

HAVE A HEART-TO-HEART WITH YOUR NURSE.

Your FOH onsite nurse is here to help you discover, understand, and manage your numbers:

- Blood Pressure
- Body-Mass Index (BMI)
- Cholesterol

KNOW YOUR NUMBERS... MAKE AN APPOINTMENT TODAY:

Your contact info here
 Email address
 Health Unit phone number
 Health Unit location etc.

FOH.hhs.gov/CRP



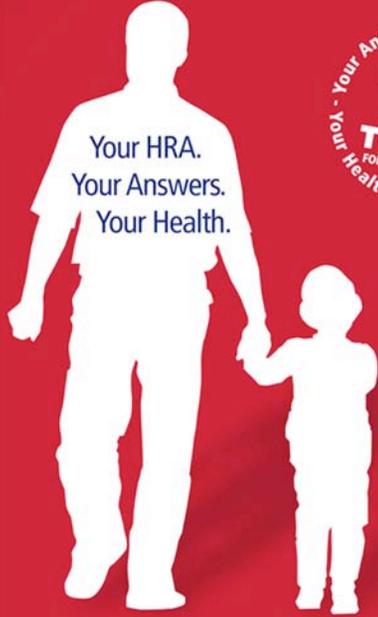

808 Publication 12/2011

TAKE YOUR HRA TODAY

20-MINUTE ONLINE QUESTIONNAIRE
www.FOH.hhs.gov/HRA

Your HRA.
 Your Answers.
 Your Health.

TAKE YOUR HRA TODAY
 FOH.hhs.gov/HRA
 - Your Answers - Your Health -
 - Your Health Risk Appraisal -



*Health Risk Appraisal




Use your melon.
 Eat more fruits and vegetables.

SEPTEMBER IS FRUITS & VEGGIES "MORE MATTERS" MONTH
 Visit FOH.hhs.gov/MORE for more information.




809 Publication 12/2011

SEPTEMBER CAMPAIGN/TOOLKIT:
 HAVE A HEART-TO-HEART WITH YOUR NURSE and FRUITS & VEGGIES "MORE MATTERS"
 plus TAKE YOUR HRA TODAY

All artwork is available to download at: www.FOH.hhs.gov/toolkit



Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services www.hhs.gov

FEDERAL OCCUPATIONAL HEALTH

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Calendar

Monthly Events and Observances

Select a month and click for more information.

January	February	March
April	May	June
July	August	September
October	November	December

Content will be updated as the year progresses. Check back often.

Improving the health, safety, and productivity of our Federal employees.

Privacy Policy | Rules of Behavior | Terms of Use | Accessibility | FOIA | Disclaimers | The White House | USA.gov

<< Select a month and click for more information...

The month you selected appears >>

U.S. Department of Health & Human Services www.hhs.gov

FEDERAL OCCUPATIONAL HEALTH

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HAVE A HEART-TO-HEART WITH YOUR NURSE.

Know Your Numbers for a Healthier You

A Two-Step Approach to Taking Charge of Your Health

1) Know Your Numbers - Get Your CRP

In a brief visit with the FOH nurse at your worksite health unit, you can get a cardiac risk profile (CRP), which gives you information about some of the factors that can put you at risk for heart disease—like high blood pressure and elevated blood levels of cholesterol, triglycerides, and glucose (blood sugar).

2) Use Your Numbers - Take Your HRA

Once your nurse gives you the numbers from your CRP, you can plug them into an online health risk appraisal (HRA) to get a more complete picture of your health status as well as potential health risks (with the results protected under the Federal Privacy Act.). You'll also receive a tailor-made action plan based on your results that outlining some potential lifestyle changes you can make to be healthier and keep health risks at bay. Learn more and take your HRA today!

Add It All Up - Change Your Life for the Better

You can use the information from the CRP and HRA to change your life for the better. The combined information can help give you more control over your own health decisions so you can live a healthier, more balanced life. Sometimes it's as easy as making a simple lifestyle adjustment—or two—like adding more physical activity to your day, making changes in your daily eating habits, or going smoke-free.



