypertension: PMPM Cost

Year	Hypertensive Members PMPM Cost	Hypertensive Members PMPM Cost (Excluding Claimants > $120k)	Hypertensive Members PMPM Cost Benchmark
2021	$841	$841	$996
2022	$1,196	$872	$920



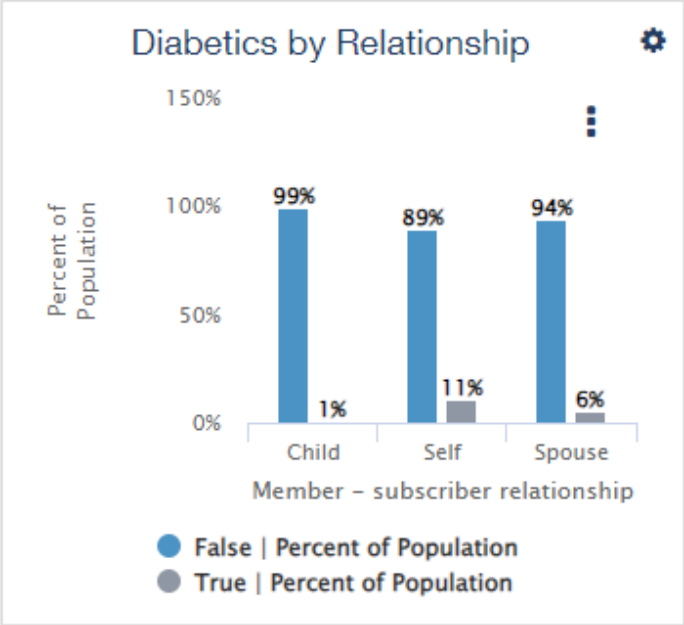


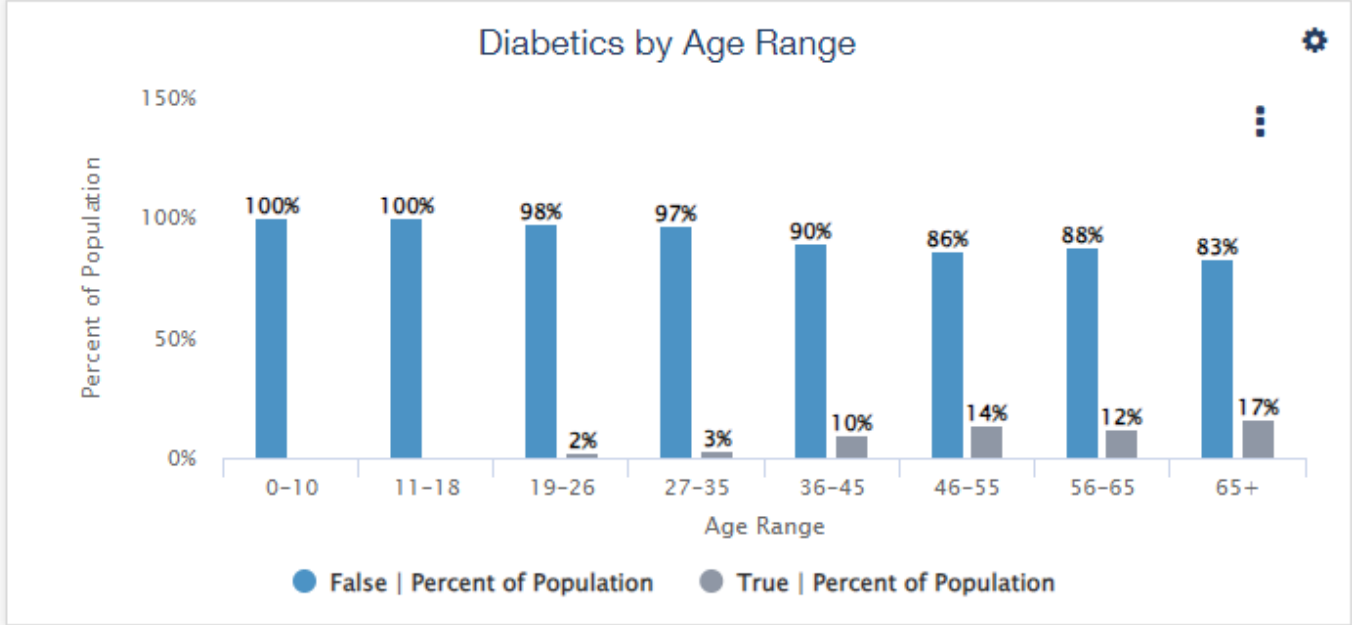
Assumptions:

- Employees & spouses enrolled in the health plan were included in the table (dependent children excluded)
- In the middle column, 1 member with claims totaling $174k due to a hemorrhagic stroke was excluded
- All members enrolled in the health plan are included in the bar charts
- Data is from Jan 2022 through Dec 2022 on an incurred basis
- Benchmark reflects Kapnick's book of business benchmark (49k members)

Diabetes: Demographics

- **Total diabetic members:**
  - **2021: 23**
  - **2022: 21**
- **Total diabetic employees:**
  - **2021: 19**
  - **2022: 16**
- **Total diabetic spouses:**
  - **2021: 4**
  - **2022: 4**
- **Total diabetic dependent children:**
  - **2021: 0**
  - **2022: 1**





Assumptions:

- All members enrolled in the health plan are included
- Data is from Jan 2022 through Dec 2022 on an incurred basis
- True = diabetic members

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Diabetes: Gaps in Care

Year	Total Diabetic Members	Total Diabetic Members (enrolled full 12 months)	% Diabetic Members (enrolled full 12 months)	Total Diabetic Members with No Maintenance Rx (enrolled full 12 months)
2021	23	12	5.0%	3 (25.0%)
2022	21	15	7.4%	8 (53.3%)

- **In 2021:**
  - **1 of the 3 members without maintenance drugs was an employee & strive participant with health scores of 74**
  - **2 of the 3 members were employees & non-strive participants**
  - **All 3 members were above age 40**
- **In 2022:**
  - **4 of the 8 members without maintenance drugs were employees & strive participants with health scores of 60, 76, 76 & 94**
  - **3 of the 8 members were employees & non-strive participants**
  - **The other member was a spouse & non-strive participant**
  - **7 of the 8 members were above age 40**
- **2 of the members in 2021 & 2022 were the same member**
  - **Both members were non-strive participants in 2021 then had scores of 60 & 76 in 2022**

Assumptions:

- All members enrolled in the health plan are included
- Data is from Jan 2022 through Dec 2022 on an incurred basis

