

PERSONAL WELLNESS PROFILE



Avantika Kapoor

Hindustan Lever Limited



Wellness Scores

Your scores in the major areas of wellness are shown on the right. Scores range from 0 to 100. A score of less than 50 shows need for improvement; 50 or above is in the recommended range. Specific information on each of these key areas is shown in the following reports.

Overall Wellness Score

The overall Wellness score is 27, "Needs Improvement" based on the number of good health indicators and these eight major wellness scores.



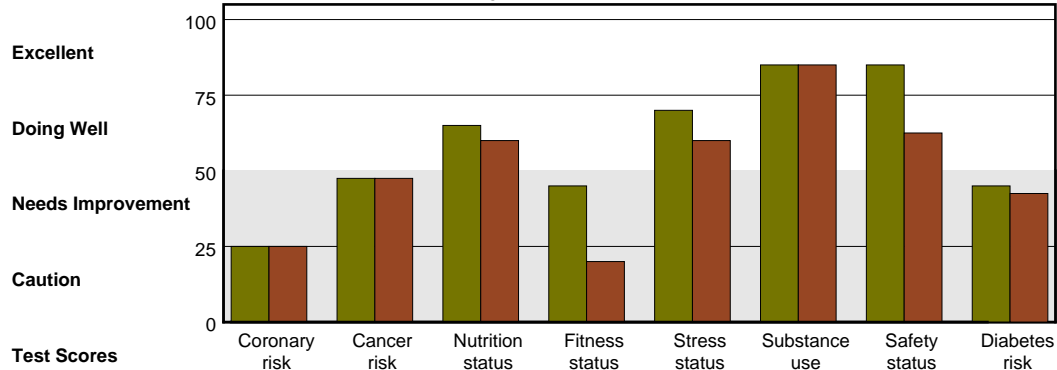
Your overall Wellness score is 27, "Needs Improvement." Your previous score was 60.

Good Health Indicators: 8 out of 15

- Low coronary risk
- No tobacco exposure
- Good cancer rating
- Wise alcohol use
- Good aerobic fitness
- Good nutrition
- Always wears seat belts
- Good cholesterol level
- Happy most of the time
- Good blood pressure
- Good safety rating
- Good body composition
- Seven-eight hrs sleep/day
- Good stress rating
- Fewer than five sick days

Personal Wellness Profile - Overview

Major Wellness Scores



Test Scores	Coronary risk	Cancer risk	Nutrition status	Fitness status	Stress status	Substance use	Safety status	Diabetes risk
Current	24	48	60	19	60	84	63	42
Previous	24	48	66	46	71	84	85	44

■ Previous 2010/01/01
 ■ Current 2010/01/03

Recommendations for Improving Health

Your top three health needs or preventive actions are listed below. These are key factors needing attention to prevent serious health problems. Give these items top priority. Other recommendations and guidelines follow throughout this report.

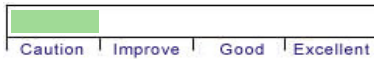
- 1 Stretching exercise** - One must make their bodies flexible by doing stretching exercises before and after any exercise. This will not only prepare the body for a good workout but will also avoid getting cramps and injuries. All you need to do is stretch regularly and consistently.
- 2 Aerobics and cardiovascular exercise** - Aerobic exercise refers to exercise that involves or improves oxygen consumption by the body. To obtain the best results, an aerobic exercise session involves a warming up period, followed by at least 20 minutes of moderate to intense exercise involving large muscle groups, and a cooling down period at the end. It is recommended to have 3 to 5 sessions per week, or daily if possible.
- 3 Feel calm & peaceful** - We all worry and feel uptight occasionally. Keep life calm and peaceful by taking regular breaks and time to relax.



Coronary & Cancer Risk

Coronary Risk

Your Rating: Caution



Your Risk: High Risk

You have 5 risk factors for coronary heart disease. Certain factors indicate that you may have to make necessary modifications in your lifestyle to delay the onset of coronary heart diseases.

Take care of your Heart!