FOHtar the Health Fortune Teller



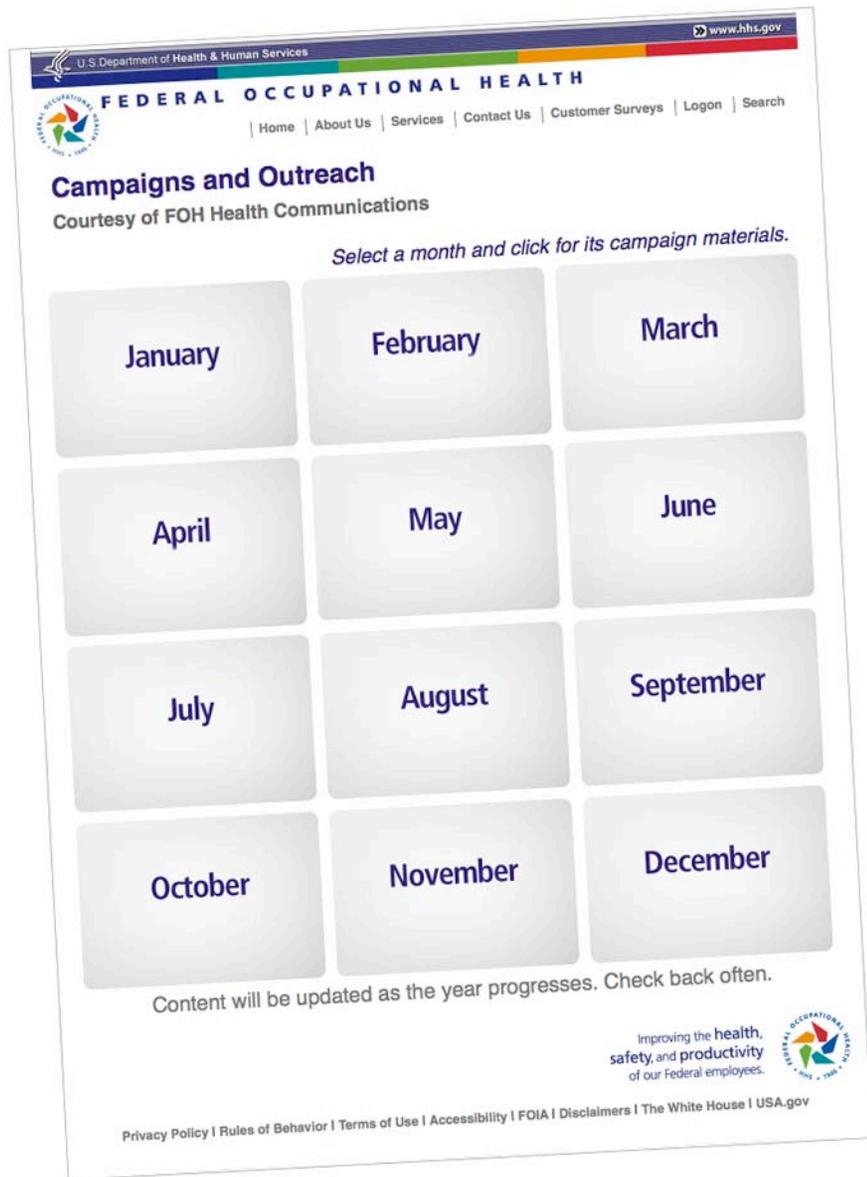
Coming Soon!

Poll Questions

If someone asked you, could you give them your numbers? Do you know your: (select all that apply)

Calendar webpage: www.FOH.hhs.gov/calendar

All artwork is available to download at: www.FOH.hhs.gov/toolkit



<< Select a month and click for its campaign materials...

The month you selected appears >>



User friendly toolkit webpage <http://www.foh.hhs.gov/dbdmarketing/hra.html>

All artwork is available to download at: www.FOH.hhs.gov/toolkit

U.S. Department of Health & Human Services
www.hhs.gov

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Campaigns and Outreach Toolkit

Courtesy of FOH Center for Health Communications

HAVE A HEART-TO-HEART WITH YOUR NURSE. TAKE YOUR HRA TODAY

Downloadable Materials to get the word out.

Check out this PowerPoint or this PDF for an overview of the materials below.

Flyers

Download the flyer PPT or PDF files by clicking on the links below the images. Open the CRP flyers in PowerPoint and customize the photo and language for your local clinic.



CRP Flyer 1 Template CRP Flyer 2 Template CRP Flyer 3 Template CRP Flyer 4 Template CRP Flyer 5 Template CRP Flyer 6 Template



HRA Flyer 1 HRA Flyer 2

Posters

Download the poster PDF files by clicking on the links below the images. The 24x36 poster files are high resolution PDFs, perfect for printing additional copies. Provide the files to your print shop if you'd like to print full size, or you can scale them down by choosing the printer option "fit to printable area" or "shrink to printable area" and print them on a standard printer in your office. We recommend choosing legal-sized paper for the 8.5x14 posters in the page setup menu when you print.



24 x 36 Poster 1 24 x 36 Poster 2 8.5 x 14 inch (legal sized) 8.5 x 14 inch (legal sized)

Table Tents

Download the table tent PDF file by clicking on the link below the image. Print it, and fold it in half to display on table tops.



CRP Table Tent 1 Template CRP Table Tent 2 Template CRP Table Tent 3 Template CRP Table Tent 4 Template

CRP Table Tent 5 Template CRP Table Tent 6 Template HRA Table Tent

Email Blast

Download the email in your preferred format by clicking on the links below. Copy the text, and paste it into a new email. Send it to FOH end-users.

CRP Emails HRA Emails

From the Toolkit webpage, click on any of the listed materials to download artwork.

