

## Understanding Your Personal Report

### John Smith

This report helps you identify personal strengths and weakness. It explains current risks and outlines preventive steps to improve your health. Use this information in conjunction with the resource links on each page, and if needed, get personal guidance from your doctor in developing your individual wellness program.

This report is provided by ABC Hospital  
Preventive Cardiology of ABC Hospital,  
Anycity, AS 55555  
For information call 1-800-000-0000

Areas you are doing well are marked with a triangle('▶') for positive feedback. Maintain these good health practices. Notice that areas needing improvement are checked ('✓') for your attention. Consider these improvement opportunities!

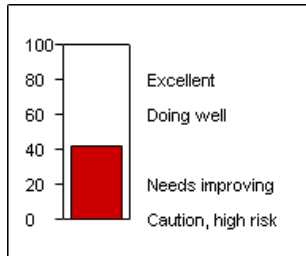
### Content

[Cover Page](#)  
[Wellness Overview](#)  
[Priority Health Recommendations](#)  
[Coronary Risk Report](#)  
[Cancer Risk Report](#)  
[Diabetes Risk Report](#)  
[Osteoporosis Risk Report](#)  
[Nutrition Report](#)  
[Fitness Report](#)  
[Stress and Coping Report](#)  
[Safety Report](#)  
[Weight Management Report](#)  
[Medical Follow-up Report](#)  
[Next Steps - Making Changes](#)

Wellness Score

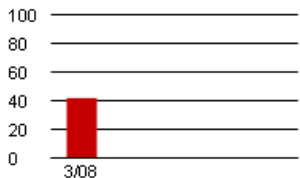
Your overall Wellness Score is based on the number of key wellness indicators you currently meet. Each wellness factor is weighted (see list on right) with an overall possible score of 100.

A score of 60 or more indicates doing well. A score of less than 60 indicates improvement is needed.



Your overall wellness Score is **42/100**. This puts you in the **Needs improving** category!

Progress Chart (Wellness Scores)



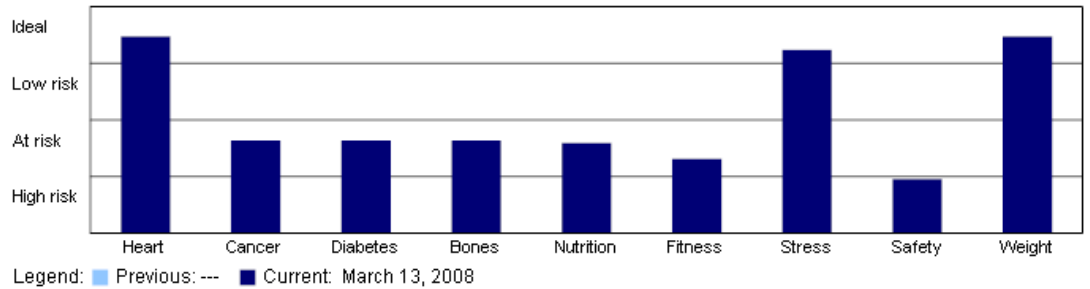
Previous wellness scores:  
03-13-08 42/100

Resource Links

Learn how to make changes to improve your health.

- [Visit our LifeChange Library™ for more wellness information](#)
- [Your customer link](#)

This graph gives you a quick overview on how you are doing in these major areas of health. See the following reports for more detailed information.



Key Wellness Indicators

You are doing well by:

- ▶ Healthy weight - BMI <25 is best for health
- ▶ Preventive exams - continue getting preventive exams/tests
- ▶ Saturated fats - continue limiting animal and solid fats
- ▶ Smoking - not smoking is a great health advantage!

Your wellness points	Possible points
7	7
5	5
5	5
6	9

Improvement opportunities to consider:

- ✓ Alcohol - if you drink, limit to 1-2 drinks/day.
- Blood pressure - unknown; get it checked (less than 120/80)
- ✓ Car safety - use seatbelts; make sure driver is alcohol-free
- Cholesterol Unknown - get it checked (less than 200)
- ✓ Coping skills - deal with stress in your life
- ✓ Fruit and veggies - aim for 5 cups/day.
- Glucose - aim for fasting less than 100 mg/dL
- ✓ Health perception - you perceive your health as "good"
- ✓ Mental outlook - get help if needed
- ✓ Physical activity - aim for 30+ min, 5+ days/week
- ✓ Sick days - aim for less than 4 sick days per year
- ✓ Sleep - aim for at least 7-8 hours daily
- ✓ Whole grains - aim for 3+ servings daily

Your wellness points	Possible points
0	5
--	7
0	5
--	7
1	5
4	5
--	7
2	4
3	5
3	9
--	5
3	5
3	5
Total wellness points 42 100	

**Note:** your score may be lower than expected due to missing answers shown by "--".

Your "Health" Age

According to your health habits, your health age is 21.0 even though you report being 18. You are 3.0 year(s) older than you thought.

By following the recommendations above you could add at least another 10.9 year(s) to your life expectancy! See details in the following reports.



## John Smith

*"If you don't take time for your health today, you will have to make time for illness tomorrow."*

Joseph Piscatella



## Resource links

Learn how to make changes to improve your health.

