

# PERSONAL HEALTH REPORT

## Congratulations!

You've taken the first step toward improving your health by completing your Health Risk Assessment Questionnaire!

Last Update: April 26, 2017

This HRA is not a substitute for a medical exam. If you have health concerns, or your personal health report raises questions, make an appointment with your doctor to talk about your results.

## Top 3 areas to improve or maintain your health right now!

### Alcohol Safety Belt Use Medical Problems\*

\* Congratulations! You might not need to improve in this area, but it takes work to maintain your healthy habits. Keep it up.

## Wellness Score

Sex: Male  
Age: 50

Poor	Fair	Good	Very Good	Excellent
Your score is 96				

A wellness score can range from 50 to 100, with 100 being the best. The score is influenced by your current health practices, health conditions, and your use of preventive medical services. Your score will go up as you improve each of these areas.

What you're doing well	What you can do better
<ul style="list-style-type: none"><li>You do not use tobacco.</li><li>You drink little or no alcohol.</li><li>Your blood pressure is under 120/80 mmHg.</li><li>Your weight is within desirable range.</li><li>You use a safety belt all the time.</li><li>You travel close to speed limit.</li><li>Your physical activity level is good.</li><li>You eat a high fiber diet.</li><li>You eat a low fat/low cholesterol diet.</li><li>You have good overall physical health.</li><li>You have a regular prostate exam.</li><li>Your cholesterol level is below 200 mg/dL.</li><li>You have a low stress level.</li></ul>	

## Heart Health

Health Measures	Now	Target
Cigarette Smoking	Non-smoker	Non-smoker
Blood Pressure	104 / 66 mmHg	Less than 128/80 mmHg
Cholesterol	Cholesterol (mg/dL): 191 HDL (mg/dL): 42	Cholesterol (mg/dl): Less than 200 HDL (mg/dL): Greater than 40
Weight	184 Pounds	148 to 199 Pounds
High Intensity Physical Activity	3 times per week	At least 3x/week

## Health Behaviors, Medical Conditions and Disease

Conditions	Now	Goal
<b>Heart Problems</b>		
Blood Pressure	104/66 mmHg	Less than 120/80 mmHg
Diabetes	Do not have diabetes	Make healthy choices
Weight	184 Pounds	148 to 199 Pounds
Cholesterol (mg/dL)	Cholesterol: 191 HDL: 42	Cholesterol: Less than 200 HDL: Greater than 40
Exercise	3 times per week	30 minutes, most days of the week
Cigarette smoker	Non-smoker	Non-smoker
<b>Colon Cancer</b>		
Colon Cancer Screen	1 - 2 years ago	Recommended for ages 50-75
<b>Cirrhosis of liver</b>		
Alcohol	1 drink(s) per week	No more than 2 drinks per day
<b>Diabetes mellitus</b>		
Diabetes	Do not have diabetes	Make healthy choices
<b>Lung Cancer</b>		
Cigarette smoker	Non-smoker	Non-smoker

## Alcohol

Where you are	1 drinks per week
Your target	No more than two drinks per day

Drink responsibly if you ever drink alcohol occasionally as a part of social activities. Most adults may be able to drink moderate amounts of alcohol—up to two drinks per day for men—and avoid alcohol-related problems.

You should not drink at all:

- If you plan to drive.
- If you take certain medications, including over-the-counter medicines.
- If you have medical conditions that can be worsened by drinking.
- If you are a recovering alcoholic.

If you ever think alcohol is becoming a problem for someone close to you or for you, get help.

## Safety Belt

Where you are	Safety belt usage: 100% of the time
Your target	100% safety belt use

Congratulations for deciding to wear your safety belt.

- Never place the shoulder belt under your arm. In a collision you may break a rib, causing a puncture of the lung or heart.
- Wearing your safety belt sends a positive message to children and other passengers to buckle up as well.

