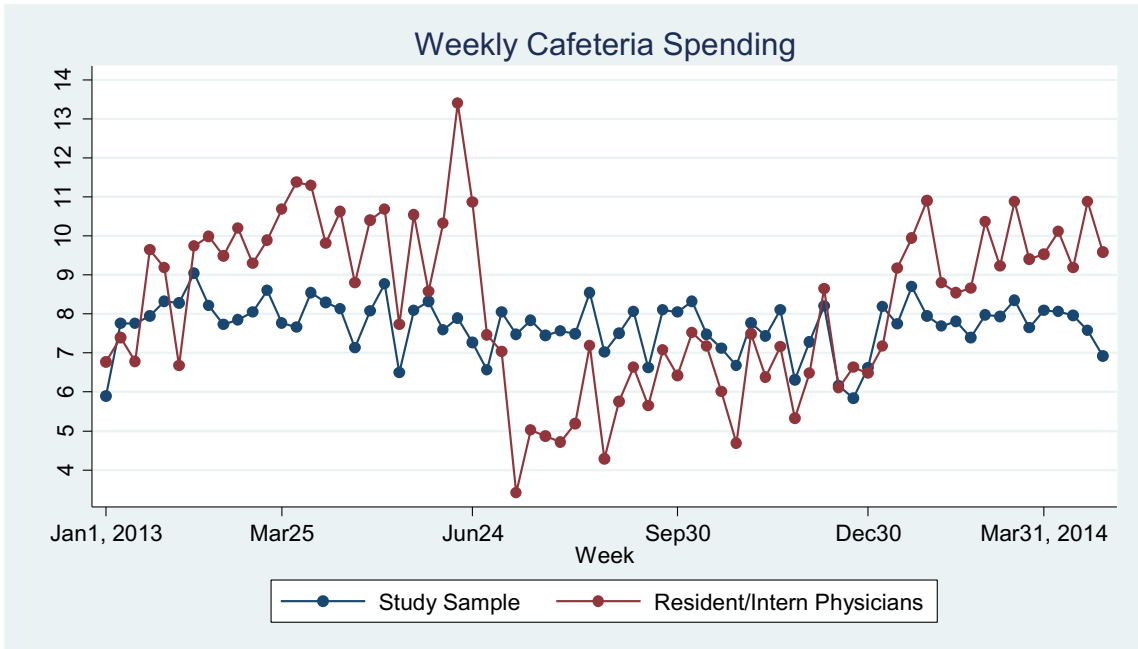
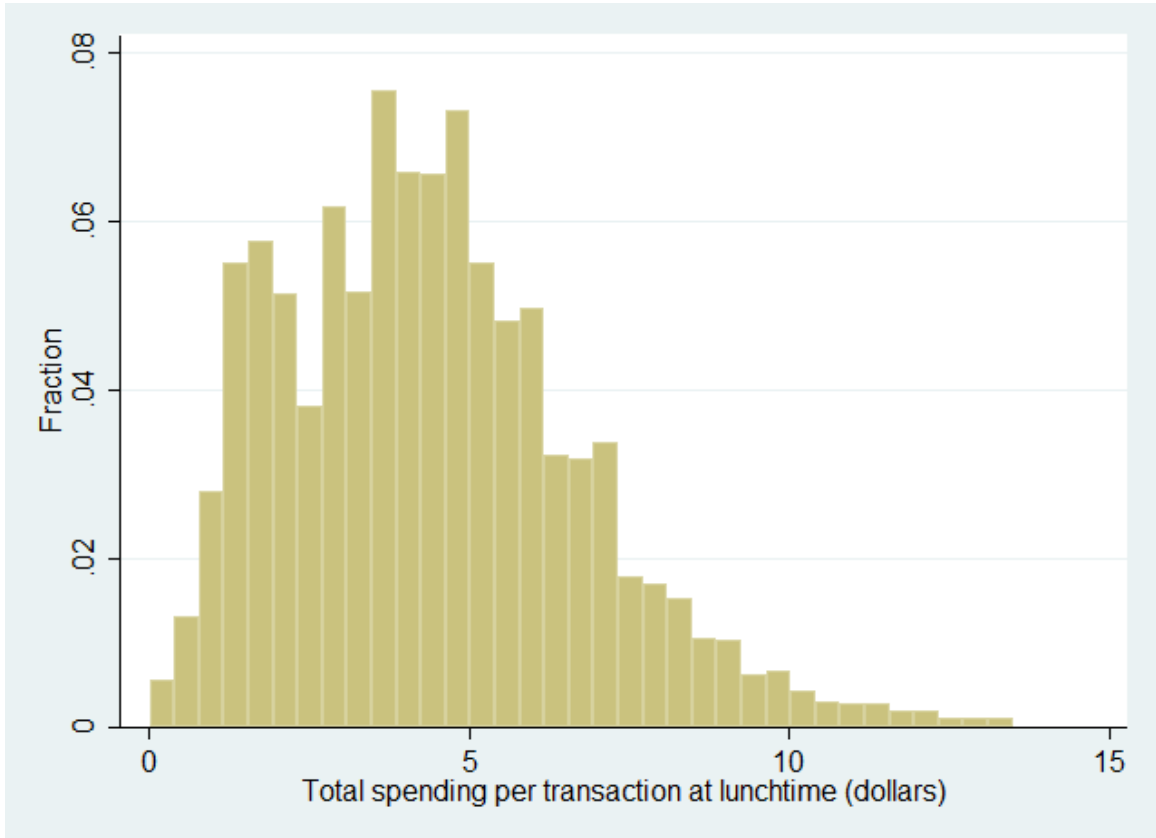


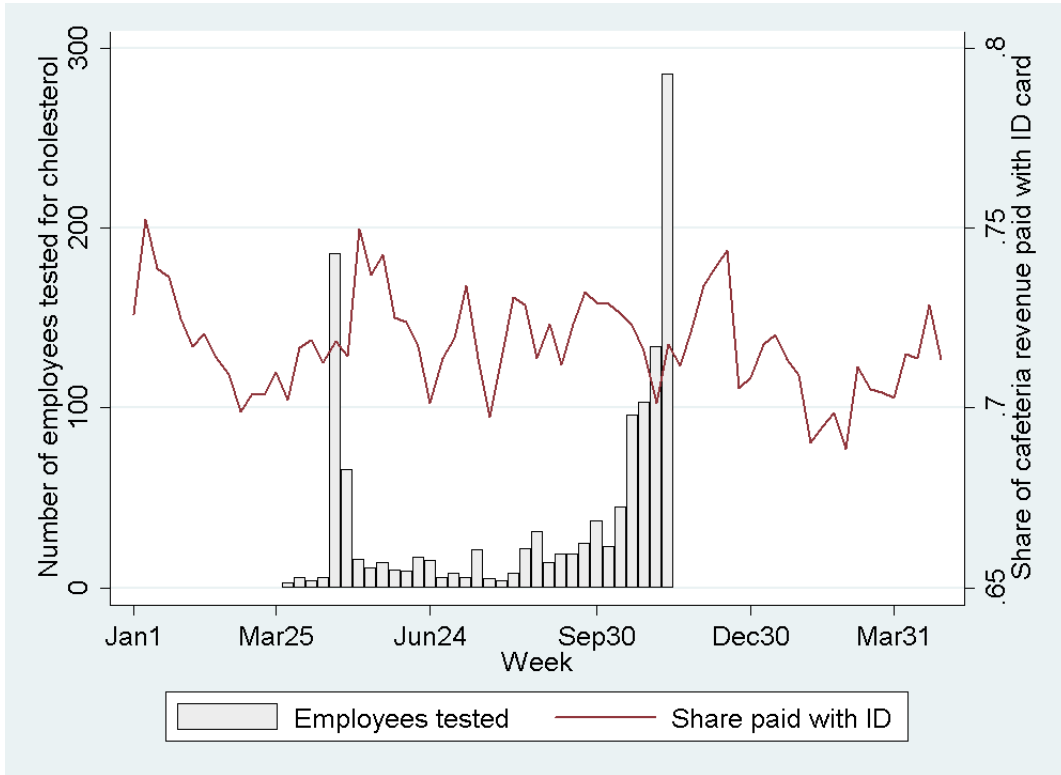
# **Appendix for Online Publication**



**Appendix Figure 1: Average total weekly spending at the cafeteria for the study sample and for the excluded residents.**



**Appendix Figure 2. Distribution of total spending per transaction during lunchtime.** Lunchtime definition: 11:30am-2:00pm. We excluded outliers above the 99<sup>th</sup> percentile.



