

# Group Summary Report

## Personal Wellness Profile Group Summary Aggregate Group Report

### Scientific Basis for the Personal Wellness Profile

- ◆ American Cancer Institute
- ◆ American Cancer Society
- ◆ American College of Sports  
Medicine
- ◆ American Heart Association
- ◆ U.S. Department of Health and  
Human Services
- ◆ Health Outcomes Institute
- ◆ Johns Hopkins Medical  
Institutions
- ◆ National Academy of Sciences,  
NRC
- ◆ National Center of Health  
Statistics
- ◆ National Committee For Quality  
Assurance
- ◆ National Institutes of Health
- ◆ National Mental Health  
Association
- ◆ University of California at  
Berkeley
- ◆ University of Michigan
- ◆ U.S. Preventive Services Task  
Force
- ◆ U.S. Surgeon General's Report  
on Health Promotion and  
Disease Prevention
- ◆ U.S. Department of Agriculture's  
Dietary Guidelines for  
Americans
- ◆ World Health Organization

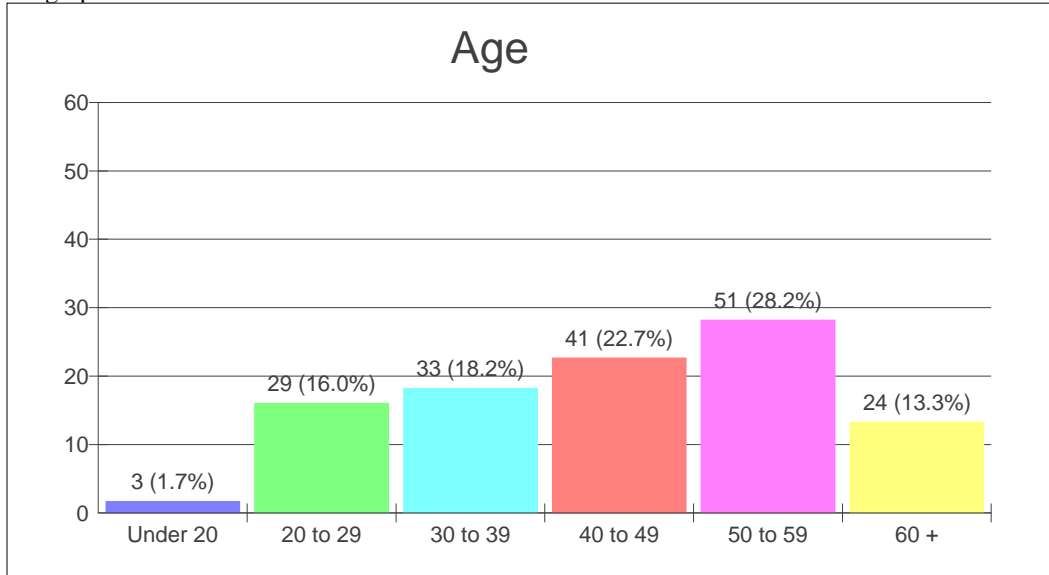
Provided by

**Sample Aggregate  
Group Report**

Administered by... Heart Screen Inc.  
Web: [heartscreen.com](http://heartscreen.com) 631-842-1122