## Smoking

Where you are	Non-user of tobacco
Your target	Non-user of tobacco

Congratulations! You are one of the over 200 million Americans who choose a healthy, tobacco-free lifestyle.

- As a non-tobacco-user, you have lowered chances of lung cancer, heart disease and stroke.
- Avoid secondhand smoke which is known to cause cancer. Choose non-smoking public areas.
- Support loved ones or friends if they try to quit smoking.

## Physical Activity

Where you are	3 times per week
Your target	30 minutes, most days per week

Stay physically active! It is the best thing you can do for your mind and body.

- Being active for 30 minutes on most days is important for good health.
- Vary your activities to prevent injury and boredom. Rotate between intense and light exercise days.
- As you grow older your muscles and joints may become sore and stiff more easily. Warm-up and cool down for five minutes to increase circulation and reduce injury.
- Do strength training two times a week to improve balance, to preserve bone density and to improve endurance.
- Regular stretching increases flexibility.
- Remember that physical activity includes structured fitness and recreational activities as well as "lifestyle" activities such as house, garden and yard work.
- Keep a record of your daily activity to stay on track.

## Weight/Nutrition

Where you are	184 Pounds
Your target	148 to 199 Pounds

Congratulations on having a healthy weight. You've reduced your risk of heart disease, high blood pressure, gallbladder disease and diabetes.

- Good nutrition not only helps control weight but enhances your energy and health.
- Choose a diet low in fat, especially saturated fat and cholesterol.
- Consume plenty of vegetables, fruits and grain products.
- Use sugars in moderation.
- Regular physical activity helps you to maintain a healthy weight.

\*Based on your present weight, you are within the healthy weight range set by national guidelines

## Blood Pressure

Where you are	104 / 66 mmHg
Your target	Less than 120 / 80 mmHg

Congratulations! Your blood pressure is within the recommended range. High blood pressure is a major risk factor for heart disease, stroke, kidney failure and vision problems, and it often has no symptoms.

- Continue to check and monitor your blood pressure at least every two years.
- Learn and practice ways to manage anger and stress.
- Remember that weight, physical activity, alcohol use and smoking are lifestyle factors that could lead to high blood pressure.

## Stress

Where you are	Low Stress
Your target	A balanced life

Celebrate the well-being, satisfaction and control in your life that you have by better handling your stress.

Stress is your body's response to the demands of daily living. Any event can be stressful, whether it is positive or negative. How you view and handle stress determines its effect. To continue to stay on track:

- Stay aware of your stress and what triggers it.
- Take time daily to relax in a way that works for you.
- Talk with someone you trust about your feelings.
- Eat well and eat regularly. Good nutrition is important.
- Aim to be physically active in some way every day.

## Cholesterol

Where you are	Cholesterol (mg/dL): 191 HDL (mg/dL): 42
Your target	Cholesterol (mg/dl): Less than 200 HDL (mg/dL): Greater than 40

Maintaining your cholesterol level reduces the risk of developing heart disease.

- The higher your HDL cholesterol level (the good cholesterol), the better.
- Frequent exercise may raise levels of HDL.
- Regular exercise, not smoking, a healthy weight and eating low-fat foods contribute to good cholesterol management.

## Life Satisfaction

Where you are	Satisfied With Life
Your target	Satisfied With Life

Even if you are satisfied with your life, there are ways to avoid an unbalanced life. Balancing your life leads to better health and higher life satisfaction.

- Positive thinking is good for your physical and mental well-being.
- Set some priorities, and do what you can when you can.
- Find ways to continuously improve the quality of your relationships with family and with others.
- You may want to seek help if you have several of these symptoms over two weeks: persistent sadness; insomnia, early morning awakening or oversleeping; weight change; feelings of guilt, hopelessness or worthlessness; fatigue; irritability; loss of pleasure in activities once enjoyed; or difficulty concentrating or making decisions.

## Medical Self-Care

You report that you have allergies.