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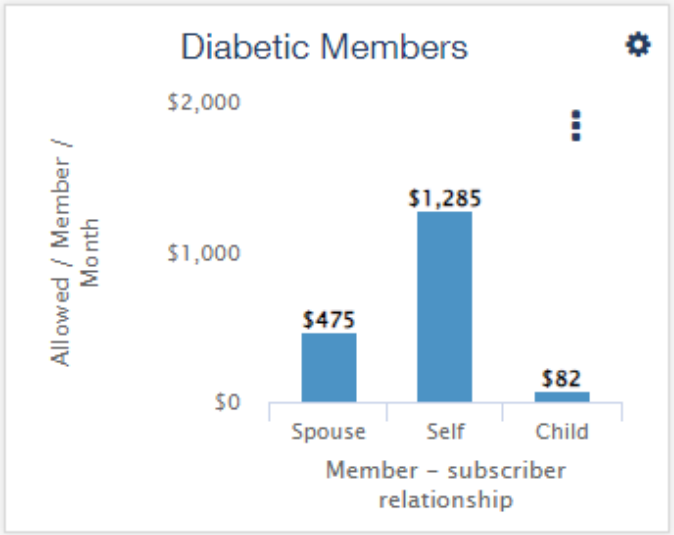
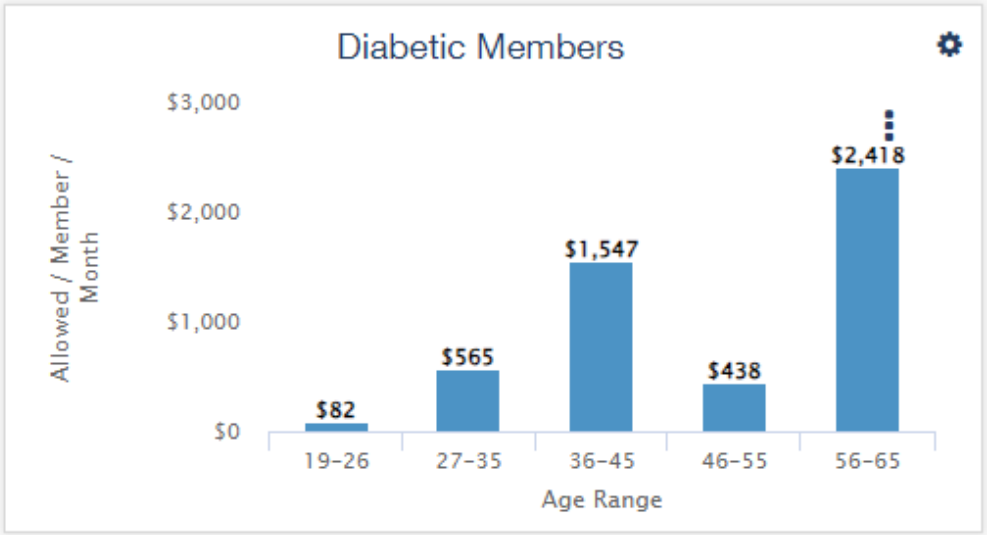
Diabetes: PMPM Cost

Year	Diabetic Member PMPM Cost	Diabetic Member PMPM Cost (Excluding Claimants > $80k)	Diabetic Member PMPM Cost Benchmark
2021	$1,261	$943	$1,277
2022	$1,114	$911	$1,169





Assumptions:

- Employees & spouses enrolled in the health plan were included in the table (dependent children excluded)
- In the middle column, 1 member with claims totaling $90k due to an organ transplant was excluded
- All members enrolled in the health plan are included in the bar charts
- Data is from Jan 2022 through Dec 2022 on an incurred basis
- Benchmark reflects Kapnick's book of business benchmark (49k members)

Screening Overview

Participated in the Health Screening	Employees
Enrolled in Health Plan in 2022	76
Enrolled all 12 Months	59
Had 0 Claims	0
% Total w/ 0 Claims (Enrolled 12 Months)	0.0%

Did not Participate in the Health Screening	Employees
Enrolled in Health Plan in 2022	67
Enrolled all 12 Months	33
Had 0 Claims	4
% Total w/ 0 Claims (Enrolled 12 Months)	12.1%

- **Of the 4 non-strive participants with no claims:**
  - **2 were male & 2 were female**
  - **3 were from MI & 1 from IL**
  - **Ages were 30, 39, 48 & 51**

Assumptions:

- Employees enrolled in the health plan & eligible to participate in health screenings in 2022 were included (spouses & dependent children excluded)
- Data is from Jan 2022 through Dec 2022 on an incurred basis

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Wellness Visit

Participated in the Health Screening	Employees
Enrolled in Health Plan in 2022	76
Enrolled all 12 Months	59
Had a Wellness Visit	34
% with a Wellness Visit (Enrolled 12 Months)	57.6%

Did not Participate in the Health Screening	Employees
Enrolled in Health Plan in 2022	67
Enrolled all 12 Months	33
Had a Wellness Visit	12
% with a Wellness Visit (Enrolled 12 Months)	36.4%

- **Those who participated in the health screening had a significantly higher rate of also having an annual wellness visit**

Assumptions:

- Employees enrolled in the health plan & eligible to participate in health screenings in 2022 were included (spouses & dependent children excluded)
- Data is from Jan 2022 through Dec 2022 on an incurred basis

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Screenings & Cost

Members with Screenings

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	76	$411,439	$5,414

Members without Screenings (EEs Only)

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	67	$396,983	$5,925

Members with Screenings (Excl 1 HCC)

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	75	$315,660	$4,209

No member without a screening was a high-cost claimant

- **Members with screenings cost $511 less than members without screenings**
- **When excluding a member with total claims of $96k due to TMJ/jaw surgery, members with screenings cost $1,716 less than members without screenings**

Assumptions:

- Employees enrolled in the health plan & eligible to participate in health screenings in 2022 were included (spouses & dependent children excluded)
- Data is from Jan 2022 through Dec 2022 on an incurred basis

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Cost by Health Score

Health Score for All Members

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	75	$315,660	$4,209

Health Score 60-69

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	8	$30,995	$3,874

Health Score 85-100

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	44	$213,953	$4,863

Health Score 50-59

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	2	$1,047	$524

Health Score 70-84

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	21	$69,664	$3,317

Health Score 0-49

	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
No Results.			

