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Understanding Your Personal Report

This report helps you identify personal strengths and weakness. It explains current risks and outlines preventive steps to improve your health. Use this information in conjunction with the resource links on each page, and if needed, get personal guidance from your doctor in developing your individual wellness program.

Areas you are doing well in are marked with a triangle '▶' for positive feedback. Maintain these good health practices. Notice that areas needing improvement are checked '✓' for your attention. Consider these items improvement opportunities!

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PERSONAL WELLNESS PROFILE™

Advantage

Joe Sample

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11/13/2007

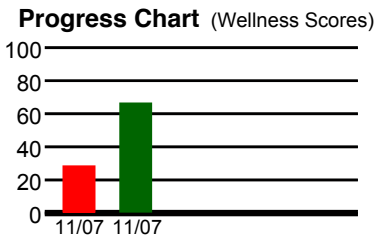
Wellness Score

Your overall **Wellness Score** is based on the number of key wellness indicators you currently meet. Each wellness factor is weighted (see list on right) with an overall possible score of 100.

A score of 60 or more indicates doing well. A score of less than 60 indicates improvement is needed.



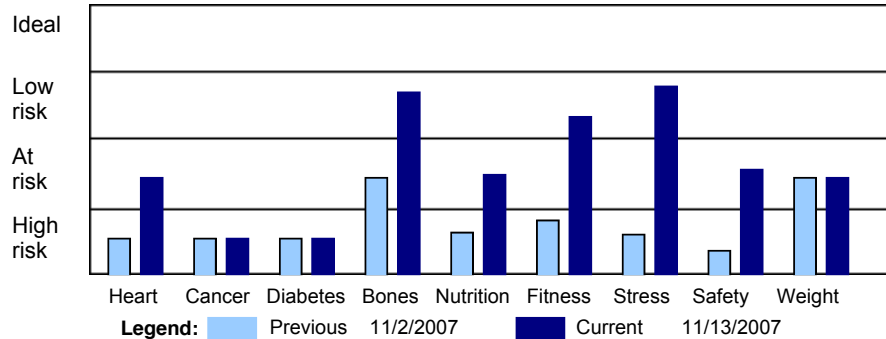
Your overall wellness score is **66/100**. This puts you in the "Doing Well" category!



Previous Wellness Scores:
11/2/2007 28
11/13/2007 66

Wellness Overview

This graph gives you a quick overview of how you are doing in these major areas of health. See the following reports for more detailed information.



Key Wellness Indicators ('▶' = doing well, '✓' = major risk)

Doing Well:

Indicator	Your Wellness points	Possible points
▶ Smoking – not smoking is a great health advantage!	6	9
▶ Whole grains – keep eating 3+ servings daily.	4	5
▶ Glucose – keep less than 100 mg/dL fasting.	6	7
▶ Sleep – continue getting at least 7-8 hours daily.	5	5
▶ Coping skills – good coping skills limit stress in your life.	4	5
▶ Alcohol – if you drink, limit yourself to 1-2 drinks/day.	4	5
▶ Sick days – had less than 4 sick days last year.	3	5
▶ Health perception – you perceive your health to be "very good."	3	4

Improvement Opportunities to Consider:

✓ Physical activity – aim for 30+ min, 5+ days/week.	6	9
✓ Healthy weight – aim for BMI <25 or lose 10-15 lbs.	4	7
✓ Fruits and veggies – aim for 5 cups/day.	4	5
✓ Saturated fats – limit animal and solid fats.	3	5
✓ LDL cholesterol – keep less than 130.	3	7
✓ Blood pressure – aim for less than 120/80.	3	7
✓ Mental outlook – get help if needed.	1	5
✓ Car safety – use seat belts; continue no alcohol for driver.	3	5
✓ Preventive exams – see Medical Follow-up page for guidelines.	4	5
Total Wellness Points	66	100

Your "Health" Age

According to your health habits, your health age is 49.8 even though you report being 52. That's great! You are 2.2 year(s) younger than you thought.

By following the recommendations above you could add at least another 5.7 year(s) to your life expectancy! See details in the following reports.



Resource Links:
Learn how to make changes to improve your health.





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"If you don't take time for your health today, you will have to make time for illness tomorrow."

Joseph Piscatella



Priority Health Recommendations

There are many recommendations in this report. Here are the most important health changes you need to focus on to prevent serious health problems. Give them careful consideration with help from the guidelines throughout this report. Then put a check by the one or two you are most interested in improving and feel confident in achieving.



Use all of the resources that are available to you: the online Resource Links, self-study aids, health classes, health coaching, EAP programs, and if needed, guidance from your doctor to develop a personal action plan. You will feel good about making health a priority in your life.

Preventive Actions

☐ Coronary Risk Reduction

You are at increased risk for coronary heart disease. Following a heart-healthy lifestyle – such as healthy eating and regular exercise – can prevent as much as 70-80% of heart disease. Change lifestyle patterns today and your risk begins to decrease immediately.

☐ Cancer Prevention

Most cancers can be prevented. Healthy eating, regular exercise, not smoking, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancer. Regular preventive exams can also help improve odds by finding problems early while they are more treatable.

☐ Cholesterol Reduction

Elevated cholesterol (or low HDL) can damage the arteries that deliver blood and oxygen to your heart and brain. Cholesterol levels can be controlled through improved eating habits and regular exercise. Making changes now can prevent a heart attack or stroke in the future.

☐ Weight

A healthy weight can give you more energy and help you look and feel your best, while helping to prevent many serious health problems including diabetes, high blood pressure, and cancer. Give serious consideration to losing excess weight. Even a 10-15 pound weight loss helps greatly.

