



Hanna Dee

Date: 02/22/2024
 Birthdate: 05/04/1961 (62)
 Sex: FEMALE
 Ethnicity: WHITE
 Evaluator: Sample Clinician, MD



PHYSICAL MEASUREMENTS

Height:	5 ft 8 in
Weight:	175.05 pounds
Waist Circumference (WC):	36 inches
Wrist Circumference:	7 inches
Hip Circumference:	40 inches
Neck Circumference (NC):	15 inches

VITAL SIGNS (Resting)

Heart Rate (HR):	80 bpm
Blood Pressure (BP):	140/88 mm Hg
Respiratory Rate (RR):	15 bpm
Pulse Oximeter (PO):	98% SpO ₂

PERCEIVED HEALTH STATUS

	Your Score	Ideal
Physical Health Score:	45	100
Mental Health Score:	60	100
Lifestyle Habits Score:	31	100

BODY COMPOSITION ANALYSIS

Body Frame Size:	Large
Percent Body Fat (BF%):	33%
Total Body Mass (Weight):	175.05 pounds
Body Surface Area (BSA):	20.52 ft ²
Visceral Adipose Tissue (VAT):	2.9%
Total VAT Mass:	1.7 pounds
Lean Body Mass (LBM):	117.3 pounds
Fat Free Mass Index (FFMI):	3.6 lb/ft ²
Total Body Water (TBW):	79.1 pounds
Body Fat Mass Index (BFMI):	1.8 lb/ft ²

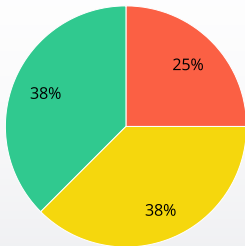
LIPID PROFILE

Total Cholesterol (TC)	220 mg/dL
HDL Cholesterol (HDL)	60 mg/dL
LDL Cholesterol (LDL)	120 mg/dL
Triglycerides (TG)	150 mg/dL

GLUCOSE PROFILE

Hemoglobin A1C	7.5 %
Fasting Blood Sugar (FBS)	100 mg/dL

INTERPRETATION



Summary: Your overall score is 52.4 on a scale of 0 to 100; 50 is average and higher scores are associated with better health. Out of 32 assessments, you have 8 (25%) in the **high risk** category (CI - Conicity Index, WHR - Waist to Hip Ratio, WC - Waist Circumference, NC - Neck Circumference, HbA1C - A1C, BP - Blood Pressure, BMI/WC, lifestyle habits), 12 (38%) in the **medium or increased risk** category (FFMI - Fat Free Mass Index, BFMI - Body Fat Mass Index, BMI - Body Mass Index, HR - Resting Heart Rate, WHtR - Waist to Height Ratio, TC - Total Cholesterol, TG - Triglycerides, FBST - Fasting Blood Sugar, BF% - Body Fat Percentage, WrCHt, BMI/WHR, physical health), and 12 (38%) in the **low risk** category (ABSI - A Body Shape Index, AVI - Abdominal Volume Index, BRI - Body Roundness Index, RR - Respiratory Rate, BAI - Body Adiposity Index, VAT - Visceral Adipose Tissue, HDL - HDL Cholesterol, LDL - LDL Cholesterol, PO - Pulse Oximetry, ORAI - Osteoporosis Risk Assessment Instrument, NCHtR - Neck Circumference to Height Ratio, mental health).

Interpretation: **Cardiometabolic risk** - you are at **high risk** in 5 assessments (CI, WHR, WC, HbA1C, BP), **medium or increased risk** in 8 assessments (FFMI, BFMI, BMI, WHtR, TC, TG, FBST, BF%) and **low risk** in 6 assessments (AVI, BRI, BAI, VAT, HDL, LDL). **Sleep Apnea** - you are at **high risk** in 1 assessment (NC) and **low risk** in 1 assessment (NCHtR). **Premature Mortality** - you are at **medium or increased risk** in 1 assessment (HR) and **low risk** in 1 assessment (ABSI). **Lung Disease** - you are at **low risk** in 2 assessments (RR, PO). **Osteoporosis** - you are at **low risk** (ORAI). **Perceived Health Status** - your physical health is **fair**, your mental health is **good** and your lifestyle habits **need improvement**.

Vital Sign Risk Factor Assessment

Heart Rate (HR)	Blood Pressure (BP)		Respiratory Rate (RR)	Pulse Oximeter (PO)
Resting Pulse	Resting Systolic BP	Resting Diastolic BP	Resting Respiratory Rate	Resting Pulse Oximetry
80 BPM	140 mm Hg	88 mm Hg	15 BPM	98%
Normal Range: 61 - 78 bpm	Normal Range: 90 - 119 mm Hg	Normal Range: 60 - 79 mm Hg	Normal Range: 12 - 20 bpm	Normal Range: 95 - 96.9% SpO ₂
CLASSIFICATION: Fair	CLASSIFICATION: Hypertension Stage 2	CLASSIFICATION: Hypertension Stage 1	CLASSIFICATION: Good	CLASSIFICATION: Very Good
RISK FACTORS: Increased	RISK FACTORS: High		RISK FACTORS: Low	RISK FACTORS: Low

Anthropometric Risk Factor Assessment

BMI / Waist Circumference Co-morbidity Risk (BMI/WC)

BMI and WC measurements are very easy and practical measurements. Combined recommendations of BMI and WC have been established and cut-off points made for overweight or obesity, and association with disease.¹⁻⁴