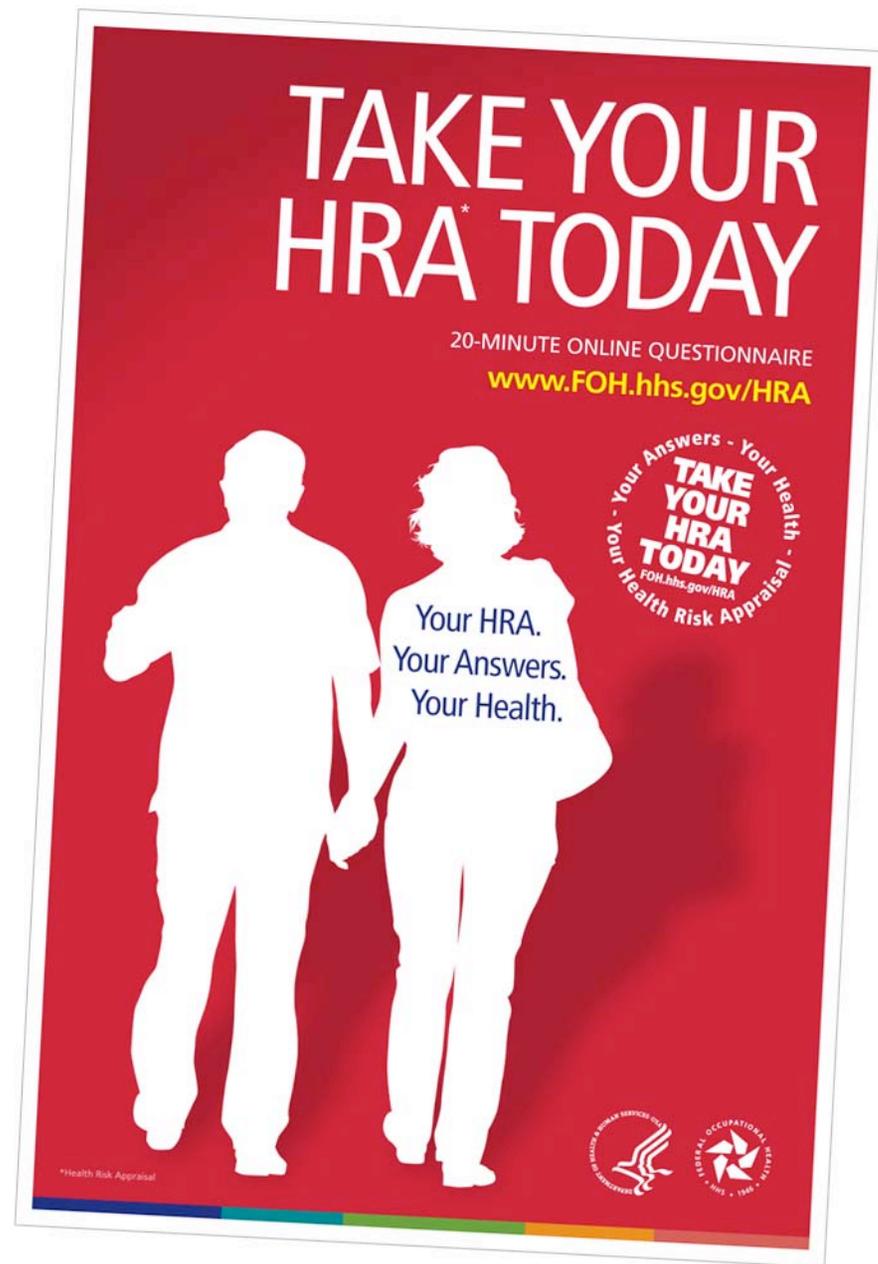
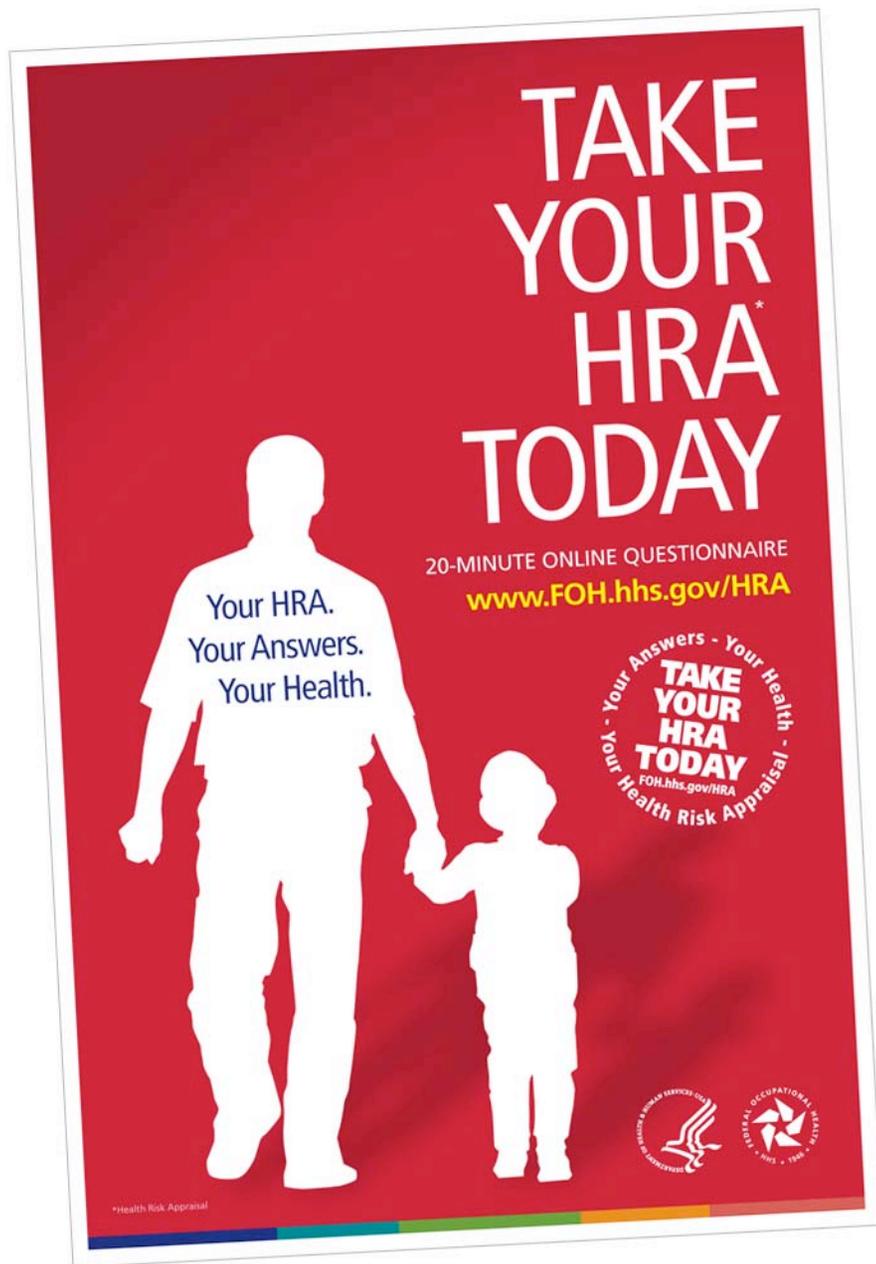
- Flyers
- Posters
- Table tents
- Email blasts

