

HEALTH MONITOR™ Management Report



Prepared For:
ABC Company



Overall Wellness

Congratulations Jane, taking the Health Monitor™ is the first step toward making healthy lifestyle changes. The following is a report based on your answers and should be used to help get you started toward making some lifestyle changes. This report is not intended to substitute for a physician's exam and cannot diagnose illness or acute medical problems. It is intended to give you information about your health risks and help you develop an action plan to make healthy changes in your lifestyle.

Summex Confidentiality Pledge

Summex Corporation is an independent health and wellness services provider. The health information contained in this report is privileged and confidential. Summex will not release this information to your employer without expressed written permission from you.

If you have questions about this report, please call 1-800-488-3140 between 10am and 5pm EST; or, you may email help@summex.com.

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Your Score:79			
			
Extreme Risk	High Risk	Moderate Risk	Ideal Health

Extreme Risk: 67 and lower

High Risk: 68 - 78

Moderate Risk: 79 - 91

Ideal Health: 92 and higher

Your overall wellness score is 79

Your overall wellness score is based on risk factors that put you at risk for chronic conditions. Risk factors are either modifiable or non-modifiable. Modifiable risk factors are life habits that affect your health but are habits you can control, such as tobacco use, nutrition, and exercise. Non-modifiable risk factors are risk factors that affect your health but that you cannot control, such as family history, gender, and age.

Your score puts you in the moderate-risk category for chronic conditions. Your score is based mainly on modifiable risk factors. Although you are not considered high or extreme risk, it is important to focus on risk factors that could ultimately put you in those categories. Listed below are some risk factors that put you at increased health risk. Although you may have others, this report was designed to provide information about your highest risks. Pages 3 to 6 focus on these risks.

Health Habits to focus on:

1. Cholesterol
2. Blood Pressure
3. Nutrition
4. Alcohol Use

Personal Goal Diary

Barriers

The barriers that I have to reaching my goal include:

1. _____

2. _____

3. _____

4. _____

5. _____

Overcoming Barriers

The ways that I can overcome my barriers include:

1. _____

2. _____

3. _____

4. _____

5. _____

My personal goal is _____

I will accomplish this goal on _____

The steps that I will take to accomplish this goal are:

Date

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I will reward myself for accomplishing my goal by:

Copy this page and complete for every goal that you have. You will soon be on your way to leading a healthier life! **Good Luck!**

Personal Summary

Jane Doe

This is your Personal Health Monitor™ Summary. This provides you with a brief summary of your Health Monitor™ Questionnaire answers. You may want to provide a copy of this page to your doctor for review.

Biometric Information

	Recommended Values	Your Current Value
Weight (pounds)	124-155	123
BMI (Body Mass Index)	18.5 - 24.9	19.85
Blood Pressure	< 120/80	High (160/100 or higher)
Total Cholesterol	< 200 mg/dL	High (240 or higher)
LDL	< 100 mg/dL	NA
HDL	50 mg/dL or greater	NA
Triglycerides	< 150 mg/dL	NA
Fasting Glucose	70 - 110 mg/dL	NA
Body Composition	Refer to Chart on Weight Management Page	NA
Resting Pulse	60 - 85 bpm varies with age	NA

Nutrition Habits

How many servings of fruits and/or vegetables do you eat per day?	5-9 servings	5 Servings
How many servings of high fiber food do you eat everyday?	6 servings	5 Servings
How many servings of high fat foods do you eat per day?	< 2 servings	5 Servings

Exercise Habits

How many days per week do you participate in aerobic exercise?	4 or more days/week	5 Days/week
How many days per week do you participate in strength building exercise?	2 or more days/week	6 Days/week

Tobacco Use

Which statement best describes your smoking habit?	Never used	Never Used
On average, how many cigarettes do you smoke per day?	0	NA
On average, how many cigars or pipes do you smoke per day?	0	NA
On average, how often do you use smokeless tobacco per day?	0	NA

Alcohol Use

On average, how many alcoholic drinks do you consume per week?	< 7 for women < 14 for men	5
Have you had 5 or more alcoholic drinks in a single setting in the last 6 months?	No	Yes

Stress and Happiness

Are you satisfied with your job?	Strongly Agree	Neutral
Are you satisfied with your life?	Strongly Agree	Neutral
In the past year, has stress affected your health?	Strongly Disagree	Neutral
Do you receive support from family and/or friends?	Strongly Agree	Neutral

Cholesterol

Your Personal Results

Jane, you reported that you have high cholesterol. A cholesterol reading of below 200 is ideal for good health and disease prevention. Your overall cholesterol risk is best determined by evaluating both LDL (bad) and HDL (good) cholesterol levels. Lowering your cholesterol will significantly decrease your chances of developing heart disease.

You reported that your total cholesterol is high (240 or higher). This is considered high according to American Heart Association (AHA) guidelines.

The AHA recommends the following ranges:

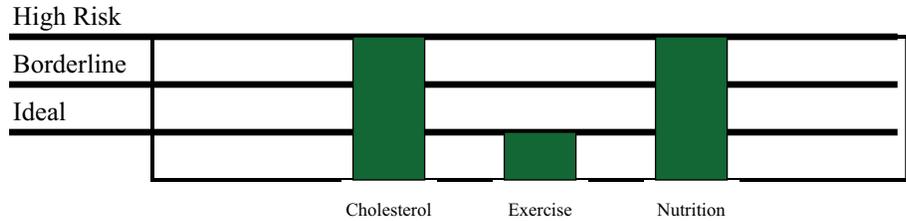
Total cholesterol (mg/dL)

Ideal: Less than 200

Borderline: 200 to 239

High: 240 or above

Since you reported that you have elevated cholesterol it is very important that you pay special attention to your cholesterol levels. If you are unable to lower your cholesterol levels by diet and exercise, see your doctor.