- [Visit our LifeChange Library™ for more wellness information](#)
- [Your customer link](#)

## Priority Health Recommendations

There are many recommendations in this report. Here are the most important health changes you need to focus on to prevent serious health problems. Give them careful consideration with help from the guidelines throughout this report. Then put a check by the one or two you are most interested in improving and feel confident in achieving.



Use all of the resources that are available to you: the online Resource Links, self-study aids, health classes, health coaching, EAP programs, and if needed, guidance from your doctor to develop a personal action plan. You will feel good about making health a priority in your life.

## Top 5 Recommended Preventive Actions

### •Cancer Prevention

Most cancers can be prevented. Healthy eating, regular exercise, not smoking, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancer. Regular preventive exams can also help improve odds by finding problems early while they are more treatable.

### •Physical Activity

Every "body" needs regular physical activity such as walking, cycling, swimming, aerobics, or other active sports. Regular exercise helps control excess weight, high blood pressure, high cholesterol, and high blood sugar levels. It will also reduce stress and help you relax. Be active 5 or more days per week.

### •Good Nutrition

Good eating habits are basic to your health and can help prevent heart disease, high blood pressure, certain cancers, diabetes, and obesity. Emphasize fruits, vegetables, legumes, nuts, whole grains, and low-fat dairy. Limit foods high in saturated fat and calories. Learn to enjoy healthier meals.

### •Improving Safety

Accidents are a leading cause of injury and death. Reduce your risk of injury by taking reasonable safety precautions in your home, at work, and while driving. Wear safety belts in the car. Practice defensive driving. Wear helmets when biking, skating, or skiing. Prevent accidents by being safety conscious.

### •Sleep

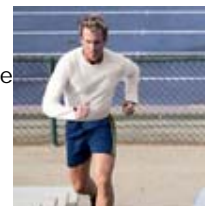
Getting adequate sleep is essential for good physical and mental health. Research shows that people who get less than 7 hours of sleep daily have poorer health, are more likely to be overweight, and die sooner than those getting 7-8 hours daily. Get more sleep. You may feel better immediately.

## Making Healthy Choices

Good health doesn't come by chance but rather by making healthy choices. It's not easy to make changes in your life, but the rewards are invaluable. Invest time and attention to your health now. It will pay rich dividends for the rest of your life. Experience a healthier, happier, longer life.

Your Risk Rating

The more coronary risks you have the greater your chance of heart disease. You have 0 indicated major risk(s). Your coronary risk rating is **Excellent**.



Your coronary risk is determined by the number of major risk factors you have. Each risk factor you have increases your likelihood of developing a heart problem earlier in life. Notice any major risks you have. Take preventive action where appropriate. Get your doctor's help if needed in making changes.

Risk Factors ('✔' = doing well, '✘' = major risk, '◐' = moderate risk)

Doing Well:

- ✔ Heart Disease No *personal* or *family* history of early heart disease.
- ✔ Age Risk increases rapidly in men over 45.
- ✔ Smoking Stopped smoking - that's great, remain stopped.

Needs Improving or Risks You Cannot Change:

- ◐ Physical activity You get minimal exercise, 30+ min, 2 times/week.
- ✘ Blood sugar Know your blood sugar number. Keep fasting glucose <100 mg/dL for low risk of heart disease and diabetes.
- ✘ Cholesterol Your cholesterol is unknown. Get it checked. Aim for a total cholesterol level of <200 is desirable, less than 160 ideal, 240+ is high risk..
- ✘ HDL cholesterol Know your cholesterol numbers. Keep HDL cholesterol level above 45 mg/dL for men and 55 mg/dL for women.
- ✘ Blood pressure Your blood pressure is unknown. Get it checked. A healthy blood pressure is less than 120/80.

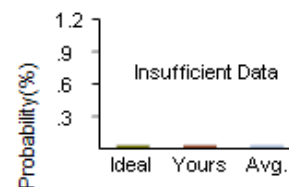
Preventive Actions('✔' = doing well, '✘' = personal need, '■' = general comment)

- ✔ Remain a nonsmoker. Your heart and lungs will thank you!
- Maintain a healthy cholesterol level by eating low saturated fat meals and foods high in dietary fiber such as fruit, vegetables, and legumes.
- Maintain healthy HDL levels by maintaining a healthy weight, getting regular exercise, eating healthy fats, and limiting refined carbohydrates.
- Keep triglyceride levels low with regular exercise and a healthy weight.
- Keep blood pressure low by limiting sodium, keeping weight down, getting regular exercise, eating fruits and vegetables, and limiting saturated fats.
- ✔ Maintain a healthy weight (BMI <25).
- ✔ Get regular, moderate physical activity. Accumulate 30+ minutes, 5 or more days/week. Get medical clearance if you have a health problem.

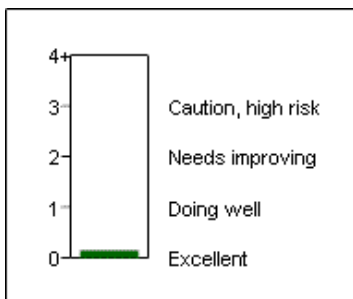
Probability of a Heart Attack Within 10 Years\*\*\*

It's important to know your cholesterol and blood pressure numbers. When you know, use the link below to calculate your probability of a heart attack in the next 10 years. Then recalculate your risk using ideal values to see how your probability improves. Ideal numbers are:

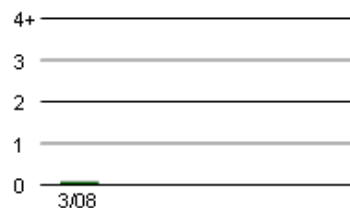
- Lower blood pressure to less than 120/80
- Lower cholesterol to less than 200 mg/dL
- Raise HDL cholesterol to 45 mg/dL or higher
- ✘ calculator



\*\*\* **Note:** Based on the NIH coronary risk calculator.