Assumptions:

- Employees enrolled in the health plan & eligible to participate in health screenings in 2022 were included (spouses & dependent children excluded)
- 1 member with total claims of $96k due to TMJ/jaw surgery was excluded. This member had a health score of 69
- Data is from Jan 2022 through Dec 2022 on an incurred basis

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Repeat Participants

Members who Participated in the Screening in 2021 & 2022

Members with Screenings

	Year number	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	2021	46	$133,723	$2,907
2	2022	49	$216,338	$4,415

- **Members who participated in the screening both years experienced $1,508 more in costs**
- **More members experienced a health score decrease than a health score increase; however, the per member cost increased for members with a health score increase, decrease or for a score that stayed the same**
- **Mental illness was the diagnostic category with the highest cost and claim increase followed by pregnancy/childbirth**

Health Score Increased

	Year number	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	2021	16	$75,451	$4,716
2	2022	16	$99,881	$6,243

Health Score Stayed the Same

	Year number	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	2021	8	$17,422	$2,178
2	2022	9	$26,655	$2,962

Health Score Decreased

	Year number	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Allowed per Member
1	2021	22	$40,850	$1,857
2	2022	24	$89,802	$3,742

Assumptions:

- Employees enrolled in the health plan & eligible to participate in health screenings in 2022 were included (spouses & dependent children excluded)
- 1 member with total claims of $96k due to TMJ/jaw surgery was excluded. This member had a health score of 69 & a prior year score of 100
- Data is from Jan 2022 through Dec 2022 on an incurred basis

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Repeat Participants

Health Score Improvement

	Year number	Member ID (Count Distinct)	Medical/RX Provider Allowed Amount	Medical Provider Allowed Amount	RX Provider Allowed Amount	Medical Claim Count	RX Claim Count	Medical/RX Claim Count	Allowed per Member
1	2021	16	$75,451	$70,966	$4,485	282	178	460	$4,716
2	2022	16	$99,881	$89,753	$10,129	397	217	614	$6,243

Health Score Improvement

	Year number	Member ID (Count Distinct)	Hypertension Maintenance RX Claim Count	Diabetes Maintenance RX Claim Count	Cholesterol Maintenance RX Claim Count	Hypertension Maintenance RX Amount Paid	Diabetes Maintenance RX Amount Paid	Cholesterol Maintenance RX Amount Paid	Allowed Rx PMPM
1	2021	16	23	0	9	$227	$0	$8	$23
2	2022	16	23	4	7	$243	$0	$54	$53

- **Members with a health score improvement from 2021 to 2022 experienced $1,527 more in costs**
- **16 members fell into this category totally $24k in additional costs**
- **Medical costs increase due to mental illness & diseases of the digestive system**
- **Diabetes maintenance medication utilization increased in this population**

Assumptions:

- Employees enrolled in the health plan & eligible to participate in health screenings in 2022 were included (spouses & dependent children excluded)
- Data is from Jan 2022 through Dec 2022 on an incurred basis

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CONSIDERATIONS

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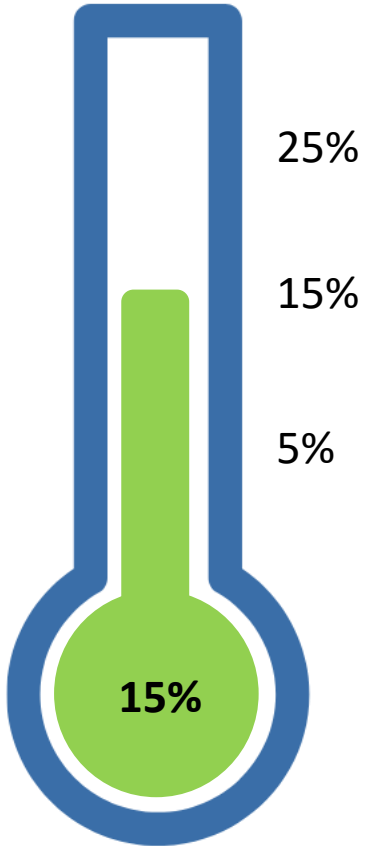
PROGRESS BY QUARTER

	2022 YTD	2023 Q1	2023 Q2
Active Users *# of unique users per quarter and YTD	147	37	103
Total Points Tracked *per quarter, cumulative YTD	178,515	22,261	261,221
% of Census Active *# unique users/census per quarter	95%	23%	64%
Reached 500 or more points *# of unique users per quarter	83	15	4
Reached 1000 or more points *# of unique users per quarter	57	83	3
Health Assessments Completed *# of completions per quarter	62	35	70

STRIVE 2023 PROGRAMMING GOAL

GOAL: 35% increase



Screening Participation

2022 – 72 participants (44%)

2023 – 90 participants (59%)

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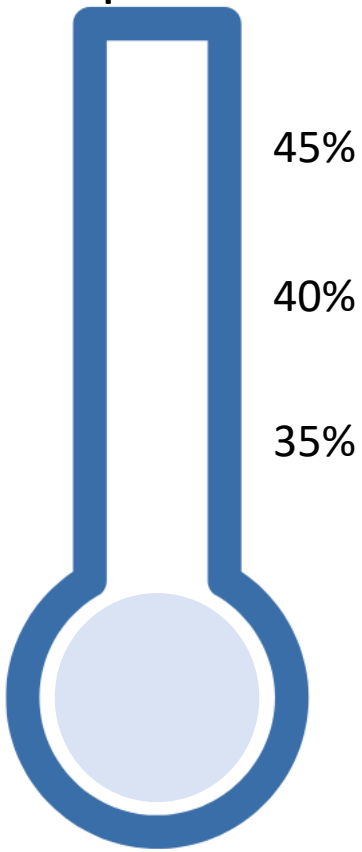
STRIVE 2023-2024 GOALS

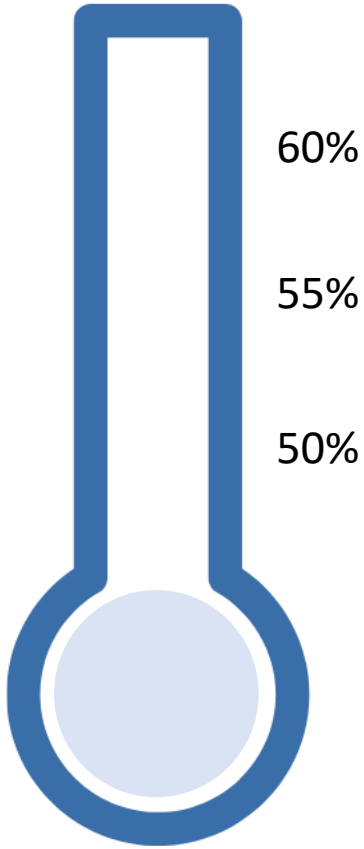
GOAL: 50% active per quarter



Portal Engagement

2022 YTD – 95%
2023 Q1 – 23%
2023 Q2 – 64%

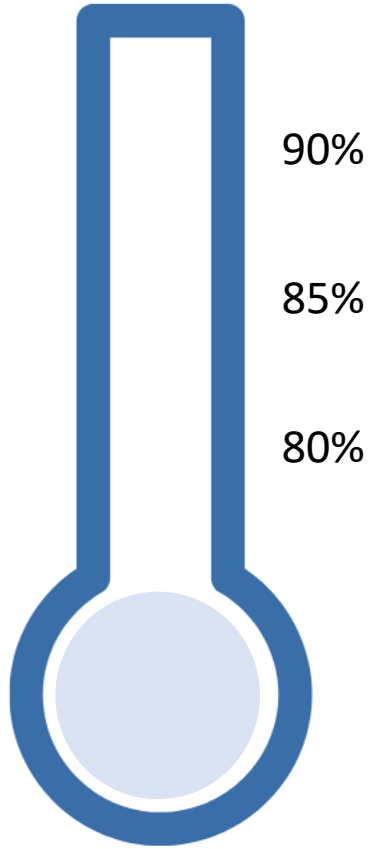
GOAL: 65% of eligible employees



Screening Participation

2022 – 44% of eligible employees
2023 – 59% of eligible employees
2024 Goal – 65% of eligible employees

