

PERSONAL WELLNESS PROFILE



John Smith

GE



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 49, "Needs Improvement" based on the number of good health indicators and these eight major wellness scores.

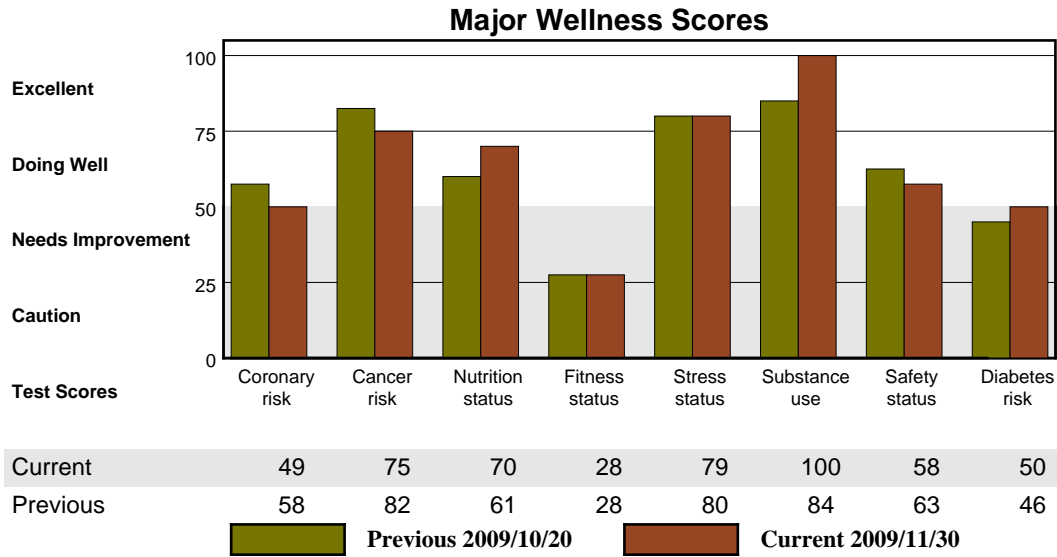


Your overall Wellness score is 49, "Needs Improvement." Your previous score was 74.

Good Health Indicators: 11 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

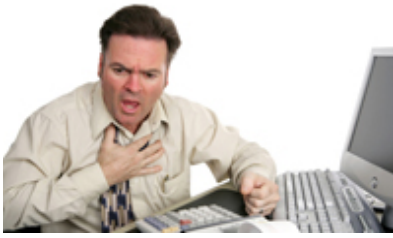
Personal Wellness Profile - Overview



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 High Cholesterol** - High Cholesterol can lead to heart attacks, strokes, coronary artery diseases, arteriosclerosis, hypercholesterolemia, etc. One can control their levels of cholesterol by adapting a healthy low fat diet, performing sufficient physical activity, maintaining a healthy weight, avoid smoking, avoid or control alcohol and regular monitoring of cholesterol levels.
- 2 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.
- 3 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.



Coronary & Cancer Risk

Coronary Risk

Your Rating: Needs Improvement



Your Risk: Moderate Risk

You have 2 risk factors for coronary heart disease. The more risk factors you have, the higher your chances of suffering from one or more coronary diseases. Seek a doctor's help for any prevailing heart health issues.

Heart Attack Warning Signs

- ♦ Pressure, squeezing, or pain in center of chest that lasts more than a few minutes.
- ♦ Pain spreading to shoulder, neck or arm.
- ♦ Chest discomfort with feeling faint, sweating, nausea, or shortness of breath.

If any are present get help soon!

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 45 for men

Smoking is a major cause of early heart disease.

Elevated blood pressure damages the heart, arteries, kidneys, and eyes. 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 at Low Risk.

- ✓ **High cholesterol** damages the arteries causing heart attacks and stroke. A total cholesterol level less than 200 mg is recommended. Above 240 mg is high risk. Your blood cholesterol level is at Low Risk.

Diabetes or high blood sugar can damage the arteries, increasing the risk of heart disease, stroke, and blindness. A good diet and regular physical activity help prevent diabetes. Your blood sugar level is Normal.

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 74 kgs increases your risk of heart disease. Maintain a healthy weight below 74 kgs.

Cancer Risk

Your Rating: Good



Your Risk: Low 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.

New Cancer Cases/Yr/US	Men
1. Prostate	184,500
2. Lung	91,400
3. Colon/Rectum	64,600
4. Bladder	39,500
5. Lymphoma	31,100
6. All cancer sites	627,900

Risk Factors and Preventive Actions (✓ = needs attention)

Personal history of cancer.

