

Wellstream

PERSONAL HEALTH SUMMARY



DATE COMPLETED: 02/12/2007

USER: 0000128 GENDER: Female

SECTION I

Personal Health Assessment



Risk Levels for Specific Health Conditions



SECTION II

Risk Factor Score Summary

Demographic Risk Factors	Current PHA 02/12/2007	Recommended Target
Age	43	
Gender	Female	
Race/Ethnicity	Caucasian/White	
Height	5' 0"	
Weight	140 lbs	95-127
Body Mass Index (BMI) *	27.3	18.5-24.9
* Please note: If you have a very muscular build or are currently pregnant, it is possible that your BMI does not provide an accurate assessment of your health risk based on your weight.		
Health Screening Risk Factors		
Blood Pressure (Syst/Diast)	Below 120/80	Below 120/80
Total Cholesterol (mg/dl)	200-239	Below 200
HDL Cholesterol (mg/dl)	I'm not sure	60 Or Higher
LDL Cholesterol (mg/dl)	I'm not sure	Below 100
Triglycerides (mg/dl)	I'm not sure	Below 150
Blood glucose (fasting) (mg/dl)	I'm not sure	Below 100
Hemoglobin A-1C (mg/dl)	I'm not sure	Below 7
Health Exam with HC Provider	In Past Year	In Past Year
Dental Exam	In Past Year	In Past Year
Mammogram	In Past Year	In Past Year
Clinical Breast Exam	Overdue	In Past 3 Years
Pap Test	In Past 3 Years	In Past 3 Years
Colo-Rectal Cancer Screening	N/A	N/A
Breast Self-Exam	Overdue	In Past Month
Personal Lifestyle Risk Factors		
Exercise	Moderate	High
Cigarette Use	Not Using	Not Using
Other Tobacco Use	Not Using	Not Using
Second-Hand Smoke Exposure	Not Exposed	Not Exposed
Alcohol Use	Moderate	Never/Light
Fat in Diet	Medium	Low
Fruit/Vegetables in Diet	1 Or Fewer	5+ Servings
Fiber in Diet	1 Or Fewer	5+ Servings
Stress	Medium	Low
Depression	Low	Low
Satisfaction with Personal Life	Somewhat	Completely/Mostly
Satisfaction with Work Life	Somewhat	Completely/Mostly
Sun Protection	Always	Always
Seat Belt Use	No	Always
Home Smoke Detector	Installed	Installed

SECTION III

Personal Risk Status - Details

DEMOGRAPHICS

Age / Gender Age can affect a person's risk for chronic diseases, including heart disease, stroke, diabetes, and cancer. In some cases, the risks are also different for males compared to females. As a female who is 40-44 years of age, you are at higher risk for these health conditions.

Race / Ethnicity Race/ethnicity is a risk factor for several health conditions, including stroke, diabetes, and cancer. As a Caucasian/White, you are at lower risk for these conditions.

PERSONAL HEALTH HISTORY

FAMILY HEALTH HISTORY

Cancer You reported that a member of your immediate family has been told by a health care provider that they have cancer. Most chronic diseases are hereditary; ensure you receive the proper screenings to determine your risk for this condition.

Chronic Depression You reported that a member of your immediate family has been told by a health care provider that they have chronic depression. Most chronic diseases are hereditary; ensure you receive the proper screenings to determine your risk for this condition.

Chronic Headaches Or Migraines You reported that a member of your immediate family has been told by a health care provider that they have chronic headaches or migraines. Most chronic diseases are hereditary; ensure you receive the proper screenings to determine your risk for this condition.

High Blood Pressure You reported that a member of your immediate family has been told by a health care provider that they have high blood pressure. Most chronic diseases are hereditary; ensure you receive the proper screenings to determine your risk for this condition.

High Cholesterol You reported that a member of your immediate family has been told by a health care provider that they have high cholesterol. Most chronic diseases are hereditary; ensure you receive the proper screenings to determine your risk for this condition.

FAMILY HEALTH HISTORY, Cont.