☐ Good Nutrition

Good eating habits are basic to your health and can help prevent heart disease, high blood pressure, certain cancers, diabetes, and obesity. Emphasize fruits, vegetables, legumes, nuts, whole grains, and low-fat dairy. Limit foods high in saturated fat and calories. Learn to enjoy healthier meals.

Making Healthy Choices

Good health doesn't come by chance but rather by making healthy choices. It's not easy to make changes in your life, but the rewards are invaluable. Invest time and attention to your health now. It will pay rich dividends for the rest of your life. Experience a healthier, happier, longer life.

Resource Links:

Learn how to make changes to improve your health.





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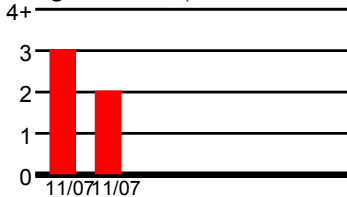
Your Risk Rating

The more coronary risks you have the greater your chance of heart disease. You have 2 major risk(s).

Your coronary risk rating is "Needs Improving."



Progress Chart (Number of Risks)



Previous number of coronary risks:

11/2/2007 3
11/13/2007 2

Here is a summary of your health test results. Items to improve are checked (✓). A '▶' indicates doing well.

✓ Cholesterol	203 mg/dL
✓ LDL chol	131 mg/dL
▶ Non-HDL chol	158 mg/dL
▶ HDL chol*	45 mg/dL
✓ Triglycerides*	152 mg/dL
▶ Fasting glucose**	91 mg/dL
✓ Blood pressure*	132 /81
✓ Body Mass Index	26
▶ Waist girth*	35 inches

* Risk factors for metabolic syndrome

**Glucose is also called blood sugar

Resource Links:

Learn how to make changes to improve heart health.



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Coronary Risk

Your coronary risk is determined by the number of major risk factors you have. Each risk factor you have increases your likelihood of developing a heart problem earlier in life. Notice any major risks you have. Take preventive action where appropriate. Get your doctor's help if needed in making changes.

Major Risks ('▶' = doing well, '✓' = major risk, '●' = moderate risk)

Doing Well:

- ▶ **Heart disease** No personal or family history of early heart disease.
- ▶ **Diabetes** Diabetes not present; glucose levels normal.
- ▶ **Smoking** Stopped smoking – that's great, remain stopped
- ▶ **HDL cholesterol** Your HDL cholesterol is normal; male HDL of 45+ is desirable, 60+ is ideal, 40 or less is high risk.
- ▶ **Metabolic syndrome** You do not have metabolic syndrome (a collection of risks that raise the risk for heart disease).

Needs Improving or Risks You Cannot Change:

- ✓ **Age** Men over age 45 are considered higher risk.
- **LDL cholesterol** Your LDL cholesterol is elevated; <130 is desirable, less than 100 ideal, 160+ is high risk.
- **Blood pressure** Your blood pressure is elevated; less than 120/80 is normal. A pressure of 140/90 is high risk.
- ✓ **Blood pressure** You report taking blood pressure medicine. That is good, but it still is considered a risk.
- **Physical activity** Minimal exercise, 30 minutes, 4 time(s) per week.

Preventive Actions ('▶' = doing well, '✓' = personal need, '■' = comment)

- ✓ Lower your LDL cholesterol level to less than 130mg/dL (100 or less if you have diabetes or already have a heart problem).
- ✓ Lower your blood triglyceride level to less than 150 mg/dL.
- ✓ Lower your blood pressure. Individuals with a blood pressure less than 120/80 have the lowest risk of heart disease and stroke.
- ✓ Lose excess body weight. Losing even 10-15 pounds helps greatly. Aim for a BMI less than 25 and a waist girth less than 37 inches for men.
- ✓ Improve coping skills/reduce stress in your life. Excessive stress is linked to heart problems.
- ▶ Remain a nonsmoker. Your heart and lungs will thank you!

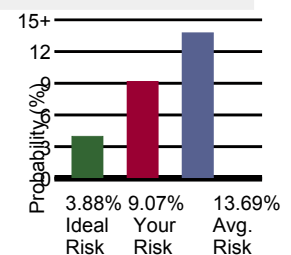
Probability of a Heart Attack Within 10 Years***

Your probability of a heart attack in the next 10 years is 9.07%. The average risk of a person your age is 13.69%. Congratulations on having a lower risk than average.

Ideal numbers are:

- Lower cholesterol to less than 200
- Lower blood pressure to less than 120/80
- Stop smoking
- Raise HDL cholesterol to 45 or Higher

*** Note: Based on the NIH coronary risk calculator.

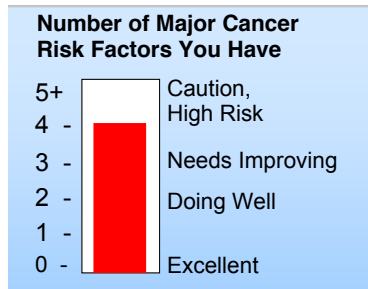




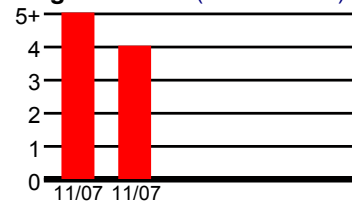
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Your Risk Rating

The more risks you have, the greater your chance of developing cancer. You have 4 risk(s). This puts you in the **"Caution, high risk"** category.