GOAL: 98% eligible



Wellness Incentive

2022 – 89% eligible
2023 – 94% eligible
2024 Goal – 98% eligible

2023 GOALS AND STRATEGIES

2023 Goals	2023 Strategies	Overall Strategies

Target Top Health Risks
• Diabetes
• Heart Health
• Nicotine Use
	• Promote participation in wellness challenges that focus on heart health, weight management, nutrition, etc.
	• Push for Omada and Livongo utilization
	• Nicotine Cessation campaign
		• Advertise quarterly wellness testimonials or participant spotlights
		• Distribute an updated wellness needs and interest survey
		• Utilization of Strive Health Hub to increase utilization of current resources (benefits, Wellness Portal, etc.)
		
		• Rewards Point Program – utilize Tango
		  • Option 1: $500 annual
		  • 4 quarterly winners @ $25 ($400)
		  • 1 annual winner @ $100
		  • Option 2: $800 annual
		  • 3 quarterly winners @ $50 ($600)
		  • 1 annual winner @ $200
		  • Option 3: $1,000 annual
		  • 4 quarterly winners @ $50 ($800)
		  • 2 annual winners @ $100
		  • OR 1 annual winner @ $200

Increase screening participation by 6%	• Prize raffle – anyone that logins and signs up for their health screening will be entered into a raffle • Increase wellness incentive amount • Allow covered spouses to participate in screenings • Increased screening communications	
Encourage RAS enrollment and completion	• Communicate Omada and Livongo as RAS options along with the Strive RAS health coaching program	

2023 WELLNESS CALENDAR

- Awareness Observance Dates
- Wellness Challenge
- Wellness Presentation
- HRA/Quarterly Reward Points Dates
- Other

JAN

Patient Experience & Empowerment

- National Drugs & Alcohol Facts Week: 1/20 - 1/26

FEB

The Cost of Health & Self-Investment

- Wear Red Day: 2/5
- African Heritage & Health Week: 2/1 - 2/7
- Nutrition 101: 2/20 - 3/13
- SMART Workshop: 2/16, 12:00 - 1:00 PM

MAR

Practical Nutrition & Your Relationship with Food

- Neurodiversity Celebration Week: 3/21 - 3/27
- Q1 Reward Points Due: 3/31
- Nutrition 101: 2/20 - 3/13

APR

The Environment & You

- National Oral Health Month
- Earth Day: 4/22
- Strive Corporate Challenge: 4/3 - 4/21

MAY

All About Allergies

- Women's Health Month
- Mental Health Awareness Week: 5/10 - 5/16
- The Benefits of Spending Time in the Great Outdoors: 5/18, 12:00 - 1:00 PM

JUN

Children's Mental Health

- National Migraine & Headache Awareness Month
- Q2 Reward Points Due: 6/30
- Summer Fun: 6/19 - 7/17

JUL

Hearing Loss & Ear Safety

- UV Safety Month
- International Self-Care Day: 7/24
- Summer Fun: 6/19 - 7/17

AUG

Cannabis: Reducing Harm

- International Overdose Awareness Day: 8/31
- Breaking Burnout: 8/10, 12:00 - 1:00 PM

SEP

Ergonomics, Posture, & Reducing Pain

- Pain Awareness Month
- Q3 Reward Points Due: 9/30
- Beat the Flu: 9/15 - 9/29

OCT

Disillusionment, Community Action, & Self-Care

- World Food Day: 10/16

NOV

Perfectionism & OCD

- American Diabetes Month
- World Diabetes Day: 11/14
- Financial Wellness: 11/2, 12:00 - 1:00 PM

DEC

Disconnect & Reconnect (To Your Youth)

- Human Rights Day: 12/10
- Disconnect & Reconnect: 12/1 - 12/15

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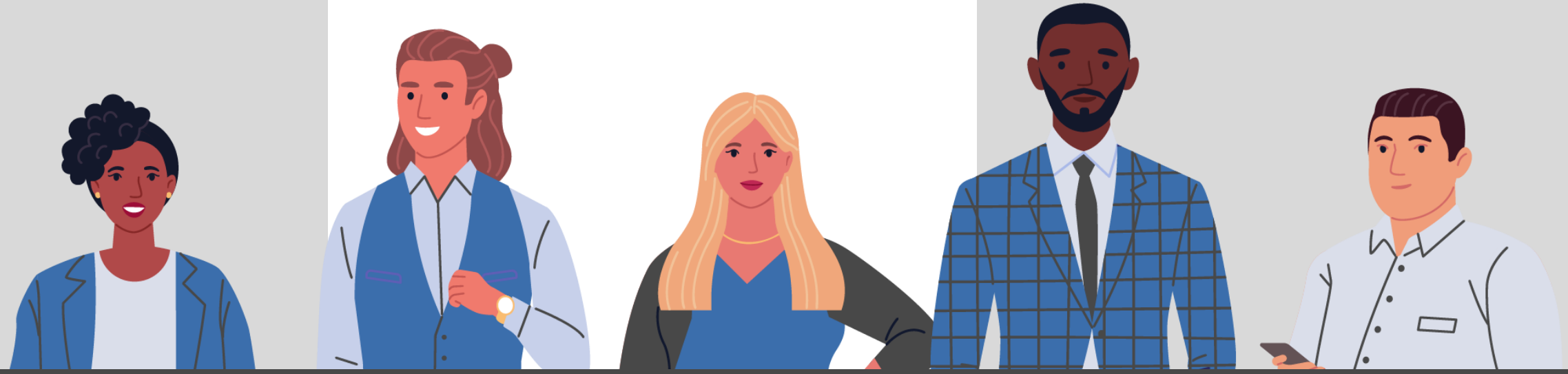
STAND-OUT-STATS & STORIES

Participant A: Improved their health score by 14. They achieved this by improving their total and LDL cholesterol!

Participant B: Improved their health score by 11 points! They achieved this by lowering their blood pressure and cholesterol.

7 participants improved by 5+ points!



14 PARTICIPANTS RECEIVED A PERFECT HEALTH SCORE OF 100

BIOMETRIC RESULTS

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BIOMETRIC DESCRIPTIONS

CHOLESTEROL

A fat-like, waxy substance found in the blood. In excess, it can form tough, fatty plaques that clog arteries, which can increase the risk of heart disease.

BLOOD PRESSURE

Blood pressure is another main factor in determining overall heart health. Systolic pressure is the pressure in the arteries when the heart is contracting. Diastolic blood pressure is the pressure on the walls of the arteries when the heart is relaxing.