High Triglycerides You reported that a member of your immediate family has been told by a health care provider that they have high triglycerides. Most chronic diseases are hereditary; ensure you receive the proper screenings to determine your risk for this condition.

Osteoporosis (or Thinning Of The Bones) You reported that a member of your immediate family has been told by a health care provider that they have osteoporosis. Most chronic diseases are hereditary; ensure you receive the proper screenings to determine your risk for this condition.

HEALTH SCREENINGS

- Mammogram** You indicated that you received a mammogram in the past year, as recommended for women age 40 and older. Continue to have this preventive health screening done each year for the early detection of breast cancer.
- Clinical Breast Exam** You did not indicate that you have had a clinical breast exam performed by a health care provider within the past 3 years. This preventive health screening, which is used for early detection of breast cancer, should be performed at least every 3 years for women under age 40 - and every year for women age 40 and older.
- Pap Test** You indicated that you had a Pap test in the past 3 years. Continue to have this preventive health screening done at least every 3 years for the early detection of cervical cancer.
- Breast Self-Exam** You indicated that you do not perform a breast self-exam at least once per month. It is important that you check your breasts each month for lumps, for early detection of breast cancer.
- Total Cholesterol** You reported that your total cholesterol level is between 200-239, which is borderline high. The recommended level is below 200. High cholesterol is a major risk factor for cardiovascular disease and stroke.
- Cholesterol Last Checked** You indicated that you have had your cholesterol checked within the past 5 years. It is recommended that you have your total, LDL, and HDL cholesterol checked at least this often, and more frequently if your cholesterol is not within the recommended range.
- Triglycerides** You reported that you are not sure of your level of triglycerides (fat in the blood). Your triglycerides status is important to know, since high triglycerides is a major risk factor for cardiovascular disease and diabetes.
- Triglycerides Last Checked** You indicated that you have had your triglycerides checked within the past 5 years. It is recommended that you have your triglycerides checked at least this often, and more frequently if your level is not within the recommended range

PERSONAL LIFESTYLE

- Weight** Your height and weight have been used to calculate your body mass index (BMI), an indicator of whether you are overweight, underweight, or at a healthy weight. Based on your reported height and weight, your BMI is 27.3, which is above the recommended range of 18.5 to 24.9 and indicates that you are overweight. Being overweight places you at increased risk for many health conditions, including heart disease, stroke, diabetes, colon cancer, breast cancer, prostate cancer, and musculoskeletal problems. Please note: If you have a very muscular build or are currently pregnant, it is possible that your BMI does not provide an accurate assessment of your health risk based on your weight. In this case, you may want to have your body fat measured by a fitness professional as better way of determining whether you are within a healthy range based on your percentage of body fat.
- Exercise** You perform stretching exercises two times per week.
- A health care provider has not told you that exercise is contraindicated meaning it will not likely cause you harm. Continuing and following an exercise prescription is recommended for you. A good guide for measuring your daily physical activity is to count your steps using a pedometer. It is recommended that most individuals achieve 10,000 steps per day.
- More information on physical activity can be found at <http://www.shapeup.org/10000steps.html>
- Cigarette Use** Never having used tobacco products is an excellent personal choice. Staying away from smoking and other tobacco products will decrease your risk of experiencing cardiovascular disease, several types of cancer, and other health-related problems.
- Other Tobacco Use** Not using other tobacco products is an excellent personal choice. In addition to cigarettes, staying away from other tobacco use will decrease your risk of experiencing cardiovascular disease, several types of cancer, and other health-related problems.
- Alcohol Use** You drink 1-7 alcoholic drinks per week , and you never have more than 5 of those drinks on one occasion.
- High-Fat Food** During a typical day, about half of your diet comes from high-fat foods. A diet high in fat may eventually lead to significant health problems. No more than 30% of your diet should come from fat. You may want to keep a food diary for 1-2 weeks to record your eating habits and determine how you can reduce the amount of fat you consume. A registered dietitian can also help you to plan a healthier diet.

PERSONAL LIFESTYLE, Cont.