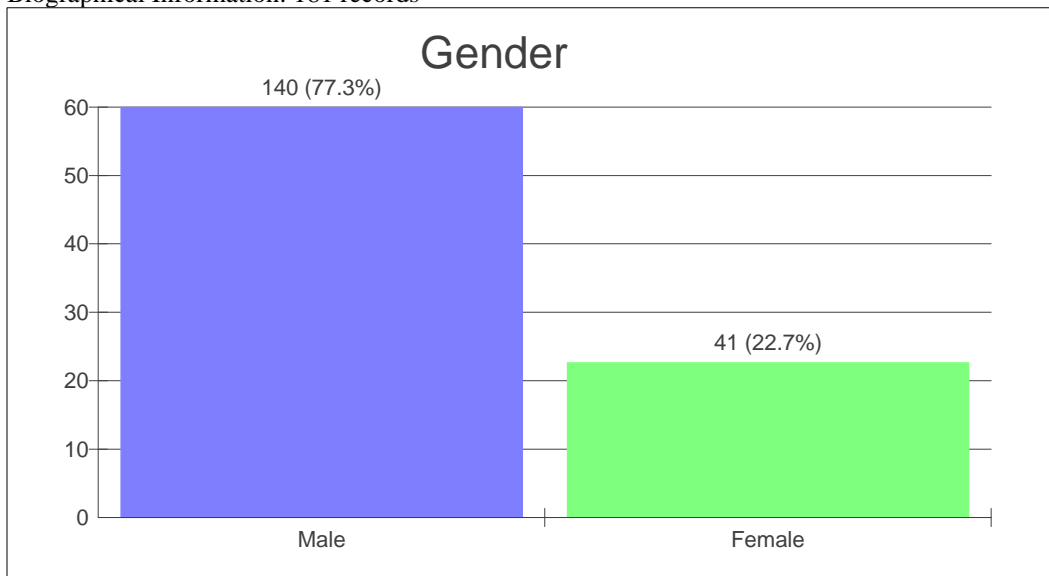
## Personal Wellness Profile

Biographical Information: 181 records



The average age for people in this group is 44.6. This report is based on a sample size of 181 people.

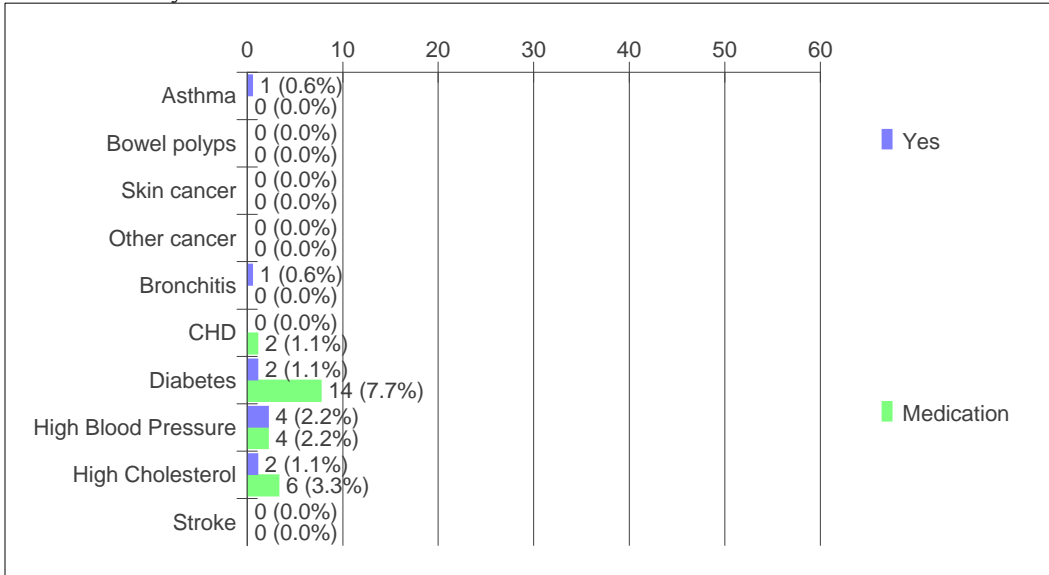
Biographical Information: 181 records



140 (77.3%) men and 41 (22.7%) women participated in this program for a total of 181 people.