YOUR RISK

RISK FACTORS: High

Wrist Circumference to Height Risk of Metabolic Complications (WrCHt)

Wrist circumference is a simple anthropometric measurement, when accounting for one's height, was significantly associated with incident diabetes. Wrist circumference is a significant predictor of diabetes in both genders of adult population.^{2,3}

YOUR RISK

RISK FACTORS: Increased

Hazard Ratio (BMI/WHR) 5-10 Year Mortality

BMI may not be the best way to measure risk of death from obesity. Research shows that a normal BMI with a large belly (central obesity) are at risk of dying from heart disease than those with more evenly distributed body weight.¹

YOUR RISK

RISK FACTORS: Low to Moderate

Adjusted Body Shape Index (ABSI)

YOUR SCORE 0.078

CLASSIFICATION VERY GOOD

Normal Range: 0.0769 - 0.0826

RISK FACTORS: Low

Conicity Index (CI)

YOUR SCORE 1.24

CLASSIFICATION UNHEALTHY

Normal Range: 1 - 1.18

RISK FACTORS: High

Abdominal Volume Index (AVI)

YOUR SCORE 16.8

CLASSIFICATION ABOVE AVERAGE

Normal Range: 16.8 - 18.9

RISK FACTORS: Low

Body Roundness Index (BRI)

YOUR SCORE 3.86

CLASSIFICATION GOOD

Normal Range: 1.16 - 3.97

RISK FACTORS: Low

Fat Free Mass Index (FFMI)

CLASSIFICATION HIGH

YOUR SCORE 17.8

Normal Range: 14.6 - 16.8

RISK FACTORS: Increased

Body Fat Mass Index (BFMI)

CLASSIFICATION HIGH

YOUR SCORE 8.76

Normal Range: 3.9 - 8.2

RISK FACTORS: Increased

Body Adipose Index (BAI)

YOUR SCORE 27.0

CLASSIFICATION NORMAL

Normal Range: 21 - 33

RISK FACTORS: Low

Body Mass Index (BMI)

YOUR SCORE 26.5

CLASSIFICATION OVER WEIGHT

Normal Range: 18.5 - 25

RISK FACTORS: Moderate

Waist to Hip Ratio (WHR)

CLASSIFICATION FAIR

YOUR SCORE 0.9

Normal Range: 0.8 - 0.84

RISK FACTORS: High

Waist Circumference (WC)

CLASSIFICATION POOR

YOUR SCORE 36.0 in

Normal Range: 25.6 - 31.1

RISK FACTORS: High

Osteoporosis Risk Assessment Instrument (ORAI)

YOUR SCORE 7.0

CLASSIFICATION AVERAGE

Normal Range: 0 - 8

RISK FACTORS: Low

Total Body Fat (BF%)

CLASSIFICATION FAIR

YOUR SCORE 33.0

Normal Range: 23.2 - 30.8

RISK FACTORS: Moderate

Visceral Body Fat (VAT)

YOUR SCORE 50.2 in³

CLASSIFICATION AVERAGE

Normal Range: 0 - 61

RISK FACTORS: Low

Neck Circumference (NC)

CLASSIFICATION OBESE

YOUR SCORE 15.0 in

Normal Range: 10.6 - 13.4

RISK FACTORS: High

Neck Circumference to Height Ratio (NCHtR)

YOUR SCORE 0.22

CLASSIFICATION HEALTHY

Normal Range: 0 - 0.25

RISK FACTORS: Low

Waist to Height Ratio (WHtR)

CLASSIFICATION OVER WEIGHT

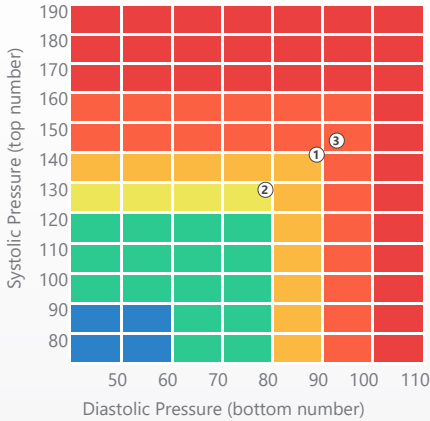
YOUR SCORE 0.529

Normal Range: 0.4 - 0.5

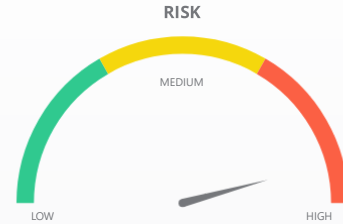
RISK FACTORS: Increased

BLOOD PRESSURE (BP)

Your Systolic Pressure 140 mmHg	Your Diastolic Pressure 88 mmHg	Your Classification HYPERTENSION STAGE 2	Risk Factors HIGH
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- ① CURRENT SCORE = 140/88 mmHg
- ② 12/29/22 SCORE = 128/78 mmHg
- ③ 4/14/21 SCORE = 145/92 mmHg
- LOW BLOOD PRESSURE
- NORMAL BLOOD PRESSURE
- ELEVATED BLOOD PRESSURE
- HIGH BLOOD PRESSURE
- VERY HIGH BLOOD PRESSURE
- EXTREMELY HIGH BLOOD PRESSURE



CURRENT RISK TYPES
Cardiovascular disease

Blood Pressure (BP) BP is a key vital sign that is routinely measured in clinical practice. BP is vital to life with established guidelines and risk factors.^{1,2} It is a good indicator of overall cardiovascular health. BP is the force that acts to circulate our blood around the body in order to deliver nutrients and oxygen that are critical to our health and survival. BP consists of two measurements: diastolic (lower number) that indicates how much pressure your blood is exerting against your artery walls while the heart is resting in between beats and systolic (upper number) which indicates how much pressure your blood is exerting against your artery walls when the heart beats.