Controlling your Cholesterol An Action Plan for You:

Lower Total and LDL Cholesterol

LDL cholesterol, also known as bad cholesterol, is the main source of cholesterol buildup and blockage in the arteries. If too many LDL particles remain in the artery walls, your arteries will narrow, increasing your chances of developing coronary heart disease, heart attack or stroke.

- Limit saturated fat intake (animal fats).
- Avoid high-cholesterol foods, such as egg yolks and high-fat meat.
- Eat high-fiber foods, such as oatmeal, brown rice, fruits and vegetables.
- Achieve and maintain a healthy weight.
- Get regular aerobic exercise.
- Find time to relax and reduce stress.
- Consume alcohol in moderation.

Raise HDL Cholesterol

HDL cholesterol, also known as good cholesterol, protects against heart disease by taking cholesterol that has been deposited in your artery walls and transporting it to your liver for disposal.

- Achieve and maintain a healthy weight.
- Get regular aerobic exercise.
- Do not smoke.
- Find time to relax and reduce stress.

The AHA recommends the following ranges:

Total cholesterol (mg/dL)

Desirable: Less than 200

Borderline High: 200 to 239

High: 240 or above

LDL cholesterol (mg/dL)

Desirable: 100 or less

Borderline high: 101 to 159

High: 160 or above

HDL cholesterol (mg/dL)

Desirable: 60 or above

Borderline high: 40 to 59

High: 40 or less

Blood Pressure

Your Personal Results

Jane, you reported that you have elevated blood pressure. Lowering your blood pressure will significantly decrease your chances of developing heart disease, kidney disease, and sight complications. Simple lifestyle changes can reduce your blood pressure and help you live a longer, healthier life.

You reported that your current blood pressure is high (160/100 or higher). This is considered Stage 2 Hypertension according to the National Institutes of Health (NIH).

The National High Blood Pressure Education Program of the NIH classifies blood pressure as follows:

Normal:

Less than 120/80

Prehypertension:

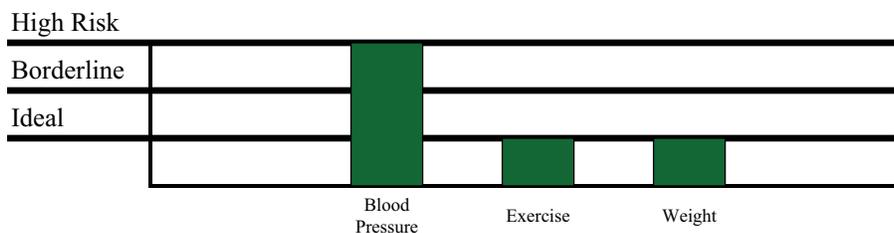
120 to 139 / 80 to 89

Stage 1 Hypertension:

140 to 159 / 90 to 99

Stage 2 Hypertension:

160/100 or above



7 Steps to Controlling Blood Pressure An Action Plan for You:

- 1. Maintain a healthy weight.** Being overweight increases your risk of having high blood pressure. As your weight increases, so does your blood pressure. Losing even a few pounds can help decrease your blood pressure.
- 2. Be physically active.** Physical activity is an important step in controlling your blood pressure. You should be physically active at a moderate level most or all days of the week. Examples of moderate exercise include biking, swimming, fast walking, and dancing. Choose activities you enjoy and try to find a workout buddy.
- 3. Follow a healthy eating plan, which includes foods low in salt.** Eating a healthy diet can reduce elevated blood pressure. One key to eating healthy is to reduce salt intake. People with high blood pressure should consume no more than one teaspoon of table salt per day.
- 4. Drink alcohol in moderation.** Alcohol consumption raises blood pressure and is high in calories, which can add to a weight problem. You should consume no more than one drink a day for women and two drinks a day for men.
- 5. Do not smoke.** If you smoke and have high blood pressure, you have a greater risk of having a stroke or heart attack. Stopping smoking can reduce your risk and provide better results from blood-pressure treatments.
- 6. Take time to relax.** Stress can increase blood pressure. Learn what makes you stressed and use stress-reduction techniques to control it. Find an activity or hobby that you enjoy to reduce your stress.
- 7. Take medications properly.** If you take blood pressure medication, take it as prescribed by your doctor. Never change or stop taking your medication without talking to your doctor. If you are on medications, it is also important to make lifestyle changes to enhance the effectiveness of the medication.

Ergonomics

For more information visit:
www.osha.gov

Ergonomics is the science of fitting job environments to the people who work in them. Poor ergonomically structured workstations can cause many forms of musculoskeletal disorders (MSD). Many MSD's can be reduced by properly designing the job or workstation and selecting the appropriate tools or equipment for the job.

Tips for a Comfortable Workstation:

Chairs should have an adjustable backrest to support the curve in your back and should swivel on the base.

Seat Height should be set so that when your fingers are on the middle row of keys on the keyboard, your wrists and forearms are in a straight line, parallel to the floor. If your feet dangle from your chair, use a footrest to relieve pressure on your thighs and reduce strain on your lower back.

Display Screens should be just below eye level. The distance from your eyes to the screen should be 18-24 inches.

Keyboards should be at a height that allows your wrists and forearms to be held in a straight line, parallel to the floor and your elbows should be held close to your sides. You may want to use a padded wrist rest in front of your keyboard.

