

**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




FOH Publication 12-090

**TAKE YOUR HRA TODAY**

20-MINUTE ONLINE QUESTIONNAIRE  
 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.





FOH Publication 12-081

**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: <http://www.foh.hhs.gov/dbdmarketing/hra.html>



Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services  
**FEDERAL OCCUPATIONAL HEALTH**  
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 Information and resources from Federal Occupational Health improving the health, safety, and productivity of our Federal employees.

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 Breast Cancer Awareness: Think Pink.  
 Cardiac Risk Profile (CRP): Have a Heart-to-Heart With Your Nurse.  
 Emotional Well-Being: Feeling Great Starts Here.  
 FOHTAR: Health Tips from the Great Health Fortune Teller.  
 Flu Season: Spread the Word, Not the Bug.  
 It's Go Time: Get Up! Get Fit! And Get Out!  
 Heart Health: What's Your CRP/HRA Success Story?  
 Health Risk Appraisal (HRA): Your HRA. Your Answers. Your Health.  
 Holiday Health Tip: Don't Let the Holidays Get the Best of You.  
 Men's Health: Man Up. Take Control of Your Health.  
 Mind Holiday Health Tip: Bring Out the Best in Your Mood.  
 More Matters: Eat More Fruits and Vegetables.  
 North American Occupational Safety and Health (NAOSHS) Week: Celebrating a Century of Safety.  
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 Physical Fitness & Sports: Make Physical Activity a Part of Your Life.  
 Spirit Holiday Health Tip: Keep Your Spirits Up.  
 Stress Awareness: It's Healthy to Relax, Renew, and Rejuvenate.  
 Sun Safety: What's Your UV IQ?  
 Tobacco Cessation: What's Your Reason to Quit?  
 THANK YOU FOR NOT SMOKING  
 Weight Loss: Healthy weight, healthy life.  
 Women's Health: It's Your Time.  
 World No Tobacco Day: Smoke Keeps No Boundaries.

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Health Campaigns & Resources > CRP

# HAVE A HEART-TO-HEART WITH YOUR NURSE.

## Know Your Numbers for a Healthier You

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 complete evaluation will include an action plan based on 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, 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.

**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. Learn more about these healthy lifestyle changes in the Resources section to the right.

**Poll Question**

Thanks for completing this survey.

Page 1 of 2

If you have an FOH Health Unit (Clinic), do you know where it is located?

Response	Percent
Yes	73.8%
No	12.1%
I don't know if we	14.0%

**More Healthy Lifestyle Resources**

- CRP and HRA Marketing Toolkit
- Get More Physical Activity
- Eat Well
- Reduce Stress
- What Is Coronary Heart Disease? (NIH)
- Prevention of Heart Disease and Stroke (HHS)
- Smoking Cessation (FOH)
- Physical Activity and a Heart Healthy Lifestyle (NIH)
- Physical Activity for a Healthy Weight (CDC)
- Aim for a Healthy Weight (NIH)
- Smart Nutrition Starts with You (FOH)

Fedstrive  
 U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

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End-user information campaign webpage: [www.FOH.hhs.gov/calendar](http://www.FOH.hhs.gov/calendar)

All artwork is available to download at: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)

U.S. Department of Health & Human Services  
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## Campaigns and Outreach

Courtesy of FOH Health Communications

Select a month and click for its campaign materials.

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.

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

The month you selected appears >>

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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 the PowerPoint or the PDF for an overview of the materials below.

### Fliers

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 PDF's, 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 top.