Progress Chart (Number of Risks)



Previous number of coronary risks:

03-13-08 0

Health Test Summary

Here is a summary of your health test results. Items needing improving are checked (✘). A '✔' indicates doing well.

- Total cholesterol -- mg/dL
- LDL chol -- mg/dL
- Non-HDL chol -- mg/dL
- HDL chol\* -- mg/dL
- Triglycerides\* -- mg/dL
- Fasting glucose\*+ -- mg/dL
- Blood pressure\* --/--
- ✔ Body mass index 20.6
- ✔ Waist grith\* 34 inches

\*Risk factors for metabolic syndrome

+Glucose is also called blood sugar

Resource Links

Learn how to make changes to improve your heart health.

- [Visit our LifeChange Library™ for more heart-healthy information](#)
- [Your customer link](#)

Your Risk Rating

The more risks you have, the greater your chance of developing cancer. You have 3 cancer risk factors. This puts you in the **Needs improving** category.

Cancer risk factors are listed below. Any risks you have are flagged for your attention. Review preventive actions where appropriate. Ask your doctor for further guidance if you have questions. Click links for further information or clarification.



Risk Factors (▶ = doing well, ▼ = major risk, ■ = moderate risk)

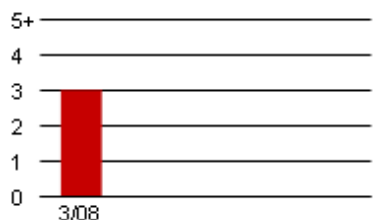
Doing Well:

- ▶ Age Risk is lower in persons younger than 50.
- ▶ Smoking Stopped smoking - that's great, remain stopped.
- ▶ Weight A BMI less than 25 is best for good health.
- ▶ Fruits & veggies Continue eating lots of fruits and vegetables.
- ▶ Saturated fat Eating little or no meat/saturated fat reduces your risk.
- ▶ Diabetes You report you *do not* have diabetes.

Needs Improving or Risks You Cannot Change:

- ✓ History You report a family history of breast cancer.
- ✓ Alcohol Regular drinking increases cancer risk.
- Whole grains A low intake of whole grains increases risk.
- Physical activity You get minimal exercise. Low activity is linked to increased risk of many cancers.
- Sun exposure You report not always avoiding excess sun exposure.

Progress Chart (Cancer Risks)



Preventive Actions (▶ = doing well, ▼ = personal need, ■ = general comment)

- ▶ Remain a nonsmoker. Smoking is responsible for 30% of all cancers.
- ▶ Maintain a healthy weight (BMI <25). Preventing weight gain can help reduce cancer risk.
- ✓ Develop an active lifestyle. Aim for 30+ minutes, 5 or more days/week. Regular activity reduces the risk for many cancers, especially bowel and breast cancer.
- ✓ Limit alcohol intake. Not drinking is the safest option. Alcohol increases the risk of many cancers: cancer of the mouth, liver, breast, and bowel.
- ✓ Eat more fresh fruits and vegetables - aim for 5-9 cups daily. They help protect against cancer.
- ✓ Eat more whole grains - aim for at least 3 servings/day. Whole grains and high fiber foods may protect against some cancers.
- ▶ Continue to limit saturated fat and red meats. A high intake of these foods increases risk for certain cancers such as colon cancer.
- ✓ Protect skin from excess sun exposure (from 10 am to 4 pm) with protective clothing and SPF 15+ sun lotion.
- ▶ Limit exposure to HPV and HIV viruses and cancer risk by practicing safe sex.
- Limit exposure to any known carcinogens (cancer causing substances).

Previous Rating

03-13-08 3

Leading Cancers for Men

Prostate	33%
Lung/bronchus	13%
Colon	10%
Bladder	6%
Melanoma	5%
Non-Hodgkins Lymphoma	4%

Cancer preventive exams\*

Prostate exam: yearly, age 50+  
 Colorectal exam: every 5-10 yrs, 50+

\* Follow doctor's guidance on age and frequency for your health needs.

Summary:

Follow the preventive actions listed above. Read the Resource Links for further information. Get help from your doctor or wellness coach if needed in reaching personal wellness goals.

Resource Links:

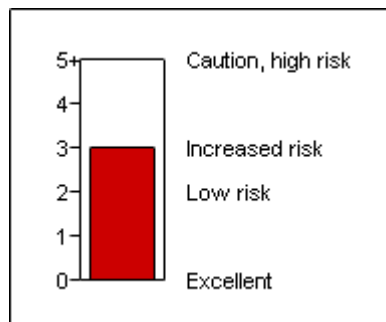
Learn how to make changes to reduce cancer risk.