Diabetes

For more information visit:

www.diabetes.org
www.cdc.gov/diabetes
www.niddk.nih.gov

Diabetes Risk Factors

- Family History
- Overweight
- African American
- Native American
- Hispanic

Managing Diabetes

- Daily injections of insulin are the basic therapy for type 1 diabetics.
- Injections must be balanced with meals and daily activities.
- Monitor glucose levels through frequent blood sugar testing.
- Diet, exercise, and blood testing are the basic management for type 2 diabetes.
- Type 2 diabetics can also take oral drugs or insulin to lower blood glucose levels.
- Take responsibility for day-to-day care.
- Consult your physician on a regular basis to monitor diabetes and check for complications.
- Write down the results of your blood tests every day in a record book.

Diabetes affects an estimated 16 million people in the United States. For some individuals diabetes can be controlled through diet and exercise. The following are tips for those with diabetes:

- Talk with your physician before starting an exercise program.
- Exercise helps insulin work better to lower blood sugar.
- Wear or carry an identification tag with you stating that you have diabetes.
- Test your blood sugar before, during and after exercise.

Sleep

For more information visit:

www.ninds.nih.gov
www.nhlbi.nih.gov

Amount of Sleep Needed

Infants	Teenagers	Adults
16 hours	9 hours	8 hours

- At least 40 million Americans suffer from chronic, long-term sleep disorders each year, and an additional 20 million experience occasional sleeping problems. These disorders interfere with work, driving and social activities.
- Experts say if you feel drowsy during the day, even during boring activities, you have not had enough sleep.

DO

- Exercise regularly, but not within 4 to 6 hours of going to bed.
- Take a nap during the day, but keep it brief and do it early in the day.
- Take a rest break if you feel tired while driving.
- Try to relax and let nature take its course. If that doesn't help you fall asleep, get up and move around. Go to another room and read, watch TV or listen to music.
- Go to sleep and get up at the same time each day, even on weekends and holidays.
- See a doctor for any medical conditions affecting your quality or quantity of sleep.

DON'T

- Use alcohol for at least 2 hours before bedtime. It may make you drowsy at first, but may disrupt sleep after a few hours.
- Over do your consumption of caffeinated beverages or over the counter medicines during the day.
- Use the bedroom to pay bills, watch television or discuss problems of the day.
- Smoke, especially before bedtime. Nicotine can disrupt sleep and reduce total hours slept.
- Think that sleep problems cannot be treated. In most instances, there are effective treatments for all types of people.

Weight Management

For more information visit:

www.eatright.org
www.shapeup.org

- Being overweight is a risk factor for heart disease. It increases your chance of developing high blood pressure.
- If you have to lose weight, do so slowly. Lose no more than 1/2 to 2 pounds per week.
- Make a goal of losing 10% of your current weight. This is the healthiest and offers the best chance of long-term success.
- To lose one pound per week, you would need to eat 500 calories a day less or burn 500 more calories a day.
- The best solution for weight loss is a combination of diet and exercise!
- Be sure to eat a healthy diet with a variety of foods.
- 30 minutes of moderate level activity every day will lead you to a desirable weight.
- A key measurement to determine if someone is over weight is Body Mass Index (BMI). To find your BMI use the following equation:

$$\left[\frac{\text{Weight (lbs.)}}{\text{Height (in)}^2} \right] \times 703$$

BMI does not take into consideration the differences in weight between lean muscle mass and body fat. Having both a healthy BMI and a healthy body fat range gives you the lowest chance of disease risk.

Healthy Body Fat Ranges

Age	Female	Male
18-39	21-32%	8-19%
40-59	23-33%	11-21%
60-79	24-35%	13-24%

Back Care

Lifting Techniques

- Lift only loads you can safely handle.
- Establish good footing.
- Keep the load close to your body.
- Bend at the knees as you grasp it.
- Get a full handgrip and keep your body erect.
- Lift smoothly by straightening the legs.
- When turning, shift the position of your feet rather than twisting your body at the waist.
- Reverse the procedure to set the object down.

Methods for Relieving Back Pain

Ice - Apply ice for 10 - 15 minutes every hour

Relax - Lie flat on your back with arms to the side

Pelvic Tilts - Lie with knees bent and slowly tighten stomach muscles

Walk - Take a short walk every three hours

For more information visit:

www.nlm.nih.gov/medlineplus/backpain.html

Ways to strengthen your back:

- Exercise aerobically for 20 to 30 minutes 3 to 5 days a week. Walking or cycling is a good activity to include in your exercise routine.
- Stretching daily will improve your strength and flexibility in your spine, which supports your lower back.

Stress Management

For more information visit:

www.stress.org

Stress is what happens to our body when any "pleasant" or "unpleasant" demand is placed upon it. Although we cannot avoid stress altogether, we can learn how to keep distress at a minimum.

DISTRESS			STRESS				DISTRESS		
1	2	3	4	5	6	7	8	9	10
With too little Stress we are: -bored -tired -restless -prone to illness			With the right amount we are: -productive -energetic -creative -healthy				With too much we are: -burned out -tired -exhausted -irritable -prone to illness		

Listen to your body to avoid bigger problems.

Signs of stress include tense shoulders and muscles, sweaty palms, and/or talking too much. If not taken care of you may start to experience headaches, fatigue, ulcers, or other problems.

Additional signs include:

- Sighing
- Dry mouth
- Indigestion
- Skin problems
- Leg wagging
- Depression
- Nail biting
- Hair twirling

Make changes such as:

- Exercise
- Cut back on social events
- Find time to be alone
- Find time to do what you like
- Limit rushing around
- Try new things
- Meet new people
- Get organized
- Laugh
- Eat right
- Say "no" to things you cannot manage
- Pace yourself

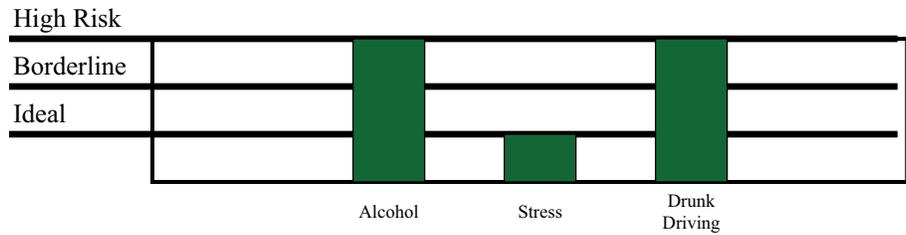
Alcohol Use

Your Personal Results

Jane, you indicated that you drink alcohol in quantities somewhat greater than those considered moderate and that you are interested in quitting in the next month. Trying to cut back or quit can be challenging, but you have made the right decision to consider accepting this challenge. Ask for support from others and start thinking about the first steps you would like to take. You are on your way!