There are "as-is" versions as well as customizable template versions.

You can add your personal message to the template versions.

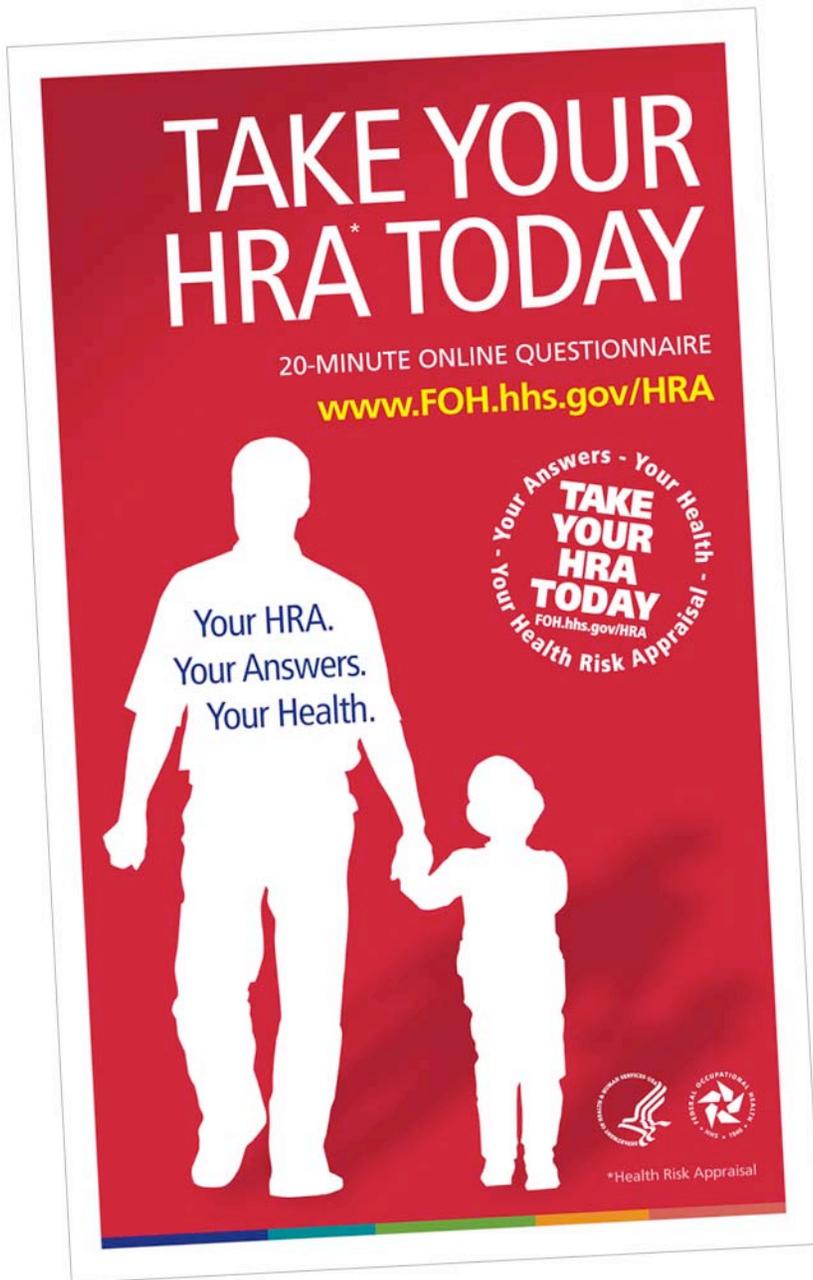
(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)

