

Report date: 23-Feb-2015

Understanding Your Personal Report

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Test User
California
United States

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 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 improvement opportunities!

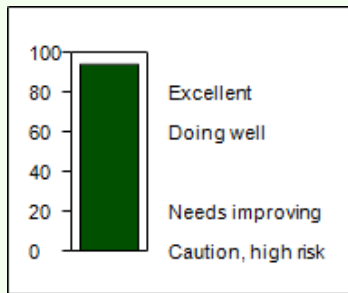


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Wellness Score

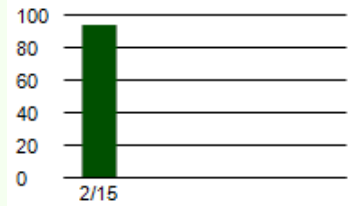
Your overall Wellness Score is based on the number of key wellness indicators you currently meet. Each wellness factor is weighted (see list on right) with an overall possible score of 100.

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



Your overall wellness Score is 94/100. This puts you in the Excellent category!

Progress Chart (Wellness Scores)



Previous wellness scores:
23-Feb-2015 94/100

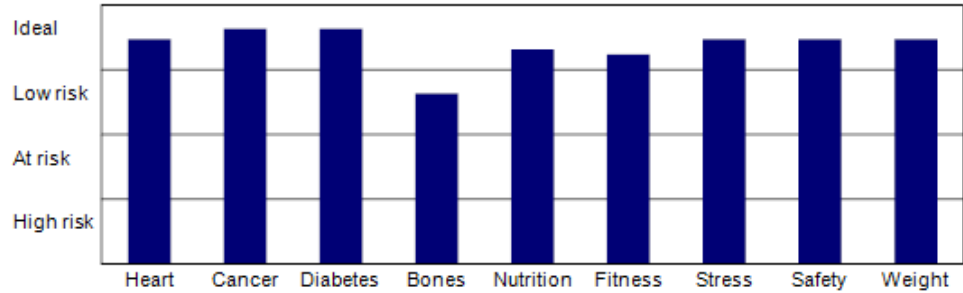
Resource Links

Learn how to make changes to improve your health.

- [Visit our LifeChange Library™ for more wellness information](#)
- [LifeChange Library™](#)

Wellness Overview

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



Legend: Previous: --- Current: 23-Feb-2015

Key Wellness Indicators ('✔' = doing well, '✘' = needs improving)

	Your wellness points	Possible points
You are doing well by:		
✔ Physical activity - continue getting 30+ min, 5+ days/week	8	9
✔ Smoking - not smoking is a great health advantage!	9	9
✔ Healthy weight - BMI <25 is best for health	7	7
✔ Fruit and veggies - keep eating 5 cups daily.	5	5
✔ Whole grains - keep eating 3+ servings daily	4	5
✔ Saturated fats - continue limiting animal and solid fats	5	5
✔ Cholesterol -self reported value - keep less than 200	6	7
✔ Blood pressure - keep less than 120/80	7	7
✔ Glucose - keep fasting level less than 100 mg/dL	6	7
✔ Mental outlook - continue looking on the positive	5	5
✔ Sleep - continue getting at least 7-8 hours daily	5	5
✔ Coping skills - good coping skills limit stress in your life	5	5
✔ Alcohol - if you drink continue limiting yourself to 1 drink/day.	5	5
✔ Car safety - always buckle up and no alcohol for driver	5	5
✔ Sick days - had less than 4 sick days last year	4	5
✔ Preventive exams - continue getting preventive exams/tests	5	5
✔ Health perception - you perceive your health to be "very good"	3	4

Improvement opportunities to consider:

Total wellness points 94 100

Your "Health" Age

According to your health habits, your health age is 17.8 even though you report being 24. That's great! You are 6.2 year(s) younger than you thought.

By following the recommendations above you could add at least another 0.9 year(s) to your life expectancy! See details in the following reports.



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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



Resource Links

Learn how to make changes to improve your health.