**Appendix Figure 3: Distribution of cholesterol test dates, and the share of weekly cafeteria revenue not linked to an employee ID card.** The Health Risk Assessment could be taken any time between April 1 and November 15, 2013. As shown in the bar graph, the most popular weeks were the week of the first health fair in early May, and the last possible week in November.

**Appendix Table A1: Descriptive Statistics**

	Cholesterol test participants	Non-participants	P-value <sup>2</sup>
	(N = 1,223)	(N = 973)	
	Mean	Mean	
	(1)	(2)	(3)
<b>Female</b>	0.80	0.70	0.00
<b>Age</b>	46.4	46.0	0.32
Age below 40	0.29	0.32	
Age 40-54	0.47	0.44	
Age above 55	0.24	0.24	
<b>Ethnicity</b>			
White	0.79	0.66	0.00
Black	0.14	0.25	0.00
Asian	0.02	0.04	0.04
Hispanic	0.05	0.05	0.99
<b>Occupational categories<sup>1</sup></b>			
Physicians	0.10	0.13	0.04
Nurses	0.25	0.21	0.06
Other professional occupations	0.24	0.15	0.00
Other nonprofessional occupations	0.41	0.51	0.00

The sample is limited to employees who ate at the cafeteria at least once in Jan-March 2013 and at least once in Jan-April 2014. <sup>1</sup>The physician category includes: physicians, interns/residents, and non-physician practitioners. The nurses category includes clinical nurses and licensed practical nurses. The other professional category includes professional directors, coordinators, managers, professional support, and administration. The other non-professional category includes technicians, supervisors, support services, maintenance skilled trade, administrative support, and non-professional support.

<sup>2</sup>The p-values shown are based on a t-test of mean equality (female, age, ethnicity and occupational categories).

Appendix Table A2: Impact of the cholesterol test on cafeteria purchases with linked nutritional content

	Full Sample		Employees with low-risk cholesterol <sup>1</sup>		Employees with high-risk cholesterol		Employees with undiagnosed high-risk cholesterol <sup>2</sup>	
	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>Total spending on items with nutr. info</b>								
Overall	-0.05 (0.07)		-0.00 (0.08)		-0.15 (0.13)		-0.14 (0.17)	
First month after the test		-0.04 (0.08)		0.02 (0.09)		-0.15 (0.15)		-0.13 (0.18)
Second month after the test		-0.09 (0.09)		-0.03 (0.10)		-0.22 (0.18)		-0.16 (0.21)
Third month and beyond		-0.04 (0.08)		-0.00 (0.09)		-0.13 (0.15)		-0.14 (0.19)
Pre-HRA average	3.64	3.64	3.36	3.36	4.26	4.26	4.31	4.31
Change as a share of pre-HRA average	-0.01	-0.01	-0.00	0.01	-0.03	-0.04	-0.03	-0.03
<b>Calories</b>								
Overall	-11.11 (9.72)		-8.34 (10.65)		-14.16 (17.85)		-13.49 (21.30)	
First month after the test		-16.13 (10.34)		-13.48 (11.51)		-18.95 (20.71)		-19.13 (23.86)
Second month after the test		-9.15 (12.18)		-6.62 (13.38)		-9.97 (24.18)		-10.27 (28.59)
Third month and beyond		-10.12 (11.03)		-7.38 (12.00)		-13.98 (19.30)		-12.91 (23.87)
Pre-HRA average	433.81	433.81	396.51	396.51	518.43	518.43	526.03	526.03
Change as a share of pre-HRA average	-0.03	-0.04	-0.02	-0.03	-0.03	-0.04	-0.03	-0.04
<b>Grams of fat</b>								
Overall	-0.69 (0.46)		-0.62 (0.51)		-0.74 (0.84)		-0.89 (0.98)	
First month after the test		-0.85* (0.49)		-0.68 (0.54)		-1.06 (1.01)		-1.43 (1.17)
Second month after the test		-0.64 (0.58)		-0.45 (0.65)		-0.87 (1.13)		-1.22 (1.29)
Third month and beyond		-0.65 (0.53)		-0.64 (0.58)		-0.64 (0.90)		-0.70 (1.09)
Pre-HRA average	18.15	18.15	16.25	16.25	22.49	22.49	22.83	22.83
Change as a share of pre-HRA average	-0.04	-0.05	-0.04	-0.04	-0.03	-0.05	-0.04	-0.06
<b>Grams of saturated fat</b>								
Overall	-0.21 (0.16)		-0.21 (0.17)		-0.18 (0.28)		-0.23 (0.33)	
First month after the test		-0.28* (0.17)		-0.23 (0.19)		-0.34 (0.34)		-0.52 (0.38)
Second month after the test		-0.18 (0.20)		-0.14 (0.22)		-0.22 (0.38)		-0.41 (0.43)
Third month and beyond		-0.20 (0.18)		-0.22 (0.19)		-0.13 (0.30)		-0.12 (0.37)
Pre-HRA average	6.14	6.14	5.51	5.51	7.56	7.56	7.67	7.67
Change as a share of pre-HRA average	-0.03	-0.05	-0.04	-0.04	-0.02	-0.04	-0.03	-0.07
<b>Milligrams of dietary cholesterol</b>								
Overall	-0.72 (3.60)		-0.33 (3.70)		-1.88 (7.48)		-1.88 (9.23)	
First month after the test		-2.69 (4.01)		-1.20 (4.11)		-4.99 (9.07)		-11.43 (9.74)
Second month after the test		2.69 (4.59)		4.24 (4.81)		-0.56 (9.79)		2.12 (10.82)
Third month and beyond		-1.04 (4.12)		-1.21 (4.22)		-1.46 (8.20)		-0.58 (10.51)
Pre-HRA average	106.38	106.38	91.28	91.28	141.22	141.22	135.14	135.14
Change as a share of pre-HRA average	-0.01	-0.03	-0.00	-0.01	-0.01	-0.04	-0.01	-0.08
Observations (employee-weeks)	151,524	151,524	127,098	127,098	91,563	91,563	83,421	83,421
Observations (all employees)	2,196	2,196	1,842	1,842	1,327	1,327	1,209	1,209

Notes: <sup>1</sup>Low risk is defined as not at high risk. High risk is defined as total cholesterol at or above 240, LDL at or above 160, or HDL below 40 (Men) or 45 (Women). <sup>2</sup>Undiagnosed is defined as answering "No" to the question: "Do you have, or have you been told that you have any of the following health conditions?" for high cholesterol. Statistically significant coefficients are indicated as follows: \*10%; \*\*5%; \*\*\*1%.