All artwork is available to download at: <http://www.foh.hhs.gov/dbdmarketing/hra.html>



Take Your HRA Today 24x36 posters
(please reuse the posters you received last year; if you did not receive posters last year
and would like a set, please email heidi.hua@foh.hhs.gov)

All artwork is available to download at: www.FOH.hhs.gov/toolkit



Take Your HRA Today
 8.5x14 bulletin board poster (legal size paper), 11x8.5 flyer, and 8.5x11 table tent

All artwork is available to download at: www.FOH.hhs.gov/toolkit

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FOH.hhs.gov/CRP

FOH Publication 12.0821

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FOH.hhs.gov/CRP

Have a Heart-to-Heart with your Nurse
 8.5x11 flyer templates (6) and
 8.5x11 table tent templates (6)

Cardiac Risk Profile FAQs

Cardiac Risk Profile (or CRP) is a great first step to reducing your risk for heart disease because it gives you a snapshot of your current heart health status.

What is a CRP?

A cardiac risk profile—or CRP—gives you information about some of the factors that can put you at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose (blood sugar).

Where can I get my CRP?

You can get your CRP from your healthcare provider or, if you're a Federal employee, from the FOH Health Unit at your worksite, where available.

Why should I get a CRP?

A CRP is a logical first step to knowing your numbers and understanding what factors may be putting you at risk for heart disease. You may need to make simple lifestyle changes—like increasing your physical activity or changing your diet. If these changes aren't effective, your healthcare provider may suggest taking medication.

Can I use the CRP information when filling out my HRA?

Yes. The CRP and HRA go hand in hand. The information from the CRP is an essential part of your health risk appraisal (HRA). Plugging the information from the CRP into the HRA will give you a more complete picture of where you stand regarding your overall health. Plus, your complete evaluation will include an action plan based on your HRA results that outlines steps you can take to lessen health risks. So the information from your CRP and HRA give you more control over your own health.

How is my CRP information protected?

Your CRP results are protected under the Health Insurance Portability and Accountability Act (HIPAA). And, if you're a Federal employee and you

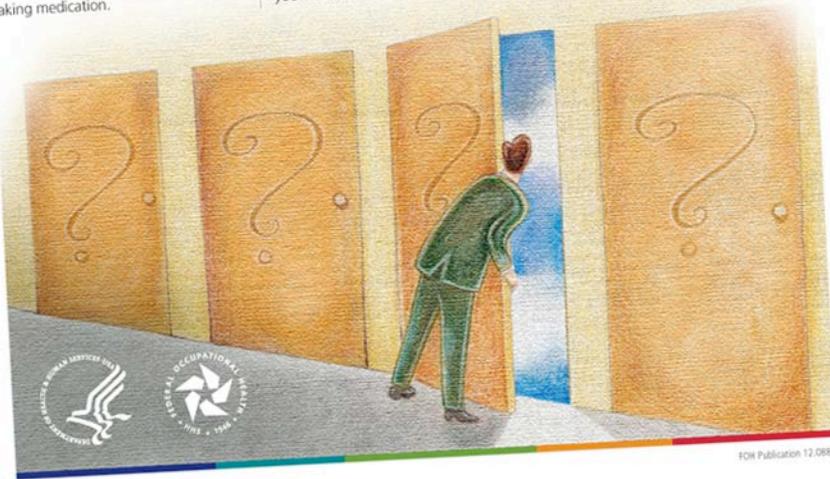
got your CRP at a worksite clinic, that information, and the information in your HRA, are protected by the Federal Privacy Act.

What happens after I take my CRP?

After you take your CRP, you can first discuss the results with your healthcare provider or, if you're a Federal employee, with the Health Unit nurse at your worksite, where available. Then you can use this information for your HRA.