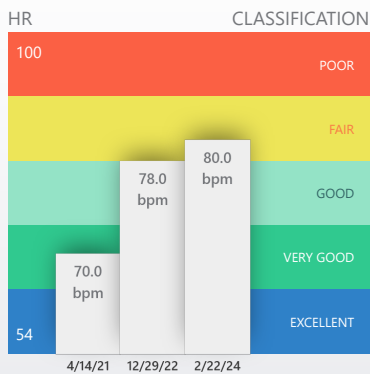
Blood Pressure (mm Hg)

SBP: 120-129 DBP: 80-84	SBP: 130-139 DBP: 85-89	SBP: 140-159 DBP: 90-99	SBP: 160-179 DBP: 100-109	SBP: 180 or > DBP: 110 or >	
None	None	Low	Moderate	High	No Risk Factors
Low	Low	Moderate	Moderate	High	1-2 Risk Factors
Low	Low to Moderate	Moderate to High CURRENT SCORE	High	High	3 or More Risk Factors
Low to Moderate	Moderate to High	High	High	High to Very High	3+ Risk Factors & Diabetes

12/29/22 SCORE = LOW | 4/14/21 SCORE = MODERATE TO HIGH

RESTING HEART RATE (HR)

Your Score 80.0 bpm	Normal Range 61 - 78	Your Classification FAIR	Risk Factors INCREASED
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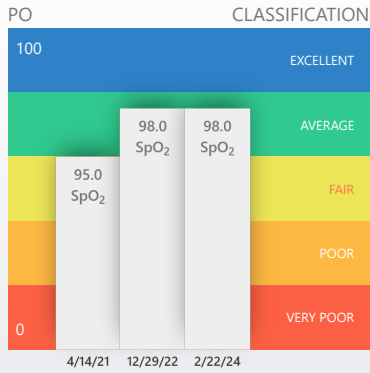
RESTING HEART RATE (HR) HR is one of the key vital signs that is routinely measured in clinical practice.¹ Significant age and gender variations in the HR have been demonstrated and epidemiologic evidence has indicated that an abnormal HR may be an independent risk factor for cardiovascular disease.² More recent studies have suggested that resting HR is an independent predictor of cardiovascular and "all cause" mortality rates for males and females.³⁻⁵ Also, relatively high resting HRs have been shown to impart detrimental effects on the progression of coronary atherosclerosis, ventricular arrhythmias and myocardial ischemia.²⁻⁵



CURRENT RISK TYPES
Mortality: All-cause & Cardiovascular disease

PULSE OXIMETRY (PO)

Your Score 98.0 SpO ₂	Normal Range 95 - 96.9	Your Classification VERY GOOD	Risk Factors LOW
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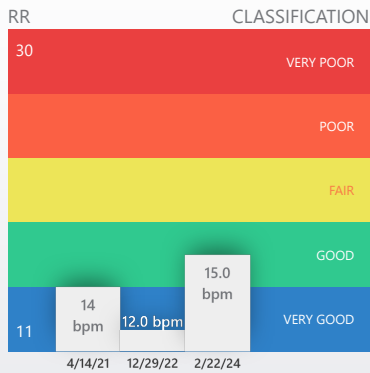


PULSE OXIMETRY (PO) Pulse oximeters are simple devices that can quickly provide a measure of oxygenation both cheaply and painlessly.¹ It is a noninvasive method for monitoring an individual's oxygen saturation level (SpO₂). It can be used to assess the degree of hypoxia.² The sensor device is usually placed on a person's fingertip where it passes two wavelengths of light through the body part to a photo detector. It measures the changing absorbance at each of the wavelengths, allowing it to determine the absorbances due to the pulsing arterial blood alone, excluding venous blood, skin, bone, muscle, and fat.



RESPIRATORY RATE (RR)

Your Score 15.0 bpm	Normal Range 12 - 20	Your Classification GOOD	Risk Factors LOW
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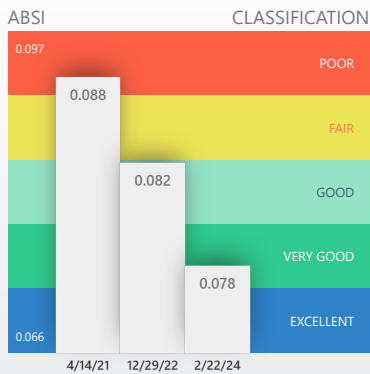


RESPIRATORY RATE (RR) The RR is the number of breaths an individual takes over a period of one minute.¹ The measurement is taken with the individual seated comfortably at rest and is calculated by counting the number of times that their chest rises.^{2,3} The RR for healthy individuals have been established with associated risks.^{4,5} The resting RR can vary significantly with age, mental/emotional status, fitness level and overall level of health. The RR is also often used as an indicator of potential respiratory dysfunction. A RR above or below the normal range for any given age group can be indicative of some possible health risk.



