

Personal Wellness Profile - Overview

Ann Sample

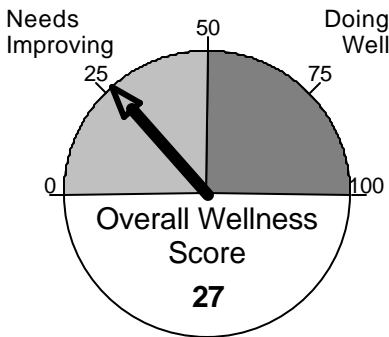
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Wellness Scores

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 based on the number of good health indicators and these seven major wellness scores.

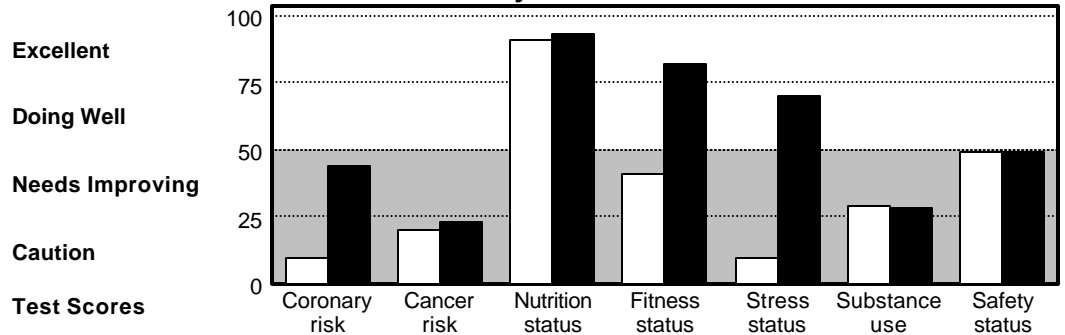


Your overall Wellness score is 27, "Needs Improving." Your previous score was 10. You are making good progress!

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

Major Wellness Scores



Test Scores	Coronary risk	Cancer risk	Nutrition status	Fitness status	Stress status	Substance use	Safety status
Current	44*	23*	93	82	70	28*	49*
Previous	10	20	91	41	10	29	49

* Needs improving

Previous 2/12/1999 Current 11/13/2000

Recommendations for Improving Health

Your top five 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 Healthy pregnancy** - Maintaining good health during pregnancy is vital for you and the health of your baby. Visit your doctor as soon as you know or suspect you are pregnant! Avoid smoking and using alcohol and other drugs. Eat well (don't diet) and consider a prenatal supplement.
- 2 Smoking** - Stopping smoking is critical for preventing serious health problems, such as heart disease, cancer, stroke, and lung disease. By stopping, your risk drops quickly. Within two years, your risk for heart disease is nearly the same as for a nonsmoker. Stop smoking before disease occurs.
- 3 Cancer prevention** - Healthy eating, regular exercise, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancer. Have regular medical checkups and avoid smoking and other cancer-causing behaviors.
- 4 Coronary risk reduction** - You are at higher risk for coronary heart disease. Changes in eating and activity patterns can significantly reduce your risks. Change lifestyle patterns today and your risk will start to decrease immediately.
- 5 Drinking** - Do not drink while pregnant or breast-feeding. Drinking during pregnancy can damage the fetus, cause low infant birth weight, and lead to fetal alcohol syndrome. There is no safe level of alcohol intake while pregnant or breast-feeding.

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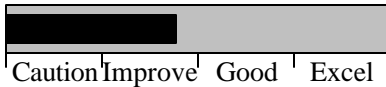
Coronary & Cancer Risk

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Coronary Risk

Your rating: Needs Improving



Your risk - You have 1 risk factor for coronary heart disease. Take action now to reduce your risk. Get your doctor's help if needed.

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. Stopping would greatly reduce your risk of a heart attack, cutting it in half within the first year of quitting.

High blood pressure damages the heart, arteries, kidneys, and eyes. A pressure of 140/90 or higher indicates high blood pressure. Your blood pressure of 137/88 is in the healthy range.

High non-HDL cholesterol damages the arteries and heart while high HDL cholesterol is protective. Non-HDL cholesterol is the total cholesterol without HDL cholesterol. Non-HDL cholesterol should be less than 160 (yours = 150). HDL cholesterol should be over 45 (your HDL = 49). (Your total cholesterol = 199.)

Diabetes or high blood sugar can damage the arteries, increasing the risk of heart disease, stroke, and blindness. Your fasting blood sugar level of 108 is normal. (Less than 110 is recommended.)

Sedentary/inactive lifestyle - Physical activity is good preventive medicine for the heart. Keep up your active lifestyle.

Excess fat - At your height, a weight greater than 155 lbs. puts a person at increased risk of heart disease. Achieve and maintain a healthy weight.

Cancer Risk

Your rating: Caution, High Risk



Your risk - Your risk rating is based on the number and importance of cancer risk factors present.

New Cancer Cases/Yr/US	Women
1. Breast	178,700
2. Lung	80,100
3. Colon/rectum	67,000
4. Uterus	36,100
5. Ovary	25,400
6. All cancer sites	600,700

Risk Factors and Preventive Actions (✓ = needs attention)

- ✓ **Personal history** of cancer means you are at risk for future problems.

- ✓ **Family history** of bowel or breast cancer increases risk for a similar problem.

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. Stopping greatly reduces your cancer risk.

High-fat diet - Fat seems to be a cancer promoter. Continue to choose low-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 regular physical activity, preferably daily.