- [Visit our LifeChange Library™ for more wellness information](#)
- [LifeChange Library™](#)

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.

Recommended Preventive Actions

• Congratulations

You are already following a very healthy lifestyle and have no major risk factors, so there are no specific recommendations. What a great problem to have!

However, you may still have areas of your health or fitness that you would like to further improve. Give these items careful thought. Fine tune your wellness program and keep up your healthy lifestyle. It's paying off!

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.

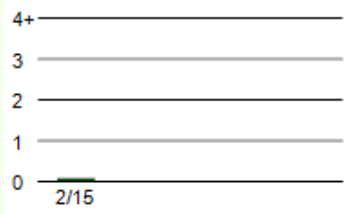
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Your Risk Rating

The more coronary risks you have the greater your chance of heart disease. You have 0 indicated major risk(s). Your coronary risk rating is Excellent.



Progress Chart (Coronary Risks)



Previous Scores

23-Feb-2015 0

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

Total cholesterol	-- mg/dL
LDL chol	-- mg/dL
Non-HDL chol	-- mg/dL
HDL chol*	-- mg/dL
Triglycerides*	-- mg/dL
Fasting glucose* +	-- mg/dL
Blood pressure*	--/--
▶ Body mass index	21
▶ Waist girth*	26 inches

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

Resource Links

Learn how to make changes to improve your heart health.

- [Visit our LifeChange Library™ for more heart-healthy information](#)
- [LifeChange Library™](#)

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.



Risk Factors ('▶' = doing well, '✓' = major risk, '■' = moderate risk)

Doing Well:

- ▶ Age Risk increases rapidly in women over 55.
- ▶ Blood pressure Your blood pressure is normal - less than 120/80. A pressure of 140/90 is high risk.
- ▶ Diabetes Diabetes not present; glucose levels normal.
- ▶ Heart Disease No personal history of early heart disease.
- ▶ Physical activity You are physically active, 30+ min, 5 times per week.
- ▶ Smoking Never smoked - that's great, never start.
- ▶ Total cholesterol You report your cholesterol is in the desirable range; <200 is desirable, less than 160 ideal, 240+ is high risk.

Needs Improving or Risks You Cannot Change:

- ✓ Heart Disease If you have a family history of early heart disease you are also at increased risk.
- HDL cholesterol Know your cholesterol numbers. Keep HDL cholesterol level above 45 mg/dL for men and 55 mg/dL for women.

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

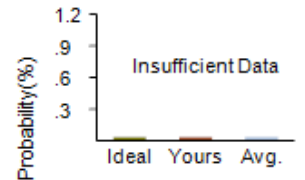
- ▶ Remain a nonsmoker. Your heart and lungs will thank you!
- ▶ Maintain a healthy blood glucose level; exercise, be lean, and eat well.
- ▶ Maintain a healthy cholesterol level by eating low saturated fat meals and foods high in dietary fiber such as fruit, vegetables, and legumes.
- Maintain healthy HDL levels by maintaining a healthy weight, getting regular exercise, eating healthy fats, and limiting refined carbohydrates.
- ▶ Keep triglyceride levels low with regular exercise and a healthy weight.
- ▶ Keep blood pressure low by limiting sodium, keeping weight down, getting regular exercise, eating fruits and vegetables, and limiting saturated fats.
- ▶ Maintain a healthy weight (BMI <25).
- ▶ Keep active, at least 30+ minutes of moderate activity, 5+ days per week.

Probability of a Heart Attack Within 10 Years***

It's important to know your cholesterol and blood pressure numbers. When you know, use the link below to calculate your probability of a heart attack in the next 10 years. Then recalculate your risk using ideal values to see how your probability improves. Ideal numbers are:

- Lower cholesterol to less than 200 mg/dL
- [NIH Coronary Risk Calculator](#)

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



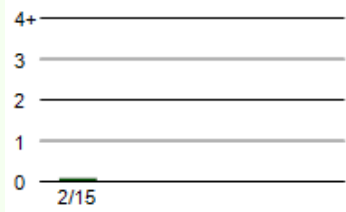
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Your Risk Rating

The more risks you have, the greater your chance of developing cancer. You have 0 indicated cancer risk factors. This puts you in the Excellent category.