Fast Food You reported that you eat 1-2 meals per week at fast food restaurants. To control the amount of fat and calories in your diet, you should continue to limit the number of fast food meals you consume.

Fruits and Vegetables in Diet You reported that you eat 1 or fewer servings of fruits or vegetables per day. Fruits and vegetables are a good source of fiber. For a 2,000 calorie daily diet 4 servings of fruits and 4-5 servings of vegetables are recommended. At this time, you are actively attempting to consume more fruits and vegetables. As you work on your dietary changes, remember that it may take several attempts before this behavior change becomes a part of your life. A wide variety of fruits and vegetables are available in most food stores, so that you have plenty of choices to keep your diet fresh and interesting.

More information on fruit and vegetable consumption can be found at <http://www.healthierus.gov/dietaryguidelines/>

High-Fiber Food Typically, you only consume 1 or fewer servings of high-fiber foods per day. It is recommended that you increase your consumption until you reach an average of 2 servings per day. Foods rich in fiber include whole grain breads, brown rice, dried apricots, dates, prunes, raisins, blueberries, raspberries, strawberries, oranges, broccoli, kidney beans, lima beans, chick peas, lentils, soy beans and corn. At this time, you are actively attempting to consume more fiber in your diet. Remember that it may take awhile before a change in your diet becomes natural. High-fiber options include whole grain breads, brown rice, dried apricots, dates, prunes, raisins, blueberries, raspberries, strawberries, oranges, broccoli, kidney beans, lima beans, chick peas, lentils, soy beans and corn.

Stress You reported that too much stress is always a problem for you. You noted that you sometimes have problems handling the stress in your life. You may want to try practicing some stress management techniques, such as deep-breathing exercises or yoga, as well as examining the stressful situation to see if you can make changes in your approach to it. If you find that dealing with stress becomes a larger problem over time and that you are having trouble coping you may want to seek help from a qualified counselor.

Depression You answered that during the past 6 months, you had not felt sad or depressed for a period of at least 2 weeks to the point where you had trouble functioning at work or home. Based on your response, you do not seem to be at risk for depression.

PERSONAL LIFESTYLE, Cont.

- Satisfaction with Work Life** You reported that you are somewhat satisfied with your work life. If you find that you continue to not be as satisfied as you could be about your work life, you may benefit from seeing a qualified counselor to discuss approaches you might take.
- Satisfaction with Personal Life** You reported that you are somewhat satisfied with your personal life. Having a positive attitude, along with the ability to address challenges that periodically come up, will help you to maintain good mental health - and will support your physical health as well. If you find that you continue to not be as satisfied as you could be about your personal life, you may benefit from seeing a qualified counselor to discuss approaches you might take.
- Dental Exam** You indicated that you had a dental exam by a dentist within the past 12 months - as recommended by most health professionals. Good dental hygiene enhances your overall health. For example, there is increasing evidence that dental health is related to an individual's risk for cardiovascular disease and other serious health conditions.
- Tooth Brushing** You responded that when you brush your teeth that your gums do not bleed, which is an indication that your gums are probably in good health. Brush and floss your teeth regularly to keep your risk for gum disease and other dental health problems low.
- Sun Protection** You indicated that your skin does not burn easily when exposed without sunscreen to the strong sun, that when you spend time in the sun you usually wear protective clothing or apply sunscreen with an SPF of at least 15, and that your skin has been severely sunburned several times during your life. Skin cancer is the most common cancer in the U.S. Since your skin has already sustained some damage from sun exposure, it is important that you continue to protect it with sunscreen and protective clothing - especially during the peak sun hours of 10 a.m. and 4 p.m. - to avoid increasing your risk for skin cancer.
- Seat Belt Use** You reported that you do not always wear a seatbelt when you drive or ride in a motor vehicle. It is very important to wear a seatbelt every time, no matter whether the trip is a short or long one. You will know you are wearing a seatbelt correctly when the lap (lower) part is low and tight across the upper part of your hips. Never place it across the upper half of your abdomen. The shoulder part should fit snugly across your chest and shoulder, not under your arm or across your neck or face. Work on wearing your seatbelt for every trip you take.