You reported that you consume an average of 5 alcoholic beverages per week.

The National Institute of Alcohol Abuse and Alcoholism recommends that women have less than 5 drinks in a single setting and less than 7 alcoholic beverages per week.



Where Should I Set My Limits?

In general, safe alcohol consumption is:

- no more than two drinks a day for men; and
- no more than one drink a day for women and people over 65.
(A drink equals 12 ounces of regular beer, five ounces of wine, and 1.5 ounces of 80-proof distilled spirits.)

Take the First Step

An Action Plan for You:

1. Talk to an EAP counselor about available services.
2. Talk with your doctor about your desire to reduce your alcohol consumption.
3. Seek support from family and friends.
4. Set an attainable goal and a reasonable time period to reach it.
 - When is your start date?
 - What attempts have you already made?
 - Create a personal plan with rules and guides:
 - Write down the situations that put you at risk for a relapse.
 - Prepare yourself to manage stressful situations.
 - Make this change a priority in your life.
5. Contact your local alcohol treatment center. They are listed in the phone book in the government section.
6. Contact Alcoholics Anonymous or attend a meeting.

For more information visit:

www.cfsan.fda.gov

www.vrg.org

www.eatright.org

www.ama-assn.org

www.americanheart.org

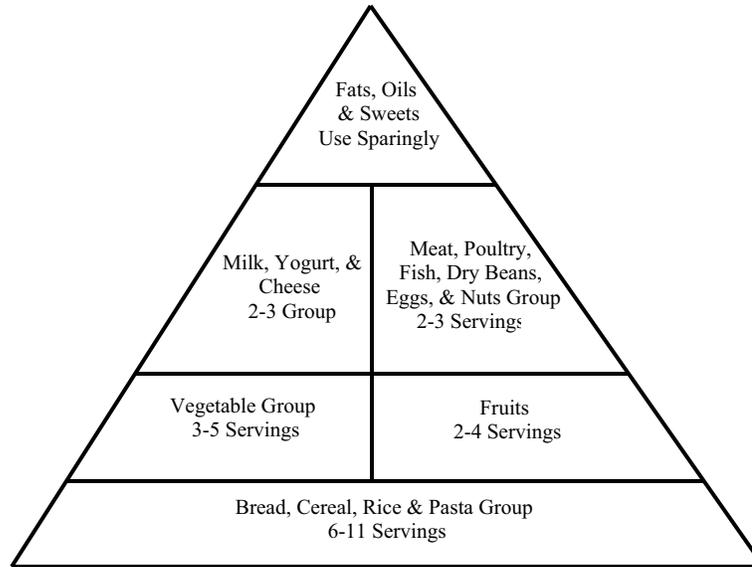
Fat Saving Solutions

Instead of...	Use...
Whole Milk	Skim or 1%
Mayonnaise	Nonfat or light mayonnaise or salad dressing
1 whole egg	1/4 cup egg substitute or 2 egg whites
Cheese	Low fat cheese
Sour cream	Nonfat or low fat sour cream
Fat for "greasing" pan	Nonstick cooking spray

What is a serving?

Meat, Poultry, Fish	2-3 oz. of lean meat or fish (the size of a deck of cards)
Dry Beans, Eggs, Nuts	1 egg, 1/2 cup cooked beans, 2 tbs. seeds or nuts
Milk, Yogurt, Cheese	1 cup of milk or yogurt
Fruits	1 medium apple, banana or orange, 1 melon wedge, 1/2 cup chopped fruit or berries, 1/4 cup fruit juice
Vegetables	1 cup raw leafy greens, 1/2 cup other vegetables
Bread, Cereal, Rice, Pasta	1 slice of bread, 1 oz. of ready to eat cereal, 1/2 cup cooked cereal or pasta
Fats, Sweets, Oils	Eat sparingly

A Guide to Daily Food Choices



The Food Guide Pyramid shows the five major food groups. You should center your diet around this guide in order to have a balanced, nutritional diet. You need to focus on the food groups starting at the bottom and working your way up to the top, getting the recommended number of servings.

Food Labels help you keep track of the fat and calories in your diet. When grocery shopping, read food labels to determine whether the food is nutritious. The following is a sample food label. The labeling guidelines call for standardized serving sizes for 131 classes of food and are stated in common household measures.

Nutrition Facts

Serving Size 1 cup (228g)			
Serving Per Container 2			
Amount Per Serving			
Calories 250	Calories from fat 109		
% Daily Value			
Total Fat 12g	18%		
Saturated Fat 3g	15%		
Cholesterol 30 mg	10%		
Sodium 470 mg	20%		
Total Carbohydrates 31g	10%		
Dietary Fiber 0g	0%		
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
Percent daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25mg	30g

Standard servings in a package.]

Total Calories in one serving.]

Calories from fat in one serving.]

The amount of a particular nutrient in one serving.]

The percent Daily Value for vitamin A and C, calcium and iron.]

Determines your daily dietary allowances.]