- [Visit our LifeChange Library™ for more information on cancer](#)
- [Your customer link](#)

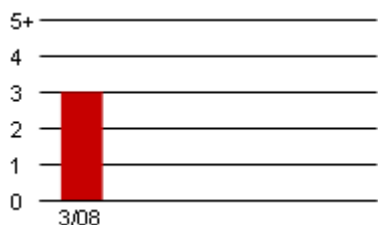
## John Smith

### Your Risk Rating

The more risks you have, the greater your chance of developing diabetes. You have 3 major diabetes risk factors. Your risk is rated **Increased risk** category.



### Progress Chart (Diabetes Risks)



### Previous Rating

03-13-08 3

### Health Test Summary

Here is your diabetes-related health test: Items to improve are checked (✓). A '▶' indicates doing well.

Total cholesterol -- mg/dL  
LDL chol -- mg/dL  
HDL chol -- mg/dL  
Triglycerides -- mg/dL  
Fasting glucose+ -- mg/dL  
Blood pressure --/--  
▶ Body mass index 20.6  
▶ Waist girth 34 inches  
A1C -- %

\*Glucose is also called blood sugar

Note: A1C is a blood test indicating average blood sugar levels over the past 2-3 months.

### Resource Links

## Diabetes Risk

Diabetes risk factors are listed below. Any risks you have are flagged for your attention. Review preventive action where appropriate. Ask your doctor for guidance if you have questions.



**Risk Factors ('▶' = doing well, '✓' = major risk, '■' = moderate risk)**

### Doing Well:

- ▶ History No family or personal history of diabetes.
- ▶ Age People under 45 have a lower risk for diabetes.
- ▶ Weight Maintain a healthy weight (BMI <25). This is very important for preventing diabetes.
- ▶ Smoking By not smoking, you decrease your risk for diabetes.

### Needs Improving or Risks You Cannot Change:

- ✓ Inactivity An inactive lifestyle increases the risk for diabetes.
- ✓ Nutrition Intake of low-fiber foods, refined carbohydrates, (high-glycemic foods), and unhealthy fats increase diabetes risk.
- Ethnicity Native Americans are at increased risk.
- Blood glucose Unknown. A normal fasting blood glucose is <100 mg/dL.
- Blood lipids Unknown. High triglyceride (150+ mg/dL) or low HDL cholesterol (<40 mg/dL) is linked to diabetes risk.
- Blood pressure Unknown. High blood pressure (140/90+) is linked to risk for diabetes.

### Preventive Actions('▶' = doing well, '✓' = personal need, '■' = general comment)

- All persons 45 or older should get their blood glucose level checked regularly.
- ▶ Maintain a health weight (BMI <25) over a lifetime. This is very important for preventing diabetes.
- ✓ Get regular moderate physical activity such as walking. Aim for 30+ min., 5+ days per week. Exercise protects against diabetes.
- ▶ Keep blood pressure less than 120/80 for best health. High blood pressure is linked to risk of diabetes.
- ▶ Keep blood fats in a healthy range: HDL cholesterol more than 40 mg/dL, LDL cholesterol <130 mg/dL, triglycerides less than 150 mg/dL
- ✓ Emphasize fruits, vegetables, legumes, nuts, whole grains, and low saturated fat foods. Limit red meats, saturated fats, refined carbohydrates, and high glycemic index foods such as soda pop, white bread, refined cereals, most snack foods, French fries, white potatoes, and white rice.
- An A1c blood test measures average blood glucose levels. An A1c level less than 5% is recommended for best health and preventing diabetes.

### Summary

Focus your attention on the preventive actions you can take. Read the resource links for help in making changes. Get help from your doctor or health coach to reach personal goals.

Learn how to make lifestyle changes to reduce your risk of diabetes.

- [Visit our LifeChange Library™ for more information on diabetes](#)
- [Your customer link](#)

© 2008 Wellsource, Inc. All rights reserved. •

Your Risk Rating

The more risks you have, the greater your chance of developing osteoporosis. You have 3 osteoporosis risk factors. Your risk is rated **Increased risk** category.



**Risk Factors** ('▶' = doing well, '✓' = major risk, '■' = moderate risk)

**Doing Well:**

- ▶ Gender Men generally are low risk but can get osteoporosis.
- ▶ Race Native Americans are at lower risk than Caucasians.
- ▶ Family history No family history of osteoporosis or fractures.
- ▶ Fractures No personal history of broken bones after age 50.
- ▶ Weight Not underweight (being very lean increases risk).
- ▶ Smoking Not smoking helps keep bones strong.
- ▶ Alcohol None or a low intake of alcohol reduces fracture risk.

**Needs Improving or Risks You Cannot Change:**

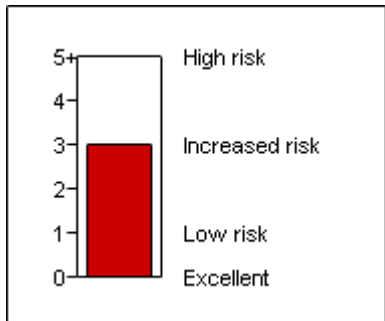
- ✓ Activity level A sedentary lifestyle increases the risk of osteoporosis.
- ✓ Calcium/dairy A low calcium/dairy intake in the diet can weaken bones.