Progress Chart (Cancer Risks)



Previous number of cancer risks:

11/2/2007 6
 11/13/2007 4

Leading Cancers for Men	
Prostate	33%
Lung/bronchus	13%
Colon	10%
Bladder	6%
Melanoma	5%
Non-Hodgkin's lymphoma	4%

Cancer Preventive Exams*

- Prostate exam, yearly, age 50+
- Colorectal exam every 5-10 yrs, 50+

* Follow doctor's guidance on age and frequency for your health needs.

Resource Links:

Learn how to make lifestyle changes to reduce cancer risk.



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Cancer Risk

Cancer risk factors are listed below. Any risks you have are flagged for your attention. Review preventive action where appropriate. Ask your doctor for further guidance if you have questions.



Major Risks ('▶' = doing well, '✓' = major risk, '●' = moderate risk)

Doing Well:

- ▶ **Smoking** Stopped smoking – that's great, remain stopped.
- ▶ **Whole grains** Eating mostly whole grains may reduce risk.
- ▶ **Saturated fats** Eating little or no meat/saturated fat reduces your risk.
- ▶ **Alcohol** You reduce your risk of cancer by not drinking.
- ▶ **Diabetes** You report not having diabetes.
- ▶ **Blood sugar** Your level is desirable, less than 100 mg/dL fasting.

Needs Improving or Risks You Cannot Change:

- ✓ **History** You report a personal history of cancer.
- ✓ **Age** Being 50+ puts you at increased risk for all cancers.
- **Weight** Overweight - losing a few pounds may reduce risk.
- ✓ **Fruit and veggies** A low intake of fruits and vegetables increases risk.
- **Physical activity** You get minimal exercise. Low activity is linked to increased risk for many cancers.
- **Sun exposure** You report not always avoiding excess sun exposure.

Preventive Actions ('▶' = doing well, '✓' = personal need, '■' = comment)

- ✓ Achieve a healthy weight (BMI < 25, Waist < 37 inches for men, low percent fat). Even a 10-15 pound weight loss can help reduce cancer risk.
- Develop an active lifestyle. Aim for 30+ min., 5+ days/week. Regular activity reduces the risk for many cancers, especially bowel and breast cancer.
- ✓ Limit alcohol intake. Not drinking is the safest option. Alcohol increases the risk of cancers of the mouth, liver, breast, and colon.
- ✓ Limit saturated fat and red meat intake. A high intake of saturated fat and red meat increases risk for certain cancers such as colon cancer.
- ✓ Protect your skin from excess sun exposure (from 10 a.m. to 4 p.m.) by wearing protective clothing and using SPF 15+ sun lotion.
- ✓ Get cancer preventive exams recommended for your age and gender.
- Limit exposure to any known carcinogens (cancer-causing substances).
- ▶ Remain a nonsmoker. Smoking is responsible for 30% of all cancers.
- ▶ Keep blood sugar levels normal. Elevated levels are linked with a higher risk of cancer. Regular exercise and loss of excess weight help lower risk.
- ▶ Continue eating fruits and vegetables; aim for 5-9+ servings daily. They help protect against many cancers.
- ▶ Continue eating mostly whole grains (at least 3 servings/day). Whole grains and high-fiber foods may protect against some cancers.
- ▶ Limit exposure to HPV and HIV viruses by practicing safe sex.

Summary

Follow the preventive actions listed above. Read the [Resource Links](#) for further information. Get help from your doctor or wellness coach if needed in reaching your personal wellness goals.

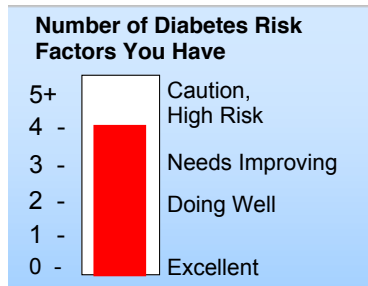


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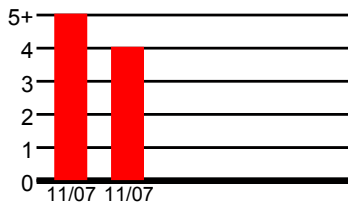
Your Risk Rating

The more risks you have, the greater your chance of developing diabetes. You have 4 diabetes risk factor(s). This puts you in the "Needs Improving" category.

See Preventive Actions and Resource Links to lower your risk.



Progress Chart (Diabetes Risks)



Previous number of diabetes risks:

11/2/2007 6
 11/13/2007 4

Diabetes-related health tests:

Items to improve are checked (✓). A '▶' indicates doing well.

- ✓ Total cholesterol 203 mg/dL
- ✓ LDL chol 131 mg/dL
- ▶ HDL chol* 45 mg/dL
- ✓ Triglycerides* 152 mg/dL
- ▶ Fasting glucose* 91 mg/dL
- ✓ Blood pressure* 132 / 81
- ✓ Body Mass Index 26
- ▶ Waist girth* 35 inches
- ▶ A1c 4.8%

* Glucose is also called blood sugar
Note: A1c is a blood test indicating average blood sugar levels over the past 2-3 months.

Resource Links:

Learn how to make lifestyle changes to reduce your risk of diabetes.



Diabetes Risk

Diabetes risk factors are listed below. Any risks you have are flagged for your attention. Review preventive action where appropriate. Ask your doctor for guidance if you have questions.