Label Reading Tips

1. Read nutrition information. Look for the amounts of saturated fat, total fat, cholesterol, and calories in a serving of a product.
2. Look at the ingredients. All food labels list the products ingredients by weight. The ingredient in the greatest amount is listed first.
3. Know what the claims mean. Foods mean what they say. "Low-fat" foods must contain less than three grams of fat per serving. "Light" foods must contain 1/3 fewer calories than the regular version. "Fat-free" foods often contain high amounts of added sugars and sodium for flavor.

Exercise

For more information visit:
www.americanheart.org
www.justmove.org
www.cdc.gov
www.shapeup.org

Benefits of Exercise

- Reduces the risk of diabetes, premature death, heart disease, high blood pressure, and colon cancer
- Maintains weight
- Improves blood cholesterol levels, ability to fall asleep quickly and sleep well, self-image, and mental health
- Boosts energy level
- Helps manage stress
- Releases tension
- Counters anxiety and depression and increases enthusiasm and optimism
- Improves health of bones and muscles
- Increases muscle strength
- Helps older adults become stronger as well as helping to delay or prevent chronic illness and diseases associated with aging
- Helps to maintain quality of life and independence longer

How Many Calories Do I Burn Per Hour When I ...

- Sit, watching TV -- 100
- Stand -- 140
- Make the bed -- 135
- Rake Leaves -- 225
- Garden -- 300-450
- Badminton -- 350
- Basketball -- 360-660
- Bowling -- 400
- Calisthenics, light -- 360
- Calisthenics, heavy -- 600
- Rowing Machine -- 840
- Skating, fast -- 700
- Softball -- 280-400
- Volleyball -- 300

Aerobic vs. Strength Training

Strength training increases muscle strength.

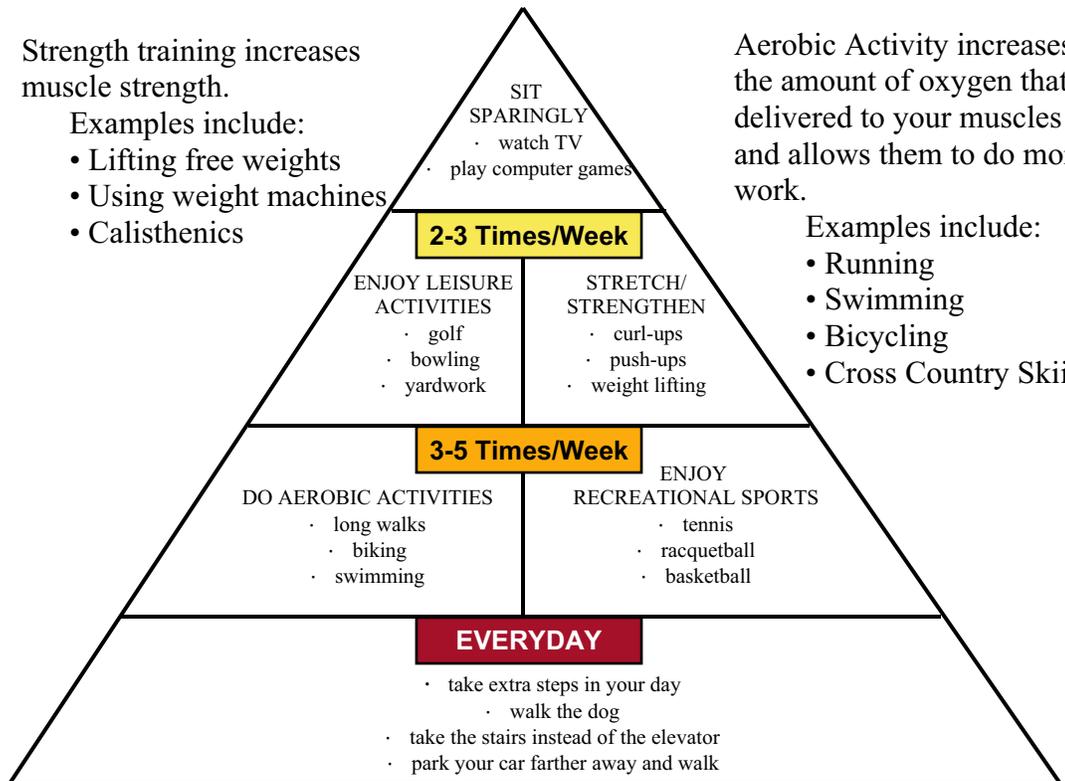
Examples include:

- Lifting free weights
- Using weight machines
- Calisthenics

Aerobic Activity increases the amount of oxygen that is delivered to your muscles and allows them to do more work.

Examples include:

- Running
- Swimming
- Bicycling
- Cross Country Skiing



Start your activity plan with the daily activities at the base of the pyramid. Enhance your fitness by choosing other activities on the pyramid. Move more, sit less.

Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Vigorous Effort
<ul style="list-style-type: none"> • Strolling • Dusting 	60 minutes • Light walking • Volleyball • Easy Gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water Aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	
How does it feel? How warm am I? What is my breathing like?				
<ul style="list-style-type: none"> • No change from rest state • Normal breathing 	<ul style="list-style-type: none"> • Starting to feel warm • Slight increase in breathing 	<ul style="list-style-type: none"> • Warm • Greater increase in breathing rate 	<ul style="list-style-type: none"> • Quite warm • More out of breath 	<ul style="list-style-type: none"> • Very hot/perspiring heavily • Completely out of breath
Range Needed To Stay Healthy				

Source/ Canadian Society for Exercise Physiology

- Exercise Goals
- Before starting an exercise program, consult your physician.
 - Start with activities of low intensity, frequency, and duration.
 - Be sure to warm up and cool down.