Upon adding your CRP information and completing the other questions in your HRA, you will receive a summary report explaining your risk levels for each wellness category, as well as a wealth of tools and resources to take you even further on your path to good health.

Learn more at FOH.hhs.gov/CRP.



FOH Publication 12.0887

Health Risk Appraisal FAQs

Your Health Risk Appraisal (HRA) not only provides a more complete picture of your health; it gives you a tailor-made action plan based on your results.

What is an HRA?

A Health Risk Appraisal (HRA) is a personalized health assessment—available to you free of charge—that helps you identify potential health risks so you can take steps to avoid them.

Why should I take an HRA?

By examining your health-related behavior and health history, your HRA can give you more control over your own health and wellness.

What kinds of questions are on the HRA?

The HRA asks questions about your eating habits, your exercise habits, and your perceptions of your health. You can download a sample HRA, if you'd like.

My HRA asks for blood test results. What if I don't have them yet?

The FOH health nurse at your worksite clinic can give you a free cardiac risk profile that gives you information about some of the factors that can put you at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose (blood sugar).

If you have recent results of your blood pressure or blood cholesterol tests, or any recent doctor or hospital visits, you can also add that information to your HRA. However, if you do not yet

have that information, you should still take your HRA—you can just leave those questions blank and go back to complete them once you have the information.

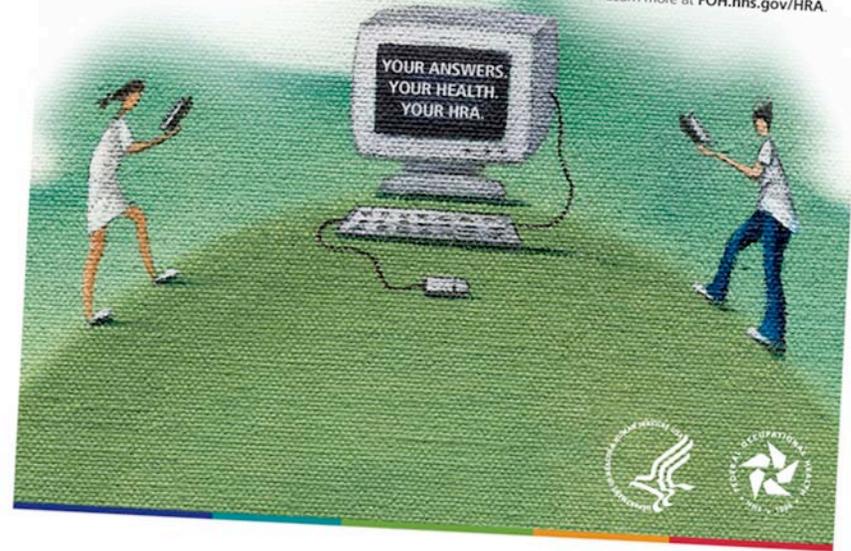
How is my HRA information protected?

Your information is protected under the Federal Privacy Act.

What happens after I take my HRA?

Upon completing your HRA, you will receive a summary report explaining your risk levels for each wellness category, as well as a wealth of tools and resources to take you even further on your path to health.

Learn more at FOH.hhs.gov/HRA.



FOH Publication 12.0787

Handouts: Cardiac Risk Profile FAQs and Health Risk Appraisal FAQs

Understanding Your Cardiac Risk Profile (CRP)



PLACE LABEL HERE

For the most accurate results, an 8-to 12-hour fasting period is recommended for cholesterol, triglycerides, and blood glucose levels.

- Fasting** How long? _____
 Non-Fasting How long? _____

Blood Pressure

Blood pressure is the measurement of the force that your blood exerts as it flows through your blood vessels. Having hypertension (high blood pressure) can increase the risk for heart disease, heart attack, and stroke.

Optimal	<120 mmHg over <80 mmHg
Pre-hypertension	120-139 over 80-89*
Stage 1 hypertension	140-159 over 90-99*
Stage 2 hypertension	≥160 over ≥100*
	My reading _____ / _____

Body Mass Index (BMI)

BMI is a tool used to estimate a person's body fat content, based on height and weight. Obesity is unhealthy and has been shown to increase the risk of certain chronic diseases, including heart disease, diabetes, and certain cancers.

Optimal	18.5-24.9
Underweight	<18.5*
Overweight	25-29.9*
Obese	≥30*
My height _____	My weight _____ My BMI _____

Total Cholesterol

Cholesterol is a waxy, fat-like substance which is necessary for proper cell function. Too much cholesterol in the blood, however, is a major risk factor for heart disease and stroke.

Optimal	<200 mg/dL
Borderline high	>200-239*
High	> 240 or higher* My reading _____

High Density Lipoprotein (HDL)

HDL can be considered a "healthy" or "helpful" lipoprotein. HDL carries cholesterol away from the arteries to the liver to be broken down by the body.