A BODY SHAPE INDEX (ABSI)

Your Score 0.078	Normal Range 0.0769 - 0.0826	Your Classification ABOVE AVERAGE	Risk Factors LOW
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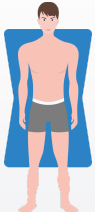


A BODY SHAPE INDEX (ABSI) ABSI is a body composition index which in conjunction with BMI can estimate both visceral abdominal and general overall adiposities.¹ ABSI is based on waist circumference, BMI and height [ABSI = WC ÷ (BMI^{2/3} × Height^{1/2})]. ABSI predicts mortality independently from BMI,²⁻³ and was able to better predict mortality than WC and BMI.^{1,9} Recent studies also demonstrated that ABSI is a robust predictor of all-cause mortality.^{2,4-6} ABSI as a predictor of mortality has not yet been validated in an elderly population,^{7,8} but other studies have shown that ABSI was closely associated with diabetes and hypertension.¹⁰⁻¹²

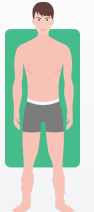


CONICITY INDEX (CI)


Your Score 1.24	Normal Range 1 - 1.18	Your Classification UNHEALTHY	Risk Factors HIGH
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BICONCAVE
CI < 1.0



CYLINDRICAL
CI = 1.0



BICONIC
CI > 1.0

0.95 1.73


▲ CURRENT = 1.24 ▲ 12/29/22 = 1.28 ▲ 4/14/21 = 1.33


Conicity Index (CI) CI is a simple method to assess abdominal obesity and its association with cardiovascular risk factors.^{1,2} CI is based on the volume estimate of the human body constructed to range between the shapes of a cylinder and a double cone.^{1,2} For females with ideal weight the CI might be below 1 but the theoretically expected range is 1 to 1.73.¹ A CI of 1.25 means they have a waist circumference 1.25 times larger than the circumference of a cylinder with height and weight of that person. The predicted range of CI is between 1.00 (perfect cylinder) and 1.73 (perfect double cone). For males 1.25 and for females 1.18 cut-offs were used to classify CI into normal and high categories.³

RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

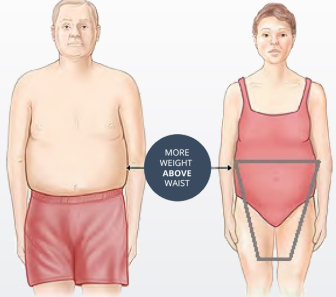
ABDOMINAL VOLUME INDEX (AVI)

Your Score 16.8	Normal Range 16.8 - 18.9	Your Classification ABOVE AVERAGE	Risk Factors LOW
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▲ CURRENT = 16.80 ▲ 12/29/22 = 15.81 ▲ 4/14/21 = 14.16

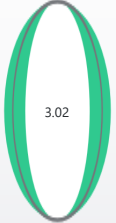


Abdominal Volume Index (AVI) The AVI is calculated using with waist and hip measurements, and one study has shown that it was a good anthropometric tool for estimating overall abdominal volume.¹ The AVI is derived from theoretical volume models based on mathematical formulas related to cylinder and vertical cone. Best AVI for diagnosis of obesity is 24.5 and above puts you at risk for impaired glucose tolerance and diabetes mellitus for adult men and women¹, > 20 for women for impaired glucose tolerance, pre-hypertension, and high tricyclerides², and risk of hypertension > 20 for adult men and women.³


RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

BODY ROUNDNESS INDEX (BRI)


Your Score 3.86	Normal Range 1.16 - 3.97	Your Classification GOOD	Risk Factors LOW
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● 4/14/21



● 12/29/22

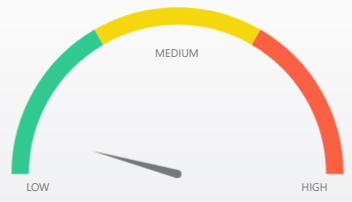


● CURRENT SCORE

● HEALTHY ZONE

Body Roundness Index (BRI) BRI combines height and waist circumference and reflects both visceral adipose tissue and body fat percentage.¹⁻³ The BRI ranges between 1 to 20 (1 = narrow body, 20 = more round). The BRI outputs a graph of body shape with reference to a healthy zone. The BRI was found to correlate well with measurements taken by Bioelectrical Impedance Analysis.^{1,2} The BRI is able to determine the presence of cardiovascular disease and diabetes but not superior to BMI, waist circumference or waist-to-height ratio.^{4,6,7} However, the BRI was found to be superior to the BMI and is an alternative index for assessing diabetes in people in Northeast China.⁵ BRI was also found to predict coronary heart disease risk in Chinese males and females.³

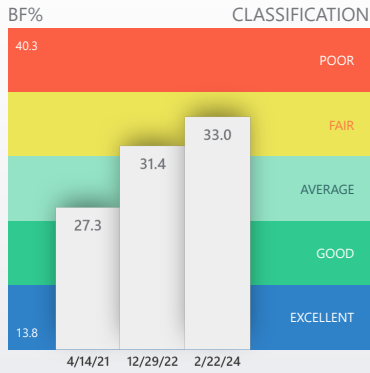
CURRENT RISK POTENTIAL



RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

BODY FAT PERCENTAGE (BF%)

Your Score 33.0	Normal Range 23.2 - 30.8	Your Classification FAIR	Risk Factors MODERATE
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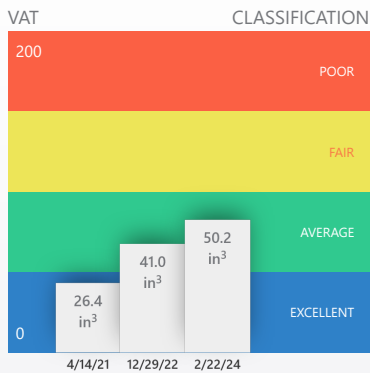
BODY FAT PERCENTAGE (BF%) The body fat percentage (BFP) is the total mass of fat in the human body that includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The body fat percentage is based off the Bioelectrical Impedance Analysis. Data from NHANES III, St. Luke's-Roosevelt Hospital, and other published healthy body fat ranges were used to determine prediction models of total % body fat, and validated against the Kiel dataset.^{1,2} The ACSM and Cooper Institute uses references values for the interpretation of body fat.^{3,4}