Major Risks ('▶' = doing well, '✓' = major risk, '●' = moderate risk)

Doing Well:

- ▶ **Ethnicity** Your ethnicity is not an increased risk factor.
- ▶ **Blood sugar** Your blood sugar is reported in the normal range.
- ▶ **HDL cholesterol** Your HDL cholesterol is normal (40 or Higher mg/dL).
- ▶ **Physical activity** Regular exercise decreases your risk for diabetes.
- ▶ **Smoking** Smoking increases your risk of diabetes.
- ▶ **Nutrition** A high fiber intake, low glycemic foods, and healthy fats decrease your risk for diabetes.

Needs Improving or Risks You Cannot Change:

- ✓ **Family history** A family history of diabetes increases your risk.
- ✓ **Age** Risk goes up with age, especially at age 45 or older.
- ✓ **Weight** Overweight (BMI 25+, waist > 37 inches for men, elevated percent fat) increases risk.
- ✓ **Triglycerides** High levels (150+ mg/dL) are linked with a risk of diabetes.
- **Blood pressure** Your blood pressure is elevated but not high risk.

Preventive Actions ('▶' = doing well, '✓' = personal need, '■' = comment)

- ▶ Keep blood glucose levels in the normal range (<100 mg/dL) by getting regular exercise, maintaining a healthy weight, and eating healthfully.
- ✓ Achieve a healthy weight (BMI < 25, waist < 37 inches for men, low percent fat) or lose at least 10-15 lb. Get help from a health coach, if needed.
- ▶ Continue getting regular, moderate physical activity such as brisk walking. Exercise is protective against diabetes. Aim for 30+ min., 5+ days per week.
- ✓ Lower your blood pressure to less than 120/80 for best health. High blood pressure is linked to diabetes risk.
- ✓ Keep blood fats in a healthy range: HDL cholesterol more than 40 mg/dL, LDL cholesterol 130 mg/dL or less, triglycerides less than 150 mg/dL.
- ▶ Continue to eat well. Emphasize fruits, vegetables, legumes, nuts, whole grains, and healthy fats (veg. oils). Limit red meats, saturated fats, refined carbohydrates, high glycemic index foods such as soda pop, white bread, refined cereals, most snack foods, French fries, white potatoes, and white rice.
- ▶ Keep HbA1c low, less than 5% for non-diabetics, through weight loss, if needed, exercise, and healthy eating.

Summary

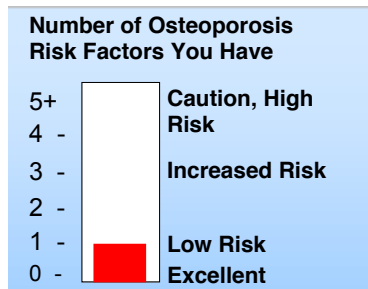
Follow the Preventive Actions listed above. Read the [Resource Links](#) for further information. Get help from your doctor or wellness coach if needed in reaching your personal wellness goals.



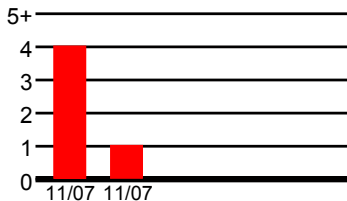
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Your Risk Rating

The more risks you have, the greater your chance of developing osteoporosis. You have 1 osteoporosis risk factor(s). This puts you in the "Low Risk" category.



Progress Chart (Osteoporosis Risks)



Previous number osteoporosis risks:

11/2/2007 4
 11/13/2007 1

Osteoporosis Risk

Osteoporosis is a common disease characterized by weakened bones and increased risk of fractures. Adopting a healthy lifestyle early in life can largely prevent this problem. Any risk factors you have are flagged for your attention. Review Preventive Actions to minimize risk.



Major Risks ('▶' = doing well, '✓' = major risk, '●' = moderate risk)

Doing Well:

- ▶ **Gender** Men generally are low risk but can get osteoporosis.
- ▶ **Family history** No family history of osteoporosis or fractures.
- ▶ **Fractures** No personal history of broken bones after age 50.
- ▶ **Weight** Not underweight – being very lean increases risk.
- ▶ **Physical activity** Maintain an active lifestyle for healthy bones.
- ▶ **Smoking** Not smoking helps keep bones strong.
- ▶ **Dairy/Calcium** Getting adequate calcium/dairy in the diet decreases risk.
- ▶ **Alcohol** None or a low intake of alcohol reduces fracture risk.

Needs Improving or Risks You Cannot Change:

- ✓ **Ethnicity** Caucasians are at higher risk than other races.

Preventive Actions ('▶' = doing well, '✓' = personal need, '■' = comment)

- ▶ Maintain a healthy weight. Being underweight increases risk of weak bones.
- ▶ Continue being active. Aim for 30 or more minutes of physical activity, 5+ days per week. Include weight-bearing and strengthening exercises.
- ▶ Remain a nonsmoker. This preserves bone strength and overall health.
- ▶ Continue eating fruits, vegetables, leafy greens, and soy. These preserve calcium. A high intake of animal proteins can increase calcium loss.
- ▶ Maintain a healthy blood pressure. High blood pressure (140/90 or higher) is linked to an increased risk of fractures.
- ▶ Get adequate sunshine daily and/or take 200-400 IU of vitamin D daily.
- ▶ Get adequate folic acid, vitamin K, and vitamin B-12. They help build strong bones and prevent fractures.
- ▶ Avoid a high intake (1.5 mg/day) of vitamin A as retinol.

Resource Links:

Learn more about osteoporosis and how to build strong bones.



Summary

Take preventive action early to build strong bones and prevent osteoporosis and fractures. Read the [Resource Links](#) for further information on bone health.