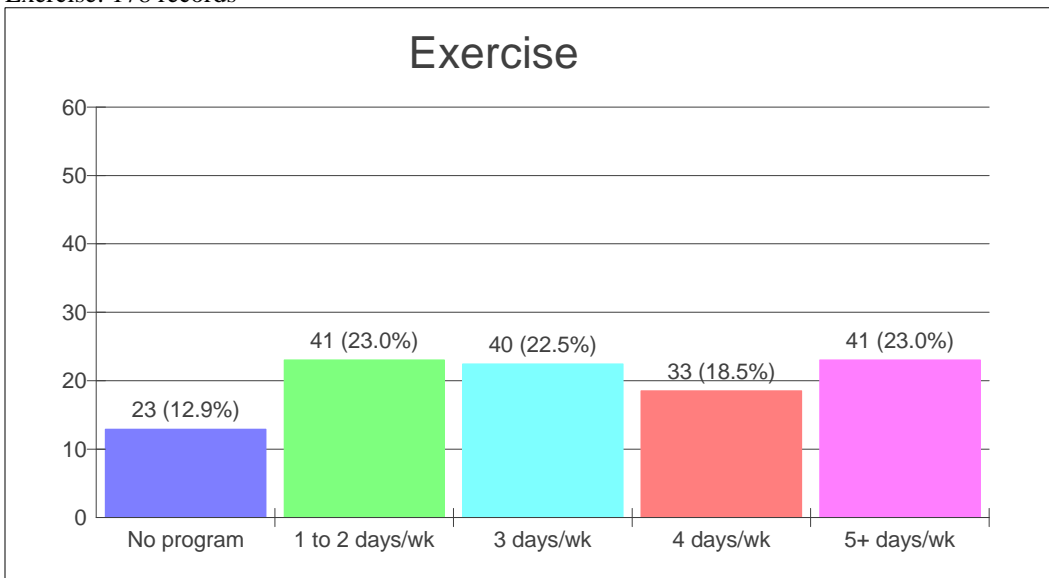
## Personal Wellness Profile

Personal History: 181 records



This graph illustrates health conditions which increase a person's risk for disease.

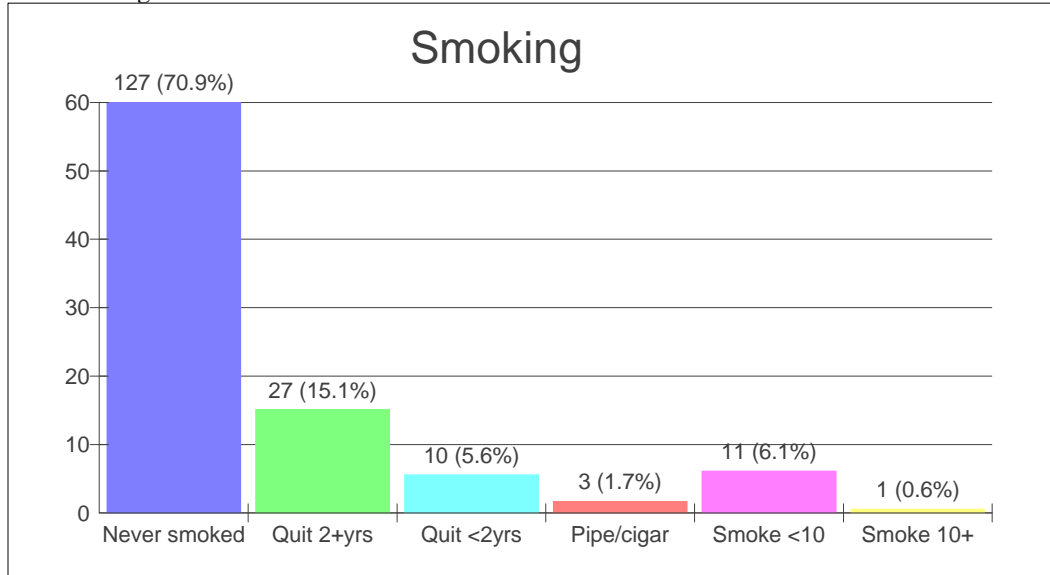
Exercise: 178 records



Three to four aerobic exercise sessions per week (20 to 30 minutes each) are recommended for maintaining good cardiovascular fitness. In this group, 114 (64.0%) meet these requirements. Another 64 (36.0%) have no regular exercise program or are not getting adequate exercise to maintain good health.