Appendix Table A3: Effect of the Cholesterol Test on Food Purchases at the Cafeteria

	Total spending <sup>1</sup>			
	Full Sample	Employees with low-risk cholesterol <sup>2</sup>	Employees with high-risk cholesterol	Employees with undiagnosed high-risk cholesterol <sup>3</sup>
	(1)	(2)	(3)	(4)
13+ weeks before cholesterol test	-0.0292	0.238	-0.656	-0.632
	-0.222	-0.244	-0.441	-0.489
12 weeks before cholesterol test	0.0816	0.364	-0.53	-0.748
	-0.28	-0.306	-0.595	-0.655
11 weeks before cholesterol test	-0.418	-0.194	-0.954*	-1.202**
	-0.269	-0.294	-0.563	-0.556
10 weeks before cholesterol test	0.211	0.443	-0.339	-0.404
	-0.261	-0.291	-0.531	-0.57
9 weeks before cholesterol test	0.266	0.287	0.267	0.588
	-0.26	-0.296	-0.515	-0.631
8 weeks before cholesterol test	0.0776	0.206	-0.217	0.0149
	-0.273	-0.289	-0.611	-0.74
7 weeks before cholesterol test	-0.128	0.0882	-0.654	-0.584
	-0.238	-0.256	-0.512	-0.588
6 weeks before cholesterol test	-0.164	-0.0786	-0.468	-0.957*
	-0.253	-0.273	-0.551	-0.559
5 weeks before cholesterol test	0.234	0.398	-0.228	-0.0782
	-0.239	-0.274	-0.469	-0.541
4 weeks before cholesterol test	0.152	0.19	-0.02	-0.335
	-0.254	-0.281	-0.542	-0.6
3 weeks before cholesterol test	0.131	0.435	-0.657	-0.508
	-0.244	-0.277	-0.484	-0.53
2 weeks before cholesterol test	0.281	0.598**	-0.535	-0.463
	-0.231	-0.262	-0.474	-0.5
Week of cholesterol test	0.725***	0.903***	0.316	0.0764
	-0.245	-0.267	-0.543	-0.503
1 week after cholesterol test	-0.148	0.0832	-0.652	-0.686
	-0.228	-0.252	-0.485	-0.521
2 weeks after cholesterol test	0.00841	0.364	-0.853*	-1.082**
	-0.244	-0.282	-0.471	-0.535
3 weeks after cholesterol test	0.00847	0.504*	-1.136**	-1.360***
	-0.249	-0.28	-0.511	-0.524
4 weeks after cholesterol test	-0.0501	0.553**	-1.452**	-1.753***
	-0.266	-0.28	-0.602	-0.672
5 weeks after cholesterol test	-0.108	0.354	-1.127**	-1.033
	-0.257	-0.274	-0.562	-0.668
6 weeks after cholesterol test	-0.218	0.348	-1.576***	-1.178*
	-0.264	-0.294	-0.541	-0.606
7 weeks after cholesterol test	-0.0504	0.406	-1.091**	-0.96
	-0.252	-0.28	-0.526	-0.596
8 weeks after cholesterol test	0.305	0.643**	-0.534	-0.631
	-0.262	-0.286	-0.56	-0.638
9 weeks after cholesterol test	-0.119	0.145	-0.764	-0.638
	-0.262	-0.285	-0.561	-0.598
10 weeks after cholesterol test	0.111	0.540*	-0.903	-0.741
	-0.269	-0.29	-0.586	-0.63
11 weeks after cholesterol test	0.235	0.534**	-0.459	-0.664
	-0.253	-0.265	-0.567	-0.614
12 weeks after cholesterol test	0.291	0.641**	-0.42	-0.915

	-0.27	-0.293	-0.572	-0.616
13 weeks after cholesterol test	0.182	0.345	-0.0746	-0.0975
	-0.255	-0.284	-0.526	-0.612
14 weeks after cholesterol test	0.328	0.548*	-0.129	-0.339
	-0.268	-0.287	-0.586	-0.683
15 weeks after cholesterol test	0.344	0.759***	-0.576	-0.422
	-0.253	-0.273	-0.536	-0.599
16 weeks after cholesterol test	0.148	0.359	-0.367	-1.086
	-0.266	-0.275	-0.606	-0.667
17 weeks after cholesterol test	0.0155	0.335	-0.753	-0.814
	-0.262	-0.284	-0.548	-0.648
18 weeks after cholesterol test	-0.0363	0.268	-0.793	-0.666
	-0.277	-0.304	-0.574	-0.686
19 weeks after cholesterol test	0.0319	0.43	-0.927	-1.178*
	-0.271	-0.292	-0.581	-0.689
20 weeks after cholesterol test	-0.101	0.216	-0.953	-1.391**
	-0.282	-0.309	-0.587	-0.681
21 weeks after cholesterol test	0.0307	0.317	-0.709	-1.210*
	-0.273	-0.294	-0.585	-0.675
22 weeks after cholesterol test	-0.268	0.0327	-1.050*	-1.001
	-0.287	-0.318	-0.578	-0.72
23 weeks after cholesterol test	0.362	0.668**	-0.387	-0.521
	-0.252	-0.266	-0.526	-0.664
Week and Individual Fixed Effects	Yes	Yes	Yes	Yes
Total number of observations at the person/week level	151,524	127,098	91,563	83,421
Total number of individuals	2,196	1,842	1,327	1,209

Notes: There is no event week dummy for the week preceding the cholesterol test, so all results are relative to that week. <sup>1</sup>Total spending is the employee's total weekly spending at the cafeteria. <sup>2</sup>Low risk is defined as not at high risk. High risk was defined as total cholesterol at or above 240, LDL at or above 160, or HDL below 40 (Men) or 45 (Women). <sup>3</sup>Undiagnosed was defined as answering "No" to the question: "Do you have, or have you been told that you have any of the following health conditions?" for high cholesterol. Statistically significant coefficients are indicated as follows: \*10%; \*\*5%; \*\*\*1%.



**Appendix Table A4: Model of Participation in Cholesterol Screening and Sample Selection**

	Cholesterol test taken	Cholesterol test taken, low-risk result	Cholesterol test taken, high-risk result
	(1)	(2)	(3)
<b>Female</b>	1.76*** (0.20)	1.48** (0.25)	0.68** (0.11)
<b>Age (years)</b>	1.00 (0.00)	0.97*** (0.01)	1.03*** (0.01)
<b>Ethnicity (excluded category = white)</b>			
Black	0.51*** (0.06)	1.07 (0.21)	0.94 (0.18)
Asian	0.57** (0.15)	0.64 (0.26)	1.57 (0.64)
Hispanic	0.85 (0.17)	0.77 (0.23)	1.30 (0.39)
<b>Location (excluded category = other locations)</b>			
Main campus	1.24 (0.22)	0.61* (0.18)	1.63* (0.48)
<b>Occupation (excluded category = non-professional)<sup>1</sup></b>			
Physicians	1.07 (0.17)	1.14 (0.27)	0.87 (0.21)
Nurses	1.08 (0.13)	1.42** (0.25)	0.70** (0.13)
Other professional occupations	1.88*** (0.24)	1.27 (0.22)	0.79 (0.14)
Average weekly spending, Jan-March 2013	0.98*** (0.01)	0.98** (0.01)	1.02** (0.01)
Healthy share of total spending, Jan-March 2013	0.68** (0.12)	3.72*** (0.98)	0.27*** (0.07)
<b>Observations (employees)</b>	2,196	1,223	1,223

Notes: Odds ratios displayed. <sup>1</sup>The other professional category includes professional directors, coordinators, managers, professional support, and administration. The other non-professional category (base category) includes administrative support supervisors, support services, maintenance skilled trade, and non-professional support. The sample in column 1 includes all employees in the cafeteria sample and estimates likelihood of having taken the cholesterol test. The sample in columns 2-3 includes all employees who took the cholesterol test and estimates likelihood of low-risk and high-risk results, respectively.