**Preventive Actions**('▶' = doing well, '✓' = personal need, '■' = general comment)

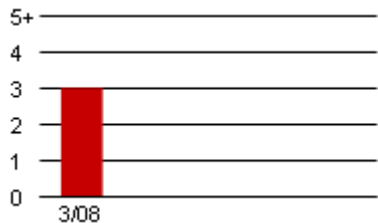
- ▶ Maintain a healthy weight (underweight increases risk of weak bones).
- ✓ Be more active. Aim for 30+ min., 5+ days per week including weight bearing and strengthening exercises.
- ▶ Remain a nonsmoker. This improves bone strength and overall health.
- ✓ Emphasize fruits, vegetables, leafy greens, and soy. They preserve calcium. Avoid a high intake of animal proteins as they can increase calcium loss.
- ▶ Continue to limit or avoid alcohol. A high alcohol intake weakens bones and increases the risk of falls and fractures.
- ✓ Get adequate calcium daily. For example, 2-3 servings of dairy daily, fortified soymilk, or other sources. A 1000 mg/day is recommended for persons your age.
- Get adequate sunshine daily and/or take 200-400 IU of vitamin D daily.
- Get adequate folic acid and vitamin B-12. They help build strong bones and prevent fractures.
- Avoid a high intake (1.5 mg/day) of vitamin A as retinol.
- Be aware of medications that increase risk of osteoporosis.

**Summary:**

Take preventive action early to build strong bones and prevent osteoporosis and fractures. Read resource links for further information on bone health.



Progress Chart (Osteo. Risks)



**Previous Rating**

03-13-08 3

**Resource Links:**

Use these *Resource Links* to learn more about osteoporosis and how to build stronger bones.

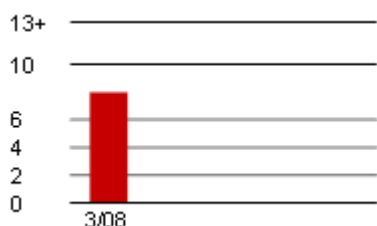
- [Visit our LifeChange Library™ for more information on bone health](#)
- [Your customer link](#)

## Your Rating

The more good eating practices you follow the better your nutrition rating. You met 8 of the 14 good nutrition indicators listed in this report. Your nutrition rating is **Needs improving**.



## Progress Chart (Nutrition Indicators)



## Previous Rating

03-13-08 8

Consider making improvements in your eating practices. It could significantly improve your health.

If you have special health or nutrition problems, be sure to follow your doctor's specific guidance.

## Resource Links

Use these *Resource Links* to learn more about developing good nutrition with healthy food choices.

- [Visit our LifeChange Library™ for more nutrition information](#)
- [Your customer link](#)

## Nutrition

Wise food choices provide the foundation for good health. The following guidelines are based on recommendations by the USDA Food Pyramid, DASH Diet, and the Institute of Medicine. Your current eating practices are compared to these nutrition guidelines.



**Nutrition Indicators** (▶ = doing well, ✓ = improvement opportunity, ◻ = no response)

- ✓ Grains Eat more whole grains, at least 3 servings (oz.) daily. Eat 7 servings of all grains daily. *Serving examples:* 1 slice whole wheat bread, ½ cup oatmeal or other whole grain cooked cereal, 2/3 C ready-to-eat cereal, ½ cup brown rice, ½ cup pasta.
- ✓ Vegetables Eat more vegetables. Aim for 3 cups daily. Emphasize dark green veggies and orange vegetables. *Serving examples:* 1 C salad or fresh veggies, ½ C cooked, 6 oz. vegetable juice.
- ✓ Fruits Eat more fruits. Aim for 2 cups daily. *Serving examples:* 1 fresh fruit, 1C fresh, ½ C cooked, 8 oz pure fruit juice (no sugar added).
- ✓ Dairy Eat 2-3 cups daily. Use low fat or fat free dairy. *Serving examples:* 1 C milk, yogurt, or 1 oz. cheese. Or, calcium fortified alternate such as soymilk, or a calcium supplement.
- ▶ Health fats Eat healthy fats at most meals in moderate amounts. *Examples:* vegetable oils, nuts or nut butters, olives, avocado, trans-fat-free margarine, salad dressings, flax, fish.
- ▶ Solid fats Limit solid fats such as butter, stick margarine, shortening, lard, and baked goods using these fats. Limit saturated fat to <7% of calories.
- ✓ Healthy proteins Eat 6 oz. daily and choose lean protein sources. *Serving examples:* 2/3 C beans, peas, or lentils, 1/2 C tofu, 1 oz. nuts, 2 oz. fish, poultry, or lean meat, 1 egg, 1 veggie burger or soy meat burger.
- ✓ Nuts/seeds Eat at least 5 servings weekly. Serving = 0.5-1 oz nuts or seeds, 1-2 T nut butter.
- ▶ High fat meats Avoid or limit intake of high fat meats such as hamburger, hot dog, sausage, bacon, or steak.
- ▶ Sugar Limit foods high in added sugar, e.g. soda pop, candy, desserts, cake, cookies. Limit added sugar to no more than 8-10 teaspoons (32g) daily.
- ▶ Salt/sodium Limit foods high in salt or sodium to less than 2300 mg/day (read labels). *Examples:* chips, canned vegetables, canned soups, salty foods.
- ✓ Breakfast Eat breakfast daily and don't skip meals.
- ▶ Water Aim to drink at least 5-8 glasses daily.
- ▶ Calorie balance Balance eating with activity: keep portion sizes moderate, limit seconds, fast foods, and snack foods. Be physically active 30-60 min. daily.