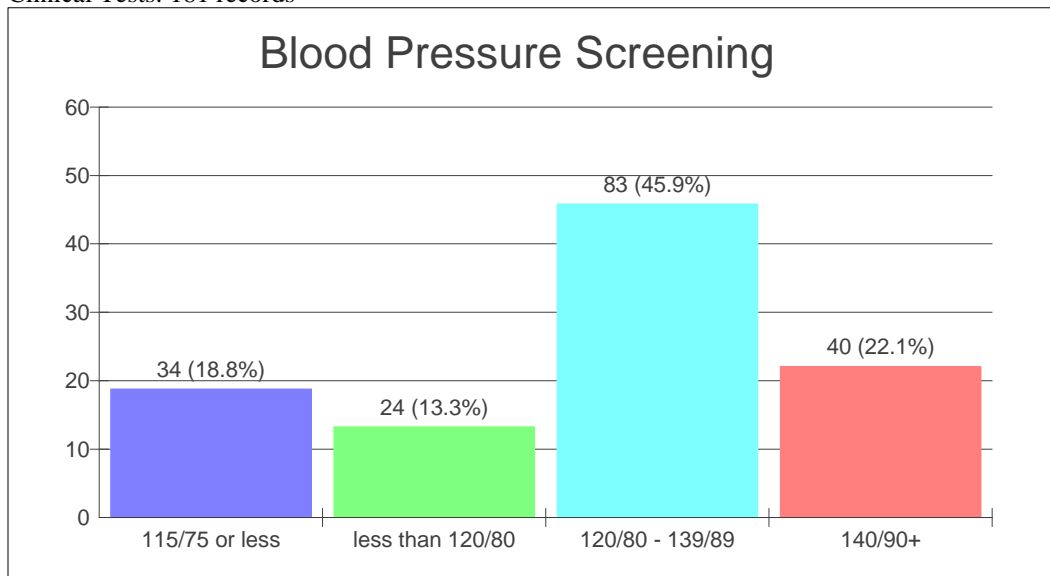
## Personal Wellness Profile

Alcohol/drugs: 179 records



The greatest preventable cause of early death today is smoking. Smokers are sick more often than nonsmokers. In fact, studies suggest that a smoker will pay approximately \$300 to \$600 more each year for health care than a nonsmoker. In this group, 127 (70.9%) people have never smoked, 37 (20.7%) people have quit smoking, and 15 (8.4%) people currently are smokers.

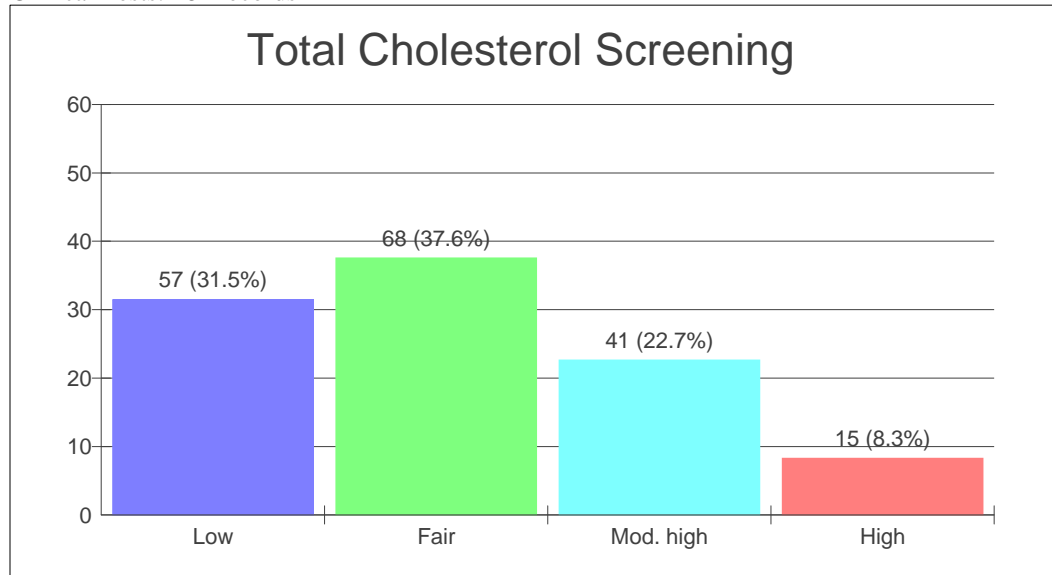
Clinical Tests: 181 records



High blood pressure increases the risk for heart disease and stroke. Studies show that people with high blood pressure tend to have higher health care expenses. For most people, ideal blood pressure is 115/75 or below. Those with blood pressure of 120/80 or above are considered prehypertension. In this group, 83 people have elevated blood pressure, putting them at moderate risk. 40 people have blood pressures that indicate high risk (140/90+).

