

### Health Risk Assessment Results

You are taking this Health Assessment for: Mark Yellow

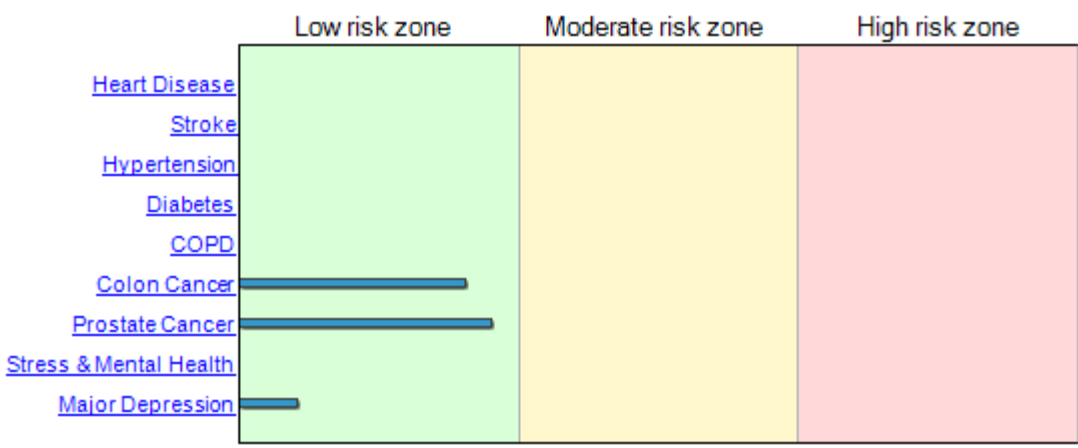
#### Your Health Age

Your Actual Age Is:  
55 years old

According to your Health Risk Assessment,  
you are as healthy as the average:  
**46 year old**

#### Your Disease Risk

The chart below shows your level of risk of getting common life-threatening diseases. Each disease on the left is scored using the information you supplied earlier. If you already have the disease, the meter will display the maximum risk value. You may click on the name of the disease for more information on that disease.



#### Your Important Risk Factors

Regardless of how healthy or unhealthy you are today, you always have the power to improve your health by changing your behavior! Below are some important areas for you to consider. Items in red indicate that you are at high risk, yellow items mean you are at moderate risk, and green means that you are on the right track! To reduce your risk and improve your health, we highly recommend you consider changing your behavior in the areas that appear Red or Yellow.

Substance Abuse  
Alcohol Use  
Tobacco Use  
Safe Sexual Practices  
Safe Driving Habits

No Moderate Risk Results.

Immunization



What you're doing well..

At Goal?	Measurement	Your Results	Your Goal
✓ Yes	Blood Pressure	110/70	Less than or equal to 140/90
✓ Yes	LDL Cholesterol	104	Less than or equal to 160
✓ Yes	HDL Cholesterol	65	Greater than or equal to 50
✓ Yes	Body Mass Index (BMI)	24.1	18.5-24.9
✓ Yes	Activity Level	Vigorous Activity	Greater than or equal to Moderate
✓ Yes	Daily Fruits Vegetables Serving	Almost every day	Almost every day
✓ Yes	Daily Fat Servings	I always limit my intake	I usually limit my intake
✓ Yes	Daily Carb Servings	Almost every day	Almost every day
✓ Yes	Stress Level	Occasionally Stressed	Occasionally Stressed
✓ Yes	Tobacco	No	No
✓ Yes	Depression	No Depression	No Signs of Depression
✓ Yes	Substance Abuse	No	None
✓ Yes	Driving Safety	Always wear seatbelt and drive within 5mph over the speed limit.	Always wear seatbelt and travel the speed limit
✓ Yes	Safe Sexual Practices	Safe	Safe
✓ Yes	Alcohol Use	Less than 7 drinks/week	Less than or equal to 7-14 drinks/week

Up To Date?	Test or Exam	Your Last Test	Next Test Due	Recommended Frequency
✓ Yes	Cholesterol	6/14/2011	6/14/2016	Every 5 years
✓ Yes	Blood Pressure	6/14/2011	6/14/2013	Every 2 years

What you need to work on...

At Goal?	Measurement	Your Results	Your Goal
✗ No	Cholesterol	201	Less than or equal to 200
✗ No	Triglycerides	Unknown	Less than 150

Up To Date?	Test or Exam	Your Last Test	Next Test Due	Recommended Frequency
✗ No	Prostate Screening 	Unknown	ASAP	Discuss with doctor
✗ No	Colon Cancer Screening 	Unknown	ASAP	Every 1 - 10 years/Discuss with doctor
✗ No	Flu Vaccine	Unknown	ASAP	Yearly

Further Information	Description	Add to your Monthly Email Tips
Smoking Cessation	Find out about the best methods to help you quit smoking – today!	

Lowering Blood Pressure	Learn ways to significantly lower your blood pressure and achieve your blood pressure goals.
Physical Fitness	Discover how to get into better shape at any age, and why now is the best time to start!
Weight Loss	Don't fall for the "instant weight loss" gimmicks. Learn how to make and follow a reasonable weight loss plan that you can live with.
Lowering Cholesterol	Become educated on how to achieve your goal for healthy cholesterol levels.
Better Nutrition / Diet	"You are what you eat!" Learn how to improve your quality of life by eating wisely.
Stress Reduction	Gather techniques that will help you lower your daily stress.

Health Tips will be sent to the following email address. Please confirm.

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