Optimal	>60 mg/dL
Women average	50-60
Men average	40-50
Low (at risk) for men	<40*
Low (at risk) for women	<50*
	My reading _____

Low Density Lipoprotein (LDL)

LDL can be thought of as the "bad" cholesterol that can accumulate in the arterial walls, increasing your risk for heart attack and stroke.

Optimal	<100 mg/dL
Normal	100-129
Borderline high	130-159*
High	160-189*
Very High	>190*
	My reading _____

Triglycerides

Triglycerides are a form of fat that is made in the body due to intake of excess calories—from things like, sugar, starch, and alcohol. Some people may have a family history of high triglycerides.

Optimal	<150 mg/dL
Borderline High	150-199*
High	200-499*
Very High	>500*
	My reading _____

Non HDL

The non-HDL reading is determined by subtracting the total cholesterol from the HDL cholesterol levels.

Optimal	<130 mg/dL
Borderline	139-159
High	160-189
Very high	> 190
	My reading _____

Ratio

The ratio between total cholesterol and HDL is useful in determining risk for developing heart disease.

Optimal	<3.5 to 1
Normal	<5.0 to 1
	My reading _____

Blood Glucose

The blood glucose screening measures the amount of glucose (sugar) circulating in the blood stream. Elevated blood sugar may be an indicator for diabetes or pre-diabetes.

Fasting Glucose	
Optimal	<100 mg/dL
Pre-diabetes	>101-125*
High	>126*
Non-fasting glucose	
High	>200*
	My reading _____

* If any of your results are out of range, please share this form with your physician.

Paper CRP results worksheet

INSERT
YOUR
PHOTO
HERE

HAVE A HEART- TO-HEART WITH YOUR NURSE.

Hello, my name is <first name> <last name>, and I'm your nurse in the <building name> Health Unit in <room number> on the <floor name>.

I'd like to invite you to call me for an appointment to get a free cardiac risk profile (CRP). The CRP gives you information about some of the factors that can put you at risk for heart disease—like high blood pressure and elevated blood levels of cholesterol, triglycerides, and glucose (blood sugar).

Once you know the numbers from your CRP, we can talk about ways you can lower your risk of heart disease and other health issues.

I can also tell you about how you can use the CRP numbers to take your online health risk appraisal (HRA), which will give you an even more complete picture of your health status (results from both the HRP and CRP are protected under the Privacy Act).

The HRA also gives you a private, tailor-made action plan based on your results. The plan outlines some potential lifestyle changes you can make to be healthier and keep health risks at bay.

So, give me a call and make your appointment today.

The combined information from your CRP and HRA will help give you more control over your own health. It will improve your ability to make decisions that will allow you to live a healthier, more balanced life.

Looking forward to meeting you!

<first name> <last name> <credentials>
<building name> <room number> <floor name>
<telephone number>
<email>
<office hours>

INSERT
YOUR MAP
HERE OR
DELETE
THIS TEXT
BOX



HAVE A HEART- TO-HEART WITH YOUR NURSE.

Hello, my name is Jane Doe, and I'm your nurse in the Hampton Building Health Unit in room 318b on the 32nd floor next to the cafeteria.

I'd like to invite you to call me for an appointment to get a free cardiac risk profile (CRP). The CRP gives you information about some of the factors that can put you at risk for heart disease—like high blood pressure and elevated blood levels of cholesterol, triglycerides, and glucose (blood sugar).