Progress Chart (Cancer Risks)



Previous Scores

23-Feb-2015 0

Leading Cancers for Women

Breast	31%
Lung/bronchus	12%
Colon	11%
Uterine	6%
Non-Hodgkin's lymphoma	4%
Melanoma	4%

Cancer preventive exams*

PAP test in last 1-3 yrs (ages 21-65)

Mammogram in last 1-2 yrs (ages 40-74)

Bowel exam every 5-10 yrs (ages 50-75)

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

Resource Links

Learn how to make changes to reduce cancer risk.

- [Visit our LifeChange Library™ for more information on cancer](#)
- [LifeChange Library™](#)

Cancer Risk

Cancer risk factors are listed below. Any risks you have are flagged for your attention. Review preventive actions where appropriate. Ask your doctor for further guidance if you have questions. Click links for further information or clarification.



Risk Factors ('▶' = doing well, '✓' = major risk, '■' = moderate risk)

Doing Well:

- ▶ Age Risk is lower in persons younger than 50.
- ▶ Alcohol By not drinking you reduce your risk of cancer.
- ▶ Blood sugar Your blood sugar level is desirable.
- ▶ Fruit and veggies Continue eating lots of fruits and vegetables.
- ▶ History No personal history of colon or breast cancer.
- ▶ Physical activity Continue being active 30+ min, 5+ times/week.
- ▶ Saturated fats Eating little or no meat/saturated fat reduces your risk.
- ▶ Smoking Never smoked - that's great, never start.
- ▶ Sun exposure You report being careful to avoid excess sun exposure.
- ▶ Weight A BMI less than 25 and waist circumference less than 33 inches is best for good health.
- ▶ Whole grains Eating mostly whole grains may reduce your risk.

Needs Improving or Risks You Cannot Change:

- ✓ History If you have a family history of colorectal or breast cancer you are also at increased risk.

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

- ▶ Remain a nonsmoker. Smoking is responsible for 30% of all cancers.
- ▶ Keep blood sugar levels normal. Elevated levels are linked with higher risk of cancer. Regular exercise and loss of excess weight helps lower risk.
- ▶ Maintain a healthy weight (BMI <25) and a waist circumference <33 inches. Preventing weight gain can help reduce cancer risk.
- ▶ Maintain an active lifestyle. Regular activity (30+ minutes, 5 or more days/week) reduces the risk for many cancers including bowel and breast.
- ▶ Continue to avoid or limit alcohol intake. Alcohol increases the risk of many cancers: cancer of the mouth, liver, breast, and bowel.
- ▶ Continue eating fruits and vegetables (aim for 5-9+ cups 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.
- ▶ Continue to limit saturated fat and red meats. A high intake of these foods increases risk for certain cancers such as colon cancer.
- ▶ Continue to protect skin from excess sun exposure (from 10 am to 4 pm) with protective clothing and SPF 15+ sun lotion.
- Limit exposure to HPV and HIV viruses and cancer risk by practicing safe sex.
- ▶ Get cancer preventive exams recommended for your age and gender.
- Limit exposure to any known carcinogens (cancer causing substances).

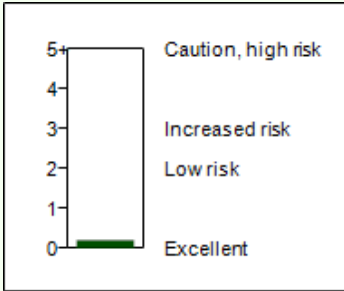
Summary

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 personal wellness goals.

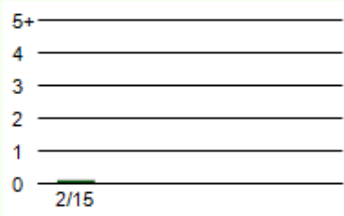
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Your Risk Rating

The more risks you have, the greater your chance of developing diabetes. You have 0 major diabetes risk factors. Your risk is rated Excellent category.