## Summary

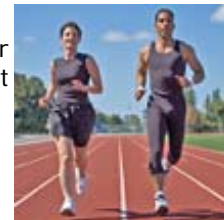
Choose a wide variety of unrefined foods. Emphasize plant foods and other low calorie choices. Eat regular meals. Make mealtime a pleasant occasion.

### Your Rating

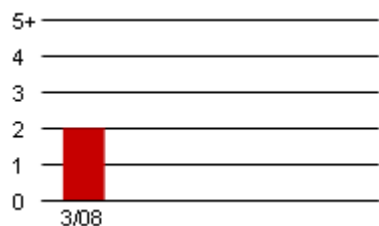
Your fitness status depends upon how often you get regular physical activity. Based on your current reported exercise program and any fitness tests you took, your current fitness rating is **Needs improving**.

Regular, physical activity is good medicine. It protects against heart disease, cancer, obesity, stroke, depression, and many other diseases. Most important, physical activity helps you feel your best every day!

Your current fitness status is shown below compared to fitness norms and guidelines.



### Progress Chart (Active days/wk)



### Previous Rating

03-13-08 2

### Fitness tests # Norms\*

- Aerobic capacity (METs)
- Curl-ups (# 2 min)
- Grip strength (kg)
- Push-ups (# 1 min)
- Sit-and-reach (cm)

**Norms.** Are the "good to excellent" rating for persons your age and gender.

### Fitness Indicators (▶ = doing well, ✓ = improvement opportunity, ● = no response)

Indicator	Your results	Recommended
✓ Aerobic activity Number of days per week you get 30+ min. of physical activity	2 days/week	30-60 minutes of moderate to vigorous physical activity on most (5+), preferably all days of the week
▶ Strength building Number of days per week you do strength building exercises	3 days/week	Do strength building exercises (push-ups, curl-ups, weight training) at least 2-3 days per week
✓ Stretching Number of days per week you do stretching exercises	1 days/week	Stretch all the major muscle groups at least every other day (2-3 days/week)

### Fitness Guidelines

You report being physically active 2 days per week. That's great! Follow these exercise guidelines to ensure an effective and safe fitness program:

- Ease into and out of exercise with a 3-5-minute warm-up and cool down session such as ease walking or stretching exercises.
- Exercise to breathe deeply but not to be out of breath.
- Aim for at least 30 minutes of moderate activity, 5+ times/week. If desired, continue on up to 45-60 minutes daily for weight management and high fitness. Gradually increase intensity and time. Don't overdue.
- Incorporate strengthening and stretching exercise at least 2-3 days each week.
- If you have any health problems, get your doctor's guidance.

### Exercise Calories (Based on your exercise time, intensity, and body weight.)

Aerobic Activities	Exer. cal. 15 min	Exer. cal. 30 min	Exer. cal. 60 min
Aerobics to music (modr-vigor)	57-129	114-257	229-514
Brisk walking (3-4 mph)	43-57	86-114	171-229
Running (8-10 min/mile)	143-171	286-343	571-686
Swimming laps (easy-vigorous)	57-114	114-229	229-457
Weight training (easy-vigorous)	29-57	57-114	114-229

### Resource Links

Use these *Resource Links* to learn more about develop a good physical activity program.

- [Visit our LifeChange Library™ for more fitness information](#)
- [Your customer link](#)

### Summary

**To be successful:** Set exercise goals. Keep a daily exercise log. Exercise with a fitness buddy. Choose activities you enjoy. Think of exercise as play not work. Reward yourself when you achieve your goal.

### Your Risk Rating

The more stress indicators you have, the more likely stress may be affecting your mental health. You have 2 stress indicators (see list on right). Even one area in which you are not coping can be very troubling to your life.

In this report, stress is defined as "feelings of tension, irritability, and anxiety often resulting in difficulty sleeping". Unrelieved stress can adversely affect your health. This report shows how you are currently coping with stress in your life and gives suggestions for improvement.



**Stress Indicators** (▶ = coping well, ✓ = trouble coping, ■ = no response)

#### Doing Well:

- ▶ Stress at work      You indicate you never or only sometimes have feelings of stress at work. You are doing well.
- ▶ Financial stress    You indicate you have little or only moderate feelings of stress over finances. You're doing well.
- ▶ Major life events    You indicate one major traumatic life event this year - two or more events increase health risks.
- ▶ Control over life    You indicate that what happens in your life is controlled mostly by your choices. When you feel in control you can deal better with stress.
- ▶ Mental outlook      You expect good things to happen in your future and are hopeful. Optimism improves coping ability.

#### Needs Improving or Risks You Cannot Change:

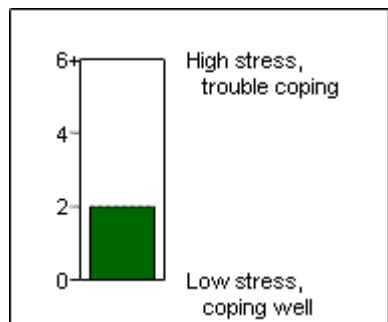
- ✓ Stress at home      You indicate feelings of frequent or permanent stress at home.
- ✓ Mood                You indicate feeling down, depressed, or hopeless. Feeling low makes problems look even bigger.

