

# Personal Wellness Profile - Overview

Sample Report

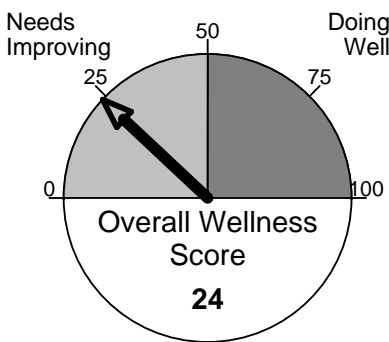
Page 1

## Wellness Scores

Your scores in the major areas of wellness are shown on the right. Scores range from 0 to 100. A score of less than 50 shows need for improvement; 50 or above is in the recommended range. Specific information on each of these key areas is shown in the following reports.

## Overall Wellness Score

The overall Wellness score is based on the number of good health indicators and these seven major wellness scores.

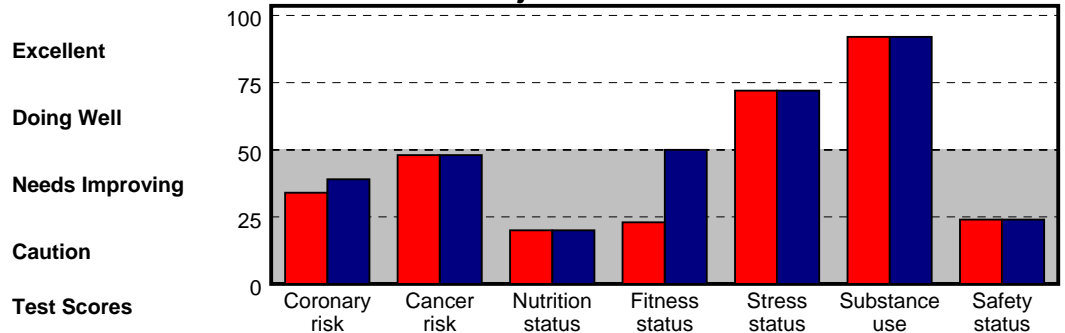


Your overall Wellness score is 24, "Caution." Your previous score was 21. You are making progress!

### Good Health Indicators: 7 out of 15

- Low coronary risk
- No tobacco exposure
- Good cancer rating
- Wise alcohol use
- Good aerobic fitness
- Good nutrition
- Always wears seat belts
- Good cholesterol level
- Happy most of the time
- Good blood pressure
- Good safety rating
- Good body composition
- Seven-eight hrs sleep/day
- Good stress rating
- Fewer than five sick days

## Major Wellness Scores



|          |     |     |     |    |    |    |     |
|----------|-----|-----|-----|----|----|----|-----|
| Current  | 39* | 48* | 20* | 50 | 72 | 92 | 24* |
| Previous | 34  | 48  | 20  | 23 | 72 | 92 | 24  |

\* Needs improving

Previous 6/22/2012 Current 6/9/2013

## Recommendations for Improving Health

Your top five health needs or preventive actions are listed below. These are key factors needing attention to prevent serious health problems. Give these items top priority. Other recommendations and guidelines follow throughout this report.

- 1 Weight control** - A healthy weight can give you more energy and help you look and feel your best, while helping to prevent many serious health problems. For achieving and maintaining a healthy weight, see the recommendations in other sections of the report.
- 2 Good nutrition** - Good eating habits are basic to your health and can help prevent heart disease, high blood pressure, certain cancers, diabetes, and obesity. Eating healthy fats, along with an increase in fruits, vegetables, and whole grains, is best.
- 3 Cancer prevention** - Healthy eating, regular exercise, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancer. Have regular medical checkups and avoid smoking and other cancer-causing behaviors.
- 4 Coronary risk reduction** - You are at higher risk for coronary heart disease. Changes in eating and activity patterns can significantly reduce your risks. Change lifestyle patterns today and your risk will start to decrease immediately.
- 5 Improving safety** - Reduce your risk of injury by taking reasonable safety precautions in your home, at work, and while driving. With some preplanning, most accidents are preventable.

# Coronary & Cancer Risk

Sample Report

Page 2

## Coronary Risk

Your rating: Needs Improving



**Your risk** - You have 3 risk factors for coronary heart disease. Take action now to reduce your risk. Get your doctor's help if needed.

### Heart Attack Warning Signs

- ◆ Pressure, squeezing, or pain in center of chest that lasts more than a few minutes.
- ◆ Pain spreading to shoulder, neck or arm.
- ◆ Chest discomfort with feeling faint, sweating, nausea, or shortness of breath.

If any are present get help soon!