Progress Chart (Diabetes Risks)



Previous Scores

23-Feb-2015 0

Summary of diabetes related health test. Items needing improving are checked (✓). A '▶' indicates doing well.

Total cholesterol	-- mg/dL
LDL chol	-- mg/dL
HDL chol	-- mg/dL
Triglycerides	-- mg/dL
Fasting glucose+	-- mg/dL
Blood pressure	--/--
▶ Body mass index	21.0
▶ Waist girth	26 inches
A1C	-- %

+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.

- [Visit our LifeChange Library™ for more information on diabetes](#)
- [LifeChange Library™](#)

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.



Risk Factors ('▶' = doing well, '✓' = major risk, '■' = moderate risk)

Doing Well:

- ▶ Age People under 45 have a lower risk for diabetes.
- ▶ Blood glucose You report blood glucose is normal.
- ▶ Blood pressure Your blood pressure is normal (<120/80).
- ▶ Ethnicity Caucasian (not an increased risk factor).
- ▶ History No personal history of diabetes.
- ▶ Inactivity Your regular exercise decreases the risk for diabetes.
- ▶ Nutrition Intake of high-fiber foods, low-glycemic foods, and healthy fats decrease your risk for diabetes.
- ▶ Smoking By not smoking, you decrease your risk for diabetes.
- ▶ Weight Maintain a healthy weight (BMI <25) and waist circumference <33+ inches. This is very important for preventing diabetes.

Needs Improving or Risks You Cannot Change:

- ✓ History If you have a family history of diabetes you are also at increased risk.
- Blood lipids Unknown. High triglyceride (>150 mg/dL) or low HDL cholesterol (<50 mg/dL) is linked to diabetes 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.
- ▶ Maintain a healthy weight (BMI <25) and waist circumference <33 inches over a lifetime. This is very important for preventing diabetes.
- ▶ Get regular moderate physical activity such as walking. Aim for 30+ min., 5+ days per week. Exercise protects against diabetes.
- ▶ Keep blood pressure less than 120/80 for best health. High blood pressure is linked to risk of diabetes.
- ▶ Keep blood fats in a healthy range: HDL cholesterol more than 55 mg/dL, LDL cholesterol <130 mg/dL, triglycerides less than 150 mg/dL.
- ▶ Continue to eat well. Emphasize fruits, vegetables, legumes, nuts, whole grains, and healthy fats (vegetable oils). Limit red meats, saturated fats, refined carbohydrates, and high glycemic index foods such as soda pop, white bread, refined cereals, most snack foods, French fries, white potatoes, and white rice.
- An A1c blood test measures average blood glucose levels. An A1c level less than 5.7% is recommended for best health and preventing diabetes.

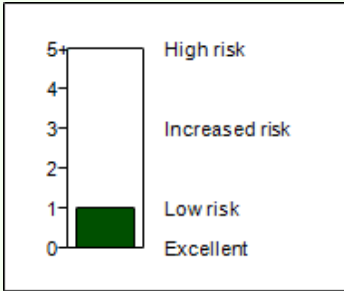
Summary

Focus your attention on the preventive actions you can take. Read the resource links for help in making changes. Get help from your doctor or health coach to reach personal goals.

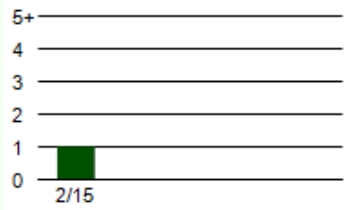
Test User

Your Risk Rating

The more risks you have, the greater your chance of developing osteoporosis. You have 1 osteoporosis risk factors. Your risk is rated Low risk category.



