

# Personal Wellness Profile

## Physician Summary Report

Joe Concise  
555 Oak St.  
Portland, OR 97015

ID#  
PCP -  
INS -

Profile Date: 4/27/2007  
Phone:  
Birthdate:

### Understanding Your Wellness Scores



#### Preventive Exams

##### Recommended (not current)

Bowel exam or flexible sigmoidoscopy

##### Immunizations:

All immunizations current

#### Healthy Habits

##### Lifestyle habits - doing well

Does aerobic exercise regularly  
Eats breakfast daily  
Eats low-fat food choices  
Eats mainly whole grains  
Gets seven to eight hours sleep most nights  
Always uses correct lifting techniques  
Seems to be coping very well with stress

### Existing Problems

#### Current Symptoms

Unusual shortness of breath  
Trouble sleeping lately

### Health History

#### Personal Health History

Asthma  
Cancer, other (not specified)  
High blood pressure (140/90+) (Rx)  
Sciatica, chronic back problem

#### Family Health History

Breast cancer  
Diabetes

### Major Risk Factors and Health Findings

#### Body Composition

Ht: 66 in, Wt: 163 lbs, BMI: 26.3  
% Fat: 19.0%, Waist 40 in

#### Risk Factors

Elevated/high blood pressure (129/84)  
Elevated blood glucose  
Seldom wears a seat belt

#### Blood Tests

Blood lipids:  
Total cholesterol 175 mg/dl  
LDL cholesterol 129 mg/dl  
HDL cholesterol 45 mg/dl  
T-Chol/HDL Ratio 3.9  
Triglycerides 140 mg/dl  
\* Glucose fasting 108 mg/dl

\* Outside recommended levels

### Educational Issues

#### Health Interests

("Do NOT notify me...")

#### Nutritional concerns

Less than five servings of fruit and vegetables per day

#### Readiness to Change

|                         |                  |
|-------------------------|------------------|
| Physical activity       | Contemplative    |
| Good eating habits      | Precontemplative |
| No smoking/tobacco use  | Precontemplative |
| Maintain healthy weight | Contemplative    |
| Handle stress well      | Precontemplative |
| Alcohol moderation      | Precontemplative |
| Healthy lifestyle       | Planning         |

### Health Status

#### Self-rated health status

My overall health is fair

#### Health Status Questionnaire (HSQ)

Physical Composite Score (PCS): 47.5  
Mental Composite Score (MCS): 33.5  
Note: PCS, MCS score over 50 is desirable