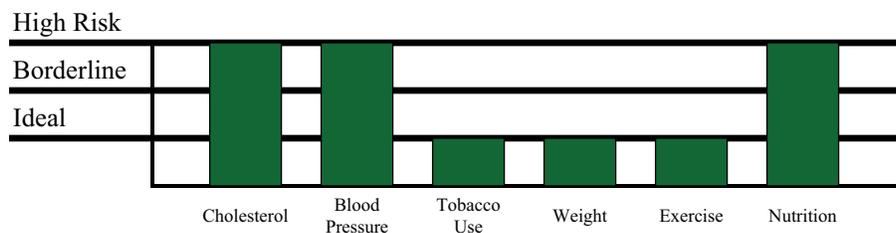
Heart Health

Your Personal Results

Jane, this report is designed to help you take charge of your heart health. Start by becoming aware of your risk factors and behavioral habits that are increasing your chances of developing heart disease. Making heart-healthy lifestyle choices is your best defense against heart disease.

For good heart health it is recommended that you be up to date on all of your heart health preventive screenings. You are currently over due for the following screenings:

Physical exam
Blood pressure
Cholesterol blood test



Risk Factors For Heart Disease

You are currently at high risk for heart disease. You can make a difference! The more risk factors you control, the lower your risk for developing heart disease. Risk factors fall into two categories: uncontrollable and controllable. Uncontrollable risk factors are the conditions you cannot change. Controllable risk factors are the behavioral choices you make about lifestyle that affect your health. Focus on lifestyle changes that will positively impact your risk factors. Listed below are the ones you can improve.

Controllable Risk Factors

- ✘ Cholesterol
- ✘ Blood pressure
- ♥ Tobacco use
- ♥ Weight/BMI
- ♥ Physical activity
- ♥ Diabetes
- ✘ Nutrition
- ✘ Preventive care
- ♥ Stress

Uncontrollable Risk Factors

- ♥ Family history
- ♥ Gender
- ♥ Age

✘ = A risk factor for you

♥ = Not a risk factor for you

Preventing Heart Disease

An Action Plan for You:

1. Assess your risk factors.
2. Determine which factors you can control through lifestyle change.
3. Target your controllable risk factors and reduce risk through prescribed behavior change.

Heart Health

Recommended Ranges for Good Heart Health

Blood Pressure

Ideal/low risk: Below 120/80

Borderline high: 120 to 139/80 to 89

High: Over 140/90

Weight/BMI

Ideal/low risk: 18.5 - 24.9

Borderline high:

25 to 29.9 = Overweight

High: 30 and above = Obese

Physical Activity

Ideal/low risk:

4 + days a week aerobic exercise

Borderline high:

1 to 3 days a week aerobic exercise

High:

0 days a week aerobic exercise

Tobacco Use

Ideal/low risk: tobacco-free

High: tobacco user

Cholesterol

Ideal/low risk: Below 200

Borderline high: 200 to 239

High: 240 or above

Assessing Your Controllable Risk Factors

Your Cholesterol level is high (240 or higher).

As your blood cholesterol rises, so does your risk of heart disease. This risk increases even more when other risk factors such as high BMI, smoking, or high blood pressure are present. A person's cholesterol level is affected by age, gender, heredity, and diet. Make an effort to reduce your cholesterol, as well as any other controllable risk factors that you have. See your physician to discuss lifestyle modifications or cholesterol reducing medications that will help decrease your risks for cardiovascular disease.

Your blood pressure is high (160/100 or higher).

Elevated blood pressure is a serious condition that increases your risk of developing heart disease. High blood pressure often has no physical symptoms, so it is critical that you continue to monitor it. Steps for reducing your blood pressure are included in this report. See your doctor to discuss other alternatives and/or prescription medications you may need in addition to lifestyle modification.

Your eating habits do not meet recommendations.

You currently eat 5 Servings of fruits and/or vegetables, 5 Servings of fat and 5 Servings of fiber a day. A heart healthy diet should include five or more fruits and vegetables, six servings of fiber, and less than two servings of fat each day. Eating a diet low in saturated fat combined with the recommended amount of fruit, fiber and vegetables can lower cholesterol levels and greatly reduce your risk of heart disease. Your doctor or dietitian can help you design a heart-healthy eating plan.

You are not currently compliant with heart health preventive screening recommendations.

About half of all deaths from heart disease are sudden and unexpected, so there's little opportunity for treatment. For people at increased risk for cardiovascular disease, prevention is the key. By following the recommendations for preventive care listed in the back section of this report, you can reduce your risk for heart disease and other complications.

A regular dose of aspirin may reduce your risk for heart disease.

There is strong evidence of the benefits in aspirin not only in reducing the risk of recurrent heart attacks and angina, but also in preventing heart disease. Regular aspirin use in people with heart disease has been shown to reduce the risk of blood clots that can block a heart artery and trigger a heart attack. The American Heart Association recommends taking an aspirin a day but warns that you should first consult your doctor due to the risk of peptic ulcers, gastrointestinal bleeding and allergic reactions.

Individual Health Report Hot Topics

Dimensions of Health and Wellness

Social - emphasizes the interdependence with others.

Emotional - includes the degree to which one feels positive and enthusiastic about oneself and life.

Spiritual - involves seeking meaning and purpose in one's life.

Environmental - explores the world we live in seeking harmony with our surroundings.

Intellectual - encourages creativity and stimulates mental activity.

Physical - encourages physical activity that promotes cardiovascular fitness, flexibility and strength.

Health is a state of physical, mental and social well-being accompanied by freedom from illness or pain. All the dimensions above are important components to maintaining your health. Keep these in mind while considering the information that has been provided to you in your Individual Health Report.

Disease Prevention

For more information visit: www.cdc.gov

Blood Pressure Test checks two kinds of pressure within the blood vessels. High blood pressure is a symptomless disease that can lead to a heart attack and/or a stroke.