## Risk Factors and Preventive Actions (✓= needs attention)

**Personal history** of heart or circulatory problems or diabetes.

**Family history** of early heart disease (before 55 in men, 65 in women).

**Gender/age** - Risk increases with age, especially after age 45 for men.

**Smoking** is a major cause of early heart disease.

- ✓ **Elevated blood pressure** damages the heart, arteries, kidneys, and eyes. Pressures of 140/90+ are high. Desired is less than 120/80 and 120/80 to 139/89 is pre-hypertension. Your pressure is 130/85 and is above the recommended range.
- ✓ **Cholesterol** - If high, damages the arteries and heart. High HDL cholesterol protects. **Total cholesterol:** High risk is 240+, best below 200, Ideal below 160 (yours = 194). **HDL cholesterol:** High risk is less than 40, keep over 45 (yours = 35 needs raising). **Non-HDL Chol.:** (Total Chol. - HDL) Keep below 160 (yours = 159).

**Diabetes or high blood sugar** can damage the arteries, increasing the risk of heart disease, stroke, and blindness. Your non-fasting blood sugar level of 118 is normal. (Less than 140 is recommended.)

**Sedentary/inactive lifestyle** - Physical activity is good preventive medicine for the heart. Keep up your active lifestyle.

- ✓ **Excess fat** - A percent fat above 16% puts a person at increased risk of heart disease. Maintain a healthy percentage of body fat.

## Cancer Risk

Your rating: Needs Improving



**Your risk** - Your risk rating is based on the number and importance of cancer risk factors present.

| New Cancer Cases/Yr/US | Men     |
|------------------------|---------|
| 1. Prostate            | 184,500 |
| 2. Lung                | 91,400  |
| 3. Colon/rectum        | 64,600  |
| 4. Bladder             | 39,500  |
| 5. Lymphoma            | 31,100  |
| 6. All cancer sites    | 627,900 |

## Risk Factors and Preventive Actions (✓= needs attention)

**Personal history** of cancer.

**Family history** of bowel or breast cancer.

**Age** - Risk increases with age, especially after 55.

**Tobacco or secondhand smoke** increases the risk for cancer of the lung, mouth, throat, bladder, and breast.

**High-fat diet** - Fat seems to be a cancer promoter. Continue to choose healthy-fat foods such as fruits, vegetables, whole grains, and legumes for low cancer risk.

- ✓ **Low-fiber diet** - Fiber is protective against certain cancers, such as bowel cancer. Eat more high-fiber foods: whole grains, fruits, vegetables, and legumes.
- ✓ **Fruits and vegetables** - Eat at least five per day for minimal cancer protection.

**Lack of regular activity** - Cancer risk may be reduced with daily physical activity.

**High alcohol intake** - Alcohol is linked to mouth, liver, stomach, and breast cancer. If an adult chooses to drink, women should limit to one a day, and men two a day. The Substance Use section of the report lists those who should not drink.

- ✓ **Overweight** - Excess body fat increases risk for cancer.

**High sun exposure** increases the risk of skin cancer. Use sunscreens (SPF 15+) and protective clothing, minimize exposure during 10 a.m. to 4 p.m., and don't sunbathe.

- ✓ **Preventive exams needed** - See preventive exams schedule.

## Nutrition

Your rating: Caution, High Risk



You scored well in 1 of the seven good nutrition factors listed. Review the suggestions given for improving your eating habits.

**\*Follow your doctor's advice if you are on a special diet.**

| Good Nutrition Helps Prevent |
|------------------------------|
| ♦ Obesity                    |
| ♦ Diabetes                   |
| ♦ High blood pressure        |
| ♦ Stroke                     |
| ♦ Heart disease              |
| ♦ Cancer                     |

## Nutrition Factors and Recommendations (✓= needs attention)

✓ **Eat breakfast daily** - People who eat breakfast daily have more energy, have fewer accidents, can concentrate better, are less likely to be overweight, snack less often, and live longer. Consider eating breakfast daily.

✓ **Not snacking frequently** - Snack foods are generally high in fat, salt, sugar, and calories and low in nutrition. Limit typical snacks such as chips, pastry, and soft drinks. If you want a snack, choose healthy ones: fresh fruit, bread, raw vegetables, etc.

**Eat healthy-fat meals** - Fatty and high calorie foods increase the risk for excess weight, heart disease, and cancer. Keep choosing low-fat foods such as non- or low-fat milk and dairy products, fruits, vegetables, bread, pasta, and legumes (peas and beans).

✓ **Use whole-grain breads and cereals** - Breads and cereals should form the base of the American diet; six or more servings per day are recommended. Whole grains are high in dietary fiber and protect against cancer and heart disease.

✓ **Use salt moderately** - A high salt intake increases the risk for high blood pressure.

✓ **Eat fruits and vegetables** - Five or more servings per day are recommended. Fruits and vegetables are low in calories, fat, and cholesterol, and high in vitamins, minerals, and antioxidants which protect against heart disease and cancer.