Table A5: Impact of the cholesterol, glucose, and blood pressure tests on cafeteria purchases

	Employees with high-risk blood pressure <sup>1</sup>		Employees with high-risk blood glucose <sup>2</sup>		Employees with undiagnosed high-risk blood pressure <sup>3</sup>		Employees with undiagnosed high-risk glucose <sup>3</sup>	
	(1)	(2)	(3)	(4)	(5)	(6)	(5)	(6)
<b>A. Total Spending</b>								
Overall	0.14 (0.27)		0.37 (0.66)		-0.01 (0.34)		-1.13 (1.39)	
First month after the test		-0.06 (0.34)		-1.85** (0.90)		-0.16 (0.44)		-2.47* (1.45)
Second month after the test		0.04 -0.36		-0.59 (0.98)		-0.49 (0.45)		-3.42* (1.90)
Third month and beyond		0.21 (0.30)		0.56 (0.80)		0.12 (0.37)		-1.35 (1.46)
Pre-HRA average	8.89		8.65		8.74		11.20	
Change as a share of pre-HRA average	0.02		0.04		-0.00		-0.10	
<b>B. Spending on unhealthy items</b>								
Overall	0.15 (0.18)		-0.25 (0.44)		-0.03 (0.23)		-0.68 (1.05)	
First month after the test		-0.09 (0.24)		-1.15* (0.59)		-0.25 (0.32)		-1.58** (0.65)
Second month after the test		0.14 (0.25)		-0.65 (0.74)		-0.19 (0.34)		-2.36 (1.48)
Third month and beyond		0.20 (0.20)		-0.07 (0.53)		0.05 (0.24)		-0.52 (1.37)
Pre-HRA average	5.33		5.83		5.25		7.75	
Change as a share of pre-HRA average	0.03		-0.04		-0.01		-0.09	
<b>C. Spending on healthy items</b>								
Overall	-0.01 (0.15)		0.62 (0.40)		0.02 (0.17)		-0.45 (0.81)	
First month after the test		0.03 (0.18)		-0.70 (0.53)		0.09 (0.22)		-0.89 (1.08)
Second month after the test		-0.11 (0.19)		0.06 (0.37)		-0.30 (0.21)		-1.06 (0.71)
Third month and beyond		0.01 (0.17)		0.63 (0.42)		0.07 (0.20)		-0.83 (0.80)
Pre-HRA average	3.56		2.82		3.49		3.45	
Change as a share of pre-HRA average	-0.00		0.22		0.01		-0.13	
Observations (employee-weeks)	84,939		69,000		77,349		67,551	
Observations (all employees)	1,231		1,000		1,121		979	
Observations (non-HRA participants)	973		973		973		973	
Observations (low-risk employees)								
Observations (high-risk employees)	258		27					
Observations (high-risk undiagnosed employees)					148		6	

Notes: <sup>1</sup>High risk blood pressure is defined as systolic value at or above 140 or a diastolic value at or above 90. <sup>2</sup>High risk blood glucose is defined as glucose above 126 (if fasting) or 200 (if not fasting). <sup>3</sup>Undiagnosed is defined as answering "No" to the question: "Do you have, or have you been told that you have any of the following health conditions?" for high blood pressure/glucose. Statistically significant coefficients are indicated as follows: \*10%; \*\*5%; \*\*\*1%.

## **Collection of Nutritional Information**

Nutritional information was collected in two ways. First, for pre-packaged (e.g. yogurt) or basic items (e.g. fruit) with bar codes we collected nutritional information through an online database ([www.myfitnesspal.com](http://www.myfitnesspal.com)). Second, for cooked but non-recipe based items (e.g. French fries, burgers, mashed potatoes) the cafeteria manager shared with us the online ordering system, which provides nutritional information. Furthermore, we adjusted the nutritional information provided by the online ordering system, by the portion size served in the cafeteria.

For all cooked recipe based items (e.g. salmon two sides), with the exception of soups and chili, we were unable to calculate nutritional information. Other categories excluded are 20oz bottle beverages since it is not possible to distinguish between diet and high calorie, as well as salad bar and fruit bar for obvious reasons.

Lastly, many billing codes correspond to items, which have different flavors (e.g. for yogurt cherry, vanilla, etc.) or varieties (e.g. for milk skim, 2%, and chocolate). For these items we average over the varieties to calculate nutritional values.

**Appendix Table B1: Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
20 oz bot bev	95,172	1.35			X	X				
Salad Bar	60,308	3.35		X						
French Fries	42,562	1.21	X				219.42	10.13	3.38	0
Coffee Small	36,800	1.6		X		X	0	0	0	0
Brlfast Potatos	34,360	1.17	X				150	3.6	0.94	0
Soup 8 oz	27,681	1.63			X		199.56	5.81	2.45	20.78
Lays Chips	24,622	1.07			X		160	5.5	0.75	0
Coffee Medium	22,363	1.8		X		X	5	0.1	0	0
Veg of the Day	21,143	0.92		X			50	0	0	0
Gold Tea	19,842	1.93			X	X	80	0	0	0
Fruit Bar	19,329	1.9		X						
Milk	18,889	0.62		X		X	146.67	4.33	2.67	20
Chix Tndr Brd	18,860	3.5	X				373.33	12	1.33	93.33
3 links sausage	18,488	1.35	X				315	31.5	10.5	52.5
Bottled Water	18,141	1.32		X		X	0	0	0	0
Soup 16 oz	17,580	2.94			X		399.13	11.63	4.91	41.56
Starch of Day	17,358	0.91			X		134.78	1.35	0	0
Bagel	17,352	0.83		X			120	1	0	0
Cheeseburger	17,241	2.39	X				683.02	36.96	15.13	121.91
Diet Coke Spec	16,389	1.06		X		X	0	0	0	0
Wings	16,047	3.18	X				713.52	46.38	14.27	317.51
3 pieces bacon	15,746	1.44	X				120.81	9.01	3.16	28.86
Scrambled Eggs	13,590	1.31		X			150	10	3	420
Juice Lg	13,301	1.75	X			X	120	0	0	0
Whole Fruit	11,972	0.74		X			108	0.2	0.05	0
Omlt Westrn	11,744	3.2	X				170	12	4	255
Donut	11,062	0.97	X				302.5	16.25	4.25	25
Spec Chix Sand	10,994	3.42			X		512.83	16.97	5.79	99.27
muffin	10,765	1.34	X				390	13.5	3.5	40
Cream Cheese	10,322	0.28	X				90	9	6	30
Coffee Large	10,307	1.95		X		X	6	0.1	0	0
Juice Small	9,809	0.95	X			X	143.33	0	0	0
Breadstick	9,580	0.63	X				110	4	1	0
Deli Bar	9,579	2.85			X					
Sushi Asst	9,483	6.86		X						
Scr Egg Deal	9,042	3.57	X				420.81	22.61	7.1	448.86
Vitamin Water	8,803	1.95		X		X	48	0	0	0
Calypso	8,481	1.91	X				300	0	0	0
Sliced Bread	8,347	0.3		X			130	1	0	0
Sour Cream	7,838	0.28	X				60	5	3	20
Seafood Bar	7,660	4.36			X					
Bkf EggChsWrap	7,557	2.7	X							
Onion Rings	7,472	1.18	X				160	8	1	0
Br Sandwich/Meat	7,395	2.36	X							
Pasta Bar	7,321	4.32			X					
Chili 8 oz	7,235	2.04			X		175.5	5.5	2.87	19.5
Honest Tea	6,787	1.85			X	X	94	0	0	0
2Hard Boiled Egg	6,724	0.85		X			160	10	3	420
Greek Yogurt	6,687	1.85		X			80	0	0	10
Auto Refill	6,539	1.27		X		X				
Cornbread Muffin	6,294	0.53	X							
Asian Bar	6,177	5.27			X					
Hamburger	5,947	1.93	X				623.02	32.96	12.63	106.91
Powerade	5,921	1.62		X		X	65	0	0	0

