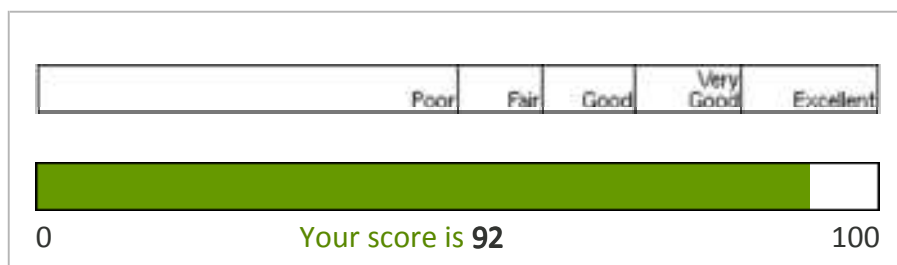




Top 3 areas to improve or maintain your health right now!

Physical Activity  
Weight  
Blood Pressure

### Wellness Score



Your Wellness Score comes from the information you gave on your HRA. Improving your health and updating your routine preventive services will improve your score in the future.

Age: 47  
Sex: Male

#### What you're doing well:

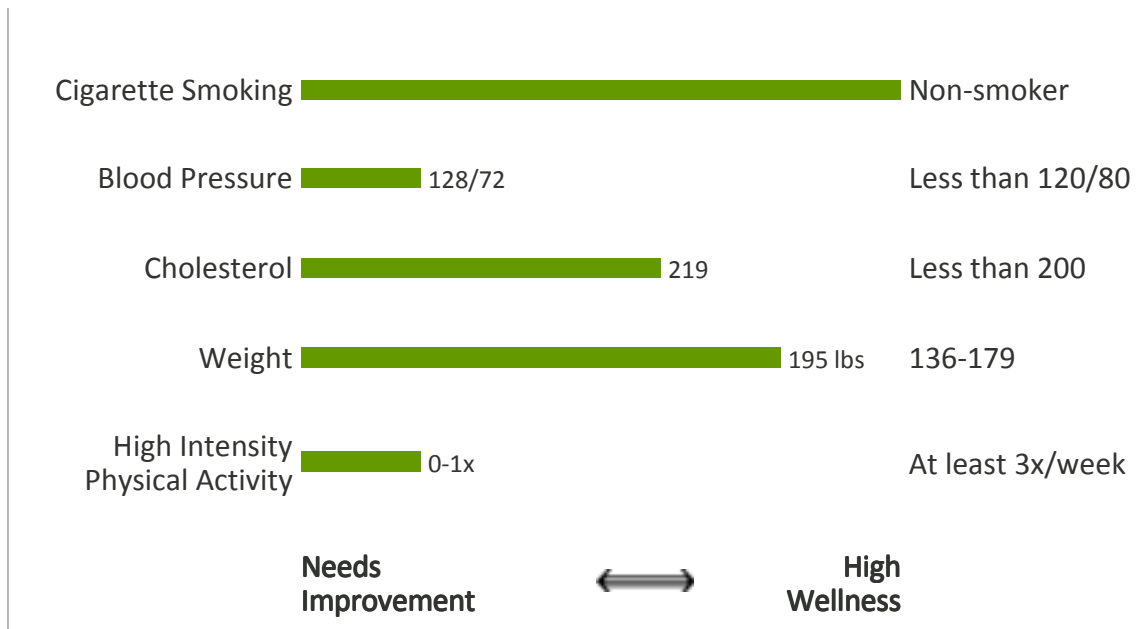
- You do not use tobacco.
- You drink little or no alcohol.
- Your diastolic blood pressure is under 80.
- You use a safety belt all the time.
- You eat a low fat/low cholesterol diet.
- You have good overall physical health.
- You have a positive outlook on life.
- You have a low stress level.
- You have your routine preventive services.

#### What you can do better:

- Decrease your systolic blood pressure to 119 or less.
- Stay within your healthy weight range.
- Increase your physical activity level.
- Decrease cholesterol level to 199 or less.
- Improve your HDL cholesterol level.

### Heart Health

HEALTH MEASURES	TARGET
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## Your Health Analysis

Conditions <small>are based on people of your age, sex and risk.</small>	Now	Goal
<b>Heart problems</b>		
Blood pressure	128/72	Less than 120/80
Diabetes	Do not have diabetes	Maintain healthy lifestyle
Weight	195 lbs	136-179 lbs
Cholesterol	219	Less than 200
HDL	54	60 or above
Exercise	<1 times per week	Exercise frequently
Cigarette smoker	Non-smoker	Non-smoker
<b>Traffic accident</b>		
Drunk drive/ride	None	No drunk driver/ride
Miles driven per year	30,000+ car	Drive defensively
Safety belt usage	100%	100%
Speed limit	6-10 mph over limit	Within 5 mph of limit
<b>Colon cancer</b>		
Colon cancer screen	Never	Have a regular exam

**Stroke**

Blood pressure	128/72	Less than 120/80
Cigarette smoker	Non-smoker	Non-smoker
Diabetes	Do not have diabetes	Maintain healthy lifestyle

**Cirrhosis of liver**

Alcohol	0 drink(s) per week	None to 2 drinks a day
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**Diabetes mellitus**

Diabetes	Do not have diabetes	Maintain healthy lifestyle
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**Physical Activity**

**Where you are**

High intensity: <1  
time/week  
Moderate/light: none

**Your target**

30 minutes, most days per  
week

Get moving. The greatest health benefit occurs when you move from being totally inactive to being physically active.

