

# PERSONAL HEALTH ANALYSIS

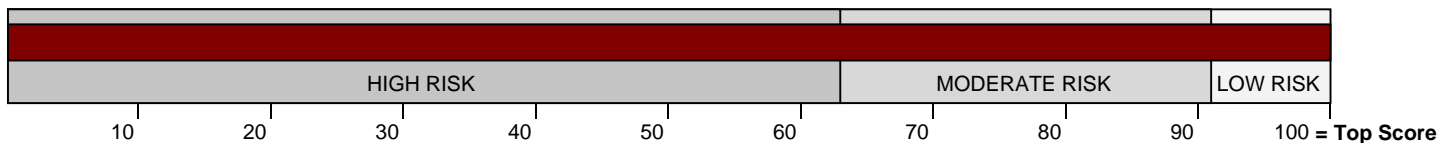
## Wellness Report

September 18, 2002  
ID number Good

32 yr. old Male

This report is based upon the Personal Health Analysis questionnaire you just completed. There are some factors affecting your health that you can't change, like your sex and age. Other factors are under your control. This report stresses the things YOU CAN DO to protect your health.

### Your Good Habits Score is 100

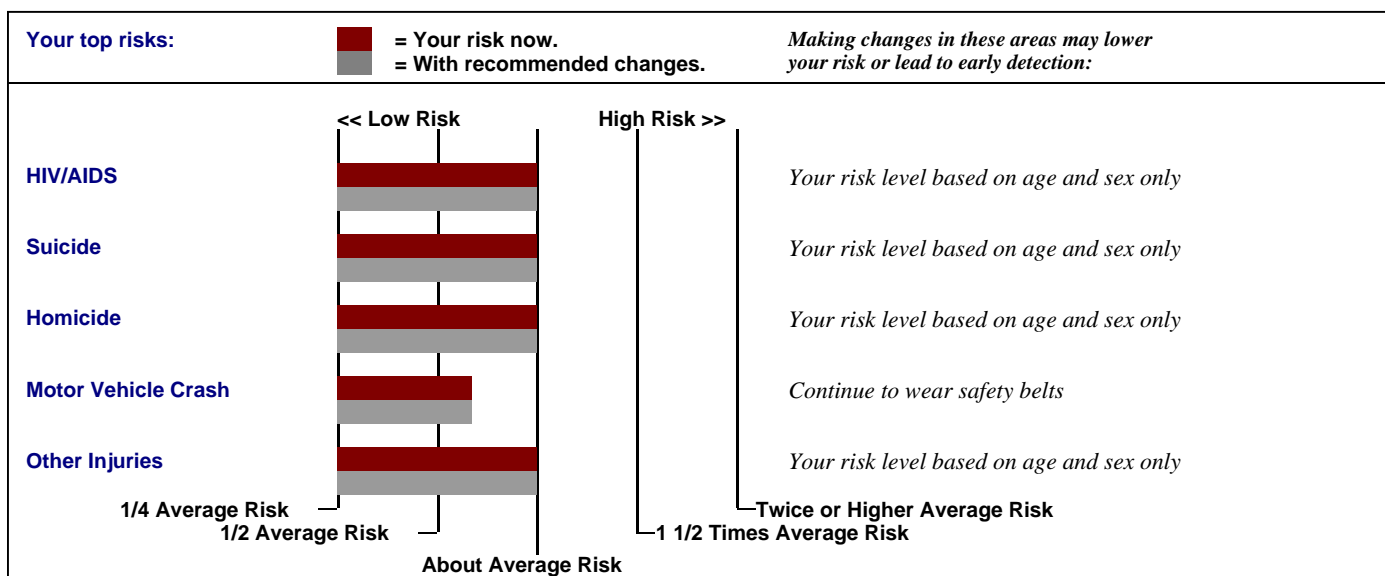


Based on your answers to the questionnaire, your Good Habits score is 100. The Good Habits score is an indicator of how well you are doing at managing the risk factors you can control. Congratulations, because of your healthy habits you have achieved the top score for this measure. Keep up the good work!

<p><b>These factors protect your health keep up the good work!</b></p> <ul style="list-style-type: none"> <li>• Good HDL level</li> <li>• Low alcohol risk</li> <li>• Safe blood pressure level (120/80)</li> <li>• Safe cholesterol level (126)</li> <li>• You don't smoke</li> <li>• Body fat (11.1) is in the desirable range</li> <li>• Good seat belt use</li> <li>• Safe driving speed</li> <li>• You don't use smokeless tobacco</li> <li>• Good exercise habits (3 OR 4 TIMES A WEEK)</li> </ul>	<p><b>These key changes will reduce your risk:</b></p> <p style="text-align: right;"><b>Good habits points to gain:</b></p> <ul style="list-style-type: none"> <li>• Reduce fat in your diet <span style="float: right;">*</span></li> </ul>
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*\* Starred items are important habits for which an exact risk could not be calculated. Even though we can't predict your risk gain in numbers, each of these is important, possibly even more important than those with numbers.*

## Typical Leading Health Risks for 32-year-old Men Like Yourself



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### Recommended Preventive Services for Men Under 40



Cholesterol test	every 5 years
Blood pressure check	every 2 years
Dental care	every 6-12 months
Testicular self exam	monthly
Tetanus-diphtheria booster shot	every 10 years

These are *standard* preventive procedures suggested for a man your age. Your physician may have made recommendations other than these based on your medical history. Consult your physician regarding any discrepancies.