CURRENT RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

VISCERAL ADIPOSE TISSUE (VAT)

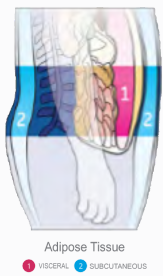
Your Score 50.2 in ³	Normal Range 0 - 61	Your Classification AVERAGE	Risk Factors LOW
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VISCERAL ADIPOSE TISSUE (VAT) VAT is Fat tissue located deep in the abdomen and around internal organs. Excess of visceral adipose tissue (VAT), which appears with increasing age, has been shown to be associated with cardiovascular disease (CVD), type 2 diabetes, and all cause-mortality, beyond general obesity.¹⁻³ The Body Roundness Index is a predictor of % VAT, and provides a more accurate estimate of % VAT.⁴ The NHANES, and St.Luke's-Roosevelt Hospital database were validated against the Kiel database to develop predictive models of % VAT. VAT references values are used for interpretation of co morbidity health risk.^{5,6}



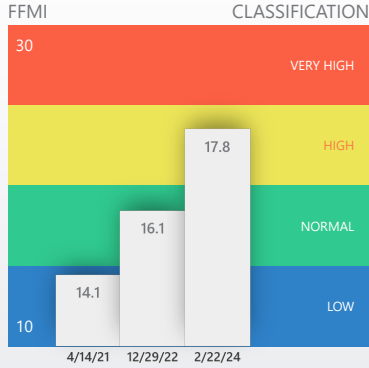
CURRENT RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.



IDEAL HEALTHY 0.0 to 30.5 A VAT volume (in ³) between the level listed above is considered an ideal range.	AVERAGE LOW 30.5 to 61.0 A VAT volume (in ³) in the range listed above is considered to be at low risk.	AT RISK MODERATE 61.0 to 91.5 If your VAT volume (in ³) is in the range listed above, your risk may be considered moderate.	AT RISK VERY HIGH 91.5 + If your VAT volume (in ³) is at or above the level listed above, your risk may be considered very high.
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FAT FREE MASS INDEX (FFMI)

Your Score 17.8	Normal Range 14.6 - 16.8	Your Classification HIGH	Risk Factors INCREASED
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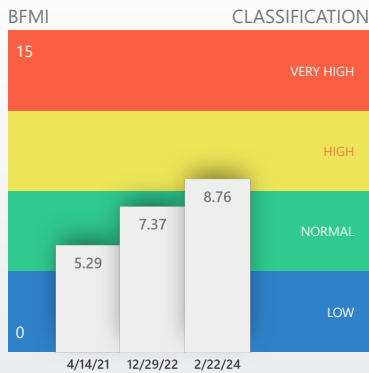
FAT FREE MASS INDEX (FFMI) The FFMI allows for the independent evaluation of fat-free mass (FFM) relative to body size. In 1990, Van Itallie and colleagues recommended that fat-free mass should be normalized separately for height because FFM is closely related to height and decreases with age. ³ [FFMI = FFM ÷ height²; FFM = total weight - body fat weight]. A clear association was found between physical activity or age and FFMI derived from bioelectrical impedance analysis.² FFMI values for corresponding BMI values in healthy adults have been established.¹ It has been proven that low and high FFMI values increase health risks and mortality are associated with variations in fat-free mass.²



CURRENT RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

BODY FAT MASS INDEX (BFMI)

Your Score 8.76	Normal Range 3.9 - 8.2	Your Classification HIGH	Risk Factors INCREASED
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BODY FAT MASS INDEX (BFMI) The BFMI allows for the independent evaluation of fat mass (FM) relative to body size. In 1990, Van Itallie and colleagues recommended that BFMI should be normalized separately for height because FM is closely related to height and decreases with age.³ [BFMI = BMI in kg/m² - Fat Free Mass Index]. BFMI values for corresponding BMI values in healthy adults have been established.¹ It has been proven that low and high BFMI values increase health risks and mortality are associated with variations in fat mass.²



CURRENT RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

BMI AND WAIST CIRCUMFERENCE (BMI/WC)

Your BMI 26.5	Your Waist 36 in (91.44 cm)	Risk Factors HIGH
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BMI (kg/m ²)	LOW WC	HIGH WC	VERY HIGH WC
	Men: < 94 cm Women: < 80 cm	Men: 94 - 102 cm Women: 80 - 88 cm	Men: > 102 cm Women: > 88 cm
Underweight (<18.5)	Low Risk	Low Risk	Low Risk
Healthy Weight (18.5 - 24.9)	Low Risk	Low Risk	Low Risk
Overweight (25 - 29.9)	Increased Risk	Increased Risk	High Risk CURRENT SCORE
Obese (30.34 - 34.9)	Increased Risk	High Risk	Very High Risk
Very Obese (35 - 39.9)	Very High Risk	Very High Risk	Very High Risk
Extremely Obese (40+)	Extremely High Risk	Extremely High Risk	Extremely High Risk

