

Know Your Numbers and Get Rewarded Take Control of Your Health

[Knowing Your Numbers](#) is an important part of keeping you healthy. It is the first step to a healthier lifestyle. It can help you and your doctor know your risks and begin a path toward a healthier you.



These numbers are your **blood sugar, blood pressure, blood cholesterol, and body mass index (BMI)**. These numbers provide a key snapshot of your personal health and risk potential serious and chronic health conditions, including heart disease, diabetes, stroke, obesity and more.

If you recently completed your biometric screening at a Level Up sponsored event or completed your annual physical with your primary care physician this year, you are eligible to receive a \$50 gift card as a Prince George's County Government employee enrolled in a medical plan.

- [Cigna members](#) – complete your health assessment on myCigna.com to get a better understanding of where you are with your health today, and what choices you can make to help improve your health tomorrow.
- [Kaiser Permanente members](#) – Visit kp.org/engage and sign on with your kp.org user ID and password to complete your total health assessment which can help you maintain your total health and feel your best.

You can't manage what you don't measure. Knowing your numbers is a reminder to be an advocate for your health. Take steps to elevate your total well-being!

If you have any questions, please email us at LevelUp@co.pg.md.us

~The Level Up Team