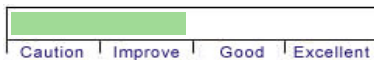
- ♦ Eat Wholegrains
- ♦ Limit oil intake
- ♦ Avoid cigarette and alcohol
- ♦ Be physically active
- ♦ Learn stress coping techniques

Risk Factors and Preventive Actions (✓ = needs attention)

- Personal history of heart or circulatory problems or diabetes.
- ✓ Family history of early heart disease (before 55 in men, 65 in women).
- Gender/age - Risk increases with age, especially after age 55 for women
- Smoking is a major cause of early heart disease.
- ✓ Elevated blood pressure may impact the health of heart, arteries, kidneys and eyes. It is vital to maintain a normal blood pressure count. Pressures of 140/90+ are high. Desired is less than 120/80 mm/Hg and 120/80 mm/Hg to 139/89 mm/Hg is pre-hypertension. Your blood pressure level is 130/85.
- ✓ High blood cholesterol levels are indicators of high risk to heart disease and should be controlled within recommended values. Your blood cholesterol level is at Low Risk.
- Diabetes or high blood sugar also weakens the arteries and increases the risk of heart diseases. A healthy diet and regular physical activity is the first key in preventing diabetes. Your blood sugar level is 98.
- ✓ Sedentary/inactive lifestyle - Physical activity is good preventive medicine for the heart. You need regular activity such as walking. Get your doctor's clearance first, however, if you have a heart condition or other serious health problem.
- ✓ Excess fat - At your height, a weight greater than 68 kgs increases your risk of heart disease. Maintain a healthy weight below 68 kgs.

Cancer Risk

Your Rating: Needs Improvement



Your Risk: Moderate Risk

The risk of cancer is mainly dependent on your family health history and your personal history of cancer. Other factors include your fitness levels and nutritional habits.

Estimated Cancer Cases in India (2007)

Males:

1. Oral cavity:	47,947
2. Lung:	41,019
3. Oesophagus:	29,512
4. Pharynx:	26,834
5. Stomach:	25,842

Females:

1. Cervix:	90,708
2. Breast:	82,011
3. Ovary:	30,335
4. Oral Cavity:	24,391
5. Oesophagus:	20,127

Source: Two - Year Report of the population Based Cancer Registeries (2001-04); Two - Year Report of the population Based Cancer Registeries under Northen Eastern Regional Cancer Registry (2003-04) of NCRP Bangalore.

Risk Factors and Preventive Actions (✓ = needs attention)

- Personal history of cancer.
- Family history of bowel or breast cancer.
- Age - Adopting healthy lifestyle early in life helps prevent accumulating risks associated with cancer as incidence of disease increases with age.
- Tobacco or secondhand smoke increases the risk for cancer of the lung, mouth, throat, bladder, and breast.
- ✓ High-fat diet - Fat seems to be a cancer promoter. Continue to choose healthy-fat foods such as fruits, vegetables, whole grains, and legumes for low cancer risk.
- ✓ Low-fiber diet - Fiber is protective against certain cancers, such as bowel cancer. Continue to eat high-fiber foods: whole grains, fruits, vegetables, and legumes.
- ✓ Fruits and vegetables - Eat at least five per day for minimal cancer protection.
- ✓ Lack of regular activity - Cancer risk may be reduced with daily physical activity.
- High alcohol intake - Alcohol is linked to mouth, liver, stomach, and breast cancer. If an adult chooses to drink, women should limit to one a day, and men two a day. The Substance Use section of the report lists those who should not drink.
- ✓ Excess body fat - increases risk for cancer.
- ✓ Preventive exams needed - See the schedule of preventive exams.



Diabetes Risk

Your Rating: Needs Improvement



Your Risk: Moderate Risk

You have 6 risk factors for diabetes. The more risk factors you have, the higher your chances of suffering from diabetes. Seek a doctor's help for any prevailing diabetes issues.

Diabetes Risk

Risk Factors and Preventive Actions (✓ = needs attention)

Age : Risk for type 2 diabetes increases with age, especially after 45.

- ✓ **Race/Ethnic Background :** Asian/Indian are at increased risk of developing type 2 diabetes.
- ✓ **Health History :** Some health history factors linked to an increased risk of diabetes are:
 - ✓ Family history of diabetes (parent, brother or sister).
 - ✓ Personal history of high blood pressure (140/90 or higher).
 - ✓ Low HDL cholesterol (<35 mg) or high triglycerides (250+ mg)
 - ◆ Personal history of cardiovascular disease.
- ✓ **Weight/Waist circumference :** Excess body fat is a major risk factor for diabetes. A BMI of less than 25 is recommended. Your weight is in the overweight range (BMI 25-29.9) indicating increased risk for diabetes. A BMI of 30+ or a waist circumference of 35+ inches for women or 40+ inches for men indicates high risk.