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

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

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

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

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**Flyers**

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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

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CRP Emails   HRA Emails

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

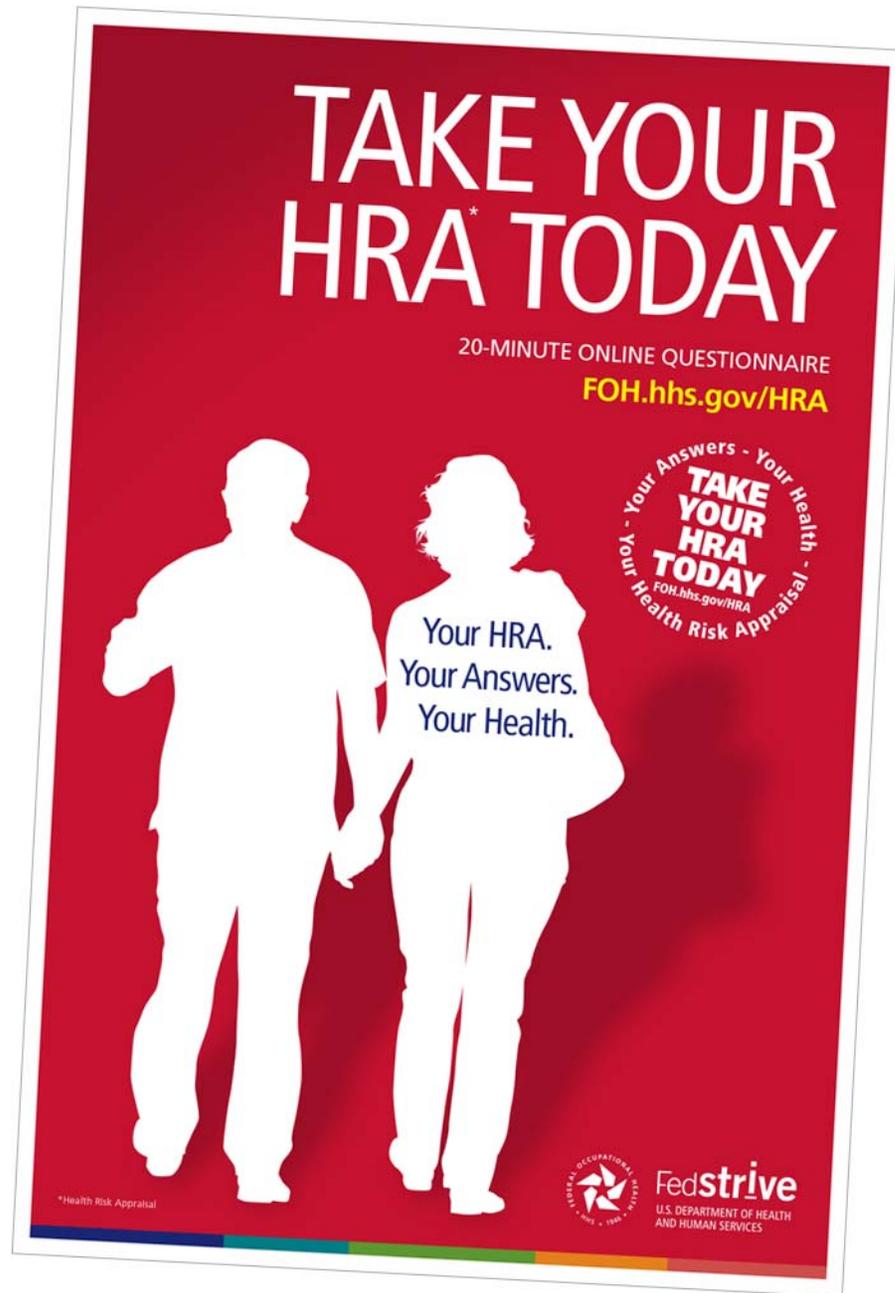
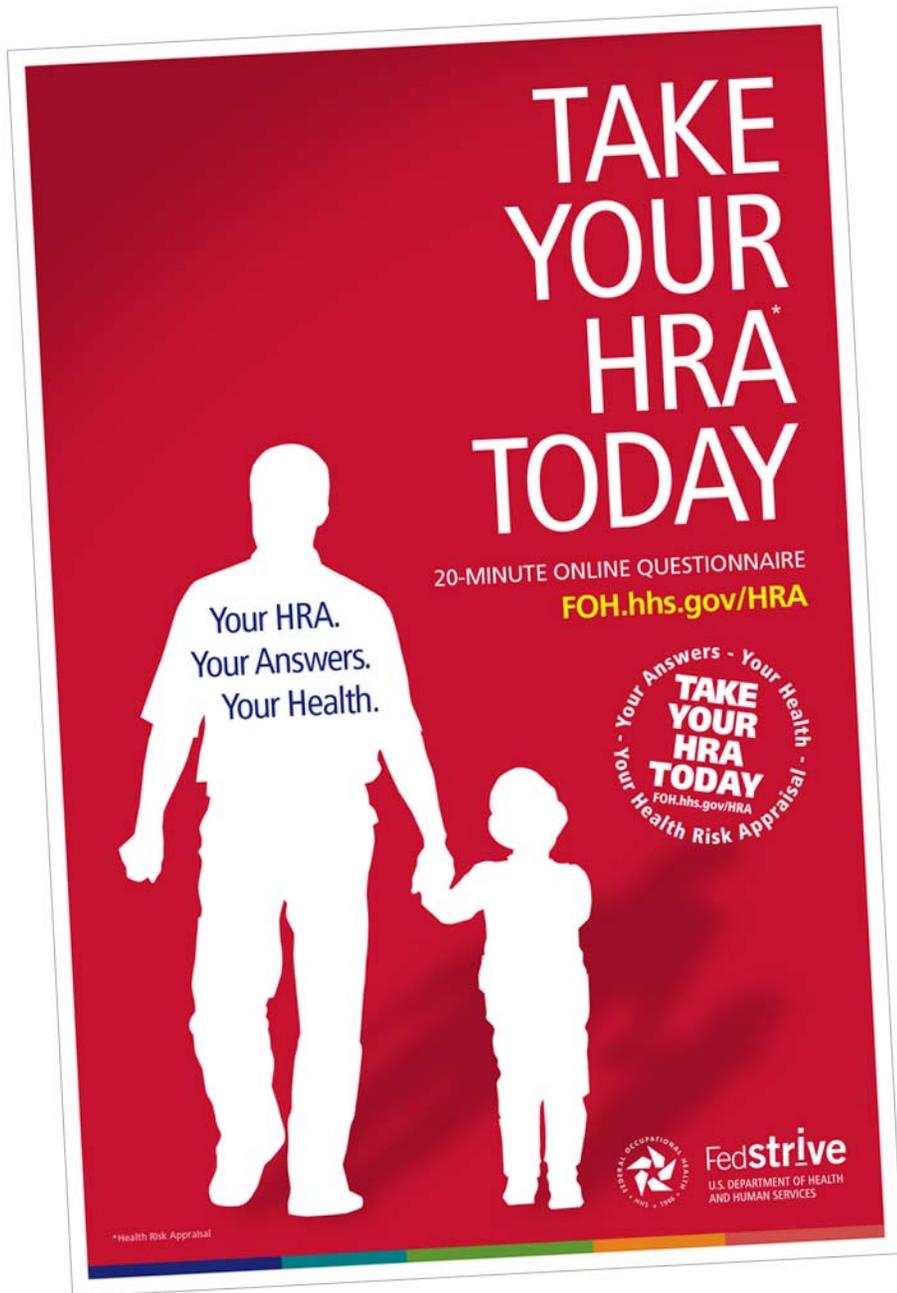
- Flyers
- Posters
- Table tents
- Email blasts