Progress Chart (Osteo. Risks)



Previous Scores

23-Feb-2015 1

Bone Density Test

Women aged 65 and older should be screened (bone density test) routinely for osteoporosis. Screening should begin at age 60 for women at increased risk for osteoporotic fractures. *U.S. Preventive Services Task Force guideline.*

Resource Links

Use these Resource Links to learn more about osteoporosis and how to build stronger bones.

- [Visit our LifeChange Library™ for more information on bone health](#)
- [LifeChange Library™](#)

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.



Risk Factors ('▶' = doing well, '✓' = major risk, '■' = moderate risk)

Doing Well:

- ▶ Gender: Women generally are at increased risk of osteoporosis, especially after age 50 or menopause.
- ▶ Fractures: No personal history of broken bones after age 50.
- ▶ Weight: Not underweight (being very lean increases risk).
- ▶ Activity level: Maintain an active lifestyle for healthy bones.
- ▶ Smoking: Not smoking helps keep bones strong.
- ▶ Calcium/dairy: 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:

- ✓ Race: Caucasian and Asians are at higher risk than other races.
- ✓ Family history: If you have a family history of osteoporosis or fractures you are also at increased risk.

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

- ▶ Maintain a healthy weight (underweight increases risk of weak bones).
- ▶ Continue being active. Aim for 30 or more minutes of physical activity, 5+ days per week including weight bearing and strengthening exercises.
- ▶ Remain a nonsmoker. This improves bone strength and overall health.
- ▶ Continue eating fruits, vegetables, leafy greens, and soy. They preserve calcium. A high intake of animal proteins can increase calcium loss.
- ▶ Continue to limit or avoid alcohol. A high alcohol intake weakens bones and increases the risk of falls and fractures.
- ▶ Maintain a healthy blood pressure. High blood pressure (140/90 or higher) is linked to increased calcium loss and risk of fractures.
- Get adequate calcium daily. For example, 2-3 servings of dairy daily, fortified soymilk, or other sources. A 1300 mg/day is recommended for persons your age.
- Get adequate sunshine daily and/or take 200-400 IU of vitamin D daily.
- Get adequate folic acid 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.
- Be aware of medications that increase risk of osteoporosis.

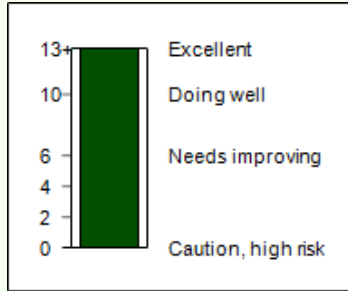
Summary

Take preventive action early to build strong bones and prevent osteoporosis and fractures. Read resource links for further information on bone health.

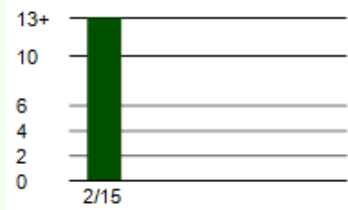
Test User

Your Rating

The more good eating practices you follow the better your nutrition rating. You met 13 of the 14 good nutrition indicators listed in this report. Your nutrition rating is Excellent.



Progress Chart (Nutrition Indicators)



Previous Scores

23-Feb-2015 13

Eating Summary - Servings/Day

Your intake Goal

Indicator	Your Intake	Goal
▶ Whole Grains	3	3
▶ Vegetables	4	3.0
▶ Fruits	3	2.0
▶ Dairy	2	2-3
▶ Healthy proteins	2	2-3
✓ Nuts and seeds each week	4	5+
▶ Sugar	1	<3
▶ Water	5	5+

Resource Links

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

- [Visit our LifeChange Library™ for more nutrition information](#)
- [LifeChange Library™](#)

Nutrition

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



Nutrition Indicators (▶ = doing well, ✓ = improvement opportunity, ◻ = no response)