BLOOD GLUCOSE & HEMOGLOBIN A1C

Blood glucose is sugar that the blood stream carries to all the cells in the body to supply energy. High blood glucose for a prolonged period can cause damage to the kidneys, eyes, and other organs. Hemoglobin A1C measures average glucose levels over a 2–3-month period and is the best predictor and indicator of diabetes.

BODY COMPOSITION

BMI is an indicator of excess body weight. Generally, those with a higher BMI are also more likely to suffer from high cholesterol, increased blood pressure, and diabetes. BMI does have its limitations, but overall is a good indication of a serious risk.

TOBACCO USE

Nicotine use presents a serious risk to individuals. Those who abuse tobacco not only have increased rates of cancer and other diseases, but they are more likely to miss work. The CDC estimates that tobacco use costs $156 billion in lost productivity each year and $170 billion in healthcare expenditures (CDC, 2017).

GAMMA-GLUTAMYLTRANSFERASE (GGT)

GGT is used for diagnosing and monitoring disease of the liver, gallbladder, bile ducts and bile. Levels outside of the normal range could indicate any form of liver disease or biliary obstruction.

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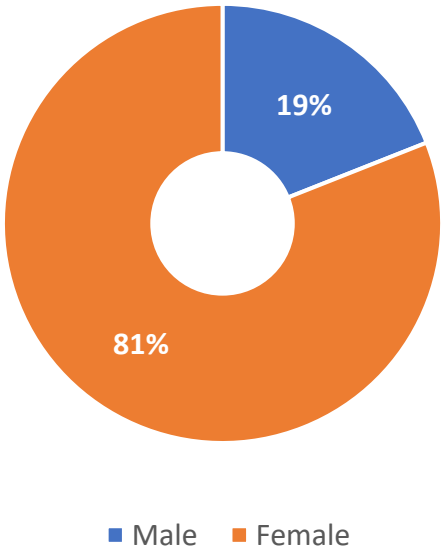
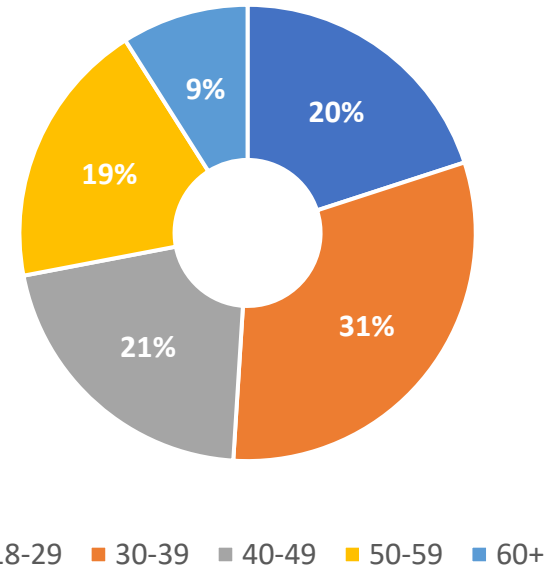
2023 DEMOGRAPHICS

GENDER



AGE



AVERAGE - 41

Back to Biometric Description Page

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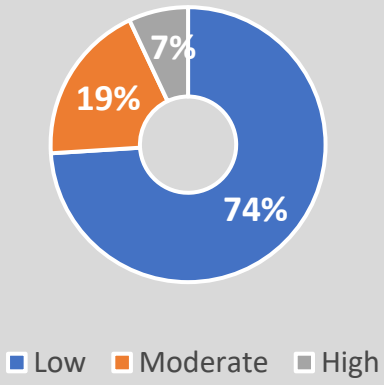
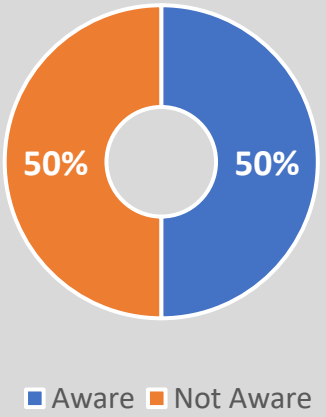
HEART HEALTH: TOTAL CHOLESTEROL

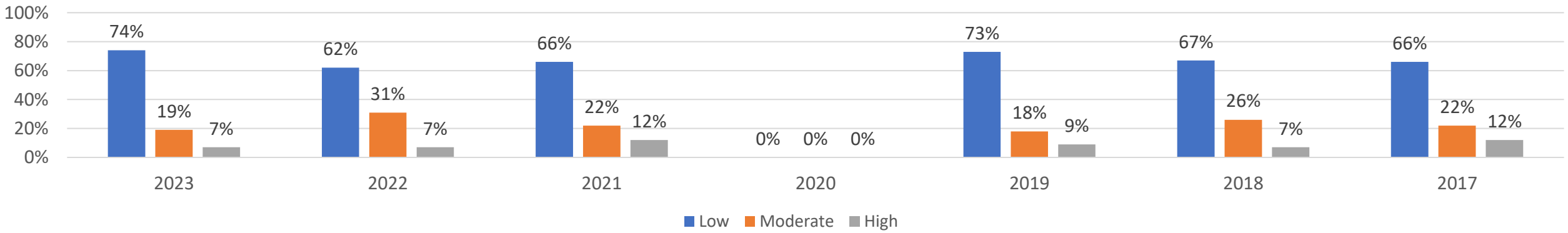
(HDL + LDL + TRIGLYCERIDES)

