According to the American Heart Association, when someone has at least 3 out of the 5 factors that contribute to Metabolic Syndrome, he or she has a much higher chance of developing heart disease, diabetes, stroke and other health problems. The Quest Diagnostics Health & Wellness My5 to Health Profile, with Metabolic Syndrome insight, helps participants become more aware of their risks. By understanding their risk factors, participants can then make lifestyle changes to reduce or eliminate their risk for Metabolic Syndrome.

The My5 to Health Profile is a robust report that offers greater insight to motivate behavior change. Metabolic Syndrome is easy to understand, and is ideal for employers considering outcome-based incentives.

**Features of the My5 to Health Profile**
- It has easy-to-understand, simple scoring. Participants who achieve 0-2 target values are at risk for Metabolic Syndrome; those who achieve 3-5 target values are at far less risk.
- The report is available for fasting programs using venipuncture and/or fingerstick collection methods.
- Participants receive full-color paper and online reports.
- The report displays up to four years of historical results on paper and online.
- Employers can add customized resources to the online reports to boost awareness and greater engagement in relevant programs.
- The report includes a “tear-/print-out” summary page of all laboratory test values which the participants can share with their personal physicians.
- The report can include additional tests like Hemoglobin A1c, PSA, eGFR, Cotinine, hsCRP, and TSH, which monitor other conditions.
- Employers receive population-level data outlining the prevalence of Metabolic Syndrome within their workforce.

**What does scoring mean?**
Participants are given a simple score reflecting how many Metabolic Syndrome target values they passed. Participants who achieve 0-2 target values (indicated with red score) are 5 times more likely to become diabetic, and 2 to 3 times more likely to have a cardiovascular event. Participants who achieve 3-5 target values (indicated with green score) are at lower risk.

**Metabolic Syndrome factors and targets:**
- **Waist circumference target:**
  - Women: Less than or equal to 35 inches
  - Men: Less than or equal to 40 inches
- **Body Mass Index target:**
  - Less than 30kg/m2
- **Triglycerides target:**
  - Less than 150 mg/dL
- **Glucose target:**
  - Less than 100 mg/dL
- **HDL cholesterol target:**
  - Women: Greater than or equal to 50 mg/dL
  - Men: Greater than or equal to 40 mg/dL
- **Blood Pressure Target:**
  - Less than 130/85 mmHg

For more information visit [QuestForHealth.com](http://QuestForHealth.com) or call 1.800.654.7824


* Employers can choose to use waist circumference or BMI for scoring.