- ▶ Whole Grains Continue eating at least 3 servings of whole grains daily. *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 Keep on eating 3.0 cups daily. Emphasize dark green and orange vegetables. *Serving examples:* 2 C salad greens, 1 C fresh or 1/2 C cooked vegetables, 8 oz. vegetable juice
- ▶ Fruits Keep eating 2.0 cups daily. *Serving examples:* 1 med. fresh fruit, 1 C fruit, ½ C dried fruit, 8 oz. pure fruit juice (no sugar added).
- ▶ Dairy Keep eating 2-3 cups daily. Use low-fat or fat-free dairy. *Serving examples:* 1 C milk or yogurt (or calcium-fortified alternate such as soymilk), 1 oz. cheese, or a calcium supplement.
- ▶ Healthy fats Continue to 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 Continue to limit solid fats such as butter, stick margarine, shortening, lard, and baked goods using these fats. Limit saturated fat to <7% of calories.
- ▶ Healthy proteins Keep eating 2-3 servings 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 = 0.5-1 oz. nuts or seeds, 1-2 T nut butter.
- ▶ High fat meats Continue to avoid or limit intake of high fat meats such as hamburger, hot dog, sausage, bacon, or steak.
- ▶ Sugar Continue to 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 Keep limiting foods high in salt or sodium to less than 2300 mg/day (read labels). Examples: chips, canned vegetables, canned soups, salty foods.
- ▶ Breakfast Keep eating breakfast daily and don't skip meals.
- ▶ Water Keep drinking at least 5-8 glasses daily.
- ▶ Calorie balance Continue to balance food eaten with activity: keep portion sizes moderate, limit seconds, fast foods, and snack foods. Be physically active 30-60 min. 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.

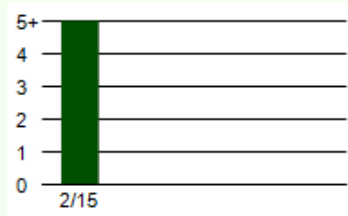
Test User

Your Rating

Your fitness status depends upon how often you get regular physical activity. Based on your current reported exercise program and any fitness tests you took, your current fitness rating is Excellent.



Progress Chart (Active days/wk)



Previous Scores

23-Feb-2015 5

Fitness Tests # Norms*

Aerobic capacity (METs)

Curl-ups (# 2 min)

Grip strength (kg)

Push-ups (# 1 min)

Sit-and-reach (cm)

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

Resource Links

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

- [Visit our LifeChange Library™ for more fitness information](#)
- [LifeChange Library™](#)

Fitness

Regular, physical activity is good medicine. It protects against heart disease, cancer, obesity, stroke, depression, and many other diseases. Most important, 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 response)

	Your Results	Recommended
▶ Aerobic activity Number of days per week you get 30+ min. of physical activity	5 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 per 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 5 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 3-5-minute warm-up and cool down session such as easy walking or stretching exercises.
- Exercise to breathe deeply but not to be out of breath.
- Aim for at least 30 minutes of moderate activity, 5+ times/week. If desired, continue on up to 45-60 minutes daily for weight management and high fitness. Gradually increase intensity and time. Don't over do it.
- Incorporate strengthening and stretching exercise 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 (modr-vigor)	62-139	124-279	248-557
Brisk walking (3-4 mph)	46-62	93-124	186-248
Running (8-10 min/mile)	155-186	310-371	619-743
Swimming laps (easy-vigorous)	62-124	124-248	248-495
Weight training (easy-vigorous)	31-62	62-124	124-248

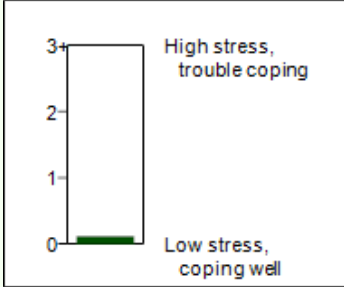
Summary

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.

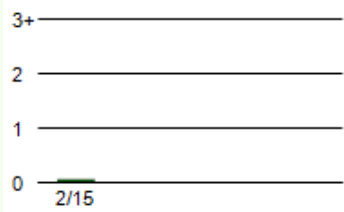
Test User

Your Risk Rating

The more stress indicators you have, the more likely stress may be affecting your mental health. You have no stress indicators (list on right). Congratulations! Keeping stress levels manageable is important for enjoying good mental health.