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Blk Bean Burger	5,913	1.63		X						
Burger Bar	5,824	3.19			X					
Grill Chix Sand	5,562	2.98		X			392.02	7.96	2.63	70.41
Dan Yogurt	5,141	1.06		X			109.25	1.4	0.78	5.5
Trail Mix	5,035	0.97		X			280	17	4.5	0
Snackwells	5,011	0.57		X			210	5	1.5	0
Pierogi Bar	4,983	4.18	X							
Chicken Bar	4,953	3.63			X					
1Hard Boiled Egg	4,818	0.41		X			78	5.3	1.6	212
Grp/Chs/Crax LG	4,693	2.81		X						
Chili 16 oz	4,644	3.38			X		351	11	5.73	39
Lorna Doone	4,618	0.56	X				100	3	1.5	0
1 Ea Hot Dog	4,378	1.67	X				270	15	5.5	25
Fried egg 1	4,365	0.84	X				89	6.8	1.9	210
Smart Wat 1 Litr	4,298	1.88		X		X	0	0	0	0
Pepperoni Pizza	4,226	3.72	X				420	20	10	35
Bowl Hot Cereal	4,170	1.22		X						
Br Sand Grill	4,096	3.08	X							
Butter	3,851	0.1	X				50	5.5	3.5	15
Cereal Box Deal	3,727	1.76		X			312.5	5.5	1.88	12.5
Andou Sge	3,707	1.92	X							
Turkey&Stuffing	3,517	2.7		X						
pretzel hummus	3,448	2.14		X			315	21	3	0
Portugues Flatbr	3,326	3.81		X						
Hot Cereal 8 oz	3,252	1.22		X						
Peanut Butter	3,239	0.28		X			120	10	1.5	0
Protein Meal Bar	3,112	1.33		X			138	10.5	1.6	0
Core Power	3,075	1.6		X		X	240	3.5	2	15
Pita Bread	2,970	0.93		X						
Cheese Pizza	2,960	3.17	X				380	16	8	25
Parfait Small	2,795	2.19		X						
Chix Picat/rice	2,775	3.1		X						
Fajita Bar	2,704	5.09		X						
Falafil Wrap	2,659	4.84		X						
Rice Pudding	2,642	2.62		X						
salty nut bar	2,641	1.12		X			170	8	2.5	0
V8 Fusion	2,543	1.61		X		X	105	0	0	0
Pizza of Week	2,523	4.63	X				400	18	9	30
Extra Cheese	2,362	0.47	X							
BAC 2 item	2,274	6.74			X					
Chili Dog	2,217	2.18	X							
Chef Chicken Sal	2,182	6.46		X						
Naked Juice	2,149	3.45		X		X				
Pancake - 1	2,107	0.91	X				200	4	1	10
Hummus	2,102	3.34		X						
Fiber One Bar	2,077	1.04		X			140	4	2	0
Jelly	2,058	0.1	X				35	0	0	0
French Tst-1 pc	2,028	1.21	X				130	2.25	0.5	37.5
Saus Gravy/Bisc	2,016	1.77	X							
egg gyro pita	1,894	3.71		X						
CP Chix Sal Toss	1,886	5.04		X						
Popcorn Campbell	1,877	3.91	X				126	7.11	1.61	2.5
Crackers	1,833	0.09		X						

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Apple Cider PT	1,800	0.04	X			X				
Croissant	1,798	0.64	X							
Tea Sml	1,792	2.02		X		X				
chicken only	1,767	2.06			X					
Soup & Sand Chip	1,720	3.46		X						
Pita Chips	1,709	1.29		X						
Cheese Packet	1,695	0.43	X							
Cold Cereal Box	1,637	1.24		X			202.5	3	0.38	0
Omlt Ham&Chs	1,611	2.57	X							
Grl Chs Only	1,601	2.01	X							
Side Mac Cheese	1,552	1.2	X							
Oatmeal Bar	1,529	0.82		X						
Soy Milk	1,515	1.13		X			135	3.25	0.5	0
Hispanic Bar	1,458	4.71	X							
Chix Marsala/Ndl	1,458	3.04		X						
rst pork/2 sides	1,452	3.78		X						
Chix/2 sides	1,425	3.59	X							
Dessert of Day	1,371	1.06	X							
Cottage Cheese	1,355	0.71		X			90	3	2	15
Apple Tart	1,342	2.57	X							
BestBiteEggOnly	1,342	2.01		X						
BAC 3 item	1,320	9.65			X					
Quiche egg wht	1,283	1.91		X						
Pizza by slice	1,270	2.48			X					
2 veg sausage	1,262	1.31		X						
Bkfst Ques Delux	1,246	2.15	X							
Stk Sand/Fries	1,228	2.95	X							
Egg Salad Wrap	1,225	4.07		X						
burrito	1,219	1.31	X							
Roll	1,164	0.5		X						
Manicotti	1,150	3.34	X							
Chicken Wrap	1,098	5.76		X						
Fuze	1,098	1.81	X			X	16.67	0	0	0
Salmon/2 sides	1,097	4.17		X						
English Muffin	1,092	0.59		X						
French Tst Stick	1,082	0.93	X							
Italian Bar	1,073	4.32	X							
Tabooleh	1,067	2.88		X						
CP Chix Pasta	1,058	3.95			X					
PorkChop/2 sides	1,049	4.32	X							
Omlt Chs	1,045	2.1	X							
sm frsh frt cup	1,044	2.57		X						
1 pork chop	1,036	0.83		X						
2 Ea Hot Dogs	1,023	3.03	X				540	30	11	50
Pop Tarts	1,022	0.87	X				400	10	3	0
Tea Med	1,003	2		X		X				
Pancake Bar	982	3.13		X						
Greek Salad	980	6.29		X						
BAC a la carte	978	3.72			X					
Smart Water	966	1.71		X		X	0	0	0	0
Gelatin	944	0.81	X							
Veal Parm/Pasta	937	3.41	X							
Rib Burn Off Tkt	929	1.02	X							