Smoking status : Smoking increases the risk of diabetes and many other problems. Consider stopping. It can greatly improve your health.
- ✓ **Activity Level :** A sedentary lifestyle increases the risk for diabetes. You indicate you have no regular exercise program. Aim for 30-60+ minutes daily.
- ✓ **Whole Grains :** Eating more whole grain breads and cereals reduces your risk for diabetes. Aim for at least 3 servings daily (e.g. dalia, brown rice, oatmeal, and whole-wheat bread and pasta).
- ✓ **Fruits and Vegetables :** New research shows that people who eat more fruits and vegetables daily have a lower risk of diabetes. Aim for 7-9+ servings daily.

Soft/Sweetened Drinks : Soft/cold drinks (not diet soda) or sweetened fruit drinks (sharbats, lemonade, rooh afza, orange squash, etc) when used regularly can increase the risk for diabetes.



Nutrition

Your Rating: Good



You scored well in 3 of the seven good nutrition factors listed. Review our recommendations to follow healthy eating habits, leading to a healthier lifestyle.

Note: In case you are already following a special diet, please consult your dietician/doctor before making any dietary changes.

Good Nutrition Helps Prevent

- ♦ Obesity
- ♦ Diabetes
- ♦ High blood pressure
- ♦ Stroke
- ♦ Heart disease
- ♦ Cancer

Nutrition & Fitness

Nutrition Factors and Recommendations (✓ = needs attention)

Eat breakfast daily - People who eat breakfast daily have more energy, have fewer accidents, can concentrate better, are less likely to be overweight, snack less often, and live longer. Keep up the good breakfast habit!

Limit snacking - Snack foods are generally high in fat, salt, sugar, and calories and low in nutrition. Limit typical snacks, such as chips, pakoras, samosas, pastry, and soft drinks. When you need to snack, choose healthy ones: fresh fruit, nuts, whole grain breads, raw vegetables, and other nutritious foods.

✓ **Eat healthy-fat meals** - High saturated/trans fat foods increase the risk for heart disease and cancer. Keep choosing healthy foods: fruits, vegetables, whole grain breads and pasta, legumes (peas and beans), nuts, non- or low-fat dairy, and soymilk. Avoid regular intake of paranthas or pooris (deep fried tortillas).

✓ **Use whole grain breads and cereals** - The majority of your breads and cereals should be whole grain. Six or more servings per day are recommended. Look for the word "whole" before the grain in the list of ingredients. Whole grains are high in dietary fiber and protect against diabetes and heart disease.

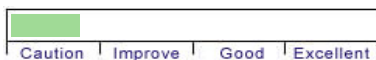
Use salt moderately - Your low salt intake decreases the risk of high blood pressure.

✓ **Eat fruits and vegetables** - Keep eating 5-9 servings/day (2 C fruits and 2 1/2 C veggies). Fruits and vegetables are low in calories, fat, and cholesterol, and high in vitamins, minerals, and antioxidants which protect against heart disease and cancer.

✓ **Achieve a healthy weight/body fat** - Long-term success requires a change in lifestyle. Eat low-fat foods, limit fried foods, rich desserts, and alcohol, and get regular physical activity.

Fitness

Your Rating: Caution



You scored well in 1 of the fitness factors. Stay Fit, Lose Weight and Feel Great! Check out our recommendations for improving your fitness levels.

Exercise Protects Against

- ♦ Heart disease and stroke
- ♦ Obesity
- ♦ Diabetes
- ♦ High blood pressure
- ♦ Certain cancers
- ♦ Enhances mental and emotional health

Fitness Factors and Exercise Guidelines (✓ = needs attention)

✓ **Muscle strength training** - Two strength-training workouts/week recommended.

✓ **Stretching exercises** - Two to three sessions per week to maintain good flexibility.

✓ **Aerobic or cardiovascular exercise** - 3 to 5 sessions per week, daily if possible. children, adolescents, and those unable to control their drinking.

✓ **Body composition** - Achieve a healthy weight. Your present body mass index (BMI) is 25.29. This is at Moderate High Risk. A BMI between 20 and 25 is recommended. A high BMI may not be a risk if it's due to high muscle mass, common in body builders.

✓ **Exercise guidelines** - According to the Indian Medical Association 60 minutes of physical activity/brisk walking is essential for overall good health and preventing lifestyle disorders.