### Some Basic Health Measures

<i>Personal Measures</i>	<i>Indications</i>	<i>Recommended Ranges</i>
Blood pressure: 120/80 mmHg		Ideal range is 138/88 mmHg or less
Cholesterol: 126 mg/dl		Ideal range is 199 mg/dl or less
HDL: 50 mg/dl Ratio: 2.5		Ideal ratio is less than 4.0
LDL: (missing)		Ideal range is less than 130 mg/dl
Diabetes: NO		
Glucose: 101 Fasting test: No		Ideal range is less than 160 mg/dl
Body Fat: 11.1%		Ideal range for 32-year old men is 5.0%-18.9%
Triglycerides: (missing)		
Resting pulse: 65		

### **RECOMMENDATIONS TO IMPROVE YOUR HEALTH**

There are some lifestyle and health factors that you might want to change and others you may want to maintain. Review the following areas to learn what you can do to optimize your health.

### Clinical Indicators Of Health And Fitness

#### **Blood Pressure**

Your blood pressure (120/80) is normal. You are either keeping your weight and salt intake down or you're fortunate to have a normal blood pressure. We recommend that you have your blood pressure checked annually. It's a good idea to keep a record of your blood pressure measures over time.

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### Cholesterol

Your total cholesterol level of 126 is within the recommended range, and with your HDL (good cholesterol) level of 50 your ratio of total cholesterol to HDL (2.5) is good. This means that you are probably at low risk for heart disease. Congratulations! Keep watching the fat and cholesterol in your diet so that your total cholesterol stays down.

### Weight and Body Fat

Your body fat measure of 11.1% is within the recommended range. Congratulations! Keep it up! You are significantly reducing your risk of cardiovascular disease and other related illnesses.

## Emotional Well-Being

### Stress

Everyone has stress, but sometimes it can be too much and affect your life in negative ways. If you feel overwhelmed, help is available. Contact your doctor or nurse.

## General Health

### Aerobic Exercise



Exercise can be fun and is good fitness for mind and body. Continue your regular routine and it will pay dividends in the long run.

### Alcohol

Alcohol is a substance which affects most of the major systems in the body. Drinking alcohol may be a healthy pleasure for some, and for others it can contribute to or aggravate health problems. There are numerous health problems associated with drinking alcohol; these are most serious for people who drink more than is healthy. Your occasional use of alcohol indicates responsible drinking. If your health care provider has not recommended that you avoid alcohol, your drinking is not contributing to any medical or emotional problems, and you do not have a history of drug or alcohol problems, then the optimal consumption of alcohol is less than 7 drinks per week for men, although up to 14 is acceptable. It is healthiest not to drink every single day and not to exceed 4 drinks at a sitting.

## Lifestyle Changes

### Areas You're Not Ready to Change

You replied that you are not ready to change your alcohol use and handling of stress within the next 6 months. You may want to reconsider that choice, since your other questionnaire responses suggest that your current handling of stress places you at increased risk. To help learn about the health risks associated with this behavior, consult your doctor or nurse for more information. If you would like to explore the possibility of making a change, try observing the negative effects of your current behavior on yourself and those around you, and make a list of the health and other benefits that change would bring.

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### Nutrition

#### Fiber



Good for you! Research suggests that eating a diet high in fiber helps to prevent colon cancer, breast cancer and heart disease. Most foods that are high in fiber such as whole grains, beans, fruits and vegetables, also provide your body with many essential vitamins and minerals.

#### Fatty Foods

Your diet may be too high in fat. A low fat diet may reduce your cholesterol, your weight and your risk for certain cancers. Start by making small changes such as switching to lower fat alternatives.

### Safety

#### Speeding

Driving within the speed limit decreases the risk of injury or disability to you and others.

#### Seat Belt Use

Good for you! Keep on using your seat belt every time you are in a car. Seat belts are an important way to reduce chances of injury or death.

### Tobacco Use

#### Smoking Cigarettes



Congratulations for never smoking cigarettes. That's the best thing you could do for your health and the health of those around you.

### Men's Health Issues

#### Testicular Self Exam

Testicular cancer usually occurs before the age of 35. That's why it is good that you are doing regular testicular self exams to check for any abnormalities, and why it is important for you to maintain this good habit.