

Personal Wellness Profile

Confidential Counselor Summary Report

Report For: Joe Concise
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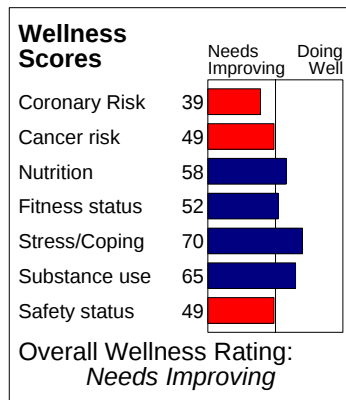
ID#

PCP -
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Profile Date: 4/27/2007

Phone:

Wellness Scores



Risks related to costs = 4

(High risk chol items count once.)

✓ = Item in elevated risk range

\$ = High risk item related to costs

♦ = Item of clinical value/interest

Rx = Taking medication

Clinical Test Results

- ♦ Desirable, Ht 66 in, Wt 163 lbs, BMI 26.3, %fat 19.0
- ♦ Waist Girth 40.0 (<= 40.0)
- ♦ Recommended wt up to 148 - 165
- ✓ Blood Pressure 129/84 (< 120/80)
- ♦ Total Cholesterol 175 (< 200)
- ♦ HDL Cholesterol 45 (> 45)
- ♦ LDL Cholesterol 129 (< 130)
- ♦ Chol/HDL ratio 3.9 (< 4.0)
- ♦ Triglycerides 140 (< 150)
- ✓ Glucose fasting 108 (< 100)

Health Information

Family Health History

- ✓ Breast cancer
- ✓ Diabetes

Personal Health History

- ✓ Asthma
- ✓ Cancer, other than skin (in last 5 yrs)
- Rx High blood pressure (140/90+)
- ✓ Sciatica, chronic back problem

Current Symptoms

- ✓ Unusual shortness of breath
- ✓ Trouble sleeping lately

Health Age

- ✓ Health age: 48.0, potent. added yrs: 2.5
- Practicing 6 of 7 good health habits

- ✓ Work on:
limit snacking

Coronary Risk Factors

- ✓ Male, 45+ or Female 55+
- ♦ Elevated/high BP, 129/84 (< 120/80)
- ✓ Elevated glucose 108 (< 100)

Cancer Risk Factors

- ✓ Personal Hx, other cancer
- ✓ Family Hx.: breast
- ✓ Nutrition: fruit/vegs (rec. 5+)
- ✓ Exams needed: bowel
- ✓ Age 40 plus

Physical Activity

- ♦ Aerobic exercise: 3 per week
- ♦ Strength exercises: 1 per week
- ♦ Stretching exercises: 1 per week

Physical Limitations

- ♦ None

Fitness Testing Results

- ♦ None

Exercise Preferences

"Activities I do":

None

"Activities I want to do":

None

Eating Practices

- ✓ Limit snack foods
- ✓ Eat 5+ fruits and vegetables per day

Alcohol/Drugs/Smoking

- \$ Frequent medications to relax/sleep

Stress and Coping

- ✓ Stress signals, 1 out of 6
Frustrated, impatient, angry much
- ♦ Calm/peaceful - sometimes
- ✓ Depression/anxiety interfering

Social Health Concerns

- ✓ Physical/emotional health interfering
- ✓ No social support system

Safety / Work Life

- \$ Dissatisfied with work life

Medical Care

- ♦ Physical exam within last 2 year(s)
- \$ Perceived overall health: Fair

Preventive exams not current

- ✓ Bowel or sigmoidoscopy

Medical Care Usage

- \$ 5+ sick days last year

Education Issues

Health goal	Stage of change
✓ Physical activity	Contemplative
✓ Good eating habits	Precontemplate
✓ No smoking/tobacco	Precontemplate
✓ Healthy Weight	Contemplative
✓ Handling stress	Precontemplate
✓ Moderate alcohol	Precontemplate
✓ Healthy life overall	Planning

- ♦ Interested in:

None

Health Status (HSQ)

Questionnaire Scores

(100 is ideal, 80+ is desirable)

- ✓ Health perception score - 25
- ✓ Physical functioning - 66
- ✓ Limitations due to physical health - 65
- ♦ Bodily pain - 100
- ✓ Energy/fatigue - 60
- ✓ Limitations due to emotional health: 0
- ✓ Social functioning - 25
- ✓ Mental health - 73
- ✓ Physical Composite Score (PCS) - 47
- ✓ Mental Composite Score (MCS) - 33

Note: PCS, MCS score over 50 is desirable