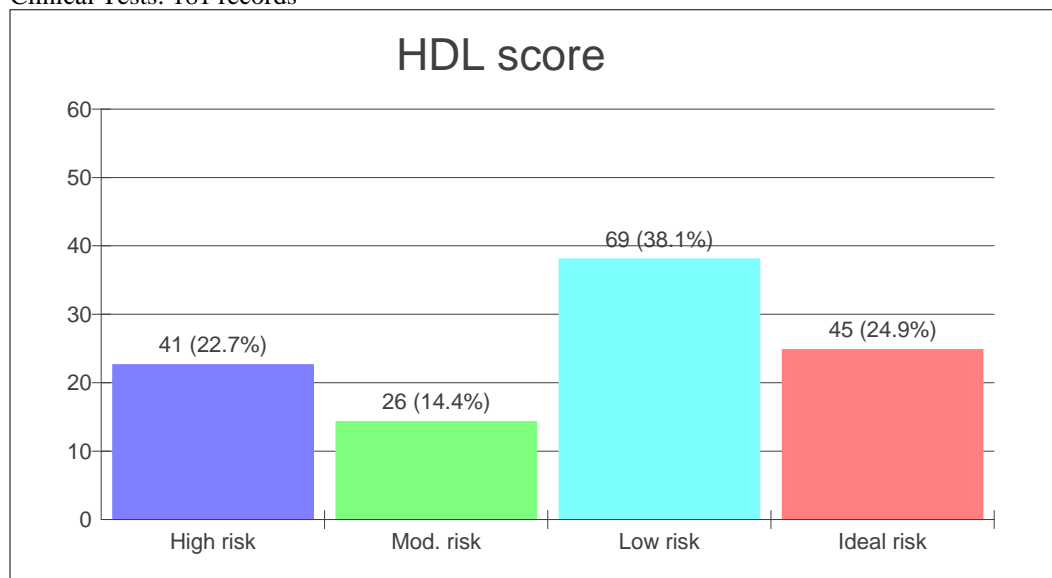
## Personal Wellness Profile

Clinical Tests: 181 records



High blood cholesterol levels increase the risk for heart disease and stroke. For most people, it is recommended to have a cholesterol level below 200. A level of 161 or below is ideal. People with a level of 240 or higher are at high risk. In this group, 41 people have an elevated cholesterol level, putting them at moderate risk. 15 people have a cholesterol level that indicates high risk.

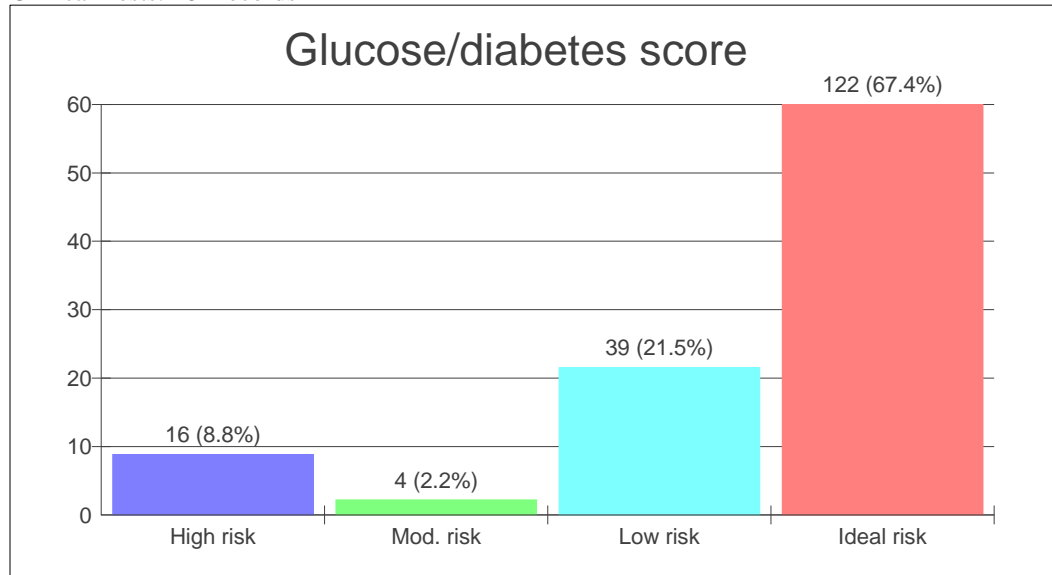
Clinical Tests: 181 records



High density lipoprotein cholesterol (HDL-C) is a carrier of "good cholesterol." HDL-C protects against heart disease by helping remove excess cholesterol deposited in the arteries. The more HDL in the blood, the lower your risk. HDL-C levels of 60 or more are ideal, while HDL-C levels of less than 40 are considered high risk. In this group, 26 people have an HDL level in the moderate risk range. 41 people have a low HDL-C level indicating high risk.