- ✓ **High alcohol intake** - Alcohol is a cancer promoter, increasing risk for mouth, liver, stomach, and breast cancer. Not drinking is the safest, but if you choose to drink, limit yourself to no more than one to two drinks per day.

Overweight - 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 preventive exams schedule.

Nutrition

Your rating: Excellent



You scored well in 6 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!

Not snacking frequently - 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. If you want a snack, choose healthy ones: fresh fruit, bread, raw vegetables, etc.

Eat low-fat meals - Fatty foods increase the risk for excess weight, heart disease, and cancer. Keep choosing low-fat foods such as non- or low-fat milk and dairy products, fruits, vegetables, bread, pasta, and legumes (peas and beans).

Use whole-grain breads and cereals - Breads and cereals should form the base of the American diet; six or more servings per day are recommended. Keep eating whole grains! They are high in dietary fiber and protect against cancer and heart disease.

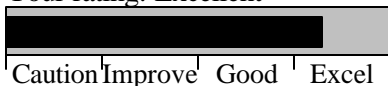
Use salt moderately - A low salt intake decreases the risk for high blood pressure.

✓ **Eat fruits and vegetables** - Five or more servings per day are recommended. Fruits and vegetables are low in calories, fat, and cholesterol, and high in vitamins, minerals, and antioxidants which protect against heart disease and cancer.

Maintain a healthy weight - Maintaining long-term success requires a commitment to a healthy lifestyle. Eat low-fat foods, limit fried foods, rich desserts, and alcohol, and get regular physical activity.

Fitness

Your rating: Excellent



You scored well in 3 of the fitness factors. Review guidelines given for maintaining good 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 - Maintain a healthy weight. Your present body mass index (BMI) is 24.2. This is desirable. A BMI between 19 and 25 is recommended.

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, golf (pulling cart), mowing lawn with a power mower.
- ◆ 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

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Stress

Your rating: Good



You have 1 risk factor that affects 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 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 1 of the stress signals that indicate trouble in coping. This indicates you are dealing with stress fairly well.

Feel worthless/inadequate - Maintain your self-worth by not putting yourself down. Everyone makes mistakes, but severe self-criticism is self-defeating.

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. Continue getting a minimum of seven to eight hours of sleep per day.

Seldom feel calm/peaceful - We all worry and feel uptight occasionally. Keep life calm and peaceful by taking regular breaks and setting aside 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: Needs /Improving



You have 3 substance use issues. Review suggestions for improvement. Get help if needed to deal with a dependency.

Risk Factors and Recommendations (✓ = needs attention)

- ✓ **Smoking/chewing tobacco** can shorten life by seven to nine years. When you stop, however, your risk for heart disease and cancer drop quickly. Over 55 million Americans have stopped using tobacco. You can too! Give it serious consideration.

- ✓ **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).

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

- ✓ **Mood-altering drugs** - 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 & Health & Follow-up

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Safety

Your rating: Needs Improving



Your Safety score needs improving. Think safety! It could save your life.

Risk Factors and Recommendations (✓ = needs attention)

✓ **Seat belts** - Wearing seat belts reduces your risk of serious injury or death by more than half. Make it a practice to always buckle up!

Smoke detectors reduce risk of death from fire by two to three times. Check your smoke detector 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, motorcycle, or go in-line 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 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 = 44 years. This age is based on the year you were born.

Your health age = 40.9 years. This age reflects your current health practices and how they affect longevity.

Your potential health age = 39.2 years. This is how young you could be if you were following all of the good health practices.

Years of added life = 1.7 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)

✓ Marked symptoms: Shortness of breath; trouble sleeping lately

Women's Health

Maintaining regular preventive exams is an important part of a good wellness program.

The following health care recommendations can help you prevent disease and feel and look your best.

Health Issues and Recommendations (✓ = needs attention)

✓ **Pregnant or planning pregnancy** - Get prenatal care early (within the first three months for sure), maintain good nutrition (adequate folacin, calcium, and other vitamins and minerals), avoid smoking, alcohol, and drugs, and get adequate rest.

Reached or past menopause - When you've reached or passed menopause, you may want to discuss the advantages and risks of estrogen replacement therapy with your doctor, especially if you are having difficulty with the change.

✓ **Mammograms** are recommended for women every one to two years after age 40, earlier if you are at high risk for breast cancer (personal history of cancer, family history, smoker).

✓ **Pap test** - A Pap test is recommended every one to three years, less often after you have three consecutive normal tests (more often if high risk such as exposure to multiple sexual partners).

Your Next Step

Reduce known risks! Review the health improvement opportunities on the right. The preventive exams listed below are recommended for all people of your age and gender.

Preventive Exams

- ◆ Dental exams, regularly
- ◆ Vision screening, as needed
- ◆ Hearing screen, as needed
- ◆ Lifestyle appraisal, every one to two years
- ◆ Blood pressure, every one to two years

For Women

- ◆ Pap smear every one to three years
- ◆ Monthly breast self-exam
- ◆ Mammogram each one to two years with annual clinical breast exam
- ◆ Rubella immun., check with MD

Immunizations

- ◆ Tetanus booster every 10 years

Health Improvement Opportunities (✓ = recommended modules)

Review the preventive actions recommended on page 1 of this report and the available health improvement opportunities listed below. Then choose a health topic you are most interested in tackling. Start your personal health improvement program today!

Improving Fitness

Managing Stress

Blood pressure management

Lowering cholesterol levels

Improving nutrition

Senior health

✓ Healthy pregnancy

✓ Stopping smoking

Living with Diabetes

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Personal Wellness Profile

Ann Sample

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