Appendix Table B1 (continued): Food Items Information and Classification

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Pasta Salad Toss	929	3.3		X						
Parfait Lg	887	3.59		X						
Br Sand/no meat	882	1.84	X							
2 pork chops	882	2.81		X						
roast pork	856	2.02		X						
Dawg Bar	827	1.92	X							
Applesauce	788	0.68		X			50	0	0	0
ch paprik/spaetz	779	2.95	X							
Bkfst Ques Veg	766	1.7		X						
Hot Choc	763	1.06	X			X				
Chick Gyro Wrap	759	5.62	X							
Autumn Rasp Sala	754	6.47		X						
Meat Lasagna	753	2.45	X							
Turkey only	751	2.24		X						
Chix Tndr Grl	734	3.04		X						
Whole Wing	699	0.64	X				101.93	6.63	2.04	45.36
rice/veg almonds	660	2.77		X						
chic pot pie	659	2.53	X							
salmon only	657	2.84		X						
StirFry Chix/Ric	657	3.74	X							
salmon/ 1 side	624	3.88		X						
Fet Alfredo	617	2.81	X							
Veg Stfd Pep	614	1.95		X						
Beef Stew/noodle	607	2.88		X						
Grl Ham Chs only	590	2.9	X							
veg lasagna	590	2.43	X							
Sole Stfd/2 side	590	4.1		X						
Fish Sand only	584	1.22	X							
Chef Turk Burg	583	3.75		X						
Potsticker/Rice	583	3.94	X							
CP Special	582	3.63			X					
Apple Cider QT	581	0.2	X			X				
Chix Skewer/Rice	579	3.27		X						
tort/veg	575	2.63		X						
Bourbon Bar	572	5.1	X							
Mujadara	560	6.85		X						
Capcino Small	539	1.28	X							
BestBite Bkfst	539	2.66		X						
Jambalaya	533	3.3	X							
Fish Taco	532	2.68	X							
Crn Bf Hash	521	1.25	X							
Htdog/ch or fruit	519	2.42	X							
Syrup cup	519	0.25	X				67.5	0	0	0
Baja Wrap	518	4.97	X							
Lg Sugar Cookie	509	0.68	X							
Pork Deal CP	505	4.4	X							
Grl Chs Tom	504	1.96	X							
Eggplant Rollett	502	4.11	X							
Dole fruit cris	499	1.31		X			65	0	0	0
Chix Cacciatore	496	3.32		X						
Biscuit Bar	484	2.55	X							
Salata only	481	2.51		X						
lg sugar cookie	481	0.17	X							

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Spag/Mballs	467	2.96		X						
Shrimp PoBoy	466	2.67	X							
tuna melt only	463	3.51	X							
Fuze Big	456	0.51	X			X	16.67	0	0	0
Baba Ghanoug	445	3.36		X						
Soup 32 oz	432	2.96			X		798.25	23.25	9.81	83.13
Sole Stfd	427	2.94		X						
Big Burger only	426	0.54	X							
Sushi Salad	425	3.15		X						
Muffin 6-7pm	424	0.71	X							
Pasta/Sauce	407	1.91		X						
CP PrmRib/Pot	402	5.13	X							
Tukey Deal CP	396	4.16		X						
Tofu Stir Fry	392	3.75		X						
Cracker Jacks	391	0.5	X							
cod/2 sides	388	4.14			X					
Flt/shrmp/2 side	381	8.65	X							
Fish Sand/Slaw	379	2.82	X							
Spec Salad	371	3.93		X						
crust pizza slic	367	3.47	X							
Mt/Veg Rice Bwl	360	4.71		X						
Falafal SALAD	360	3.58		X						
catfish po boy	353	2.96	X							
Rustic Cod/2side	352	4.45		X						
Tea Lg	348	1.99		X		X				
Cod Rustic only	346	2.84		X						
Chili Bar	343	2.55			X					
mealoaf/pot	337	2.94	X							
Angel Hair Pasta	329	4.06		X						
steak sand only	326	1.8	X							
Cntry Stk & Eggs	324	0.22	X							
Capcino Medium	318	1.01	X			X				
CP BBQ Bf Hgie	309	4.34	X							
Beef Ravioli	308	2.5	X							
CP Chix/Pot	307	3.89			X					
Chix Phil/Fries	306	3.42	X							
Honey	304	0.08	X							
Capcino Large	303	0.62	X			X				
Soft Pretzel	301	1.91	X							
Eye Rnd/side	300	3.88	X							
Meatloaf	297	2.16	X							
Meatloaf Stacker	295	4.89	X							
rst beef/2 sides	293	3.74		X						
Seafood Newbrg	287	3.44	X							
Chix Sand Combo	285	0.02	X							
Cntry Bkfst	283	1.76	X							
Turkey/2 sides	281	3.88		X						
Pulled Pork Sand	281	3.76	X							
Hot Cereal 16 oz	279	1.75		X						
Tummy Yummy	275	0.78	X							
ChixFetcini Alfr	274	3.49	X							
Bf/Chix Philly	274	5.88	X							
BAC 4 item	271	8.18			X					



Appendix Table B1 (continued): Food Items Information and Classification

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Coffee Card	269	1.31		X		X				
Grill Brat Hoagi	269	2.96	X							
Waffle Qtr	267	0.5	X							
CP RotChix/2 sid	267	4.75			X					
Popcorn 2 pkg	266	6.4	X							
Cupcake	264	1.01	X							
EggplntRol/pasta	260	3.9	X							
French Dip/Pot	260	3.09	X							
Greek Bar	258	3.26		X						
meatloaf/2 sides	257	3.64	X							
Lettuce Wrap	254	3.86		X						
Bagel 6-7pm	254	0.38		X						
CP Hand Tsd Sald	254	3.47		X						
Chkpea Wat	251	3.29		X						
Egg Roll Minh	248	1.3	X							
Entree Mac Chees	244	2.33	X							
Trky Mtloaf	242	2.75	X							
Chicago Hot Dog	242	2	X							
Grape Leaves	238	4.71		X						
roast beef/pot	232	2.99		X						
Roast Beef	228	2.12		X						
Veal parm only	223	2.08	X							
Beef Shaw Wrap	223	1.62	X							
Omlt EgWhtTurk	221	1.16		X						
Grl Chs Tom Bac	220	2.74	X							
Chix/1 side	220	3.14	X							
Caesar Salad Mah	220	4.99		X						
Eggplant Sand	219	4.72		X						
Dinner Roll	216	0.24		X						
EggWht Brk Sand	211	0.4		X						
Powerade Kids	203	0.55		X		X				
Stfd Squash	203	2.29		X						
Tuna Cass	202	2.91		X						
Paczkis	194	1.92	X							
pretzel/chez	193	1.53	X							
peanuts	193	0.17		X						
sweet bread	192	0.06	X							
st cabb/potat	191	2.86		X						
Candy Bar	191	0.73	X							
cranb/nut salad	184	6.03		X						
Bkd Potato	183	-0.14		X						
Fuji Apples	182	1.26		X						
Californ Chix/Rc	180	4.25		X						
Lester Special	179	5.49	X							
Granola crunc bl	178	0.08		X						
Big Burger	172	4.11	X							
Chili 32 oz	172	2.62			X		702	22		78
small waterm cup	171	1.71		X		X				
Fried Rice	170	2	X							
Chix pad Thai	169	2.78		X						
chdog/ch or frut	167	2.6	X							
catfish only	167	2.43			X					
Frd Grn Tom Sand	167	4.75	X							

