Wellness Score

Current Score 84
Previous Score 03/08/2005 77

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.

What you're doing well:
- You do not use tobacco.
- You drink little or no alcohol.
- You use a safety belt all the time.
- You eat a high fiber diet.
- You have a positive outlook on life.
- You have a low stress level.
- You have your routine preventive services.

What you can do better:
- Lower your blood pressure to under 120/80.
- Stay within your healthy weight range.
- Increase your physical activity level.
- Eat less dietary fat/cholesterol.
- Talk to your health professional about your health concerns.
- Decrease cholesterol level to 199 or less.

Age: 37
Sex: male
00000000
February 23, 2007
# Heart Health

## Health Measures

<table>
<thead>
<tr>
<th>Measure</th>
<th>Needs Improvement</th>
<th>High Wellness</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarette Smoking</td>
<td></td>
<td></td>
<td>Non-smoker</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>134/80, 152/84</td>
<td></td>
<td>Less than 120/80</td>
</tr>
<tr>
<td>Cholesterol</td>
<td></td>
<td>202</td>
<td>Less than 200</td>
</tr>
<tr>
<td>Weight</td>
<td>257 lbs, 260 lbs</td>
<td></td>
<td>Ideal 140-184 lbs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Goal 184-220 lbs ★</td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
<td>1-2x</td>
<td>At least 3x/week</td>
</tr>
</tbody>
</table>

★ Based on your present weight, your current goal is the first stage in reaching the healthy weight for men and women set by national guidelines.

## Health Analysis

### Conditions

**Heart problems**
- Blood pressure
- Diabetes
- Weight
- Cholesterol
- HDL
- Exercise
- Cigarette smoker

**Traffic accident**
- Drunk drive/ride
- Miles driven per year
- Safety belt usage
- Speed limit

**Cirrhosis of liver**
- Alcohol

**Diabetes mellitus**
- Diabetes

**Stroke**
- Blood pressure
- Cigarette smoker
- Diabetes

### Now

- **Heart problems**
  - Blood pressure: 134/80
  - Do not have diabetes
  - 257 lbs
  - 202
  - 38
  - 1-2 times per week
  - Non-smoker

- **Traffic accident**
  - None
  - 15-19,999 car
  - 100%
  - 6-10 mph over limit

- **Cirrhosis of liver**
  - Alcohol

- **Diabetes mellitus**
  - Do not have diabetes

- **Stroke**
  - Blood pressure: 134/80
  - Non-smoker
  - Do not have diabetes

### Goal

- **Heart problems**
  - Less than 120/80
  - Maintain healthy lifestyle
  - 184-220 lbs ★
  - Less than 200
  - Greater than 40
  - Exercise frequently
  - Non-smoker

- **Traffic accident**
  - No drunk driver/ride
  - Drive defensively
  - 100%
  - Within 5 mph of limit

- **Cirrhosis of liver**
  - None to 2 drinks a day

- **Diabetes mellitus**
  - Maintain healthy lifestyle

- **Stroke**
  - Less than 120/80
  - Non-smoker
  - Maintain healthy lifestyle
Maintaining a healthy weight reduces the risk of heart disease, stroke, high blood pressure, gallbladder disease and diabetes. Overweight people have more complications from illness than people who are in a healthy weight range.

- Talk to your doctor for guidance.
- Start by assessing the benefits and barriers to better weight management.
- Combine better nutrition with increased physical activity. Eat less and move more.
- Eat a variety of foods in moderation.

☆Based on your present weight, your current goal is the first stage in reaching the healthy weight for men and women set by national guidelines.

Where you are: 257 pounds
Your target: 184-220 pounds

Physical Activity

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.
- Exercise of higher intensity and longer duration can improve your fitness benefits.
- A variety of physical activities will prevent injury and boredom. Rotate between intense and light exercise days.
- Remember that physical activity includes structured fitness and recreational activities as well as "lifestyle" activities such as using a push mower, carrying groceries and raking leaves.
- Do strength training two times a week to keep muscles toned and to improve endurance.
- Regular stretching increases flexibility.
- Keep a record of your daily activity to stay on track.

Where you are: 1 or 2 times/week
Your target: 30 minutes, most days per week
Stress

Where you are

Low 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.

A balanced life

Your target

Smoking

Where you are

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.

Non-user of tobacco

Your target
Blood Pressure

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.

Where you are

134/80

Your target

Less than 120/80

Cholesterol

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

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

Where you are

Cholesterol: 202
HDL: 38

Your target

Cholesterol less than 200
HDL greater than 40
Alcohol

2 drink(s) per week

Where you are

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.

None to 2 drinks a day

Your target

Safety Belt

100%

Where you are

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.

100% safety belt use

Your target
Managing Your Health

You say you have allergies and back pain.
- Schedule regular check-ups.
- 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.
- 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!

You described your physical health as fair or poor.

Life Satisfaction

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.

You can reach your health goals!

Look on the back page and see what to do next.
See your physician and make sure you are up-to-date with your preventive service exams.

- Tetanus booster shot
- Blood pressure
- Cholesterol test

(✓ = Good job, you're up-to-date!)

Other suggested recommendations: Dental exam.

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
Asthma and Allergy Foundation of America

877-696-6775  800-727-8462


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.