Progress Chart (Stress Indicators)



Previous Scores

23-Feb-2015 0

Break the stress cycle with the relaxation response. When you start feeling tense take a stretch break. Breathe deeply. Relax your muscles. Recall pleasant memories. Smile. Take a warm bath. Do fun activities.

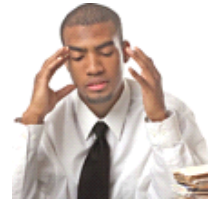
Resource Links

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

- [Visit our LifeChange Library™ for more information on stress and coping](#)
- [LifeChange Library™](#)

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 response)

Doing Well:

- ▶ Stress at home You indicate you never or only sometimes have feelings of stress at home. You are doing well!
- ▶ Stress at work You indicate you never or only sometimes have feelings of stress at work. You are doing well.
- ▶ Financial stress You indicate you have little or only moderate feelings of stress over finances. You're doing well.
- ▶ Major life events You indicate no major traumatic life events within the past year.
- ▶ Control over life You indicate that what happens in your life is controlled mostly by your choices. When you feel in control you can deal better with stress.
- ▶ Mental outlook You expect good things to happen in your future and are hopeful. Optimism improves coping ability.
- ▶ Mood You indicate no lengthy periods of feeling down, sad, or depressed. That's good!

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

- ▶ You seem to be coping well at home. Keep home relations strong with good communication and building strong relationships.
- ▶ 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 over your life and future. When needed, take action to improve life situations.
- ▶ Maintain your positive, hopeful outlook on life. Optimism promotes 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!
- ▶ Continue getting regular physical activity. It reduces stress and tension.

Summary

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

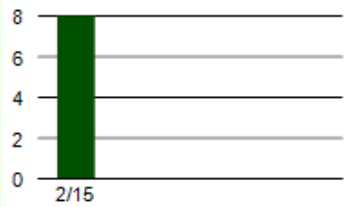
Test User

Your Rating

Safety is the result of careful planning. You met 8 of the 8 good safety factors listed in this report. Your present safety rating is Good safety. See recommendations and resource links for improving safety.



Progress Chart (Safety Factors)



Previous Scores

23-Feb-2015 8

For persons under 40, accidents are the leading cause of disability and early death.

National Center for Health Statistics

Resource Links

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

- [Visit our LifeChange Library™ for more safety information](#)
- [LifeChange Library™](#)

Safety

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



Factors related to safety are listed below.

Safety Indicators ('▶' = doing well, '✓' = improvement opportunity, '■' = no response)

Doing Well:

- ▶ Safety belts Keep buckling up for safety!
- ▶ Child seats Continue using child safety or booster seat when young children are riding 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 Continue using good lifting technique. Your back will thank you!
- ▶ 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 Continue being careful to limit excess sun exposure and sunburns, which 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)

- ▶ Continue to buckle up all the time! Safety belts save lives.
- ▶ Maintain your practice of buckling young children in an appropriate child safety or booster seat when riding in a car.
- ▶ Well done on having smoke detectors in all sleeping areas of your home.
- ▶ Continue using good lifting technique. 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 drink, never drink and drive. Allow at least an hour before driving for every drink, or call a cab. Encourage friends to do the same.
- ▶ Continue wearing a helmet and other appropriate protective gear when doing active sports, such as in-line skating, skiing, or biking.
- ▶ Continue to limit excess sun exposure and burns by wearing a hat and other protective clothing and by using SPF 15+ sunscreen when in the sun.
- ▶ 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. Keep car in good working order.
- Prevent falls by keeping rooms well lighted at night. Provide handrails in the tub/shower region. Remove loose rugs that might cause a fall.