TOTAL CHOLESTEROL BREAKDOWN



HIGH RISK AWARENESS





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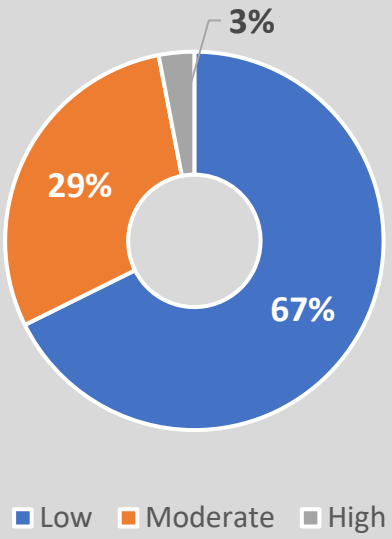
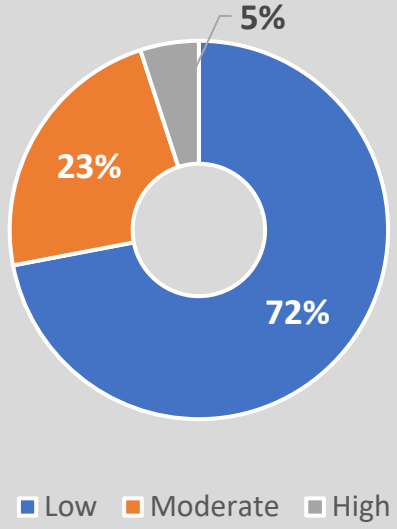
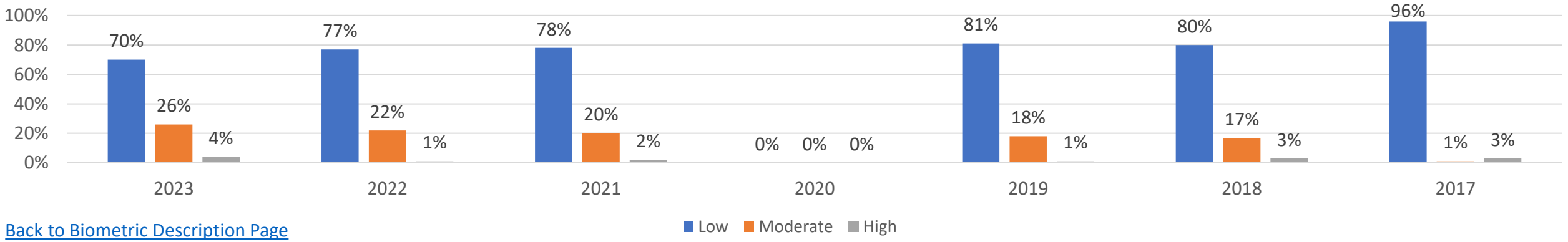
HEART HEALTH: BLOOD PRESSURE

SYSTOLIC BREAKDOWN



DIASTOLIC BREAKDOWN





Back to Biometric Description Page

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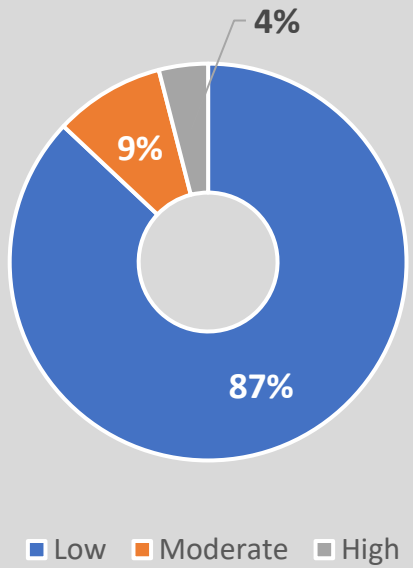
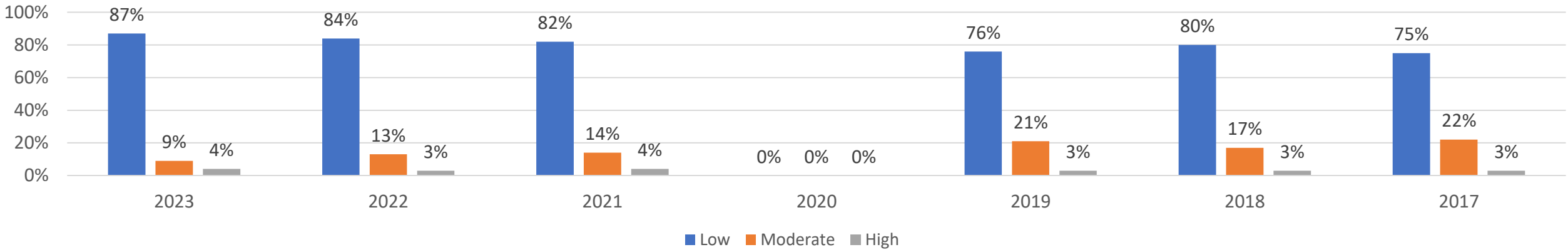
DIABETES: BLOOD GLUCOSE