Family history of bowel or breast cancer.

Age - Risk increases with age, especially after 55.

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.

- ✓ **High sun exposure** increases the risk of skin cancer. Use sunscreens (SPF 15+) and protective clothing, minimize exposure during 10 a.m. to 4 p.m. and don't sunbathe.

Preventive exams needed - See the schedule of preventive exams.



Diabetes Risk

Your Rating: Needs Improvement



Your Risk: Moderate Risk

You have 1 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 : White/Caucasian are at low 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. 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.



Nutrition & Fitness

Nutrition

Your Rating: Good



You scored well in 5 of the seven good nutrition factors listed. Review the suggestions given for improving your eating habits.

*Follow your doctor's advice if you are on a special diet.

Good Nutrition Helps Prevent

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

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, 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 soy milk.
- ✓ **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.

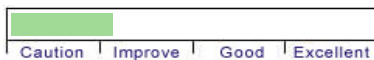
Use salt moderately - Your low salt intake decreases the risk of high blood pressure.

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 avoid alcohol, and get regular physical activity.

Fitness

Your Rating: Needs Improvement



You scored well in 3 of the fitness factors. Review the guidelines given for improving fitness

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)

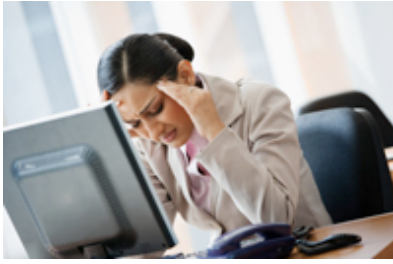
- ✓ **Muscle strength training** - Two strength-training workouts/week recommended.
- ✓ **Stretching exercises** - Two to three sessions per week to maintain good flexibility.
- ✓ **Aerobic or cardiovascular exercise** - 3 to 5 sessions per week, daily if possible.

Body composition - Achieve a healthy weight. Your present body mass index (BMI) is 26.46. 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 - made by the Centers for Disease Control and Prevention and the American College of Sports Medicine state, "Every U.S. adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week."

- ♦ Examples include brisk walking (3 to 4 mph), cycling (10 mph), swimming, low-impact aerobics to music, calisthenics, tennis, basketball, badminton, golf (pulling cart), mowing lawn with a power mower and squash.
- ♦ 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: Excellent



Your Risk: Currently no known Risks

You have no risk factors that affect mental health. Review the suggestions given for improving mental health.

- For Good Mental Health**
- 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 "coping fairly well" 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 none of the stress signals that indicate trouble in coping. This indicates you are dealing with stress fairly well.

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 general indicator of how your life is going. You indicate being happy most of the time. This indicates you are doing well in your personal life.

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.

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 none of substance use issues. Review suggestions for improvement. Get help if needed to deal with a dependency.

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. The new guideline on drinking by U.S. Department of Health and Human Services states that not drinking is the safest, but if you drink, limit your intake to no more than one drink per day for women and two for men.

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



Think safety! It could save your life.

Safety, Health & Follow-up

Risk Factors and Recommendations (✓ = needs attention)

Seat belts - Keep buckling up! Wearing seat belts cuts your risk of serious injury or death by more than half should an accident occur.

Smoke detectors - reduce risk of death from fire by two to three times. Install a smoke detector in your sleeping area. Check it monthly to make sure it works.

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.

Helmets - Keep wearing your helmet when you ride a bike or motorcycle, or go inline skating. Helmets reduce the chance of head injury by 50% to 85%.

✓ **Lifting** - Keep using good lifting technique (use legs not back, hold object close to your body, turn using legs not back, don't lift heavy objects over head).

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 = 39 years. This age is based on the year you were born.

- ✓ **Your health age = 38.1 years.** This age reflects your current health practices and how they affect longevity.
- ✓ **Your potential health age = 30.2 years.** This is how young you could be if you were following all of the good health practices.
- ✓ **Years of added life = 7.9 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, 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.



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

- Physical Exam: Annually
- Dental Exam: Annually
- Vision Screening: Once every 3-5 years
- Lifestyle appraisal: Once every 1-2 years
- Bowel Exam: Once every 3-5 years
- Flu Shot: Annually

For Men:

Monthly testicular self-exam

For Women:

- PAP Smear: Once every 1-3 years
- Mammogram:
40-50 years: Once every 2 years
50 + years: Annually

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.

✓ **Safety**

We recommend that you wear Seat Belts while driving as it cuts your risk of a serious injury or death by more than half, in case of an accident. Ensure not to drink before driving a motor vehicle. Drinking Alcohol impairs a wide range of skills necessary for carrying out various tasks.