- Speak with your doctor about medications which can help control your allergies.
- Use an air conditioner when the pollen count is high.
- Check into air cleaners for your furnace, or run an extra air cleaner during the day or night.
- Stay in the city during the season that affects you most. Rural areas usually have a higher pollen count.
- Avoid dust, tobacco smoke and other irritants which may complicate an allergic reaction.
- Be aware of pets. Anyone allergic to pollen or molds may be sensitive to animal dander.

If you have any health concerns that are not addressed in your health risk appraisal, please discuss them with your physician. You alone are responsible for your health! In addition to above, it is recommended that you:

- Make regular doctor visits, bring a list to ask questions and follow instructions.
- Make sure that all of your health care workers (including your dentist) know about all of the medications you are taking.
- Take an active role in your own health.
- Keep a record of any changes in your life and health, such as physical activity, eating habits, sleep, health symptoms and emotional well-being.
- Lead a healthy life—eat well, get regular physical activity, rest, limit alcohol intake, avoid tobacco and keep a positive attitude.

- Blood glucose is a screen for diabetes. The normal range for a fasting glucose test is 70-110. Your glucose is 90. If your results are out of range, please contact your physician to review your results.

As you work toward a healthier lifestyle using the tips we've outlined so far, chances are you'll start to feel better. And when you feel better, you're more productive - at work and at home.

## More Information...

See your physician and make sure you are up-to-date with your preventive service exams. Below is a summary of the how you're doing on some of the most important services. Items with a check mark are up-to-date, unchecked items are not.

	Organization	Website
<input checked="" type="checkbox"/> Blood pressure	U.S. Department of Health and Human Services	<a href="#">healthfinder.gov</a>
<input checked="" type="checkbox"/> Colorectal cancer screen	Asthma and Allergy Foundation of America	<a href="#">aafa.org</a>
<input checked="" type="checkbox"/> Dental exam	800-7-ASTHMA	
<input type="checkbox"/> Flu shot (Influenza vaccine)	President's Council on Fitness, Sports & Nutrition	<a href="#">fitness.gov</a>
<input checked="" type="checkbox"/> Tetanus booster shot	U.S. Department of Health and Human Services	<a href="#">flu.gov</a>
	Helpguide	<a href="#">helpguide.org</a>

## How to use your report

Many things shape our viewpoints, including past experiences and values. Outlooks often change, and with them, our actions. If we base our outlook on knowledge and facts, we can make informed decisions on how to lead healthy, productive lives.

**How to be your healthy best**

1. **Decide** if you are ready to change.
2. **Choose one lifestyle action** you wish to improve if you are ready.
3. **Set goals** leading toward changing this behavior. Think of where, when and why you have this habit. (Example: "I snack at home after dinner because I sit and watch TV.")
4. **Work on one goal at a time.**
5. **Be realistic.** Set yourself up for success. Goals that you don't really care about or that are set too high may be unreachable. Then you may give up.
6. **Choose positive goals.** To stop snacking after dinner, plan a pleasant alternative such as taking a walk or talking to a friend. Add to your life rather than take away.
7. **Plan measurable goals.** If you start exercising, your first goal may be to walk three times a week for 20 minutes.

**To help you Stay on the Right Track**

1. Ask for encouragement. Tell friends, relatives and coworkers of your decision. Keep them informed of your efforts.
2. Work out a plan that fits your lifestyle.
3. Reward yourself after you successfully complete each goal.
4. Think positively. Don't give up!

## The Choice is Yours

By knowing your lifestyle habits, it is possible to calculate your health risks. The analysis of your risk values comes from several sources: mortality tables, research studies and your medical and family history that you provided in the Questionnaire. Statistical probabilities and your lifestyle choices generate your HRA Profile. Of course, there are some things you cannot change such as your family history, age or sex. But in other lifestyle areas, your positive efforts can make a difference. The good news is that as you improve your lifestyle choices, you improve your statistics. We cannot guarantee you will live longer, but you can get more out of life!