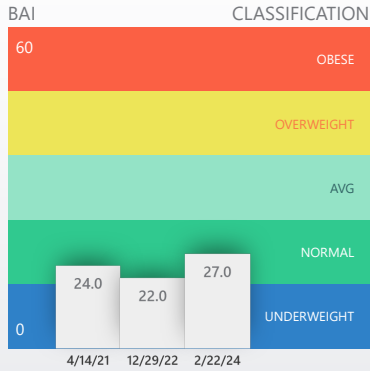
CURRENT RISK TYPES
Type 2 diabetes, hypertension, & Cardiovascular disease

BMI and WC measurements are very easy and practical measurements. BMI provides a more accurate measurement of total body fat compared with that of body weight alone. WC can provide an independent prediction of risk over and above that of BMI especially for individuals who are categorized as normal or overweight. Ethnic and age related differences in body fat distribution can alter the validity of WC in determining abdominal fat. Combined recommendations of BMI and WC have been established and cut-off points made for overweight or obesity, and association with disease.¹⁻⁴

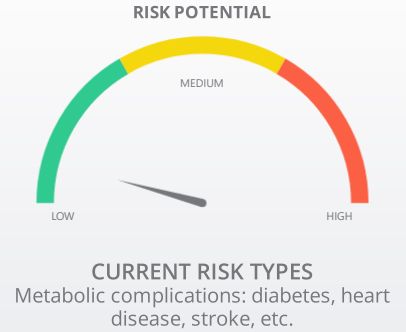
12/29/22 = LOW RISK 4/14/21 = LOW RISK

BODY ADIPOSITY INDEX (BAI)

Your Score 27.0	Normal Range 21 - 33	Your Classification NORMAL	Risk Factors LOW
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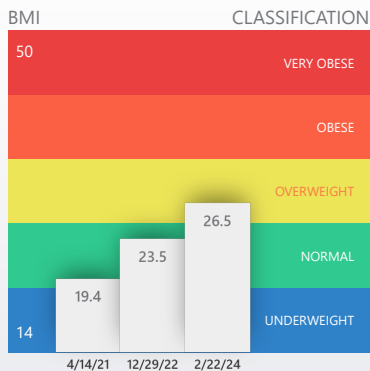


BODY ADIPOSITY INDEX (BAI) The BAI is a composite index that is based on hip circumference and height: $BAI = (\text{Hip} \div \text{Height}^{1.5}) - 18$. It could differentiate visceral adiposity and overall adiposity.¹ BAI attempts to identify the obesity by calculating the percentage of body fat using height and hip circumference. The BAI can be used to reflect % body fat for adult men and women of differing ethnicities and estimates % adiposity directly. BAI was validated to predict % body fat better than BMI in African-American adults without the need for further numerical correction.² However, in subsequent studies in Caucasian and Asian populations, BAI was inconsistently better than BMI.⁴⁻⁶

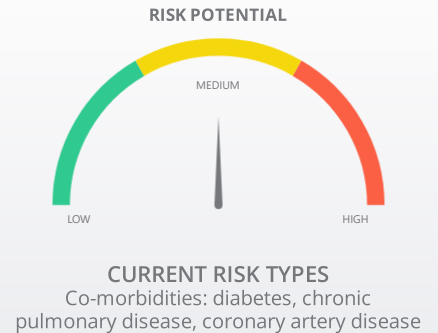


BODY MASS INDEX (BMI)

Your Score 26.5	Normal Range 18.5 - 25	Your Classification OVERWEIGHT	Risk Factors MODERATE
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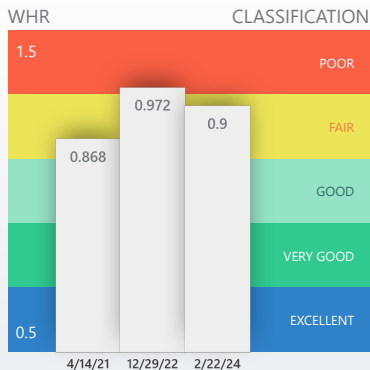


BODY MASS INDEX (BMI) BMI is the most widely accepted index of adiposity and is calculated by dividing weight by height squared.¹ Since BMI is affected by age, gender, and ethnicity², and it cannot differentiate fat and lean body mass, its use may be limited for estimating visceral adiposity and overall adiposity.³⁻⁵ BMI does not measure body fat directly, but research has shown that BMI is moderately correlated with more direct measures of body fat.⁶⁻⁸ BMI also appears to be as strongly correlated with various metabolic and disease outcome as are these more direct measures of body fatness.⁹⁻¹⁴

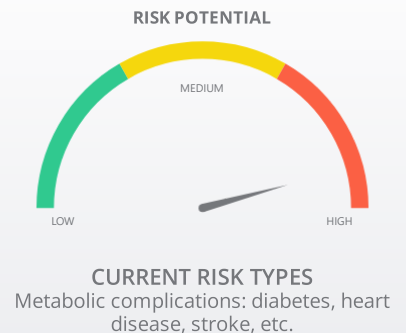


WAIST TO HIP RATIO (WHR)

Your Score 0.9	Normal Range 0.8 - 0.84	Your Classification FAIR	Risk Factors HIGH
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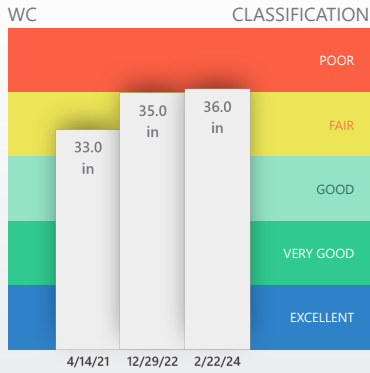


WAIST TO HIP RATIO (WHR) WHR involves the measurement of circumference at the waist and hip using a measurement tape.¹ It is calculated by dividing the waist circumference by the hip circumference. Some studies have proposed that the WHR as the best anthropometric parameter for predicting cardiometabolic risk² and very convincing evidence of metabolic and CVD risk.³⁻¹¹ WHR may underestimate the impact of abdominal fat in heavy people who also have a large hip circumference and may overestimate very thin people with a low waist circumference. The problem is that hip circumference and waist circumference co-vary to some degree due to the way the body accumulates or reduces extra weight.