- ♦ Examples include brisk walking (3 to 4 mph), cycling (10 mph), swimming, low-impact aerobics to music, tennis, basketball, badminton, golf (pulling cart).

- ♦ If needed you can accumulate the 30 minutes in two sessions, for example 15 minutes in the morning and 15 minutes at noon. Choose activities you enjoy. Invite a friend to join you. If you have a heart condition or serious health problem, get your doctor's clearance before starting.

Safety - Individuals with heart problems and men over age 40 or women over age 50 with more than one cardiovascular risk factor should have a medical examination before starting any vigorous activity.

Stress & Substance Use

Stress

Your Rating: Good



Your Risk: Low Risk

You have 2 risk factors for stress. You may need assistance with dealing with some stress issues in life. Stress can get chronic, so take initiative towards emotional wellbeing soon.

For Good Emotional well Being

- ◆ Think positive, be hopeful, have a "can do" attitude
- ◆ Break the stress cycle with relaxation breaks
- ◆ Stay active
- ◆ Have fun
- ◆ Spend time with loved ones
- ◆ Settle problems as they occur
- ◆ Get your rest
- ◆ Help others needing help

Risk Factors and Recommendations (✓ = needs attention)

Coping with stress - You report "have trouble coping" with stress in your life. You may also benefit from learning new coping and relaxation skills. Everyone deals with stressful events occasionally.

Stress signals - You marked few of the stress signals that indicate trouble in coping. This indicates you are under stress.

Feel worthless/inadequate - Be nice to yourself. Everyone makes mistakes. Learn from them but don't put yourself down. Get help in dealing with such feelings.

Happiness is a state of mind or feeling such as contentment, satisfaction, pleasure, or joy. Be optimistic. Count your blessings, especially when everything seems to go wrong.

Energy levels - Low energy levels can be caused by illness, low blood hemoglobin levels (anemia), inadequate rest, or excessive mental/emotional upsets. Maintain good energy levels with adequate rest and a healthy lifestyle.

- ✓ **Adequate sleep** is essential for good mental and emotional health; a minimum of seven to eight hours per day is recommended.
- ✓ **Seldom feel calm/peaceful** - We all worry and feel uptight occasionally. Keep life calm and peaceful by taking regular breaks and time to relax. Try to indulge in relaxation techniques as yoga and meditation.

Social support - Take time to establish friendships and nourish relationships. Join a caring church group or participate regularly in community activities with friends.

Relax and have fun every day. This is an important ingredient for good mental health. Develop the fine art of relaxation.

Dealing with crisis - If a crisis occurs, get help from an understanding friend, your pastor, doctor, or a mental health professional. Everyone needs help at times.

Substance Use

Your Rating: Excellent



You have 1 substance use issues. It is vital to take care of your body- avoid substance use. Take help if required.

Risk Factors and Recommendations (✓ = needs attention)

Smoking shortens life by seven to nine years. By not smoking, your risk for heart disease and cancer drops quickly. Encourage family and friends to do the same.

Alcohol is responsible for over 100,000 premature deaths each year, including accidents, cirrhosis, cancer, high blood pressure, and drownings.

Some people should not drink: pregnant women, people operating equipment, children, adolescents, and those unable to control their drinking.

- ✓ **Relaxation, sleeping, or mood-altering drugs or herbals** - Limit to prescribed medications and use only if needed and as recommended by your doctor.

Medications and over-the-counter drugs - If you take more than one medication, be sure to inform your doctor (and pharmacist) of all the medicines you take so you can avoid dangerous drug interactions. Also avoid alcohol while taking medications. It can cause a serious drug interaction.

Avoid all street drugs - They can cause serious problems.



Safety

Your Rating: Good



Thinking Safety at all times could save your life.

Safety, Health & Follow-up

Risk Factors and Recommendations (✓ = needs attention)

Seat belts/Helmets - Protect yourself! Wearing seat belts while driving or helmets while riding reduces your risk of serious injury or death by more than half in case of an accident.

Drinking and driving is responsible for half of all fatal car accidents. Never drive after drinking! It takes one or more hours per drink to clear alcohol from the body.

- ✓ **Packaged/filtered water** - Drinking non-packaged/unbottled water increases your susceptibility to stomach infections. Ensure intake of proper, filtered/packaged/bottled water at all times to stay away from infections caused by contaminated water.