Vision Test checks for marked changes or degeneration of eye functioning.

Pap Smears are used to detect early signs of cervical cancer, uterine cancer, and herpes.

Mammography is an x-ray to detect breast tumors or problems.

Professional Breast Exams are done by a physician or nurse to examine the breasts for signs of abnormalities.

Digital Rectal Exams check for early signs of colorectal and/or prostate abnormalities including cancer.

Stool Blood Tests check for early signs of colorectal abnormalities including cancer.

Sigmoidoscopy checks for early signs of colorectal abnormalities and cancer.

Cholesterol Blood Test checks the level of fatty deposits in the blood. High cholesterol levels are linked to heart disease.

Glaucoma Screening checks for increased pressure in the eye. Glaucoma can lead to blindness if not treated.

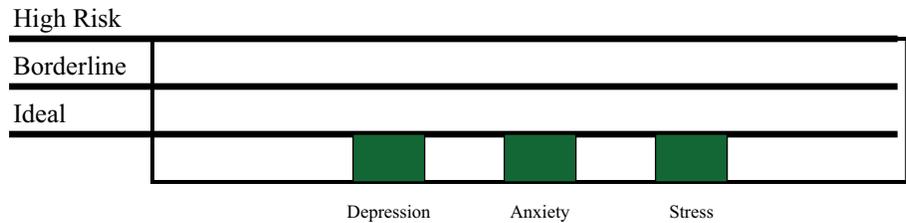
Preventive Screening Schedule

Health Test	Age 20-29	Age 30-39	Age 40-49	Age 50 +
Blood Pressure	1-2 years	1-2 years	1-2 years	1-2 years
Pap Test	Yearly	Yearly	Yearly	Yearly
Mammogram			1-2 years	1-2 years
Breast Self-Exam	Monthly	Monthly	Monthly	Monthly
Professional Breast Exam			Discuss with doctor	Discuss with doctor
Testicular Self-Exam	Monthly	Monthly	Monthly	Monthly
Sigmoidoscopy				3-5 years
Cholesterol Test	3-5 years	3-5 years	3-5 years	3-5 years
Digital Rectal Exam			Yearly	Yearly
Stool Blood Test				Yearly
Physical Exam	2-3 years	2-3 years	2-3 years	1-2 years
Vision	3-5 years	3-5 years	3-5 years	3-5 years
Glaucoma Screening				2-3 years
Regular Dental Checkup	Yearly	Yearly	Yearly	Yearly
Diabetes			3-5 years	3-5 years

Mental Health: Depression

Your Personal Results

Jane, you reported on your questionnaire that in the past year, you have not experienced serious signs of depression. This is great news! Good mental health is an important part of overall well-being. Maintaining your strong mental health status will help you avoid serious health problems and live a longer, healthier life.



Approximately 18 million American adults suffer from a depressive illness each year. Being aware of the signs and symptoms will not only help you maintain positive mental health, but it may aid others you care about who may develop or show signs of depression.

Depression Signs and Symptoms:

- Persistent sad, anxious or “empty” mood
- Feelings of hopelessness and guilt
- Loss of interest or pleasure in things you once enjoyed
- Decreased energy (fatigue)
- Insomnia, early-morning awakening, or oversleeping
- Change in appetite; weight loss or gain
- Difficulty concentrating

Maintaining your Mental Health:

You are currently not experiencing any symptoms of depression, but good mental health, like good physical health, needs proper daily maintenance. Due to the everyday pressures of life, it is important to keep the following action steps in mind:

- Practice relaxation therapy, like deep breathing, meditation or journaling.
- Get regular, moderate exercise most or all days of the week.
- Confide in friends and those close to you.
- Find a healthy balance between work and the things you enjoy.
- Keep life’s difficulties in perspective.
- Seek the help of your doctor or mental health professional if depression symptoms become a problem.

For more information on depression, visit:
National Institute of Mental Health at www.nmha.org

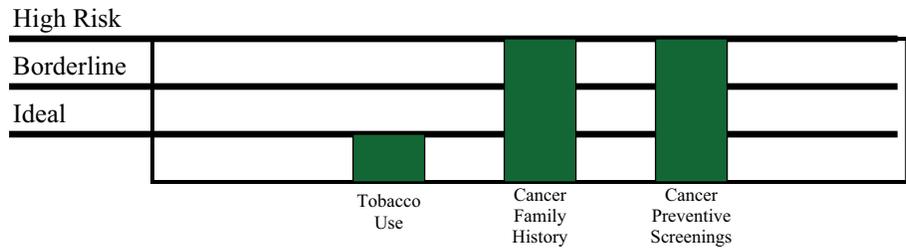
Cancer Risk

Your Personal Results

Jane, your risk factors indicate that you are currently at high risk for developing cancer. The good news is that you can prevent and decrease your chances of developing many types of cancer through lifestyle change and behavior modification. Identify your controllable risk factors, create a detailed plan for change, and actively take charge of your health and your future.

To reduce your risk for cancer it is recommended that you be up to date on all of your cancer prevention screenings. You are currently overdue for the following screenings:

Annual Pap Test
Monthly Breast Self Exam



Decreasing Cancer Risk: An Action Plan for You

1. Assess your risk factors.
2. Determine which factors you can control through lifestyle changes.
3. Target your controllable risk factors and reduce risk through prescribed behavior.

Controllable Risk Factors

- ♥ Tobacco use
- ✕ Nutrition
- ✕ Alcohol abuse
- ♥ Weight/BMI
- ✕ Preventive care
- ♥ Physical activity

Uncontrollable Risk Factors

- ♥ Age
 - ♥ Personal and family history
- ✕ = A risk factor for you
♥ = Not a risk factor for you

Alcohol Abuse

Alcoholic drinks increase the risk of cancers of the mouth, pharynx, larynx and esophagus. The risk of upper respiratory tract cancers is greatly increased if drinkers also smoke. Alcohol also increases the risk of liver, colon, rectal and breast cancers. One thing you can do is choose not to drink alcoholic beverages, or choose to drink them only in moderation - no more than two drinks per day for men and one for women.