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

You can add your personal message to the template versions.

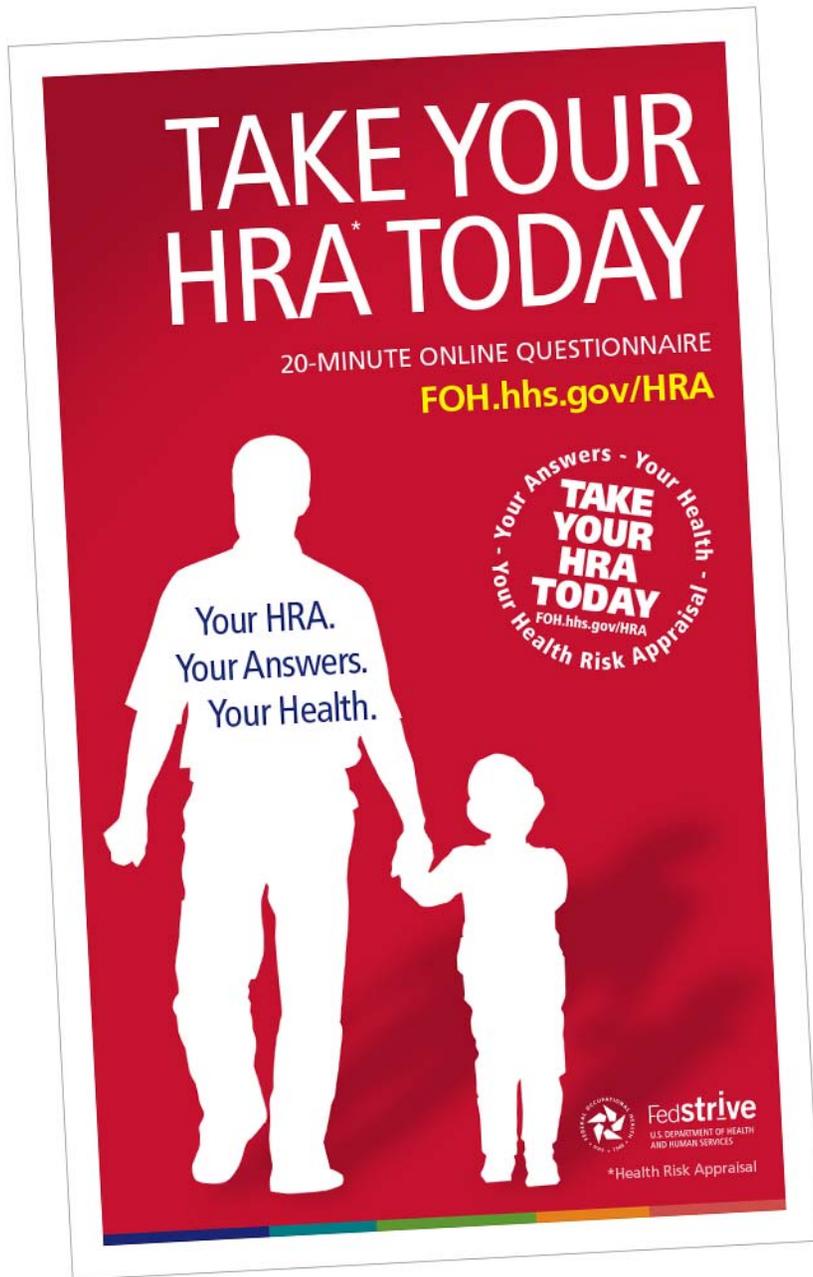
*(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)*

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](mailto:heidi.hua@foh.hhs.gov) )

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



8.5x14 bulletin board posters (legal size paper), ChyTv slides, and 8.5x11 table tent.  
Also available as form fillable PowerPoint templates

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- 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](http://FOH.hhs.gov/CRP)



FOH Publication 13-2088

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[FOH.hhs.gov/CRP](http://FOH.hhs.gov/CRP)



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

Calendar campaign webpage:  
<http://www.foh.hhs.gov/calendar/crp.html>

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

## 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

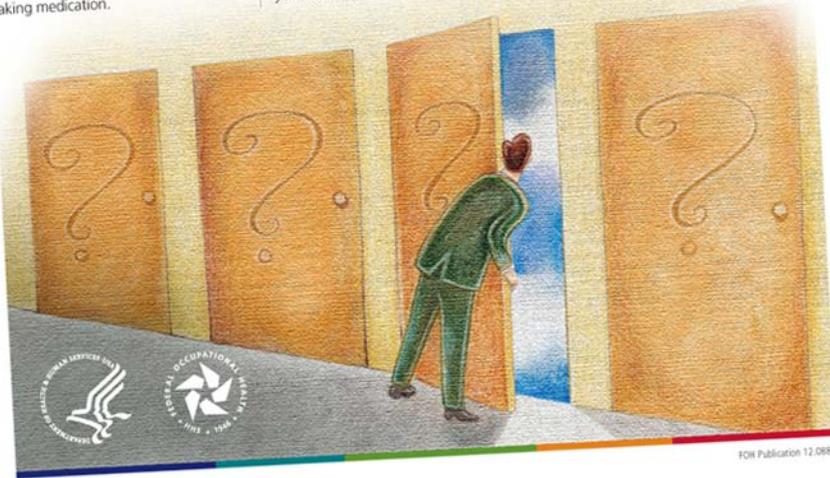
got your CRP at a worksite clinic, that information, and the information in your HRA, are protected by the Federal Privacy Act.