#### Preventive Actions (▶ = doing well, ✓ = personal need, ■ = general comment)

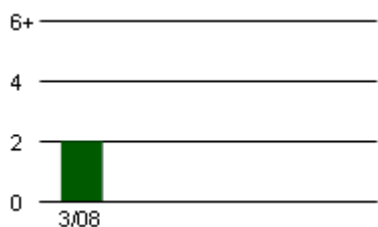
- ✓ Identify sources of stress at home. Get help from your family, an understanding friend, or mental health counselor in resolving issues.
- ▶ You seem to be coping well at work. Keep stress in control with good time management and communication skills. Ask for help if overloaded.
- ✓ Learn to live within your means. Simplify your life. Get help from a financial counselor if needed to help resolve financial problems.
- ✓ When dealing with major life events or loss, create a supportive network of family and friends. Allow time for recovery or healing.
- ✓ Get help from a mental health counselor or your doctor in dealing with unrelieved feelings of sadness. A depressed mood is treatable.
- ▶ Continue to take control over your life and future. When needed, take action to improve life situations.
- ▶ Maintain your positive, hopeful outlook on life. Optimism promotes mental and physical health.
- ✓ Develop a strong support system of family and friends. People with a good support system cope better with stress in their lives.
- ✓ Get adequate rest/sleep daily. Aim for 7-8 hours daily (naps count). Lack of sleep makes most stressful situations worse.
- ✓ Get regular physical activity. Aim for 30+ minutes daily. Exercise relaxes body and mind. Walk in the park. Swim. Ride your bike. Have fun!

### Summary

Talk over your problems. Balance stress with relaxation. Get regular physical activity. If needed, ask your doctor or a mental health counselor for help.



### Progress Chart (Stress Indicators)



### Previous Rating

03-13-08      2

Break the stress cycle with the relaxation response. When you start feeling tense take a stretch break. Breathe deeply. Relax your muscles. Recall pleasant memories. Smile. Take a warm bath. Do fun activities.

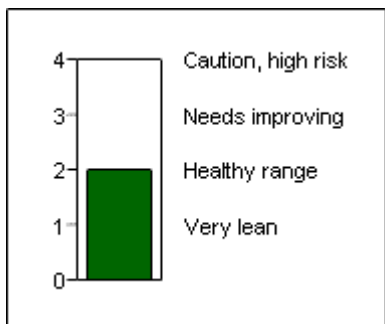
### Resource Links

Learn more about stress indicators and how to make changes to improve coping skills.

- [Visit our LifeChange Library™ for more information on stress and coping](#)
- [Your customer link](#)

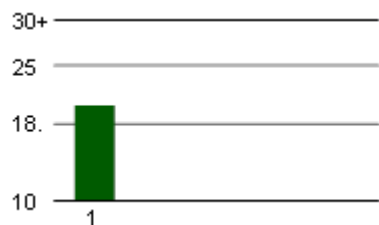
Your Rating

A healthy weight is maintained by balancing energy input (healthy eating practices) with energy output (an active lifestyle). Your present weight rating is in the **Healthy range** category.



\* Your body weight rating is based on your BMI test results.

Progress Chart (BMI)



Date	BMI	WC	PF(%)
03-13-08	20.6	34	

Resource Links

Use these *Resource Links* to learn more about maintaining a healthy weight for a lifetime.

- [Visit our LifeChange Library™ for more information on weight management](#)
- [Your customer link](#)

Maintaining a desirable weight has become a national concern. Two out of every three adults are now considered overweight. Of those, about half are excessively overweight or high risk! Use this report to evaluate your present weight and the steps you can take to achieve or maintain a healthy weight.



Weight Evaluation (▶ = doing well, ✓ = improvement opportunity, ■ = no response)

▶ Body mass Index (BMI) is a calculation that evaluates your weight based on your height. Your BMI is **20.6** - this is in the Healthy weight range.

BMI standards:

Underweight	BMI less than 18.5
Healthy weight	BMI of 18.5-24.9
Overweight	BMI of 25-29.9
Obese or high risk	BMI of 30 or higher

▶ Waist circumference (WC) is another way of evaluating body weight. Use the standards listed below to evaluate your weight based on waist circumference measurements. Your WC is **34** inches - this is in the Healthy weight range.

WC standards for men:

Healthy weight	Less than 37 inches
Overweight	37-39.9 inches
Obese or high risk	40+ inches

■ Percent body fat (PF) is a direct measure of fat on the body. Very sedentary persons may be over fat but not "overweight". Likewise, muscle builders may be "overweight" but not over fat. You can get a percent body fat test done by a nutritionist or fitness trainer. See adult standards below.

PF standards for men:

Healthy % fat	10-20.9%
Over fat	21-24.9%
Obese or high risk	25% or higher

Note: Different methods of assessing weight may not all agree. Waist circumference is usually the best overall weight risk indicator. If you have further questions, discuss your results with a doctor or fitness trainer.