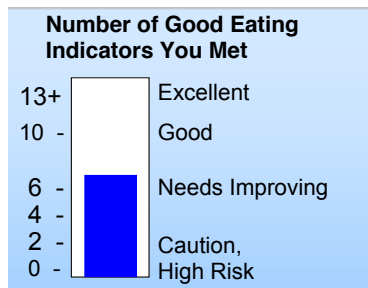


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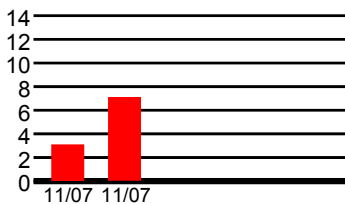
Your Rating

The more good eating practices you follow the better your nutrition rating. You met 7 of the 14 good nutrition indicators listed in this report. Your nutrition rating is

"Needs Improving."



Progress Chart (Nutrition Indicators)



Previous number of good indicators:

11/2/2007 3
11/13/2007 7

If you have special health or nutrition problems, be sure to follow your doctor's specific guidance.

Resource Links:

Use these Resource Links to learn more about developing good nutrition with healthy food choices.



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Nutrition

Wise food choices provide the foundation for good health. The following guidelines are based on recommendations by the USDA Food Pyramid, DASH Diet, and the Institute of Medicine. Your current eating practices are compared to these nutrition guidelines.



Nutrition Indicators ('▶' = doing well, '✓' = improvement opportunity, '●' = no answer)

- ▶ **Grains** Eat at least 8 oz. (or 8 servings) daily, mostly from whole grains. *Serving examples:* 1 slice whole wheat bread, ½ cup oatmeal or other whole grain cooked cereal, 2/3 C ready-to-eat cereal, ½ cup brown rice, ½ cup pasta.
- ✓ **Vegetables** Eat more vegetables. Aim for 3 cups daily. Emphasize dark green and orange vegetables. *Serving examples:* 2 C salad greens, 1 C fresh or cooked vegetables, 8 oz. vegetable juice.
- ▶ **Fruits** Eat 2 cups daily. *Serving examples:* 1 med. fresh fruit, 1 C fruit, ½ C dried fruit, 8 oz. pure fruit juice (no sugar added).
- ▶ **Dairy** Eat 2-3 cups daily. Use low-fat or fat-free dairy. *Serving examples:* 1 C milk or yogurt, 1 oz. cheese, or, calcium-fortified alternate such as soymilk, or a calcium supplement.
- ✓ **Healthy fats** Eat healthy fats at most meals in moderate amounts. *Examples:* vegetable oils, nuts or nut butters, olives, avocado, trans-fat-free margarine, salad dressings, flax, fish.
- ✓ **Solid fats** Eat less solid fats such as butter, stick margarine, shortening, lard, and baked goods using these fats. Limit saturated fat to <7% of calories.
- ✓ **Healthy proteins** Eat 6.5 oz. daily and choose lean protein sources. *Serving examples:* 2/3 C beans, peas, or lentils; 1/2 C tofu; 1 oz. nuts; 2 oz. fish, poultry, or lean meat; 1 egg; 1 veggie burger or soy meat burger.
- ✓ **Nuts/Seeds** Eat at least 5 servings weekly. *Serving examples:* = 0.5-1 oz. nuts or seeds, 1-2 T nut butter.
- ▶ **High-fat meats** Avoid or limit intake of high-fat meats such as hamburger, hot dogs, sausage, bacon, or steak.
- ▶ **Sugar** Limit foods high in added sugar, e.g., soda pop, candy, desserts, cake, cookies. Limit added sugar to no more than 8-10 teaspoons (32g) daily.
- ✓ **Salt/Sodium** Limit foods high in salt or sodium to less than 1500 mg/day (read labels). *Serving examples:* chips, canned vegetables, canned soups, salty foods.
- ✓ **Breakfast** Eat breakfast daily and don't skip meals.
- ▶ **Water** Aim to drink at least 5-8 glasses daily.
- ▶ **Calorie balance** Balance eating with activity: keep portion sizes moderate and limit seconds, fast foods, and snack foods. Aim to be physically active 30-60 minutes daily.

Summary

Choose a wide variety of unrefined foods. Emphasize plant foods and other low-calorie choices. Eat regular meals. Make mealtime a pleasant occasion.



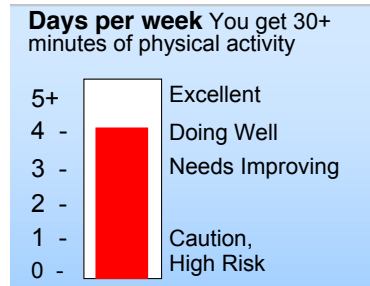
PERSONAL WELLNESS PROFILE™

Advantage

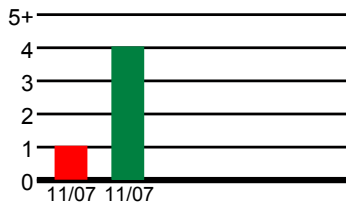
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Your Rating

Based on the number of days each week you get 30 minutes or more of moderate activity, your current fitness level is rated "Doing Well."



Progress Chart (number of days per week active 30+ minutes/day)



Previous number of active days/wk:

11/2/2007	1
11/13/2007	4

Fitness Tests	Results	Norms*
Aerobic Capacity (METS)	11.8	11.3-12.5
Push-ups (# 1 min)	30	11 - 17
Curl-ups (# 2 min)	28	35 - 60
Grip Strength (kg)	110	102 - 110
Sit and reach (cm)	26	27 - 32

Congratulations! You scored "good to excellent" in 3 of the 5 fitness tests.