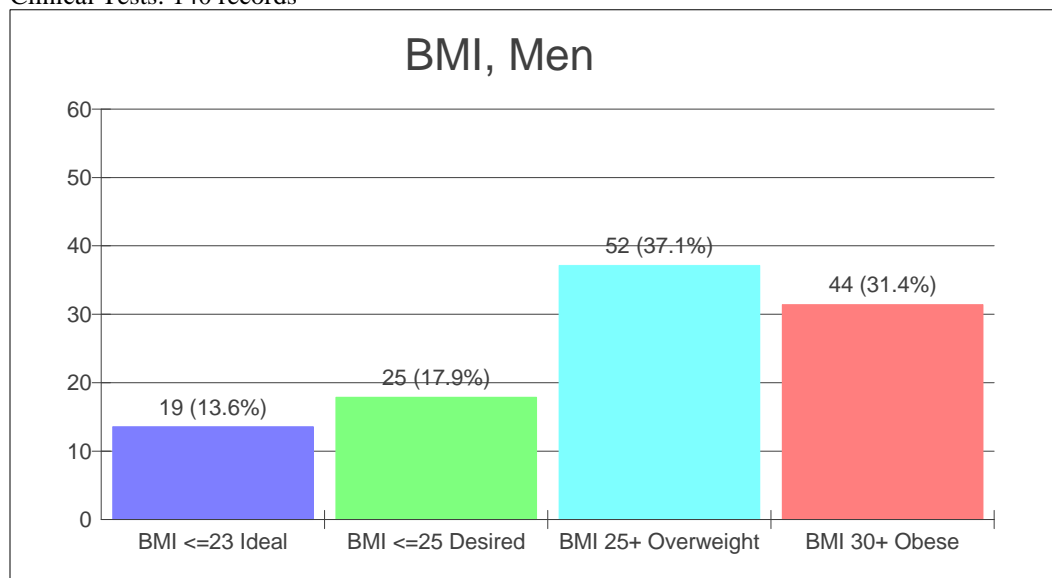
## Personal Wellness Profile

Clinical Tests: 181 records



High blood glucose (sugar) can indicate the presence of diabetes, which increases the risk for heart and blood vessel diseases. Normal fasting glucose levels are less than 100, and nonfasting are less than 140. In this group, 20 people have a glucose level greater than recommended, putting them at high risk (presence of diabetes may affect score).

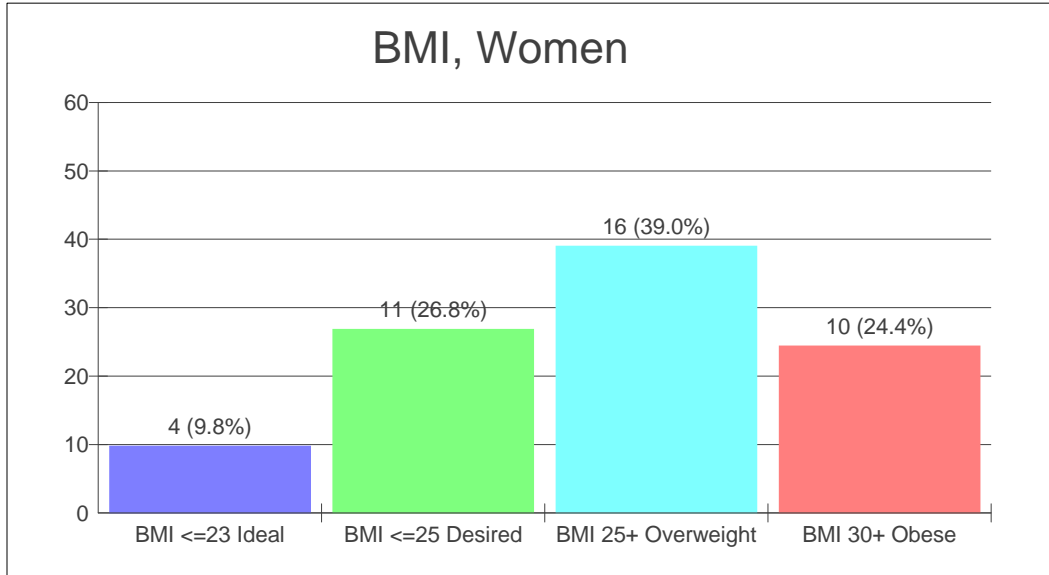
Clinical Tests: 140 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Men with BMI values above 25 are at higher risk for heart disease and other health problems.