PERSONAL LIFESTYLE, Cont.

Home Smoke Detector You reported that you have a working smoke detector in your home - that's great! The best places for smoke detectors are outside of bedroom areas, and on each level of the home. Avoid the kitchen or bathroom areas. Smoke detectors should be tested monthly, and the batteries should be replaced once a year or when the device makes a chirping sound. Plan your escape route and practice leaving your home in case of a fire. Decide on a single meeting place for family members should evacuation ever become necessary.

Health Care Provider You reported that you have a primary health care provider who provides you with general care and referrals to other health professionals when necessary.

Health Checkup You noted that you have had a health checkup (physical exam) within the past year - nice job! It is recommended that you see your health professional once a year for a general checkup and to receive appropriate preventive health tests for your age and gender.

SECTION IV

Risks for Specific Health Conditions

Your Risk Factors

The modifiable and non-modifiable risk factors listed below are considered to be significant contributors to your risk for each health condition.

CANCER

Non-modifiable Risk Factors:

Age 40 or older
Family history of cancer

Modifiable Risk Factors:

Medium exercise (3-4 days/wk at moderate intensity)
Overweight (BMI 25-29.9)
Half or more high-fat foods consumed
Less than 5 servings/day of fruits and vegetables
Severely sunburned several times



High

DIABETES

Non-modifiable Risk Factors:

None

Modifiable Risk Factors:

Medium exercise (3-4 days/wk at moderate intensity)
Overweight (BMI 25-29.9)
Borderline high cholesterol



Low

HEART DISEASE

Non-modifiable Risk Factors:

None

Modifiable Risk Factors:

Medium exercise (3-4 days/wk at moderate intensity)
Stress Often or always a problem, at times problems coping
Half or more high-fat foods consumed
Less than 5 servings/day of fruits and vegetables
Overweight (BMI 25-29.9)
Borderline high cholesterol



Moderate

MENTAL HEALTH CONCERNS

Non-modifiable Risk Factors:

Female
Family history of depression

Modifiable Risk Factors:

Stress Often or always a problem, at times problems coping
Medium exercise (3-4 days/wk at moderate intensity)



Low

STROKE

Non-modifiable Risk Factors:

None

Modifiable Risk Factors:

Medium exercise (3-4 days/wk at moderate intensity)
Stress Often or always a problem, at times problems coping
Overweight (BMI 25-29.9)
Half or more high-fat foods consumed
Less than 5 servings/day of fruits and vegetables



Low

SECTION V

What Now?

Five Ways To Use Your Wellstream Personal Health Assessment Results

Congratulations on completing the Wellstream Personal Health Assessment. Believe it or not, this small activity is a big step toward improving and/or maintaining your personal health status.

But what now?

1. Read The Report!

Spend some time reading the report and examining the results. In this report, you will find important information relating to your family history, your current risk factors, and your preventive practices just to mention a few. Because this information is essential to better understanding the path to improved health, it is highly recommended that you spend some time reading this report.

2. Schedule Your Preventive Screenings.

One of the best ways to address health problems is to prevent them before they start. Preventive screening is the key. In this Personal Health Assessment, you have an excellent resource for examining what preventive tests and procedures you'll need to schedule. If you're on track with all of your preventive screenings, mark your calendar so that you'll know when it's time to get them done.

3. Take A Copy With You To Your Healthcare Provider.

The next time you visit your healthcare provider, be sure to bring a copy of this report with you. The information in this report will help your healthcare provider to know more about you and how to better keep you healthy.

4. Develop A Plan.

Virtually everyone can improve their personal health practices. Given the fact that your health is one of your most valuable personal assets, this investment is a wise one. The information contained in your personalized report will help you put together a program for health improvement. Whether it's walking, eating five servings of fruits and vegetables, or better managing your stress, this report will be the core of your personal plan that you can take with you on your journey to better health.

5. Keep It Around.

Just like you keep annual bank statements, auto maintenance, home improvements, and other important information, we recommend that you keep a copy of this report in your personal health file. As the months and years go by, you'll be surprised at how important this information will prove to be.