✓ **Achieve and maintain a healthy weight** - Long-term success requires a change in lifestyle. Eat low-fat foods, limit fried foods, rich desserts, and alcohol, and get regular physical activity.

## Fitness

Your rating: Good



You scored well in 3 of the fitness factors. Review guidelines given for maintaining good fitness.

| Exercise Protects Against              |
|--|
| ♦ Heart disease and stroke             |
| ♦ Obesity                              |
| ♦ Diabetes                             |
| ♦ High blood pressure                  |
| ♦ Certain cancers                      |
| ♦ Enhances mental and emotional health |

## Fitness Factors and Exercise Guidelines (✓= needs attention)

✓ **Muscle strength training** - Two strength-training workouts/week recommended.

✓ **Stretching exercises** - Two to three sessions per week to maintain good flexibility.

**Aerobic or cardiovascular exercise** - 3 to 5 sessions per week, daily if possible.

✓ **Percent fat** - Achieve a healthy weight. Your present body fat is 27.1%. This is high risk. A percent fat between 8 and 16% and a waist girth of 40 in. or less is recommended for better health. Your waist girth is 40 in.

**Exercise guidelines** made by the Centers for Disease Control and Prevention and the American College of Sports Medicine state, "Every U.S. adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week."

- ♦ Examples include brisk walking (3 to 4 mph), cycling (10 mph), swimming, low-impact aerobics to music, calisthenics, tennis, golf (pulling cart), mowing lawn with a power mower.
- ♦ If needed you can accumulate the 30 minutes in two sessions, for example 15 minutes in the morning and 15 minutes at noon. Choose activities you enjoy. Invite a friend to join you. If you have a heart condition or serious health problem, get your doctor's clearance **before** starting.

**Safety** - Individuals with heart problems and men over age 40 or women over age 50 with more than one cardiovascular risk factor should have a medical examination **before** starting any vigorous activity.

# Stress & Substance Use

Sample Report

Page 4

## Stress

Your rating: Good



You have 3 risk factors that affect mental health. Review the suggestions given for improving mental health.

### For Good Mental Health

- ◆ Think positive, be hopeful, have a "can do" attitude
- ◆ Break the stress cycle with relaxation breaks
- ◆ Stay active
- ◆ Have fun
- ◆ Spend time with loved ones
- ◆ Settle problems as they occur
- ◆ Get your rest
- ◆ Help others needing help

## Risk Factors and Recommendations (✓= needs attention)

**Coping with stress** - You report "coping well" with stress in your life. You may also benefit from learning new coping and relaxation skills. Everyone deals with stressful events occasionally.

**Stress signals** - You marked none of the stress signals that indicate trouble in coping. This indicates you are dealing with stress fairly well.

- ✓ **Feel worthless/inadequate** - Be nice to yourself. Everyone makes mistakes. Learn from them but don't put yourself down. Get help in dealing with such feelings.

**Happiness** is a general indicator of how your life is going. You indicate being happy most of the time. This indicates you are doing well in your personal life.

**Energy levels** - Low energy levels can be caused by illness, low blood hemoglobin levels (anemia), inadequate rest, or excessive mental/emotional upsets. Maintain good energy levels with adequate rest and a healthy lifestyle.

- ✓ **Adequate sleep** is essential for good mental and emotional health; a minimum of seven to eight hours per day is recommended.

**Seldom feel calm/peaceful** - We all worry and feel uptight occasionally. Keep life calm and peaceful by taking regular breaks and time to relax.

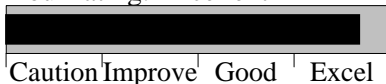
- ✓ **Social support** - Take time to establish friendships and nourish relationships. Join a caring church group or participate regularly in community activities with friends.

**Relax and have fun** every day. This is an important ingredient for good mental health. Develop the fine art of relaxation.

**Dealing with crisis** - If a crisis occurs, get help from an understanding friend, your pastor, doctor, or a mental health professional. Everyone needs help at times.

## Substance Use

Your rating: Excellent



You have 1 substance use issue. Review suggestions for improvement. Get help if needed to deal with a dependency.

## Risk Factors and Recommendations (✓= needs attention)

**Smoking** shortens life by seven to nine years. By not smoking, your risk for heart disease and cancer drops quickly. Encourage family and friends to do the same.

**Alcohol** is responsible for over 100,000 premature deaths each year, including accidents, cirrhosis, cancer, high blood pressure, and drownings. The new guideline on drinking by U.S. Department of Health and Human Services states that not drinking is the safest, but if you drink, limit your intake to no more than one drink per day for women and two for men.

**Some people should not drink:** pregnant women, people operating equipment, children, adolescents, and those unable to control their drinking.