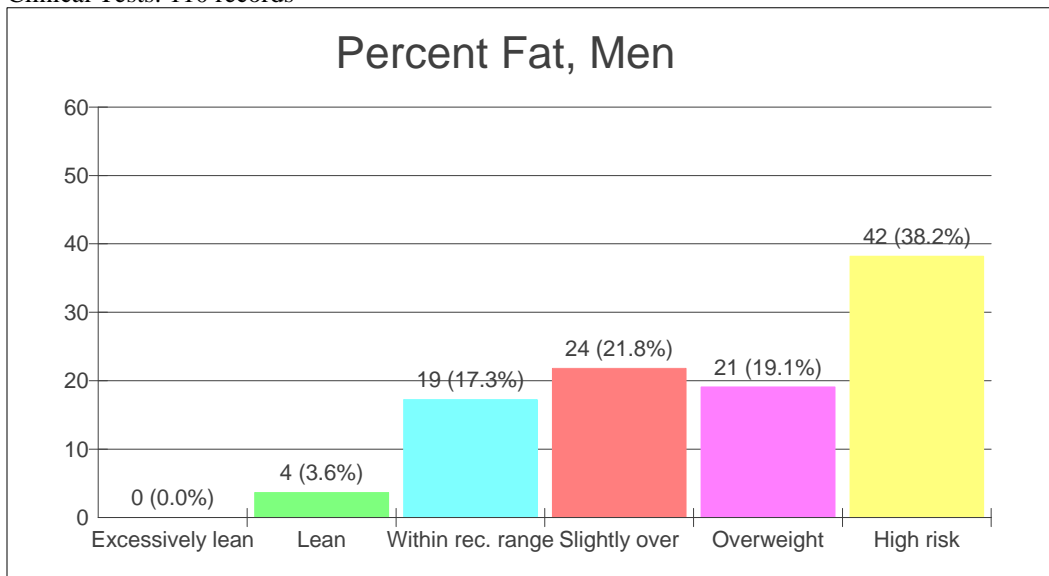
## Personal Wellness Profile

Clinical Tests: 41 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Women with BMI values above 25 are at higher risk for heart disease and other health problems.

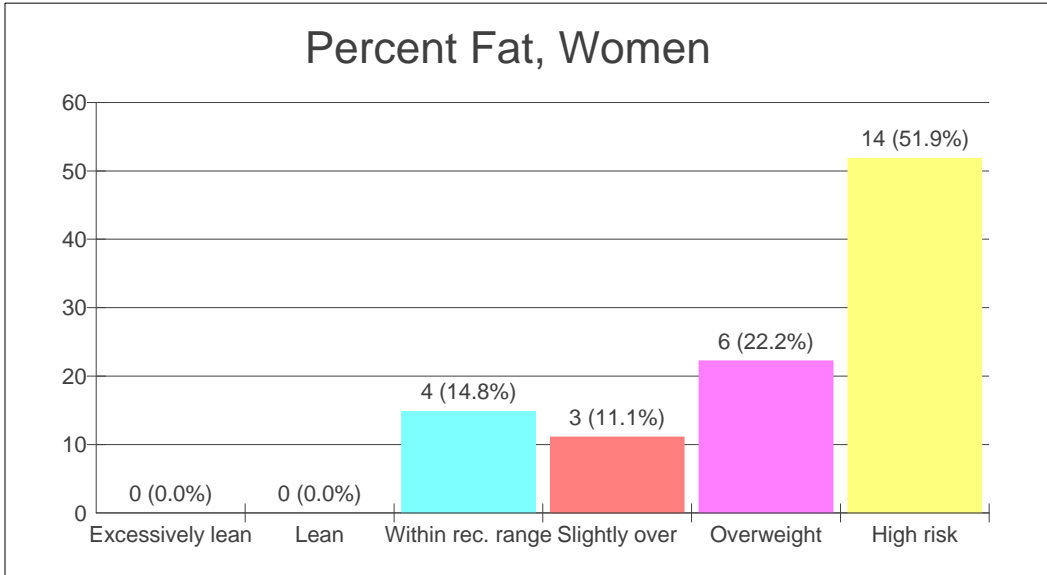
Clinical Tests: 110 records



Percent body fat is a determination of fat weight compared to lean body weight (muscle, bone, ligaments, organ, etc.). Desirable ranges of body fat are made specific to each individual by adjusting for age and gender. Each individual's measured body composition is then compared to his or her desirable range in order to determine which category (above) he or she fits in.