Preventive Actions (▶ = doing well, ✓ = personal need, ■ = general comment)

- ▶ Congratulations on keeping your weight in a healthy range! Be careful to prevent weight gain in the future.
- ✓ Choose healthy meals, low in calories, and high in fiber. Eat primarily whole foods including whole-grain breads and cereals, fresh fruits and vegetables, legumes, healthy proteins, and low-fat dairy.
- Keep serving size moderate and limit second helpings.
- Limit snacks (e.g. chips, soft drinks, pastry), sweets, and restaurant food.
- If needed, follow a calorie-controlled eating plan. If possible, join a weight loss education and support group.
- ✓ Be physically active daily. Gradually work up to 30-60 minutes of moderate physical activity daily such as brisk walking.

Summary

Develop healthy eating habits and a physically active lifestyle you can maintain for a lifetime. If needed get additional help from your doctor, a fitness trainer, a nutritionist, or a credible weight loss support group.

## John Smith

### Summary Screening Tests

('✓'=needs attention, '▶'=doing well)

Height	64 inches
▶ Weight	120 lbs.
▶ BMI	20.6
▶ Waist girth*	34 inches
Percent fat	-- %
Blood pressure*	--/--
LDL cholesterol	-- mg/dL
HDL cholesterol*	-- mg/dL
Triglycerides*	-- mg/dL
Fasting glucose* +	-- mg/dL
A1c	-- %
PSA test	--
Aerobic capacity	-- METs
Grip strength	-- kg
Flexibility	-- cm
Curl-ups	--
Push-ups	--

\*Risk factors for metabolic syndrome

+Glucose is also called blood sugar

### Personal Lifestyle Risks

#### Present:

- ✓ Depressed mood
- ✓ High stress level
- ✓ Low nutrition rating
- ✓ No regular aerobic exercise
- ✓ Often skips breakfast
- ✓ Gets less than 7-8 hr of sleep daily
- ✓ Doesn't always wear seat belt

### Resource Links

Use these *Resource Links* to learn more about good medical care and self health care.

- [Visit our LifeChange Library™ for more wellness information](#)
- [Your customer link](#)

## Medical Follow-up Report

A vital part of any wellness program is regular medical and preventive care provided by your physician. This is especially important if you have any existing health problems or risk factors.



Based on your wellness profile, the following items are marked '✓' for follow-up by your doctor. By taking care of these health needs promptly you may help prevent more serious complications from occurring. You may want to share this report with your doctor on your next visit.

**Follow your doctor's guidance on the following health conditions you indicated on your questionnaire: (▶ = doing well, ✓ = personal need, ■ = general comment)**

- ✓ Arthritis

**Make an appointment for further evaluation and guidance regarding the following health conditions:**

- ✓ Feeling down and unhappy for over 2 weeks in the last month

**Discuss the following items with your doctor on your next scheduled visit. (▶ = doing well, ✓ = personal need, ■ = general comment)**

- ✓ Help getting started on a regular exercise program.
- ✓ Feeling you are under continual stress at work or home.

### Leading Health Hazards

Listed below are the leading causes of death for a person your age and gender. By knowing your greatest health hazards, you can take steps to minimize your risk. (Click on any leading cause for prevention insights).

#### Leading causes of death for a male, aged 18

1	Accidents	46%
2	Homicide	19%
3	Suicide	14%
4	Cancer	4%
5	Heart disease	3%

*Reference: NCHS, Leading deaths by age and gender, 2003 mortality data, accessed Nov. 9, 2006*

### Resource Links

Use these *Resource Links* to learn how to get started and succeed with lifestyle changes.

- [Visit our LifeChange Library™ for more wellness information](#)
- [Your customer link](#)

The "Next Steps" page outlines how to get started on your personal wellness program. After reviewing your report carefully, choose the area of health you would most like to change. Priority health needs based on your health assessment are listed below to assist you.



Get help in making lifestyle changes by using the Resource Links, personal guidance from a health coach, or visiting your personal physician. Also look for health improvement opportunities sponsored by your organization and in your community. Other resources are listed below. Take action steps now to prevent disease, improve your health, and to improve the quality of your life!

#### Modifiable Health Recommendations (Based on your personal risks) ('▶' = doing well, '✓' = personal need, '■' = general comment)

- ✓ Reduce your stress load and/or improve coping skills.
- ✓ Get help coping with depressed mood.
- ✓ Eat more whole grains, at least 3 servings daily.
- ✓ Eat more fruits and vegetables, at least 5-9 servings daily.
- ✓ Eat a good breakfast daily.

### Making Lifestyle Changes

- Start with the health issue you are most interested in and feel most capable of changing.
- Write out your goals and action plan.
- Talk to other people who have successfully made changes in their life.
- Take a class or join a support group.
- Get a self-study guide to help you design an effective strategy.
- Talk to a health coach, doctor, or counselor.
- Enlist the help of a "fitness/health buddy" to join you in making health improvements.
- Keep records of your progress.

### Resources for Making Lifestyle Changes

- Ask your employee wellness coordinator for direction.
- WellAssured® self-help guides are available from your employee wellness coordinator.
- Read guidelines linked to your Personal Wellness Report.
- Visit the Online Wellness Center™ (on the Internet).
- Find out what health classes are available in your community through the local hospital, YMCA, or other health agencies.
- Read the Guide to Self-Care book.
- Talk to a fitness trainer or nutritionist.
- Ask your doctor or health counselor for help if needed.
- Ask for help from family and friends.