

Personal Wellness Profile - Overview

Joe Concise

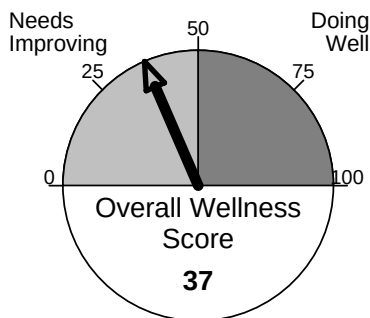
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Wellness Scores

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.

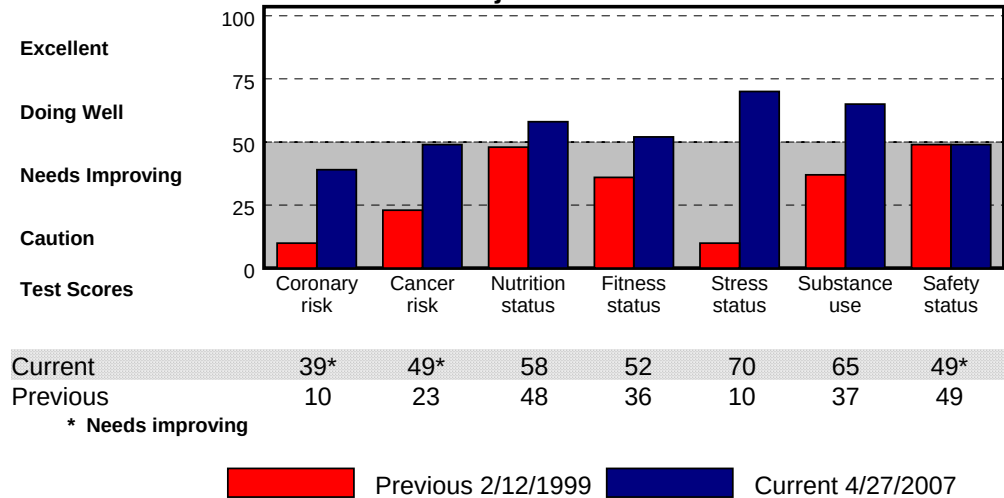


Your overall Wellness score is 37, "Needs Improving." Your previous score was 10. You are making good progress!

Good Health Indicators: 9 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



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 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.
- 2 Elevated blood sugar or diabetes** - Both Type 1 and Type 2 diabetes can be more successfully managed by careful attention to diet and physical activity. If medications are required, take as directed by your doctor.
- 3 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.
- 4 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.
- 5 Social support** - It is important to create and maintain good social support systems. This can be through your family, friends, work groups, church groups, and any other individual or group that you trust and find helpful in coping with life's challenges.

Coronary & Cancer Risk

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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 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 129/84 and is above the recommended range.

High LDL ("bad") cholesterol damages the arteries and heart, while high HDL ("good") cholesterol is protective. LDL cholesterol should be less than 130 (your LDL = 129). HDL cholesterol should be over 45 (your HDL = 45). (Your total cholesterol = 175.)

High blood fats (called triglycerides) a fasting value of 150 + is an increased health risk. Your triglyceride level of 140 is in the normal range.

- ✓ **Diabetes or high blood sugar** can damage the arteries, increasing the risk of heart disease, stroke, and blindness. Your fasting blood sugar level is 108 and needs further evaluation. (Less than 100 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 20% 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 means you are at risk for future problems.

- ✓ **Family history** of bowel or breast cancer increases risk for a similar problem.

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. Continue to eat 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.

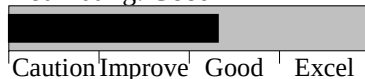
Excess body fat - increases risk for cancer.

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: Good



You scored well in 5 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. Keep up the good breakfast habit!

- ✓ **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. Keep eating whole grains! They are high in dietary fiber and protect against cancer and heart disease.

Use salt moderately - A low salt intake decreases 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.

Maintain a healthy weight/body fat - Maintaining long-term success requires a commitment to a healthy 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 - Maintain a healthy weight. Your present body fat is 19%. This is desirable. A percent fat between 11 and 20% 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.

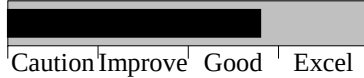
Stress & Substance Use

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Stress

Your rating: Good



You have 1 risk factor that affects 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 1 of the stress signals that indicate trouble in coping. This indicates you are dealing with stress fairly well.

Feel worthless/inadequate - Maintain your self-worth by not putting yourself down. Everyone makes mistakes, but severe self-criticism is self-defeating.

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. Continue getting a minimum of seven to eight hours of sleep per day.

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: Good



You're making wise choices relating to substance use.

Review recommendations for ways of maintaining freedom from substance use problems.

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.

Relaxation, sleeping, or mood-altering drugs or herbals - 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: Needs Improving



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

Risk Factors and Recommendations (✓= needs attention)

✓ **Seat belts** - Wearing seat belts reduces your risk of serious injury or death by more than half. Make it a practice to always buckle up!

Smoke detectors reduce risk of death from fire by two to three times. Check your smoke detector 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 = 52 years. This age is based on the year you were born.

Your health age = 48.0 years. This age reflects your current health practices and how they affect longevity.

Your potential health age = 45.5 years. This is how young you could be if you were following all of the good health practices.

Years of added life = 2.5 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 (Fasting glucose 108 mg/dl)
- ✓ Marked symptoms: Shortness of breath; trouble sleeping lately

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
- ◆ Cholesterol, every one to three years
- ◆ Fecal occult blood test yearly and sigmoidoscopy or colonoscopy every 5-10 yrs

For Men

- ◆ Monthly testicular self-exam
- ◆ Ask doctor about prostate 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

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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.

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