



# Well-being by the numbers

Screenings and Health Assessment help employees ‘know their numbers’

By Susan Birkholtz and Bridget O’Meara

**W**e lead busy lives, and sometimes our physical, emotional and financial well-being takes a back seat to the daily demands of work and home. Consider these facts:

- **One in three** American adults has high blood pressure. High blood pressure usually has no symptoms and can go undiagnosed for years while damaging the heart, blood vessels, kidneys and other parts of the body. (Source: National Institutes of Health)
- **6.2 million** people in the United States have undiagnosed diabetes. (Source: American Diabetes Association)
- **40 to 70 percent** of total U.S. health care costs are attributable to conditions that are linked to preventable health risks, such as obesity, stress, poor eating habits and a lack of regular physical activity.
- **More than 20,000** employees participated in Boeing’s on-site health screenings from July through September last year. In 2009, the goal is 30,000 employees; more than 70 U.S. Boeing locations are hosting screening events in the July–September time frame this year.

- **15** is the number of minutes it takes to complete the Mayo Clinic Health Assessment. Nearly **120,000** Boeing employees and their spouses or same-gender domestic partners made this investment in their health in 2008.

Boeing offers a variety of resources to help empower employees to manage their health and well-being. Take charge of your well-being with these three steps.

## 1. KNOW YOUR NUMBERS.

One of the first steps to ensuring good health is getting screened and finding out your current health numbers such as your blood pressure, cholesterol and glucose levels. Your doctor can help you determine which screening tests are right for you. (Or visit [www.BoeingWellness.com](http://www.BoeingWellness.com) and follow registration instructions if you have not visited the site before. Type “health screening guidelines” in the search box for information about recommended preventive care tests based on your age and gender.)

**PHOTO:** Integrated Defense Systems’ Theresa Sontheimer participates in an on-site wellness screening. RON BOOKOUT/BOEING

Boeing offers two ways to find out your health numbers. One way is by participating in a *free* and *completely confidential* on-site wellness screening. Screenings are being offered at most U.S. locations this summer, with some sites offering screenings through the end of September. U.S.-based Boeing employees as well as domestic subsidiary employees who are enrolled in a Boeing health plan are eligible to participate. Visit [www.Boeing.com/screenings](http://www.Boeing.com/screenings) for schedule information. On-site screenings measure:

- Total cholesterol
- LDL (“bad”) cholesterol
- HDL (“good”) cholesterol
- Triglycerides
- Glucose (blood sugar)
- Blood pressure
- Body mass index, or BMI
- Body fat percentage



If you participate in an on-site screening this year, you will receive a complimentary copy of *The Stop & Go Fast Food Nutrition Guide* (Maple Mountain Press). Featuring almost 3,500 fast foods from 68 different restaurants, the book helps you navigate the maze of fast food choices so you can make healthful selections.

If you work outside the United States or at a U.S. site where screenings are not scheduled, you can find out your numbers by visiting your personal physician for a wellness checkup. Most Boeing health plans cover preventive care benefits at little or no cost to you. To help you keep track of your numbers, visit [www.Boeing.com/screenings](http://www.Boeing.com/screenings) and download the screenings scorecard. (The link is located in the second bullet under “Where will the screenings be offered?”)

## 2. ASSESS YOUR HEALTH.

Next, in just 15 minutes you can complete the Health Assessment on [www.BoeingWellness.com](http://www.BoeingWellness.com) between Sept. 1 and Nov. 30. Employees and their health-plan-enrolled spouses or same-gender domestic partners are eligible to take the online Health Assessment and receive a complimentary \$50 gift card upon completion. Using the updated health numbers you received by participating in an on-site wellness screening or by visiting your doctor, answer a series of questions to see how your health stacks up—and then determine what, if anything, you need to do to better manage your health and well-being.

## 3. ACT ON THE RESULTS.

Most important, if your Health Assessment results indicate a need to get healthier, take steps on your own or with help from a Boeing Well Being resource. Sign up for healthy lifestyle coaching, enroll in the Quit for Life® Program or, if you have a chronic condition like diabetes, asthma or heart disease, contact your health plan to learn about special programs that help you manage these conditions.

Visit [www.BoeingWellness.com](http://www.BoeingWellness.com) for more information about available programs and tools to help you get healthier. ■

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Questions? From Outlook, e-mail **GRP Boeing Well Being**.

# Living with diabetes

## Employee credits screening with inspiring a healthier lifestyle

In 2008, Earle Oda, a 787 Supplier Quality Customer Support representative from Everett, Wash., was diagnosed with Type 2 diabetes after participating in an on-site wellness screening at his work site. Now, a year later, he’s taken charge of his health, as he explains below.



Thanks to Boeing, my daily routine and outlook on my health and well-being has changed dramatically over the past year. Last July, a test during my on-site wellness screening indicated that my blood glucose level was not normal. I was diagnosed later that same day with Type 2 diabetes by my doctor. I still remember how I felt—nervous, worried and upset all at the same time.

Since my diagnosis, exercise has become a priority. Without it, controlling my blood glucose levels becomes more of a challenge. One good thing is that diabetes has brought me back to what I used to enjoy: running. Since last summer, I’ve participated in more than 10 Fun Runs, a half marathon and the Seattle Rock ‘n’ Roll Marathon this past June.

Having diabetes has also changed how I eat. I never used to give much thought to what or how much I ate. Now I check sugar content on labels. Most everything I buy is low or free of fat, sodium and cholesterol. I try to avoid too much of one thing, and I’ve had to adjust to saying “no” to sweets. I also try to avoid glucose spikes by eating more vegetables and more frequent but smaller meals.

Before July of last year, I had not seen a doctor in a couple of years. Now, I have my blood work checked regularly and my numbers have steadily gone down with every test, allowing me to cut back on my medication. Weaning off the medication completely will take a lot of work, but I’m almost there.

Living with Type 2 diabetes has been an eye-opening and humbling experience. I feel very fortunate because I know there are others out there with greater challenges, and it could have been a lot worse for me if I had been diagnosed later. I will continue to take advantage of Boeing’s free health screenings and do not hesitate to advocate the importance of screenings and living a healthy lifestyle. It has benefited me, and I speak from experience.

**PHOTO:** Earle Oda, a 787 Supplier Quality Customer Support representative from Everett, Wash., was diagnosed last July with Type 2 diabetes after participating in an on-site wellness screening at his work site. A year later, he is thriving. GAIL HANUSA/BOEING