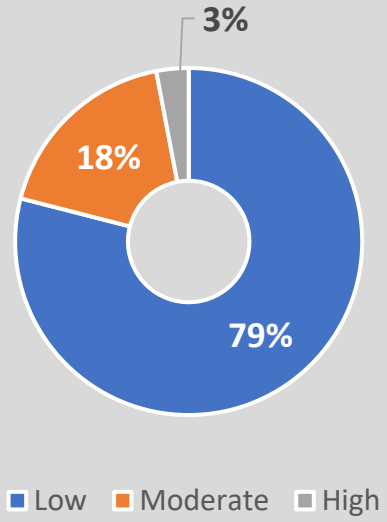
BLOOD GLUCOSE BREAKDOWN



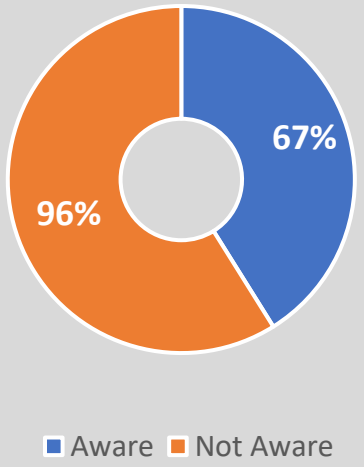


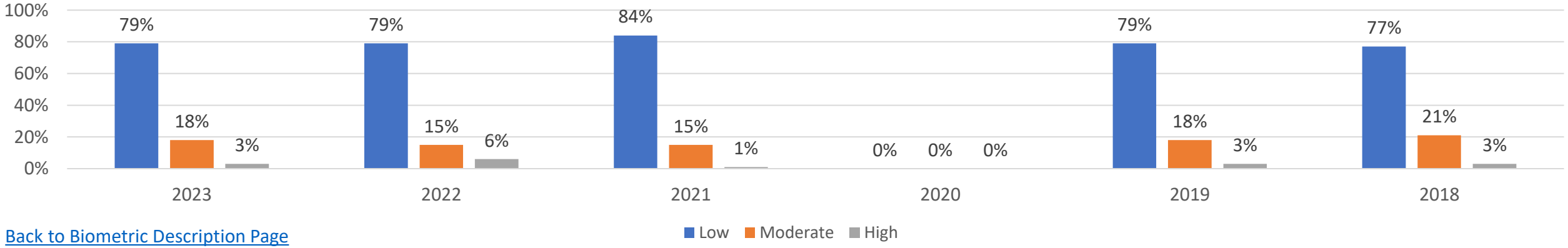
DIABETES: HEMOGLOBIN A1C

A1C BREAKDOWN



HIGH RISK AWARENESS





Back to Biometric Description Page

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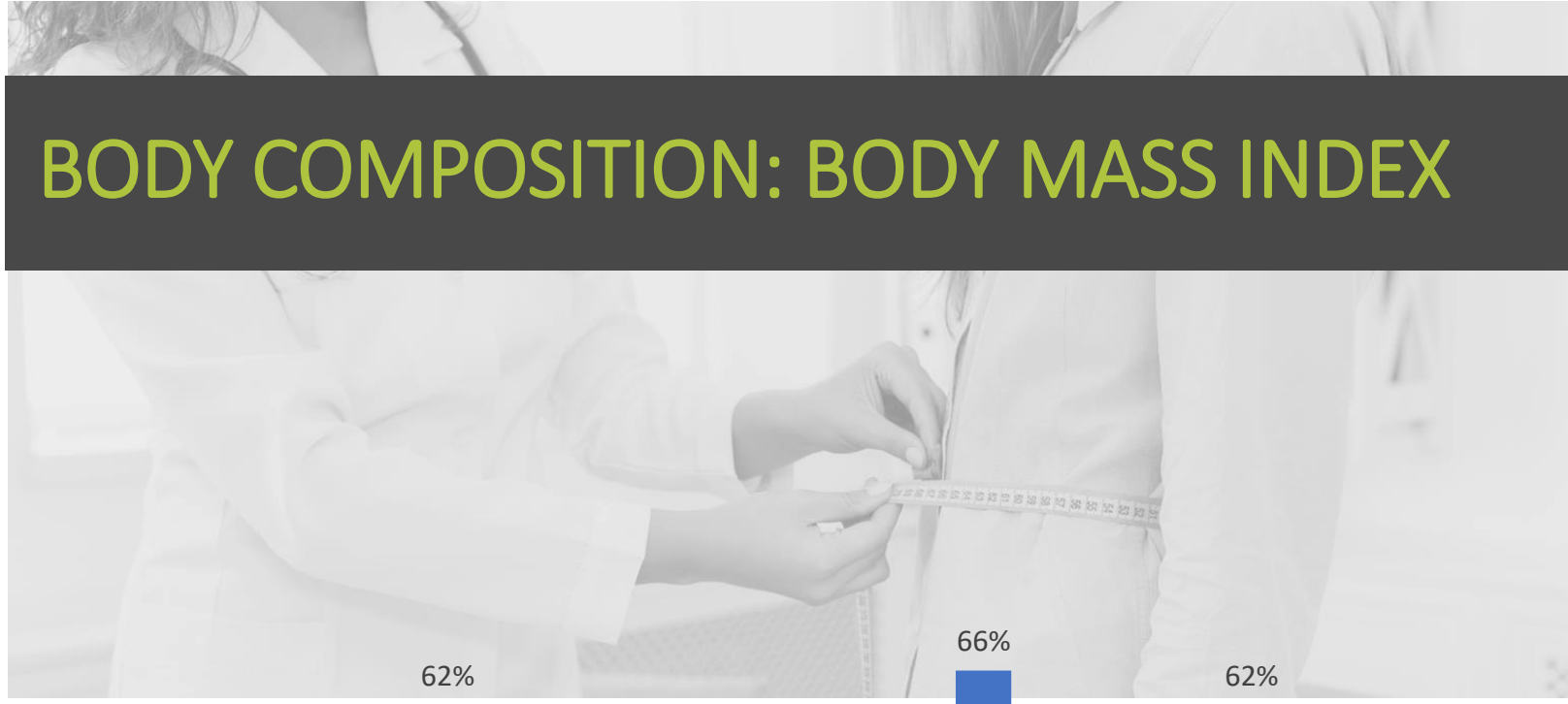
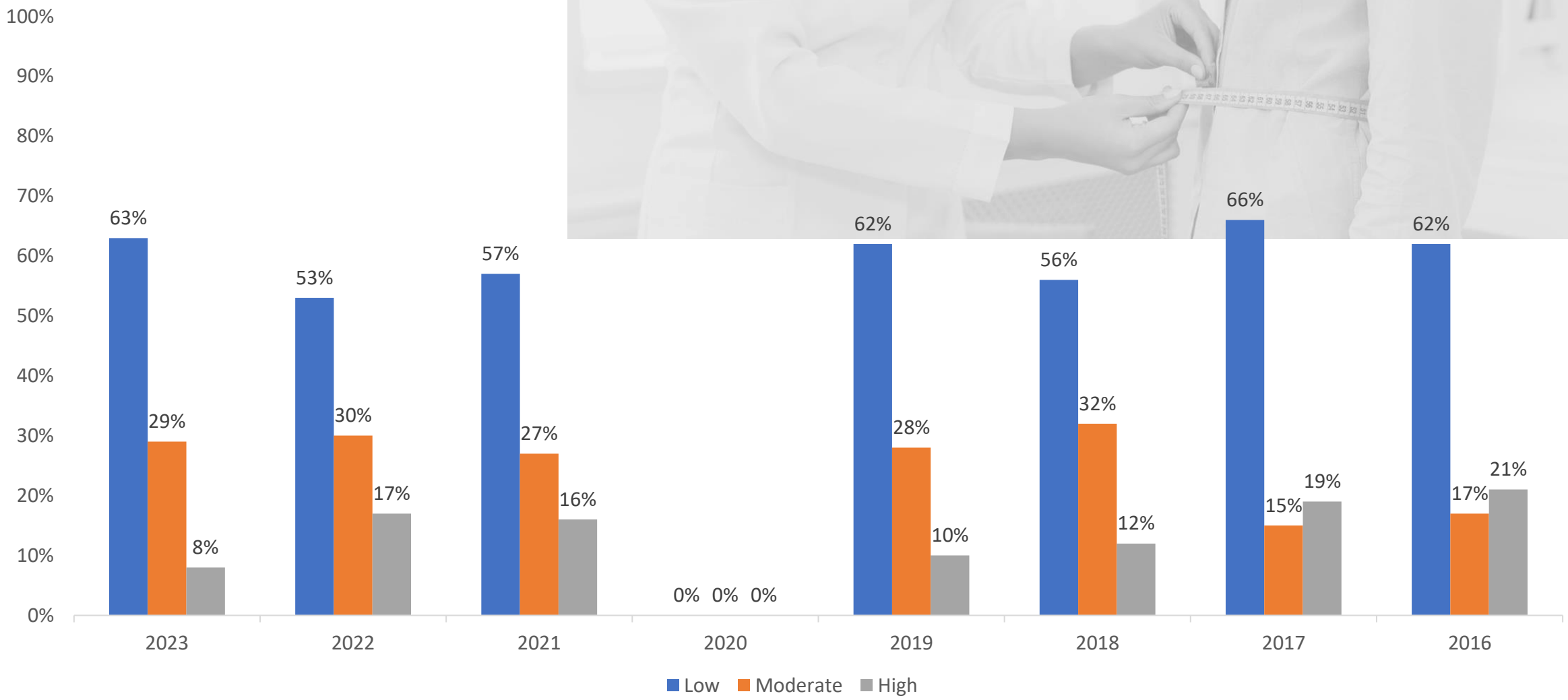
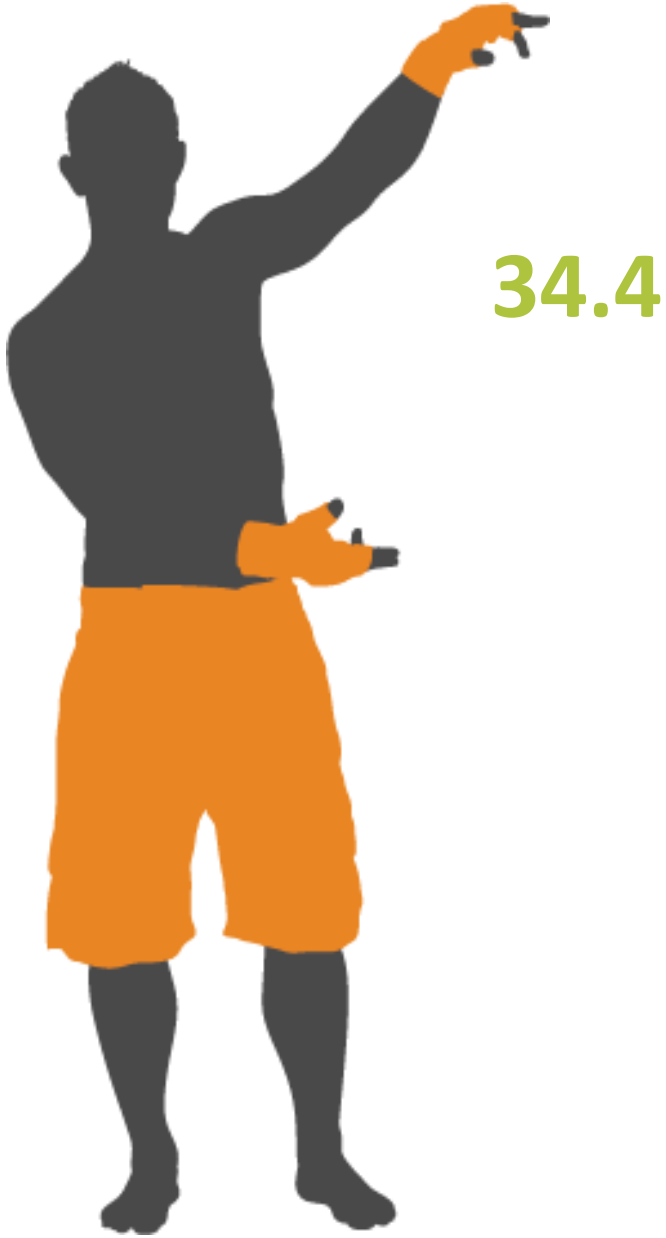
BODY COMPOSITION: BODY MASS INDEX