**Mood-altering drugs** - Limit to prescribed medications and use only if needed and as recommended by your doctor.

- ✓ **Medications and over-the-counter drugs** - If you take more than one medication, be sure to inform your doctor (and pharmacist) of all the medicines you take so you can avoid dangerous drug interactions. Also avoid alcohol while taking medications. It can cause a serious drug interaction.

**Avoid all street drugs** - They can cause serious problems.

## Safety

Your rating: Caution, High Risk



Your Safety score needs improving. Think safety! It could save your life.

## Risk Factors and Recommendations (✓ = needs attention)

**Seat belts** - Keep buckling up! Wearing seat belts cuts your risk of serious injury or death by more than half should an accident occur.

- ✓ **Smoke detectors** reduce risk of death from fire by two to three times. Install a smoke detector in your sleeping area. Check it monthly to make sure it works.
- ✓ **Drinking and driving** is responsible for half of all fatal car accidents. Never drive after drinking! It takes one or more hours per drink to clear alcohol from the body.

**Helmets** - Keep wearing your helmet when you ride a bike, motorcycle, or go in-line skating. Helmets reduce the chance of head injury by 50% to 85%.

**Lifting** - Keep using good lifting technique (use legs not back, hold object close to body, turn using legs not back, don't lift heavy objects over head).

## Health Age

### Good Health Practices

- 1 Not smoking
- 2 Regular aerobic exercise
- 3 Eat breakfast daily
- 4 Limit snacking
- 5 Maintain a healthy weight
- 6 Get adequate sleep, 7-8 hours
- 7 Don't drink or limit to 1-2 drinks in any one day

## Find out how old you really are!

In a study of some 6,900 people followed for 15 years, researchers found seven good health practices linked to long life. People who followed all seven of the good health practices lived 10 to 12 years longer than those following only three or fewer. Your health practices are compared to this study to estimate your "Health Age" or how old your body really is.

**Your current age = 26 years.** This age is based on the year you were born.

- ✓ **Your health age = 29.5 years.** This age reflects your current health practices and how they affect longevity.
- ✓ **Your potential health age = 19.5 years.** This is how young you could be if you were following all of the good health practices.
- ✓ **Years of added life = 10.0 years.** This is the number of years you could add to your life by following all seven of the good health practices. You would also feel better every day!

## Medical Follow-up

Test results needing further evaluation or medical follow-up are listed on the right. Discuss these health issues, if any, and other items you need help on with your personal physician.

## Test Results Needing Further Evaluation (✓ = needs attention)

- ✓ Increased risk results (HDL 35 mg/dl)

# Next Step

Sample Report

Page 6

## *Your Next Step*

Reduce known risks! Review the health improvement opportunities on the right. The preventive exams listed below are recommended for all people of your age and gender.

### Preventive Exams

- ◆ Dental exams, regularly
- ◆ Vision screening, as needed
- ◆ Hearing screen, as needed
- ◆ Lifestyle appraisal, every 1-2 yrs
- ◆ Blood pressure, every one to two years

### *For Men*

- ◆ Monthly testicular self-exam

### *Immunizations*

- ◆ Tetanus booster every 10 years

## **Health Improvement Opportunities (✓= recommended modules)**

Review the preventive actions recommended on page 1 of this report and the available health improvement opportunities listed below. Then choose a health topic you are most interested in tackling. Start your personal health improvement program today!

- Improving Fitness
- Managing Stress
- Blood pressure management
- Lowering cholesterol levels
- ✓ Improving nutrition
- Senior Living
- Healthy pregnancy
- Stopping smoking
- Living with Diabetes

# Personal Wellness Profile

## Sample Report

Brea, CA

ID # 620-15-2466 M26

Printed on:  
**Monday, March 17, 2014**

## Table of Contents

|                                      |   |
|--------------------------------------|---|
| Personal Wellness Profile - Overview |   |
| Overview                             | 1 |
| Coronary Risk                        | 2 |
| Cancer Risk                          | 2 |
| Nutrition Overview                   | 3 |
| Fitness Overview                     | 3 |
| Stress/Coping Overview               | 4 |
| Substance Use Overview               | 4 |
| Safety Overview                      | 5 |
| Health Age Overview                  | 5 |
| Medical Follow-Up                    | 5 |
| The Next Step                        | 6 |

P

W

P

**Please Note:** Because one or more questions were left blank, answers were furnished (default answers) by the computer to provide you with a complete report. The default answers are generally considered average or assume the healthiest lifestyle habits. As a result, the recommendations are based on your responses and those entered by the computer.

## Sample

Individual Report

Administered by... Heart Screen Inc.

Web: [heartscreen.com](http://heartscreen.com) 631-842-1122