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Port Brsd Cod	167	2.49		X						
CP Brat Special	162	3.16	X							
Soba Ndl Bowl	162	3.64		X						
Gen Tao Chick	161	4.11	X							
Bisque Twrs	160	0	X							
Eggplant Parmesn	158	2.24	X							
Chic Caes Sal	157	4.72		X						
And Sge RiceBean	157	4.09	X							
Black Hstry Spec	154	4.05			X					
Fried Chix/2side	153	4.41	X							
OpnFc Turk Pastr	147	4.37	X							
Fish Sand Deal	145	3.82	X							
salis stk/pot	144	2.4	X							
Broc Strfry/rice	142	3.87		X						
Saus Rustica	139	4.3	X							
Catfish Sandwich	139	2.13	X							
Wing Leg Thigh	139	0.99	X							
apple slic bag	138	0.01		X						
Chix Asp Penne	138	4.3		X						
Cinnamon Roll	138	0.17	X							
Beef Tips	136	3.06	X							
1shrmpskew/rice	135	3.87		X						
Grl RstBf&ChsSnd	135	3.9	X							
Cobbler	134	2.21	X							
Fatoush	134	2.37		X						
ch ques only	132	3.99	X							
Ital Sge Marinar	131	2.99	X							
CP Crv Chix Deal	131	4.36		X						
BfTeriyaki/Rice	131	4.1	X							
Filet/2 side	131	5.91	X							
Grill Quesadilla	129	3.87	X							
Portabello Burge	126	3.58		X						
Gyro/Fries	125	4.83	X							
Monte Cristo	124	1.97	X							
CP Sge Hoagie	123	3.13	X							
Indians Hot Dog	122	1.43	X							
Filet	119	4.06	X							
Crepe	117	3.89	X							
Bf Tip/Port Mush	116	3.19		X						
Rattoulle/Pasta	114	3.53		X						
chili bread bowl	114	0.59	X							
Beef Burg/Rice	114	2.95	X							
CP Rotis Chix	114	2.45		X						
OpnFcd Brisket	112	3.19	X							
trail mix	111	0.9		X			270	16	4.5	
Ham Carved/1 sid	110	4.03	X							
Nacho Supreme	109	3.02	X							
Tortellini Toss	106	4.02	X							
Trky Mtlf/2 side	106	4.45	X							
Salmon	104	1.91		X						
spinach sal/oil	104	5.52		X						
Pork Carved CP	103	2.42		X						
reuben sandwich	101	3.7	X							

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Cookie 6-7pm	101	0.73	X							
ch parm/pasta	100	2.57	X							
1 stuf pep/pot	99	2.49		X						
Chili Fries	98	2.12	X							
Protein Shake	98	0.47		X		X				
Ham 2 sides	96	3.71	X							
Chef Salad	96	2.99		X						
CP Sz Rib/Rice	93	2.83	X							
BfTeriyaki Combo	93	4.78	X							
Chix Tnder Combo	93	0.6	X							
Szechw Stir Fry	92	3.25	X							
St cab only	92	2.09		X						
EggplntPar/pasta	91	3.55	X							
BAC rice	91	1.08			X					
Pumpkin Pie	91	4.36	X							
Pepr Stk/Rice	90	2.93	X							
Shrimp Skew/Side	89	3.42		X						
Shrimp Jumbo	89	4.33			X					
CP Grill Burger	88	2.73	X							
Bkfst Skillet	88	-0.09	X							
Tea Card	88	1.37		X		X				
Tilapia/1 side	87	3.17		X						
pap chic only	87	2.12		X						
Stuf Shells	86	2.78	X							
Gen Tsao Combo	85	4.43	X							
2chops 1 side	84	3.7		X						
Turkey Burger	84	2.4	X							
Cod Lem Cpr	84	3.38		X						
CP Cal Cobb Sld	83	4.43		X						
Trky Mtbl Sub	83	3.33	X							
Nacho Chips	82	1.89	X							
brat & kraut	81	2.22	X							
Caramel Apple	81	1.16	X							
CP 1/4 Hot Dog	80	2.61	X							
Turkey Carved CP	79	2.65		X						
Stk Sand/Pret bn	79	4.09	X							
sm ches/crac cup	78	0.75		X						
Chic Philly Wrap	77	2.83		X						
Rst Beef Bar	77	4.31	X							
CP Rib to go	76	9.71	X							
Sge Hoagie/Chips	76	4.28	X							
Grlld Slider 2ea	75	2.5	X							
Metro Deli Sub	75	-0.07	X							
CP PstaPrim Alf	75	3.49	X							
CP Chix Sand onl	75	3.78			X					
CP Tortellini	74	3.89	X							
GenTsao/Rice	73	4.1	X							
Cin Churro	73	0.75	X							
Grill Gyros	72	3.33		X						
Grill Chi Philly	72	2.67	X							
Shrimp Frd Rice	72	4.1		X						
Pork Bals Apple	72	3.38		X						
CntryFrdStk only	70	2.03	X							

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Sfd Sld Crois	70	2.88	X							
Crois Sandwich	70	2.68	X							
Fried Chicken	69	2.37	X							
LE Perch Deal	69	7.07	X							
kielbasi only	68	1.54	X							
CP Rst Veg Prmvr	68	3.28		X						
Italian Sandwich	66	4.16	X							
Grl Chix Hoagie	65	4.07	X							
Mush Risotto Chx	65	4.4		X						
1 stuf pep only	65	1.81		X						
CP Chix only	63	2.95			X					
Cott cheese/frt	63	0.22		X						
Chix Phil only	62	2.48		X						
Tuna/Salmon Cup	62	0		X						
Str Fry/Rice	61	2.87		X						
Pasta Only	61	0.92		X						
CP Srln Rst Deal	59	5.21	X							
Grl Sp Chix Snd	58	3.75		X						
CP Chix Pot Pie	58	4.43	X							
Pecan Pie	57	7.73	X							
Chil Dog Comb Ch	57	0.63	X							
tuna melt/side	57	4.27	X							
shrimp grits	57	4.11	X							
Steel Oats	56	0.12		X						
Swt Pot Sal	56	0.21		X						
Quiche/only	56	2.89		X						
BAC Bowl	55	5.73		X						
Whole Lg Pizza	54	1.33	X							
CP Prime Rib	53	3.59	X							
LE Perch Sand	53	3.61	X							
Ham only	53	2.22	X							
blue Pancakes	52	2.79		X						
french dip au ju	52	2.33	X							
CP Pasta Salad	52	3.19		X						
Chic Strog/Ndl	51	3	X							
Ceasar Salad	51	4.15		X						
Meatloaf/pot	51	2.99	X							
Crab Slider 2	50	4.14	X							
Mix Dried Frt/Nu	49	0.66		X						
chex mix	49	0.31		X						
Pasta w/Chix	49	5.8		X						
Cod Lem Cpr deal	48	4.78		X						
Grill Ruebn Trky	48	0.74	X							
wing bar	47	4.07	X							
CrmlBan FrTst	46	2.12	X							
Whole Pickle	44	0.1	X							
meatball sub	43	2.62	X							
soy nut but cup	42	0.18		X						
Pork BlAp Deal	40	4.43		X						
Kifta Wrap	40	0.66		X						
roast bf/veg pot	40	2.9		X						
Eye Rnd only	37	2.24	X							
Grl Meatloaf	36	4.88	X							

