



Personal Wellness Profile - Trend Report

Report for: Sample Report

Date prepared: 03/17/10

Your Results (shown by date)

Wellness Indicators	Recommended	10-09-07	06-26-08	10-23-09
Self rating of present health	Good to excellent	Very Good	-	-
Tobacco use	Nonsmoker	Nonsmoker	Nonsmoker	Nonsmoker
Physical activity, # of days per week of 30+ min sessions	4 to 7 days per week	1	7	3
Weight in healthy range, body mass index (BMI)	BMI 18.5 to 24.9	27.1	25.6	23.8
Nutrition score, 50-100	50+=good, 75+=excel	48	46	20
Stress/coping score in coping range, 50-100	50+=good, 75+=excel	74	74	68
Alcohol intake, # drinks/week (men up to 14/wk, women 7/wk)	None or moderate intake	2	0	0
Safety score, 50-100 (seat belts, helmets, smoke alarm, not drinking and driving, etc.)	50+=good, 75+=excel	24	24	24
Cancer risk score, 50-100	50+=good, 75+=excel	35	35	48
Heart health score, 50-100	50+=good, 75+=excel	29	29	74
Blood Pressure	Less than 140/90	178/102	153/93	138/78
Cholesterol in healthy range	Total chol <200 Tchol - HDL <160 LDL <130	202 142 133	260 175 141	338 256 188
HDL cholesterol in healthy range	Men 45+, Women 55+	60	85	82
Triglycerides in healthy range, fasting test	Less than 150	49	169	340
Normal blood sugar level, fasting glucose	Less than 100	104	105	95
Peak aerobic capacity (VO2max)	9-10 METS	-	-	-
Percent body fat(%)	Men <20, Women <25	-	-	-
Number high risk factors associated with high claims*	None	2	3	2
Number of chronic health problems indicated**	None	0	0	0
Overall wellness score, 50-100	50+=good, 75+=excel	21	21	24

* **High risk factors** associated with higher claims include:

- 1.) No regular exercise,
- 2.) High alcohol intake,
- 3.) Poor nutrition score, <25,
- 4.) Current tobacco user,
- 5.) Signs of depression or poor stress score, <25,
- 6.) Dissatisfied with life or job,
- 7.) Obese, BMI 30+,
- 8.) High fasting blood sugar level,
- 9.) High blood cholesterol level,
- 10.) High blood pressure,
- 11.) Rates physical health as 'poor',
- 12.) High sick days, 5+ per year

** The presence of **Chronic disease** is a strong indicator of higher medical claims. Chronic diseases present may include: arthritis, asthma, cancer, COPD, heart disease, diabetes, kidney disease, stroke.