AVERAGE WAIST CIRCUMFERENCE FOR MEN AND WOMEN



Back to Biometric Description Page

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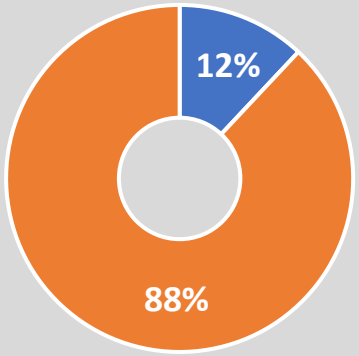
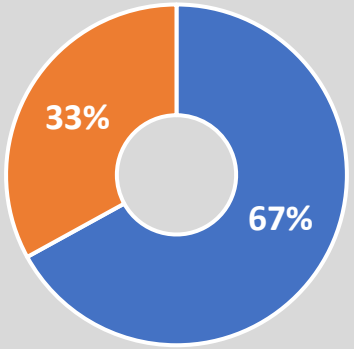
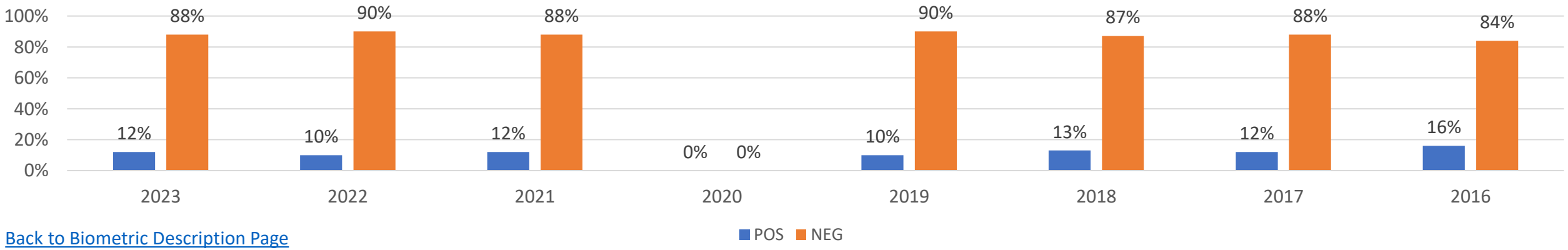
NICOTINE USE

TESTED POSITIVE



INTERESTED IN QUITTING





Back to Biometric Description Page

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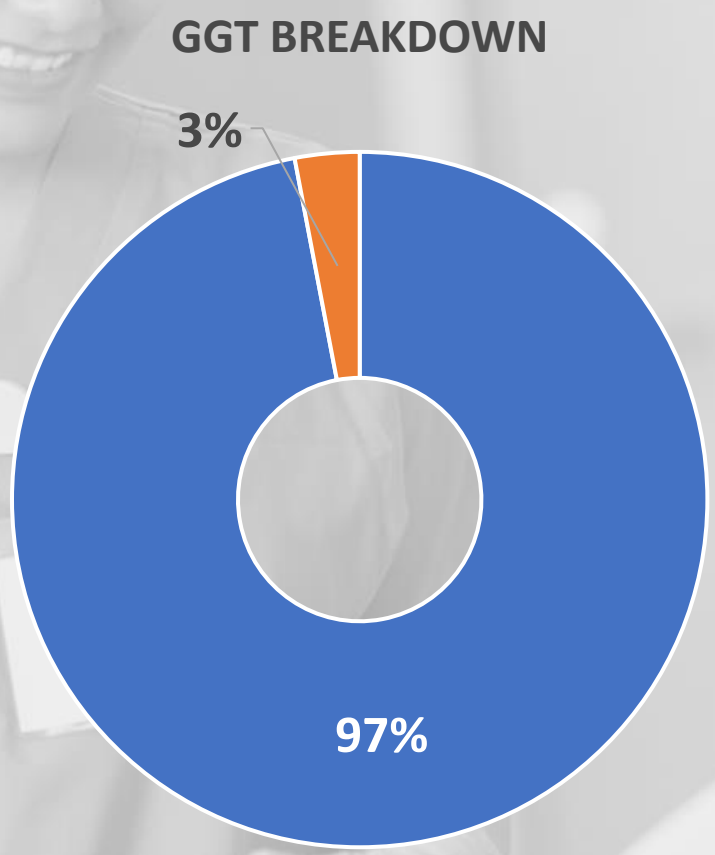
GAMMA-GLUTAMYLTRANSFERASE (GGT) TEST RESULTS



Back to Biometric Description Page