*Norms are the beginning of the "good to excellent" rating for persons your age and gender.

Resource Links:

Use these Resource Links to learn more about developing a good physical activity program.



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Fitness

Regular physical activity is good medicine. It protects against heart disease, cancer, obesity, stroke, depression, and many other diseases. Most importantly, physical activity helps you feel your best every day! Your current fitness status is shown below compared to fitness norms and guidelines.



Fitness Indicators ('▶' = doing well, '✓' = improvement opportunity, '●' = no answer)

	Your Results	Recommended
✓ Aerobic activity Number of days per week you get 30+ min. of physical activity	4 days/week	30-60 minutes of moderate to vigorous physical activity on most (5+), preferably all days of the week
▶ Strength-building Number of days per week you do strength building exercises	2 days/week	Do strength-building exercises (push-ups, curl-ups, weight training) at least 2-3 days per week
✓ Stretching Number of days each week you do stretching exercises	2 days/week	Stretch all the major muscle groups at least every other day (2-3 days/week)

Fitness Guidelines

You report being physically active 4 days per week. That's great! Follow these exercise guidelines to ensure an effective and safe fitness program:

- Ease into and out of exercise with a 3 to 5 minute warm-up and cool down session such as easy walking or stretching exercises.
- Exercise to breathe deeply but not be out of breath.
- Aim for at least 30 minutes of moderate activity, 5+ times/week. If desired, work up to 45-60 minutes daily for weight management and high fitness. Gradually increase intensity and time. Don't over do it.
- Do strengthening and stretching exercises at least 2-3 days each week.
- If you have any health problems, get your doctor's guidance.

Exercise Calories (based on *your* exercise time, intensity and body weight)

Aerobic Activities	Exer. cal. 15 min	Exer. cal. 30 min	Exer. cal. 60 min
Aerobics to music	77-172	153-345	307-690
Brisk walking (3-4 mph)	58-77	115-153	230-307
Running (10-8 min/mile)	192-230	383-460	767-920
Weight training (easy-vigorous)	38-77	77-153	153-307
Swimming (easy-vigorous)	77-153	153-307	307-613

Summary

To be successful: Set exercise goals. Keep a daily exercise log. Exercise with a fitness buddy. Choose activities you enjoy. Think of exercise as play not work. Reward yourself when you achieve your goal.

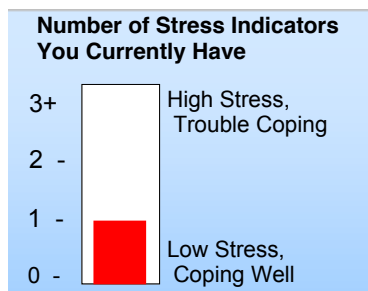


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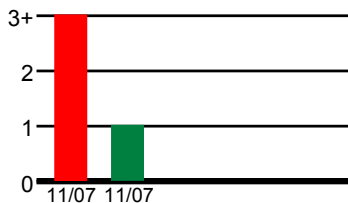
Your Risk Rating

The more stress indicators you have, the more likely stress may be affecting your mental health.

You have 1 stress indicator(s). Even one area in which you are not coping can be very troubling to your life.



Progress Chart (Stress Indicators)



Previous number stress/coping risks:

11/2/2007	6
11/13/2007	1

Resource Links:

Learn more about stress indicators and how to make changes to improve coping skills



Stress and Coping

In this report, stress is defined as "feelings of tension, irritability, and anxiety often resulting in difficulty sleeping." Unrelieved stress can adversely affect your health. This report shows how you are currently coping with stress in your life and gives suggestions for improvement.



Stress Indicators ('▶' = coping well, '✓' = trouble coping, '●' = no answer)

- ✓ **Stress at home** You indicate feelings of frequent or permanent stress at home.
- ▶ **Stress at work** You indicate you never or only sometimes have feelings of stress at work. That's great!
- ▶ **Financial stress** You indicate you have little or only moderate feelings of stress over finances. Excellent!
- ▶ **Major life events** You indicate no major traumatic life events within the past year.
- ▶ **Control over life** You believe that what happens in your life is partly controlled by your choices. When you feel in control you can deal better with stress.
- ▶ **Mental outlook** You seem unsure about what the future holds. A more optimistic outlook may help coping ability.
- ▶ **Mood** You indicate no lengthy periods of feeling down, sad, or depressed. That's good!

Preventive Actions ('▶' = doing well, '✓' = personal need, '■' = comment)

- ✓ Identify sources of stress at home. Get help in resolving issues from your family, an understanding friend, or mental health counselor.
- ▶ You seem to be coping well at work. Keep stress in control with good time management and communication skills. Ask for help if overloaded.
- ▶ Maintain good financial habits by living within your means, avoiding credit card debt, and saving for future goals and unforeseen problems.
- ▶ Guard against depression by avoiding self-criticism, taking time for a balanced, happy life, and avoiding chemical dependencies.
- ✓ Continue to take control of your life and future. When needed, take action to improve life situations.
- ✓ Develop a positive, hopeful outlook on life. Optimism puts stressful events into perspective and promotes good mental and physical health.
- ▶ Maintain a strong support system of family and friends. People with a good support system cope better with stress in their lives.
- ▶ Continue getting 7-8 hours of sleep daily for good coping ability.
- ✓ Get regular physical activity. Aim for 30 or more minutes daily.

Summary

Talk over your problems. Balance stress with relaxation. Get regular physical activity. When needed, ask a doctor or mental health counselor for help.