Health Age

Good Health Practices	
1	Not smoking
2	Regular aerobic exercise
3	Eat breakfast daily
4	Limit snacking
5	Maintain a healthy weight
6	Get adequate sleep, 7-8 hours
7	Don't drink or limit to 1-2 drinks in any one day

Find out how old you really are!

In a study of some 6,900 people followed for 15 years, researchers found seven good health practices linked to long life. People who followed all seven of the good health practices lived 10 to 12 years longer than those following only three or fewer. Your health practices are compared to this study to estimate your "Health Age" or how old your body really is.

Your current age = 37 years. This age is based on the year you were born.

- ✓ **Your health age = 39.0 years.** This age reflects your current health practices and how they affect longevity.
- ✓ **Your potential health age = 28.2 years.** This is how young you could be if you were following all of the good health practices.
- ✓ **Years of added life = 10.8 years.** This is the number of years you could add to your life by following all seven of the good health practices. You would also feel better every day!

Medical Follow-up

Test results needing further evaluation or medical follow-up are listed on the right. Discuss these health issues, if any, and other items you need help on with your personal physician.

Test Results Needing Further Evaluation (✓ = needs attention)

High Cholesterol

Diabetes or High Blood Sugar Level

- ✓ **High Blood Pressure**
- ✓ Based on your personal health history, general health view, current symptom you are experiencing, you have an existing ailment/illness/disease. Please keep in regular touch with your physician for recommended follow-ups.
- ✓ Please consult your physician for an overdue flu shot, bowel exam or flexible sigmoidoscopy.



Next Step

Your Next Step

Reduce known risks! Start working on the recommendations listed to the right. Welcome to a rejuvenated life, which is healthier and longer! We also recommend following the preventive exam schedule given below. Please make sure you visit your physician for any doubts.

Preventive Exams		
All		
AGE	PREVENTIVE EXAM	FREQUENCY
18+	Blood Pressure	every 2 years
20+	Lifestyle Appraisal	every 1-2 years
20+	Blood Tests	every 5 years if within normal limits
20+	Skin Exam	every 3 years
40+	Eye exam	every 2-4 years
40+	Skin Exam	annually
45+	Blood Sugar	every 3 years
50+	Thyroid	every 5 years
65+	Eye exam	every 1-2 years
65+	Bone Mineral Density Test	determined by physician
WOMEN:		
AGE	PREVENTIVE EXAM	FREQUENCY
18+	Pap Test & Pelvic Exam	Annually
20+	Clinical Breast exam	every 3 years
40+	Clinical Breast exam AND a Mammogram	Annually
MEN:		
AGE	PREVENTIVE EXAM	FREQUENCY
50+	Prostate	Annually
DENTAL		
AGE	FREQUENCY	
3+	Annually	
65+	every 6 months	
IMMUNIZATIONS:		
Please check with your medical practitioner.		

Health Improvement Opportunities

Based on our assessment and your major wellness scores, we suggest some basic lifestyle changes you should strive to work on in order to improve your health and score better on your health report card. Just remember, not only will your progress record look better, but you will start feeling and looking healthier and fitter. This will, in turn, impact the span of your life so you enjoy some added years of a fun filled life!

- ✓ **Workout**
Strength Training and Aerobic Exercises helps get your muscles stronger. It is also important that you make your body flexible by doing stretching exercises before and after any kind of workout. This will not only prepare the body for a good workout but will also avoid Cramps and Injuries.
- ✓ **Blood Pressure and Cholesterol**
Elevated Blood Pressure and High Cholesterol damages the Heart, Arteries, Kidneys and Eyes. You can control these by adopting certain lifestyle changes and incorporating healthy habits, such as, Healthy Eating Plans, Adequate Physical Activity, Maintaining a Healthy Weight, avoiding Drinking and Smoking, and Efficient Stress Management Techniques.
- ✓ **Diet and Fitness**
A Good Diet and regular Physical Activity can help prevent Diabetes. Exercise is important in the treatment of Diabetes. Jogging, Walking and Swimming are Highly Recommended.
- ✓ **Diet**
High Fat, Low Fiber Diets lead to Coronary Diseases, Cancers of the Lung, Breast or Colon Cancer, obesity related Liver Diseases, and other diseases like Alzheimer's etc. A balanced, low-fat, high fiber diet with optimal levels of Fruits and Vegetables is the best choice for overall optimal health.