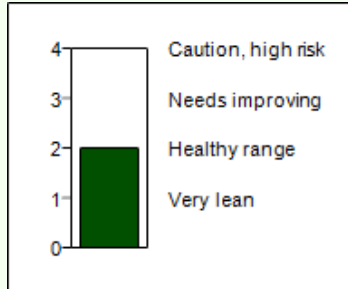
Summary

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

Test User

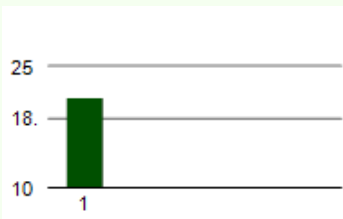
Your Rating

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 Healthy range category.



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

Progress Chart (BMI)



Date	BMI	WC	PF (%)
23-Feb-2015	21	26	

Resource Links

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

- [Visit our LifeChange Library™ for more information on weight management](#)
- [LifeChange Library™](#)

Weight Management

Maintaining a desirable weight has become a national concern. Two out of every three adults are now considered overweight. Of those, about half are excessively overweight or high risk! Use this report to evaluate your present weight and the steps you can take to achieve or maintain a healthy weight.



Weight Evaluation ('▶' = doing well, '✓' = improvement opportunity, '●' = no response)

- ▶ Body mass Index (BMI) is a calculation that evaluates your weight based on your height. Your BMI is 21 - this is in the Healthy weight range.

BMI standards:

Underweight	BMI less than 18.5
Healthy weight	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 26 inches - this is in the Healthy weight range.

WC standards for women:

Healthy weight	Less than 32.9
Overweight	33-34.9
Obese or high risk	35+

- 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.

PF standards for women:

Healthy % fat	23-30.9%
Over fat	31-36.9%
Obese or high risk	37% or higher

Note: 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 a doctor or fitness trainer.

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

- ▶ Congratulations on keeping your weight in a healthy range! Be careful to prevent weight gain in the future.
 - 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 size 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. Aim for 30-60 minutes of moderate to vigorous 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.

Test User

California
United States

DOB: 04-Jun-1990

Summary Screening Tests

('✓'=needs attention, '▶'=doing well)

Height	66 inches
▶ Weight	130 lbs.
▶ BMI	21
▶ Waist girth*	26 inches
Percent fat	-- %
Blood pressure*	--/--
HDL cholesterol*	-- mg/dL
Triglycerides*	-- mg/dL
Fasting glucose* +	-- mg/dL
A1c	-- %
Aerobic capacity	-- METs
Grip strength	-- kg
Flexibility	-- cm
Curl-ups	--
Push-ups	--

*Risk factors for metabolic syndrome

+Glucose is also called blood sugar

Personal Lifestyle Risks

Present:

Resource Links

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

- [Visit our LifeChange Library™ for more wellness information](#)
- [LifeChange Library™](#)

Medical Follow-up Report

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

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

Based on your results, no further evaluations are recommended at this time.

Continue to get regular medical checkups as recommended by your doctor.

Test User

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 female, aged 24

1	Accidents	45%
2	Assault/homicide	8%
3	Cancer	8%
4	Suicide	7%
5	Heart disease	5%
6	Birth defects	2%
7	Pregnancy problems	1%

Reference: NCHS, Leading deaths by age and gender, 2003 mortality data, accessed Nov. 9, 2006

Resource Links

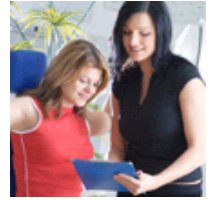
Use these Resource Links to learn how to get started and succeed with lifestyle changes.

- [Visit our LifeChange Library™ for more wellness information](#)
- [LifeChange Library™](#)

Next Steps - Making Changes

The "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, improve your health, and to improve the quality of your life!



Modifiable Health Recommendations (Based on your personal risks)

- Based on your responses, no recommendations at this time.

Making Lifestyle Changes

- Begin with the health issue you are most interested in and feel most capable of changing.
- Write out your goals and action plan TODAY!
- Talk to other people who have successfully made changes in their life.
- 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 about Heinz's coaching program
- Ask about Heinz's disease management program
- Ask about Heinz's weight watchers program
- Ask about Heinz's lunch and learn series
- 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.