### 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](http://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.

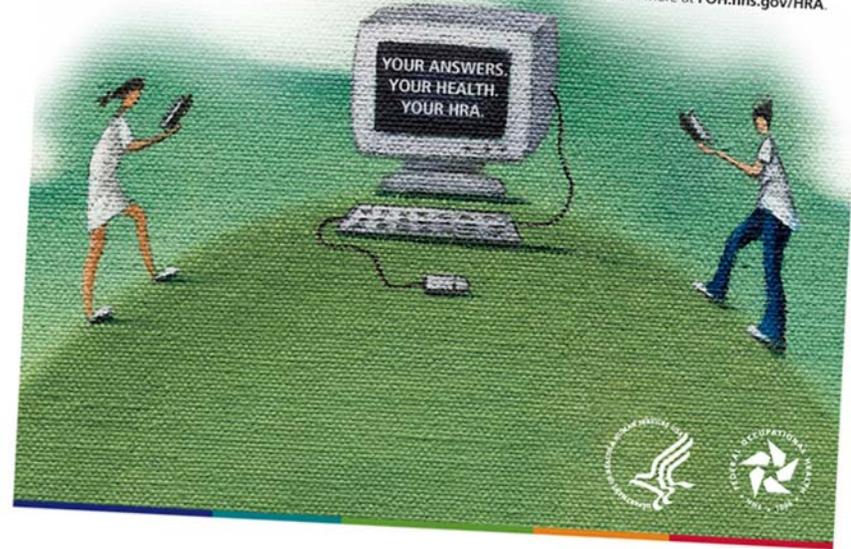
### How is my HRA information protected?

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](http://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 32<sup>nd</sup> 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).

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).