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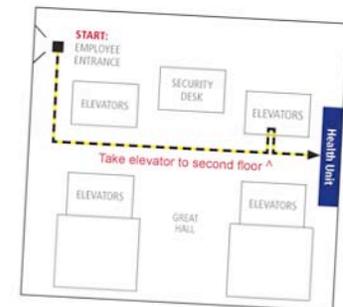
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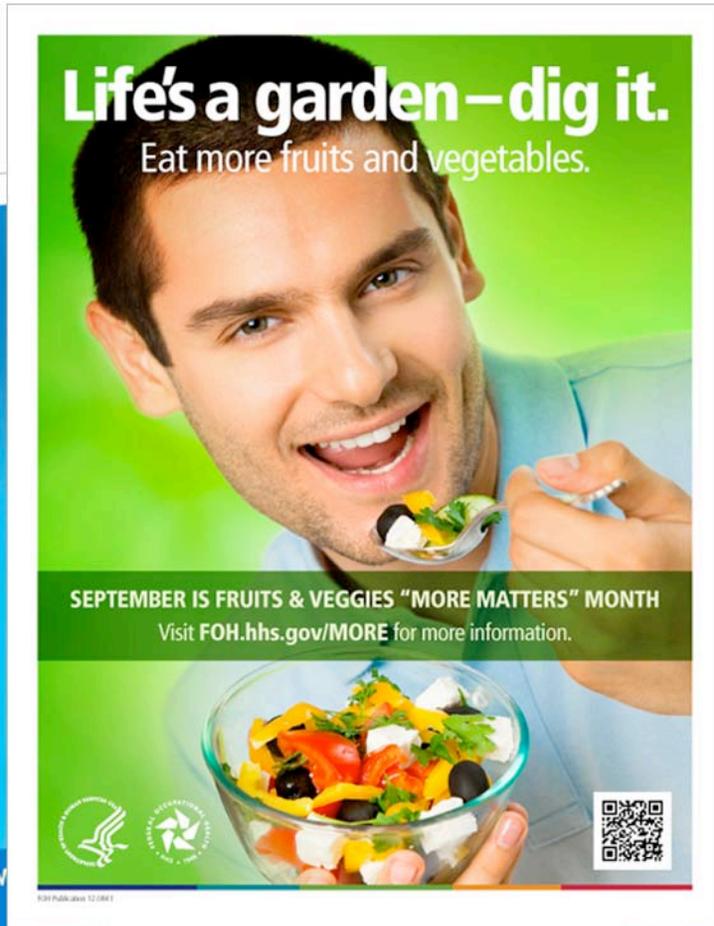
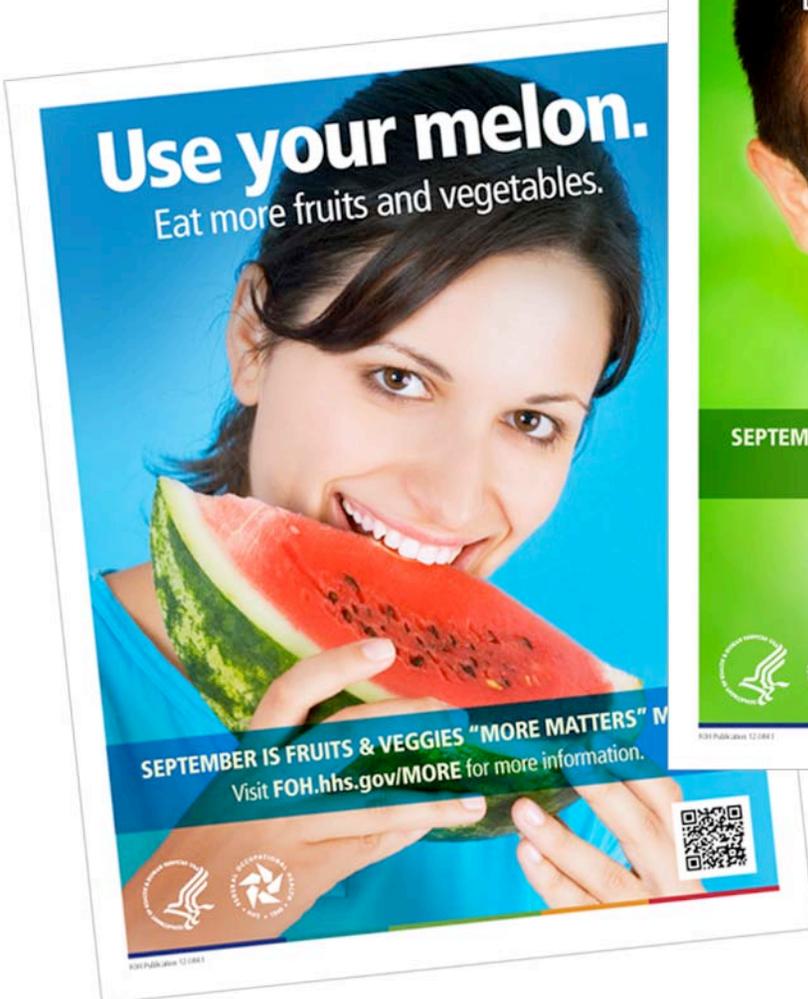
Looking forward to meeting you!

Jane Doe, MPH
Hampton Building Health Unit, room 318b
919-555-1212
Jane.Doe@foh.hhs.gov
Monday-Friday 8am-5pm



sample of completed letter

Form CRP letter, can be used as a flyer/handout or email blast,
insert your photo, map to your clinic (if you have one), and input your specific contact information;
PowerPoint template (editable)



Fruits & Veggies "More Matters" Month
8.5x11 flyers (3)

End-User Email

Nim fugit illuptatis exliquibus dit liqui nonsequi nostis et exlique volorepratia consequi omnis rest, unt magnisq uasperis volorum volendi dis es ex et magnienecae et ea doluptam nonserimus dunt hcid mi, volectes ducis milibus animinumqui quia audit que nesci od eic tet illa modic tem que ma veientuno moluptate name laboreh enimn rent.

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Downloadable end-user emails for:

- Have a Heart-to-Heart with Your Nurse
- Fruits & Veggies “More Matters Month”
- Take Your HRA Today

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FEDERAL OCCUPATIONAL HEALTH, CENTER FOR HEALTH COMMUNICATIONS

Email blast, MS Word doc format (editable) and pdf versions