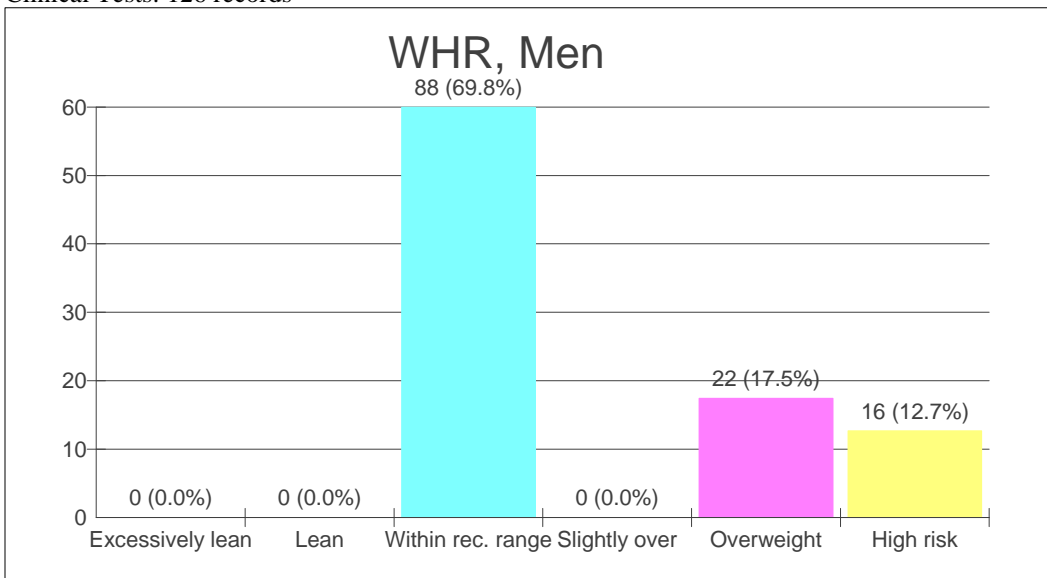
## Personal Wellness Profile

Clinical Tests: 27 records



Percent body fat is a determination of fat weight compared to lean body weight (muscle, bone, ligaments, organ, etc.). Desirable ranges of body fat are made specific to each individual by adjusting for age and gender. Each individual's measured body composition is then compared to his or her desirable range in order to determine which category (above) he or she fits in.

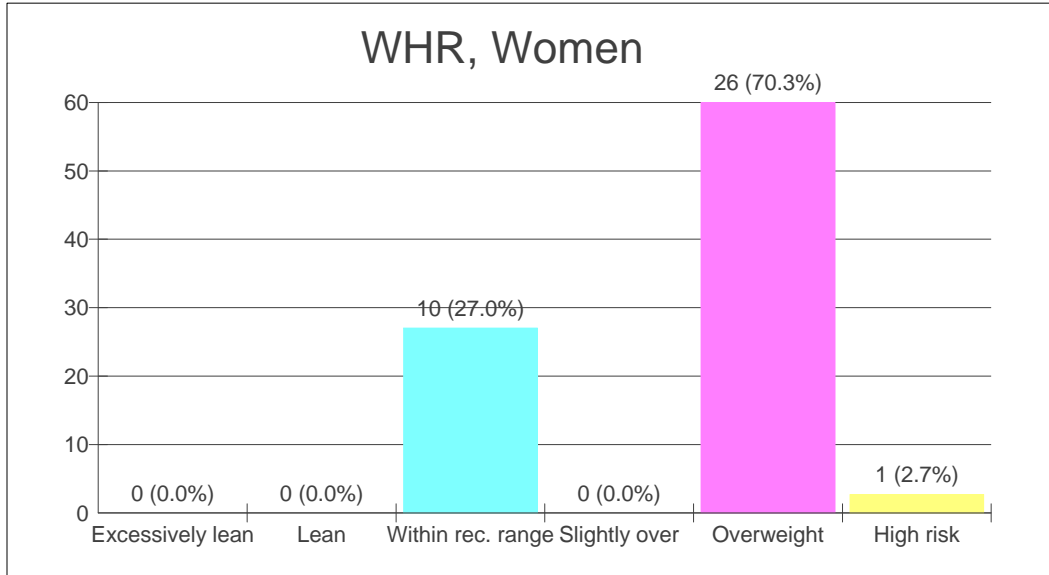
Clinical Tests: 126 records



Waist-to-hip ratio (WHR) shows how excess fat is distributed on the body. Fat stored on the hips is not as dangerous as upper body fat. Excess fat in the upper body has been shown to increase risk for coronary heart disease, diabetes, high blood pressure, and certain cancers. Men should have a WHR less than 0.95.



Clinical Tests: 37 records



Waist-to-hip ratio (WHR) shows how excess fat is distributed on the body. Fat stored on the hips is not as dangerous as upper body fat. Excess fat in the upper body has been shown to increase risk for coronary heart disease, diabetes, high blood pressure, and certain cancers. Women should have a WHR less than 0.80.