



# Personal Wellness Profile - Trend Report

Report for: Sample Report

Date prepared: 03/17/14

## Your Results (shown by date)

Wellness Indicators	Recommended	06-15-11	06-22-12	06-09-13
Self rating of present health	Good to excellent	Fair	-	-
Tobacco use	Nonsmoker	Nonsmoker	Nonsmoker	Nonsmoker
Physical activity, # of days per week of 30+ min sessions	4 to 7 days per week	1	1	3
Weight in healthy range, body mass index (BMI)	BMI 18.5 to 24.9	35.1	34.6	44.6
Nutrition score, 50-100	50+=good, 75+=excel	20	20	20
Stress/coping score in coping range, 50-100	50+=good, 75+=excel	74	72	72
Alcohol intake, # drinks/week (men up to 14/wk, women 7/wk)	None or moderate intake	0	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	48	48	48
Heart health score, 50-100	50+=good, 75+=excel	34	34	39
Blood Pressure	Less than 140/90	122/82	122/76	130/85
Cholesterol in healthy range	Total chol <200 Tchol - HDL <160 LDL <130	182 146 -	160 121 -	194 159 -
HDL cholesterol in healthy range	Men 45+, Women 55+	36	39	35
Triglycerides in healthy range, fasting test	Less than 150	-	-	-
Normal blood sugar level, fasting glucose	Less than 100	97	107	118
Peak aerobic capacity (VO2max)	9-10 METS	-	-	-
Percent body fat(%)	Men <20, Women <25	30.8	32	27.1
Number high risk factors associated with high claims*	None	3	2	1
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.