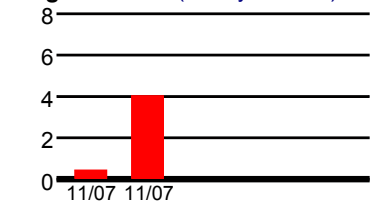
Joe Sample

Your Rating

Safety is the result of careful planning. You met 4 of the 7 good safety factors listed in this report. Your present safety rating is "Needs Improving." See Preventive Actions and Resource Links for improving safety.



Progress Chart (Safety Factors)



Previous number of safety factors:

11/2/2007	0
11/13/2007	4

Resource Links:

Use these Resource Links to learn more about safety and ways to prevent serious accidents.



http://customer_custom_link

Safety

Safety at work and home is a key factor in reducing injury, disability, and high healthcare costs. For people under 40, accidents are the leading cause of disability and early death. Be safety minded to prevent accidents and injury.



Safety Indicators ('▶' = doing well, '✓' = major risk, '●' = no answer)

- ✓ **Safety belts** You report wearing seat belts only part of the time.
- **Child seats** You indicated child safety seats do not apply to you. Use suitable child safety seats if young children ride in your car.
- ▶ **Smoke detectors** You report smoke alarms in all sleeping areas of your home. That's great. Check them periodically to be sure they are all working.
- ✓ **Lifting technique** You report not always using good lifting technique.
- ▶ **Alcohol & driving** Congratulations on never drinking and driving or riding with a driver who has been drinking. Encourage others to do the same.
- ▶ **Helmets** Continue wearing appropriate protective sports gear such as a helmet when bicycling, skateboarding, inline skating, or skiing.
- ✓ **Sun exposure** You report that you seldom or only sometimes limit excess sun exposure. Excess sun exposure can cause skin cancer.
- ▶ **Driving safety** You indicate you drive no more than average mileage. Motor vehicle accidents are a major cause of injury and death. Always practice safe driving.

Preventive Actions ('▶' = doing well, '✓' = personal need, '■' = comment)

- ✓ Buckle up all the time. Seat belts save lives.
- ▶ Well done on having smoke detectors in all sleeping areas of your home.
- ✓ Always use good lifting technique to protect your back. When lifting heavy objects, bend and lift with your legs, not your back. Keep your back straight, maintaining a normal curvature. Hold the object close to your body. If you need to turn, use your legs; don't twist your back.
- Drinking and driving kills more than 20,000 people a year in North America. If you do drink, never drink and drive. Allow at least one hour before driving for every drink, or call a cab.
- ▶ Continue wearing a helmet and other appropriate protective gear when doing active sports, such as in-line skating, skiing, or biking.
- ✓ Be careful to limit excess sun exposure and burns by wearing a hat and other protective clothing when in the sun, and using SPF 15+ sun lotion.
- ▶ Keep driving risks minimal by modeling safe, courteous driving. Limit distractions such as cell phones, avoid excessive speed, drive defensively, and don't drive tired. Always keep your car in good working order.
- Prevent falls by keeping rooms well lit at night. Provide handrails in the tub/shower. Remove loose rugs that might cause a fall.
- Over 5,000 people die from work-related injuries yearly. Learn and follow the safety rules at your company.

Summary

Think safety. Plan carefully. Stay alert. Be patient. Remember, most accidents can be prevented.



Joe Sample

Your Rating

A healthy weight is maintained by balancing energy input (healthy eating practices) with energy output (an active lifestyle).

Your present weight rating is in the "Needs Improving" category.

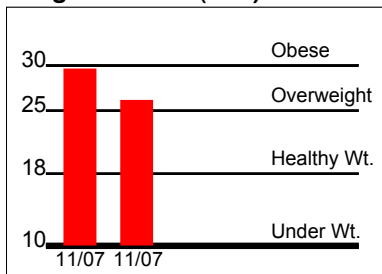
Your Body Weight Rating*

Your Rating*



*Your body weight rating is based on your BMI test results.

Progress Chart (BMI)



Date	BMI	WC	PF
11/2/2007	29.5	38	31
11/13/2007	26	35	22

Resource Links:

Use these Resource Links to learn more about maintaining a healthy weight for a lifetime.



Weight Management

Maintaining a desirable weight has become a national concern. Two out of every 3 adults are now considered overweight and about 1/3 are excessively overweight or high risk. Use this report to evaluate your present weight and steps you can take to achieve or maintain a healthy weight.



Weight Evaluation ('▶' = doing well, '✓' = opportunity to improve)

- ✓ **Body mass index (BMI)** is a calculation that evaluates your weight based on your height. Your BMI is 26 - this is in the overweight range.

BMI standards:

Under weight	BMI less than 18.5
Healthy weight range	BMI of 18.5-24.9
Overweight	BMI of 25-29.9
Obese or high risk	BMI of 30 or higher

- ▶ **Waist circumference (WC)** is another way of evaluating body weight. Use the standards listed below to evaluate your weight based on waist circumference measurements. Your WC is 35 inches - this is in the healthy weight range.

Waist circumference standards for men:

Healthy weight range	Less than 37 inches
Overweight	37-39.9 inches
Obese or high risk	40+ inches

- ✓ **Percent body fat (PF)** is a direct measure of fat on the body. Very sedentary persons may be over fat but not "overweight." Likewise, muscle builders may be "overweight" but not over fat. Your PF is 22% - this is in the over fat range.

Percent Fat standards for men:

Healthy % fat range	10.0 - 20.9%
Over fat	21.0 - 24.9%
Obese or high risk	25.0% or higher

(Institute of Medicine)

Note: The different methods of assessing weight may not all agree. Waist circumference is usually the best overall weight risk indicator. If you have further questions, discuss your results with your doctor or a fitness trainer.