Nutrition

About one third of cancer deaths are due to a poor diet. Many dietary factors can affect cancer risk. These factors include types of foods, food preparation methods, portion sizes, food variety, and overall caloric balance. You can reduce your cancer risk with an overall dietary pattern that includes a high proportion of plant foods (fruits, vegetables, grains and beans), and limited amounts of meat, dairy and other high-fat foods. Follow the Food Guide Pyramid to help reduce your risk of cancer.

Preventive Screenings

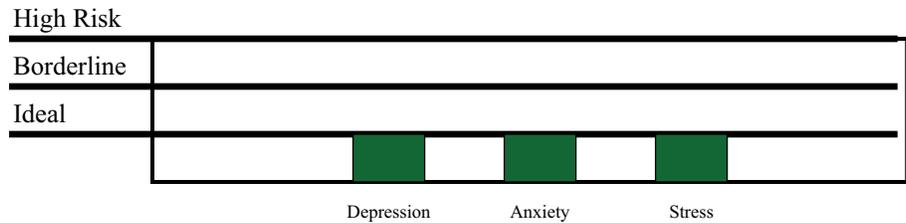
Cancer prevention is critical in reducing cancer-related suffering and death. By following the preventive screening recommendations in the back section of this report, you can increase your chances of preventing and surviving the devastation of cancer. Early detection reduces the risk of death from cancer.

Mental Health: Stress

Your Personal Results

Jane, according to your questionnaire, you have not had any serious problems with stress in the past year. It is great that you have the stressors in your life under control. Stress is a state of tension created by the demands and pressures that come from work, family and other external and internal sources. Most people experience some form of stress on a daily basis, and this is a normal part of life. Not all stress is bad, but high levels of stress can be harmful to your health if not controlled. Even though you did not indicate that you have high amounts of stress, stress management is one area that we could all use a little help with.

You also reported that you sometimes use stress-reducing techniques. It is recommended that you use stress-reducing techniques often in order to ward off the negative effects of stress.



If left unchecked, stress can have negative effects on your health and lead to health problems, including back pain, insomnia, high blood pressure, heart disease, and a lowered immune system.

Manage Stress Better:

- Become aware of stressors and your emotional and physical reactions.
- Recognize what you can change.
- Reduce the intensity of your emotional reactions to stress.
- Learn to modify your physical reactions to stress.
- Build your physical reserves.
- Maintain your emotional reserves.

Stress Signs and Symptoms:

- Sleep difficulties
- Overeating or loss of appetite
- Irritability, impatience, anger or hostility
- Worry, anxiety or panic
- Tiredness, fatigue or lethargy
- Increased heart rate
- Rapid breathing
- Lack of concentration

For more information on stress, visit:

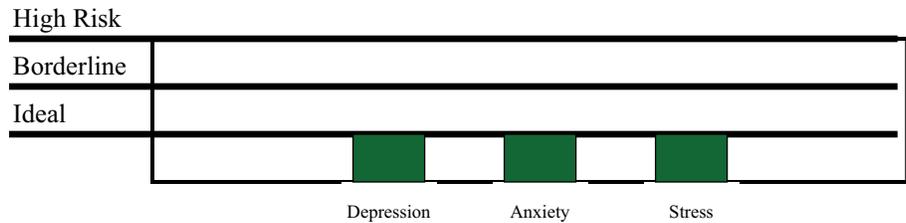
The American Institute for stress at www.stress.org or the National Mental Health Association at www.nmha.org

Mental Health: Anxiety

Your Personal Results

Jane, you reported on your questionnaire that in the past year, you have not suffered from persistent or troublesome anxiety.

Understand that most people experience a certain amount of anxiety and fear in their lifetimes and this is a normal part of life. Anxiety and/or fear can be brought on by many different life events and often goes undiagnosed. Your anxiety levels are under control, but life is constantly changing. It is important to be able to recognize the symptoms and know when and how to seek help to maintain the balance you have achieved.



Anxiety disorders are highly treatable, yet only about one-third of those suffering from an anxiety disorder receive treatment.

Anxiety Signs and Symptoms:

- Tense muscles, headaches, tightness in the chest, and pain in the neck, shoulders or back
- Feelings of terror that strike suddenly and repeatedly with no warning
- Anxious thoughts or rituals you feel you cannot control
- Persistent, frightening thoughts following a life event
- Sleeplessness and general persistent agitation
- Excessive self-consciousness in social settings
- Days filled with exaggerated worry and tension

Maintaining your Mental Health

Maintaining your mental health is as important as caring for your physical health. Good mental health will enable you to live a happy, prolonged life. Mental well-being plays a big part in the avoidance and treatment of potential health problems, so keep up the good work and follow these simple steps to relieve any anxious feelings that you may experience:

- Practice relaxation therapy, like deep breathing, meditation or journaling.
- Get regular, moderate exercise most or all days of the week.
- Confide in friends and those close to you.
- Find a healthy balance between work and the things you enjoy.
- Keep life's difficulties in perspective.
- Seek the help of your doctor or a mental health professional if anxiety symptoms become a problem.

For more information on anxiety, visit:

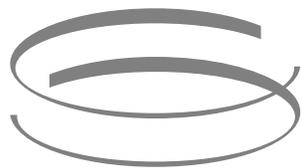
Anxiety Disorders Association of America at www.adaa.org or

The National Institute of Mental Health at www.nimh.gov

rpt330525



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