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
Beef Tip/2 veg	36	4.99	X							
Corn Bf Snd Bar	36	5.95	X							
fish only	36	2.63		X						
CntryFrdStk/2 sd	35	3.89	X							
CP Asian Chi Sal	35	4.43		X						
Hot Dog Combo FF	35	0.56	X							
Metro Sub Deal	35	0.17	X							
Ham Carved Only	35	2.56	X							
Catfish/2 sides	35	1			X					
Egg Gryo Pita	35	4.41	X							
Hoppin John Deal	33	3.99	X							
cod	32	2.08			X					
Thai Veg Curry	31	5.19		X						
Chil Dog Comb FF	31	0.95	X							
CntryFrdStk/Pot	30	2.68	X							
Apple Pie Whl	29	7.68	X							
Soul Food Bar	28	4.72	X							
ch parm only	28	2.06	X							
Fish Sandwich	27	-0.35	X							
kiel/krt/pot	27	4.32	X							
salisbury steak	26	1.38	X							
Saus Pepp Only	25	2.73	X							
Taco Sal Bar	24	4.38		X						
small truffles	24	2.92	X							
BBQ Bf Snd Combo	23	3.19	X							
Tilapia	23	2.46		X						
CrnBf & Cab only	23	3.39	X							
Med Veg Wrap	22	0.56		X						
Slc Chs Pizza	22	0.64	X							
oat honey bar	22	0.18		X						
Pork/Sauerkraut	20	2.89	X							
CrnBeef/Cab Meal	20	3.99	X							
Grld Slider 1ea	20	1.89	X							
lg truffles	19	5.5	X							
CP Crv Chix	19	1.57		X						
PldPrk Sand Comb	19	3.5	X							
cod/rice	18	3.39			X					
Soy Nuts Bag	18	0.22		X						
Cavatappi	17	1.93		X						
Crab Slider 1	17	2.75	X							
Hoppin John	17	3.29	X							
Mix Frt Small	16	1.22		X						
Spaetzel only	16	0.52		X						
FrnchTst/Berries	16	0.28		X						
Prtzl Stk/Chs	16	0.94		X						
BBQ Beef Sand	16	2.77	X							
Grill Panini	16	0.41		X						
Corn Dog	15	0.5	X				52.5	3	0.63	5
Crisp ch Pita	14	2.62	X							
Slc Pep Pizza	14	0.96	X							
Coffee Bag	14	2.97		X		X				
chic only	13	2.34		X						
brat only	13	1.79	X							

**Appendix Table B1 (continued): Food Items Information and Classification**

Food Item	Purchase frequency	Average price	Unhealthy	Healthy	Ambiguous	Beverage	Calories	Grams of fat	Grams of saturated fats	Dietary cholesterol
lg veg cup/dip	11	0.3		X						
Med Tilap/2sides	10	3.99		X						
brkfst pizza sli	10	0.9	X							
Kashi Bar	10	0		X						
baked pot bar	10	2.38			X					
Med Tilapia	9	2.09		X						
CP Sirloin Rst	8	4.43	X							
Potato Skin Bar	8	4.45	X							
Corned Beef Only	8	2.69	X							
Pita Pkt Bar	7	2.99			X					
Hot Choc Card	7	0.72	X			X				
Rotis Chix Only	7	6.99		X						
Rotis Chix Deal	6	0		X						
Dr Day Coupon	6	0.92								
Soup FS	6	0.69			X					
Mash Swt Pot	6	0.46	X							
Lester Rib only	5	4	X							
bbq chic	4	1.47		X						
Tort Chip Mltigr	4	0.71	X							
Chic Stog only	4	2.22	X							
pineapple	4	0		X						
Olive Bar	4	6.31		X						
Soup EVS	4	2.06			X					
Apricot	4	0		X						
Syrup 2 btl	3	8.99	X							
Syrup 1 btl	3	4.99	X							
SgeGrvFish Bar	3	2.73	X							
Marnt Sal Bar	3	4.18		X						
Micro Meal Astd	2	0			X					
bbq ribs	2	0	X							
Cranberries	2	0		X						
Nestle Cookie	2	1.22								
Beef pot pie	2	0	X							
Figs	2	0								
sweet pot fries	2	0	X							
Rotis Ribs Only	2	0	X							
Pumpkin Ravioli	2	4.1		X						
Chili FS	2	2.61			X					
Cashews	2	0		X						
Baklava	2	0	X							
Pancakes	1	2.29		X						
4 Corn Muffins	1	1.99								
Chili EVS	1	2.61			X					

Source: Nutritionist from the large regional hospital. Nutrition measured come from an online database (www.myfitnesspal.com) or from the manufacturer.

REDACTED hospital address  
REDACTED hospital phone  
REDACTED hospital email

.td

.name  
.address  
.dob

Dear (Mr./Ms.) (last name)

Congratulations on taking time to assess your health as part the REDACTED Program. I have reviewed your recent test results.

**Your glucose test:**

The glucose test measures the amount of sugar or glucose in your blood. Your body keeps the sugar level in your blood in a normal range so that your body has energy to work as it should.

**Why was this test done?**

To check or screen for diabetes mellitus or for pre-diabetes mellitus

**Your glucose test results:**

.last glucose .date

Your blood sugar result was (normal, a little high, very high).

**What does your test result mean?**

If you did not eat for 8 hours before the test, then:

- 70 to 99 milligrams per deciliter (mg/dL) is normal for adults.
- 100 to 125 mg/dL is called pre-diabetes.
- 126 mg/dL or higher can mean you have diabetes.

If you DID eat in the 8 hours before the test, then:

- 70 to 120 milligrams per deciliter (mg/dL) is normal for adults.
- 121 to 199 mg/dL may be pre-diabetes.
- 200 mg/dL or higher can mean you have diabetes.

**Your cholesterol test:**

This blood test measured 2 kinds of cholesterol in the blood: the total cholesterol, which is the sum of all the types of cholesterol in your blood and the HDL cholesterol, which is the “good” or protective cholesterol.

**Why are these tests done?**

These tests help to assess your risk for getting clogged arteries which can cause heart disease or stroke. Your risk for clogged arteries is higher if you have a high level of total cholesterol.

A high level of HDL in your blood reduces your risk. High cholesterol or low HDL cholesterol does not cause symptoms so you may not know that your levels are not healthy.

**Your cholesterol test results:**

.last cholesterol .date

Your total cholesterol result was (normal, a little high, very high).

.lasthdl .date

Your HDL cholesterol result was (too low, a little low, normal)

**What do the test results mean?**

**If your total cholesterol is**

- less than 200: healthy.
- 200 to 239: a little too high.
- 240 or above: too high.

**If your HDL is**

- 50 or higher for men and 55 or higher for women: normal.
- 41-49 for men and 45-54 for women: a little low.
- 40 or less for men and 44 or less for women: too low.

**Your cholesterol levels may be high or your HDL cholesterol level may be low because:**

- You have an inherited tendency to have abnormal levels of lipids.
- You smoke.
- You don't get enough exercise.
- You eat too much saturated (particularly animal) fat.
- You have medical conditions.
- You are overweight or obese .
- You take certain medicines, such as steroids, beta blockers, or birth control pills.

**What if my test result is not normal?**

Test results are only a part of your health. Sometimes a test needs to be repeated to check the first result. Talk to your healthcare provider about your result and ask questions.

If your test results are **not normal**, ask your healthcare provider:

- if you need additional tests
- what you can do to work toward a normal value
- when you need to be tested again.

If you do not have a healthcare provider and would like help getting one, call the REDACTED appointment line at ###-#### for help getting an appointment with a primary care provider.

The REDACTED clinical team received your Glucose and Cholesterol results after you completed the blood draw at a REDACTED Lab.

To view your other lab results, you may log into your account at REDACTED.



To take your online Health Assessment, log on to REDACTED. Create your user name and password, then click on Health Assessment. The Health Assessment is a series of questions that will take you about 30 minutes to complete.

All REDACTED levels require the 2013 online Health Assessment and Biometrics be completed by Nov. 15, 2013. Call REDACTED (Employee Health Clinic) to make an appointment to have your height, weight and blood pressure checked with the REDACTED nurse. This will complete the Biometric requirements. The level you choose to complete is your choice, but your rewards increase with each completed level.

For a list of the requirements and deadlines, visit REDACTED.

Send questions to REDACTED or call REDACTED.

We look forward to seeing your health and wellness transformation!

Yours in Wellness,

The REDACTED Team