- Physical activity can improve your mental alertness, help you sleep better and help you cope with stress.
- Aim for exercise that totals 30 minutes on most days for good health.
- Activities include walking, swimming, cycling and "lifestyle" activities such as work on the house and yard.
- Do strength training two times a week to keep muscles toned, to improve balance, to preserve bone density and to improve endurance. Sit-ups and push-ups are a start.
- Regular stretching increases flexibility.
- Exercise with a friend, family member or co-worker to keep on track.
- Consult your physician before you start.
- Increase your activity slowly over time when starting a new exercise program. Start low and go slow!

**Weight/Nutrition**

**Where you are**

195 pounds

**Your target**

136-179 pounds

Maintaining a healthy weight reduces the risk of heart disease, stroke, high blood pressure, gallbladder disease and diabetes. Too much weight stresses your heart, muscles and joints.

- As you grow older you may require fewer calories per day. However, you continue to need nutrients.
- Talk to your doctor for guidance.
- Combine better nutrition with increased physical activity. Eat less and move more.
- Eat a variety of foods in moderation.
- Aim to lose 1-2 pounds per week.
- Eat regularly and keep healthy snacks available. Choose fresh fruit for dessert or a snack.
- Substitute fish, poultry or dried beans for meat entrees as often as possible.

Your goal is the healthy weight range for men and women set by national guidelines.

## Blood Pressure

Where you are

128/72

Your target

Less than 120/80

Recheck your blood pressure in the next few weeks to confirm your reading. High blood pressure is a major risk factor for heart disease, stroke, kidney failure and vision problems, and it often has no symptoms.

- Check and monitor your blood pressure regularly.
- Consult your doctor about the cause of your high blood pressure and ways to control it.
- Avoid activities like heavy lifting which cause you to strain and hold your breath.
- Learn and practice ways to manage anger and stress.

Lifestyle factors such as overweight, no physical activity, alcohol use and smoking could lead to high blood pressure.

## Cholesterol

Where you are

Cholesterol: 219  
 HDL: 54  
 LDL: 149  
 Triglycerides: 80

Your target

Cholesterol less than 200  
 HDL 60 or above  
 LDL less than 100  
 Triglycerides less than 150

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.
- A high level of LDL cholesterol (the bad cholesterol) means there is a higher risk of heart disease.
- High triglyceride levels can result if you are overweight, drink excessive alcohol, or have diabetes or other disorders.

## 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 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.

## 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 the 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.

## Alcohol

Where you are

0 drink(s) per week

Your target

None to 2 drinks a 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

100%

Your target

100% safety belt use

Congratulations for deciding to wear your safety belt.

- Don't drink if you plan to drive and don't drive after drinking.
- 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.

## Managing Your Health

You reported no diseases or health problems.

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!

- Schedule an annual physical exam and regular check-ups. They could save your life! Early detection of a disease or illness increases your chance of a positive outcome.
- Inform all doctors (including your dentist) about your medications and nutritional supplements to make sure they are being used appropriately.
- 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, be physically active, limit alcohol intake, avoid tobacco and keep a positive outlook. Be the best you can be!
- You reported you do not floss everyday. Brushing, as well as flossing your teeth once a day, is important for healthy teeth and gums.
- You reported you do not wear sunscreen or adequate clothing when in the sun all of the time. Sun exposure speeds up the aging process and is the leading cause of skin cancer. If you must be in the sun, use a sunscreen of at least SPF 15 and avoid the sun when it is most intense.
- Blood glucose is a screen for diabetes. The normal range for a fasting glucose test is 70-110. Your glucose is 92. If your results are out of range, please contact your physician to review your results.

## Life Satisfaction

Even if you are satisfied with your life, there are ways to avoid an unbalanced life in the future. Balancing your life leads to better health, higher life satisfaction and improved family relationships.

- Watch out for thinking everything has to be done perfectly.
- Set priorities and decide what does or does not need to be done.
- Positive thinking is good for your physical and mental well-being.
- Find ways to continuously improve the quality of your relationships with family and with others.
- Set aside time for relaxation.

***You can reach your health goals!***

## More Information . . .

See your physician and make sure you are up-to-date with your preventive service exams.

- Tetanus booster shot
- Cholesterol test
- Blood pressure
- Dental exam

( = Good job, you're up-to-date! )

*Other generally recommended services for your age and sex:*

Measles-Rubella vaccine   Eye exam for glaucoma

**S** Seek expert assistance in making and maintaining a positive lifestyle. Call the health promotion department at your work or in your community.

Department of Health and Human Services   877-696-6775   [www.healthfinder.gov](http://www.healthfinder.gov)

The Health Risk Appraisal is not a substitute for a medical exam. If you have any health concerns or if the report raises questions, please consult your physician or health professional to review the results with you.

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