Preventive Actions ('▶' = doing well, '✓' = personal need, '■' = comment)

- ✓ Make it a primary goal to not gain any more weight. If you choose to lose weight, start with a realistic weight loss goal of 10-15 pounds.
- ✓ Choose healthy meals low in calories and high in fiber. Eat primarily whole foods including whole-grain breads and cereals, fresh fruits and vegetables, legumes, healthy proteins, and low-fat dairy.
- ✓ Keep serving sizes moderate and limit second helpings.
- ✓ Limit snacks (e.g., chips, soft drinks, pastry), sweets, and restaurant food.
- ✓ If needed, follow a calorie-controlled eating plan. If possible, join a weight loss education and support group.
- Be physically active daily. Gradually work up to 30-60 minutes of moderate physical activity daily, such as brisk walking.

Summary

Develop healthy eating habits and a physically active lifestyle you can maintain for a lifetime. If needed, get additional help from your doctor, a fitness trainer, a nutritionist, or a credible weight loss support group.



11/13/2007

Joe Sample

2222 Cedar Way
Columbia OR 97015

Summary Screening Tests

(▶ = doing well, ✓ = needs attention)

Height	66 inches
✓ Weight	161 lbs.
✓ BMI	26
▶ Waist circumference*	35 inches
✓ Percent fat	22%
✓ Blood pressure*	132/81
▶ LDL cholesterol	131 mg/dL
▶ HDL cholesterol*	45 mg/dL
✓ Triglycerides*	152 mg/dL
▶ Fasting glucose*+	91 mg/dL
▶ HbA1c	4.8%
▶ PSA	2.3 ng/mL
▶ Aerobic capacity	11.8 METs
▶ Grip strength	110 kg
▶ Flexibility	26 cm
▶ Curl-ups	28
▶ Push-ups	30

* Risk Factors for metabolic syndrome
+ Glucose is also called blood sugar

Medical Follow-up

A vital part of any wellness program is regular medical and preventive care provided by your physician. This is especially important if you have any existing health problems or risk factors.

Based on your wellness profile, the following items are marked (✓) for follow-up by your doctor. By taking care of these health needs promptly, you may help prevent more serious complications from occurring. You may want to share this report with your doctor on your next visit.



Follow your doctor's guidance on the following health conditions you indicated on your questionnaire:

- ✓ Allergies
- ✓ Asthma
- ✓ Chronic back pain
- ✓ Cancer

Make an appointment for further evaluation and guidance regarding the following health conditions:

- ✓ Preventive exams/immunizations:
 - Bowel exam

Summary of Personal Lifestyle Risks Present:

- ✓ High stress level
- ✓ Low nutrition rating
- ✓ Often skip breakfast

Discuss the following items with your doctor on your next scheduled visit:

- ✓ How to lower pre-hypertensive blood pressure 132/81 mmHg
- ✓ How to lower borderline LDL cholesterol level 131 mg/dL
- ✓ How to lower borderline triglyceride level 152 mg/dL)
- ✓ A hearing or vision test
- ✓ Feeling you are under continual stress at work or home

Resource Links:

Use these Resource Links to learn more about good medical care and self-care.





Joe Sample

Leading Health Hazards

Listed below are the leading causes of death for a person your age and gender. By knowing your greatest health hazards, you can take steps to minimize your risk.

Leading causes of death for a male, aged 52

1. Cancer	29%
2. Heart disease	27%
3. Accidents	7%
4. Liver disease	4%
5. Diabetes	4%
6. Stroke	3%
7. Lung disease	3%
8. Suicide	3%

Reference: NCHS, Leading deaths by age and gender.

Resource Links:
Use these Resource Links to learn how to get started and succeed with lifestyle changes.

① www.wellsource.com

① http://customer_custom_link



Next Steps-Making Changes

This "**Next Steps**" page outlines how to get started on your personal wellness program. After reviewing your report carefully, choose the area of health you would most like to change. Priority health needs based on your health assessment are listed below to assist you.

Get help in making lifestyle changes by using the Resource Links, personal guidance from a health coach, or visiting your personal physician. Also look for health improvement opportunities sponsored by your organization and in your community. Other resources are listed below. Take action steps now to prevent disease, enhance your health, and improve the quality of your life.



Modifiable Health Recommendations (based on your personal risks)

- ✓ Reduce your stress load and/or improve coping skills
- ✓ Lower your blood pressure
- ✓ Lower your LDL cholesterol level
- ✓ Eat a good breakfast daily
- ✓ Lose excess fat to achieve a healthier weight

Making Lifestyle Changes

- Start with the health issue you are most interested in and feel most capable of changing.
- Write out your goals and action plan.
- Talk to other people who have successfully made life changes.
- Take a class or join a support group.
- Get a self-study guide to help you design an effective strategy.
- Talk to a health coach, doctor, or counselor.
- Enlist the help of a "fitness/health buddy" to join you in making health improvements.
- Keep records of your progress.

Resources for Making Lifestyle Changes

- Ask your employee wellness coordinator for direction.
- WellAssured® self-help guides are available from your employee wellness coordinator.
- Read guidelines linked to your Personal Wellness Report.
- Visit the Online Wellness Center™ (on the Internet).
- Find out what health classes are available in your community through the local hospital, YMCA, or other health agencies.
- Read the *Guide to Self-Care* book.
- Talk to a fitness trainer or nutritionist.
- Ask your doctor or health counselor for help if needed.
- Ask for help from family and friends