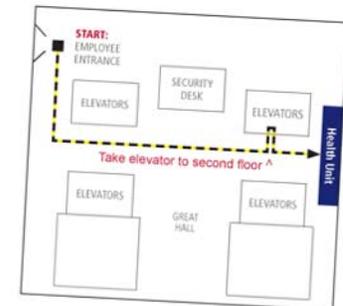
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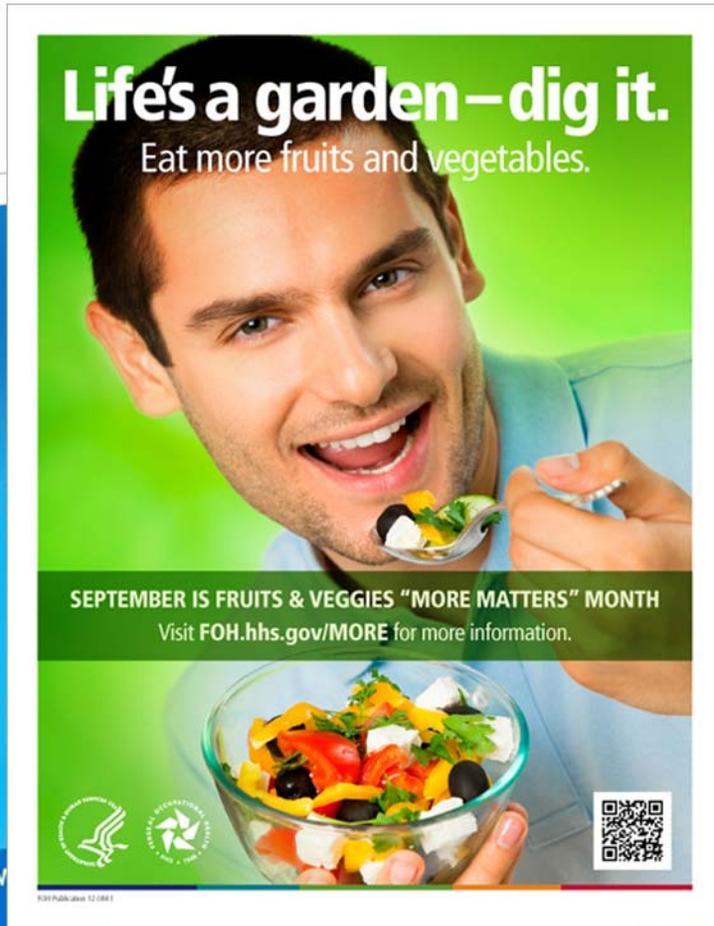
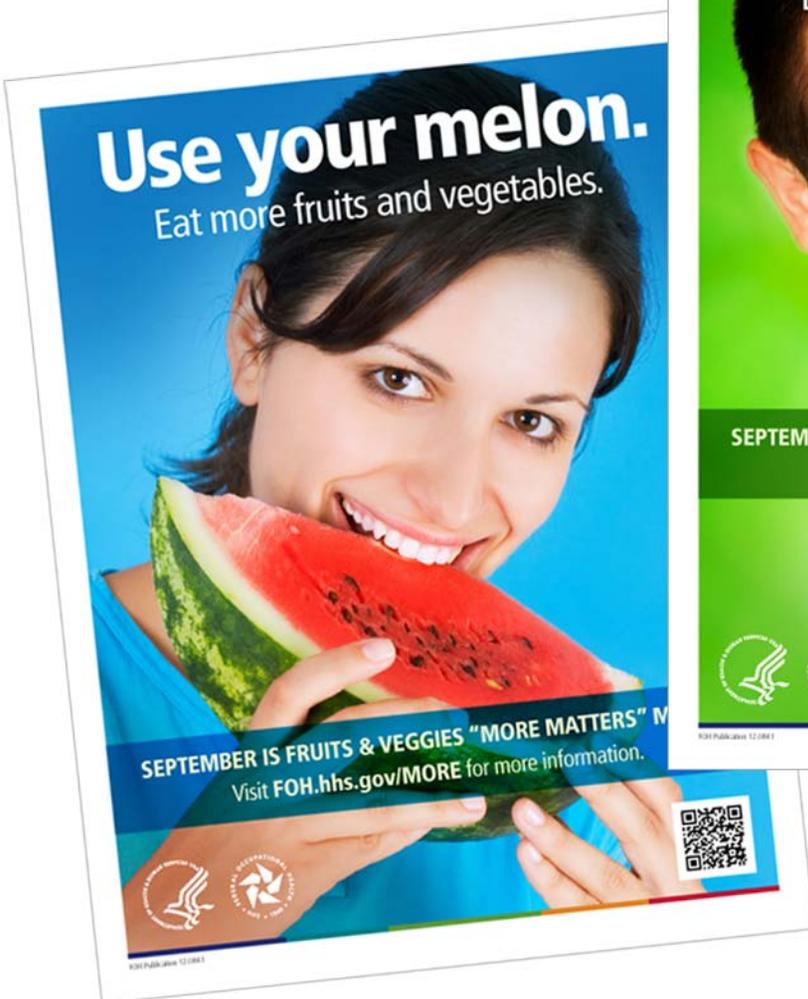
Looking forward to meeting you!

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 hucid mi, volectes ducis milibus animinumqui quia audit que nesci od eic tet illa modic tem que ma veleturio moluptate name laboreh enimn rent.

Ebis audaerunt eost, nonsecusam et qui to tem fugitatur rem estis dolorpor ad quos enis perum ratecenciae volorpos adisquibea nobilia net mo minctonerae. Agnihit iaturio volore laut et ipsum eic, ut exceptat alitasp eritisque est esequis seque qui dolorem oluptateste

## 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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