

# Know Your Numbers

Below you'll find pre-drafted content and images that can be used in an email campaign to help educate employees about managing their Blood Pressure, Cholesterol, Blood Sugar and Weight & BMI. Please feel free to share this with your employees and their dependants; you may also wish to include information on any telehealth services (if available) and other health plan features.



## email 1



### Know Your Numbers

We live in a world of numbers...but there are a few numbers that live within you which can tell you a lot about your overall health. These numbers represent your **Blood Pressure, Cholesterol, Blood Sugar, and your Weight and Body Mass Index**. Whether you know these numbers or not, they know you, and they're keeping score of your health each day.

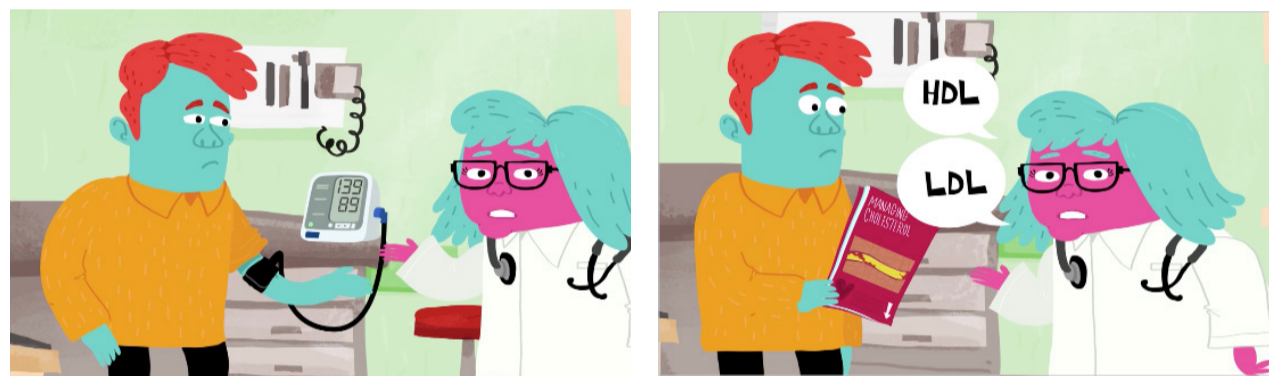
Over the next few days, we'll provide you with information on these important markers of health. In the meantime, we invite you to watch this video to get to know your numbers:

<https://www.gcb.com/employee-benefits/health/health-resource-centre/multilingual-health-kits/know-your-numbers>

This campaign is brought to you by the Generali Employee Benefits Network **geb.com**

The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

## email 2



### Get to know your Blood Pressure

High blood pressure can be caused by many different risk factors and underlying conditions. Uncontrolled high blood pressure can lead to chronic health issues such as headaches, dizziness, nosebleeds, and nausea, and even fatal diseases like stroke or heart attack.

### Get to know your Cholesterol

Maintaining a certain cholesterol level is necessary to build healthy cells. It's important to talk with your doctor to understand all your cholesterol numbers including total cholesterol, as well as HDL and LDL levels. With this information you can make adjustments to your diet and exercise levels, and potentially take prescribed medication to bring your cholesterol levels within normal limits for your age and health profile. In the next email you'll learn more about your key vital signs.

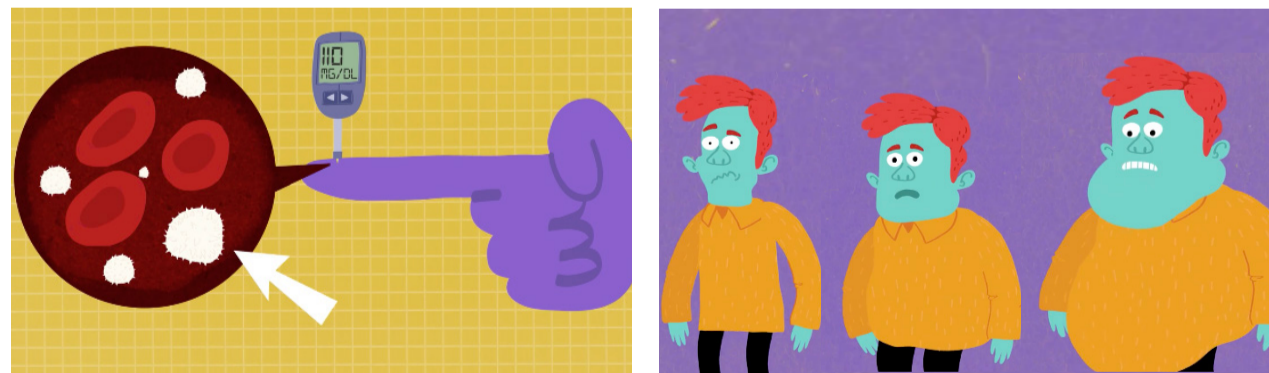
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## email 3



### Get to know your Blood Sugar

Blood sugar numbers indicate the glucose concentration in your blood. Individuals with high fasting glucose may be pre-diabetic or even have diabetes. Normal fasting blood sugar should be between 70 and 100 mg/dl. Get tested and know your blood glucose numbers to make adjustments to your lifestyle habits, or receive treatment recommendations if you're diagnosed with diabetes.

### Get to know your Weight & Body Mass Index (BMI)

Your weight and body mass index (or BMI) can give you an indication of whether your weight is in the underweight, overweight, obese or healthy range. A healthy BMI is between 18.5 – 24.9. You can use weight and BMI information to modify your eating and exercise habits in order to maintain or achieve a healthy weight.

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