WAIST CIRCUMFERENCE (WC)

Your Score 36.0 in	Normal Range 25.6 - 31.1	Your Classification POOR	Risk Factors HIGH
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WAIST CIRCUMFERENCE (WC) WC measures the abdominal circumference. It is measured with a measurement tape around the waist.¹ WC is an alternative to the BMI. WC takes abdominal obesity into account, but it ignores height. It reflects abdominal adiposity and has been suggested as being superior to BMI in predicting CVD risk.^{2,3} Increased visceral adipose tissue (belly fat) is associated with a range of metabolic abnormalities that put us at risk factors for diabetes and CVD.³ Waist circumference alone could replace waist-hip ratio and BMI as a single risk factor for all-cause mortality.⁴ WC also showed convincing evidence of metabolic and CVD risk.⁵⁻¹³



CURRENT RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

WRIST CIRCUMFERENCE to HEIGHT (WrCHt)

Your Ratio 0.103	Your Wrist Circumference 7.0 in	Your Height 68 in	Risk Factors INCREASED
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HEIGHT (in)	WRIST CIRCUMFERENCE (in)												
	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4	7.6	7.8	8.0	8.2	
54.0	.111	.115	.119	.122	.126	.130	.133	.137	.141	.144	.148	.152	
55.0	.109	.113	.116	.120	.124	.127	.131	.135	.138	.142	.145	.149	
56.0	.107	.111	.114	.118	.121	.125	.129	.132	.136	.139	.143	.146	
57.0	.105	.109	.112	.116	.119	.123	.126	.130	.133	.137	.140	.144	
58.0	.103	.107	.110	.114	.117	.121	.124	.128	.131	.134	.138	.141	
59.0	.102	.105	.108	.112	.115	.119	.122	.125	.129	.132	.136	.139	
60.0	.100	.103	.107	.110	.113	.117	.120	.123	.127	.130	.133	.137	
61.0	.098	.102	.105	.108	.111	.115	.118	.121	.125	.128	.131	.134	
62.0	.097	.100	.103	.106	.110	.113	.116	.119	.123	.126	.129	.132	
63.0	.095	.098	.102	.105	.108	.111	.114	.117	.121	.124	.127	.130	
64.0	.094	.097	.100	.103	.106	.109	.113	.116	.119	.122	.125	.128	
65.0	.092	.095	.098	.102	.105	.108	.111	.114	.117	.120	.123	.126	
66.0	.091	.094	.097	.100	.103	.106	.109	.112	.115	.118	.121	.124	
67.0	.090	.093	.096	.099	.101	.104	.107	.110	.113	.116	.119	.122	
68.0	.088	.091	.094	.097	.100	.103	.106	.109	.112	.115	.118	.121	
69.0	.087	.090	.093	.096	.099	.101	.104	.107	.110	.113	.116	.119	
70.0	.086	.089	.091	.094	.097	.100	.103	.106	.109	.111	.114	.117	
71.0	.085	.087	.090	.093	.096	.099	.101	.104	.107	.110	.113	.115	
72.0	.083	.086	.089	.092	.094	.097	.100	.103	.106	.108	.111	.114	
73.0	.082	.085	.088	.090	.093	.096	.099	.101	.104	.107	.110	.112	
74.0	.081	.084	.086	.089	.092	.095	.097	.100	.103	.105	.108	.111	
75.0	.080	.083	.085	.088	.091	.093	.096	.099	.101	.104	.107	.109	
76.0	.079	.082	.084	.087	.089	.092	.095	.097	.100	.103	.105	.108	
77.0	.078	.081	.083	.086	.088	.091	.094	.096	.099	.101	.104	.106	
78.0	.077	.079	.082	.085	.087	.090	.092	.095	.097	.100	.103	.105	
79.0	.076	.078	.081	.084	.086	.089	.091	.094	.096	.099	.101	.104	
80.0	.075	.077	.080	.083	.085	.088	.090	.093	.095	.098	.100	.103	
81.0	.074	.077	.079	.081	.084	.086	.089	.091	.094	.096	.099	.101	
82.0	.073	.076	.078	.080	.083	.085	.088	.090	.093	.095	.098	.100	
83.0	.072	.075	.077	.080	.082	.084	.087	.089	.092	.094	.096	.099	
84.0	.071	.074	.076	.079	.081	.083	.086	.088	.090	.093	.095	.098	

Wrist Circumference to Height Wrist circumference is a simple, easy-to-detect anthropometric measurement of skeletal frame size.¹ It does not have problems with clothing; clothing is one major perturbing factor complicating the measurement of waist and hip circumferences.² In prospective evaluation, wrist circumference, when accounting for one's height, was significantly associated with incident diabetes (multivariable-adjusted hazard ratio = 1.17 and 1.31 for males and females). In conclusion, wrist circumference is a significant predictor of diabetes in both genders of adult population.³



RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

- ① CURRENT SCORE = .103
- ② 12/29/22 = .095
- ③ 4/14/21 = .103
- HEALTHY
- UNHEALTHY

WAIST TO HEIGHT RATIO (WHtR)

Your Score 0.529	Normal Range 0.4 - 0.5	Your Classification OVERWEIGHT	Risk Factors INCREASED
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WAIST CIRCUMFERENCE (inches)

HEIGHT (inches)	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
54	463	481	500	519	537	556	574	593	611	630	648	667	685	704	722	741	759	778	796
55	455	473	491	509	527	545	564	582	600	618	636	655	673	691	709	727	745	764	782
56	446	464	482	500	518	536	554	571	589	607	625	643	661	679	696	714	732	750	768
57	439	456	474	491	509	526	544	561	579	596	614	632	649	667	684	702	719	737	754
58	431	448	466	483	500	517	534	552	569	586	603	621	638	655	672	690	707	724	741
59	424	441	458	475	492	508	525	542	559	576	593	610	627	644	661	678	695	712	729
60	417	433	450	467	483	500	517	533	550	567	583	600	617	633	650	667	683	700	717
61	410	426	443	459	475	492	508	525	541	557	574	590	607	623	639	656	672	689	705
62	403	419	435	452	468	484	500	516	532	548	565	581	597	613	629	645	661	677	694
63	397	413	429	444	460	476	492	508	524	540	556	571	587	603	619	635	651	667	683
64	391	406	422	438	453	469	484	500	516	531	547	563	578	594	609	625	641	656	672
65	385	400	415	431	446	462	477	492	508	523	538	554	569	585	600	615	631	646	662
66	379	394	409	424	439	455	470	485	500	515	530	545	561	576	591	606	621	636	652
67	373	388	403	418	433	448	463	478	493	507	522	537	552	567	582	597	612	627	642
68	368	382	397	412	426	441	456	471	485	500	514	529	544	559	574	588	603	618	632
69	362	377	391	406	420	435	449	464	478	493	507	522	536	551	565	580	594	609	623
70	357	371	386	400	414	429	443	457	471	486	500	514	529	543	557	571	586	600	614
71	352	366	380	394	408	423	437	451	465	479	493	507	521	535	549	563	577	592	606
72	347	361	375	389	403	417	431	444	458	472	486	500	514	528	542	556	569	583	597
73	342	356	370	384	397	411	425	438	452	466	479	493	507	521	534	548	562	575	589
74	338	351	365	378	392	405	419	432	446	459	473	486	500	514	527	541	554	568	581
75	333	347	360	373	387	400	413	427	440	453	467	480	493	507	520	533	547	560	573
76	329	342	355	368	382	395	408	421	434	447	461	474	487	500	513	526	539	553	566
77	325	338	351	364	377	390	403	416	429	442	455	468	481	494	506	519	532	545	558
78	321	333	346	359	372	385	397	410	423	436	449	462	474	487	500	513	526	538	551
79	316	329	342	354	367	380	392	405	418	430	443	456	468	481	494	506	519	532	544
80	313	325	338	350	362	375	388	400	412	425	438	450	463	475	487	500	512	525	537
81	309	321	333	346	358	370	383	395	407	420	432	444	457	469	481	494	506	519	531
82	305	317	329	341	354	366	378	390	402	415	427	439	451	463	476	488	500	512	524
83	301	313	325	337	349	361	373	386	398	410	422	434	446	458	470	482	494	506	518
84	298	310	321	333	345	357	369	381	393	405	417	429	440	452	464	476	488	500	512

Waist To Height Ratio (WHtR) WHtR is calculated by dividing the waist circumference by the height.¹ The principle of a consumer-friendly Shape Chart was proposed as early as 1995.²⁻⁵ The Chart is scientifically-based, easily understood, and helps to emphasize the importance of risk management for men who tend to suffer greater metabolic risks of obesity than women.⁴ WHtR has shown to be as good as BMI in predicting CHD and stroke morbidity,⁶ and showed the highest correlation with coronary risk factors.⁷ Other studies used anthropometric measurements, ratios and correlated them to CHD risk.⁸⁻¹⁰ Risk factor or boundary values in the chart were also obtained (0.5).^{1,7} WHtR may be a simpler and more predictive indicator of the 'early health risks' associated with central obesity.¹¹

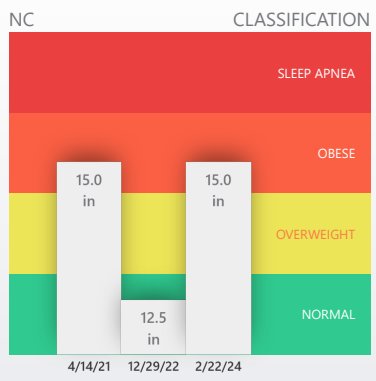
- ① CURRENT SCORE = .529
- ② 12/29/22 = .514
- ③ 4/14/21 = .485



CURRENT RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

NECK CIRCUMFERENCE (NC)

Your Score 15.0 in	Normal Range 10.6 - 13.4	Your Classification OBESE	Risk Factors HIGH
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NECK CIRCUMFERENCE (NC) NC measured as the distance around the neck is a simple and time saving way to identify obesity and sleep apnea in men and women. It has also been found to be positively correlated with various components of metabolic syndrome and coronary heart disease. Men with a neck circumference > 37 cm (14.6 in) and women > 34 cm (13.4 in) are considered overweight and men with a neck circumference > 39.5 cm (15.6 in) and women > 36.5 cm (14.4 in) are obese.¹⁻⁴ A risk factor for snoring and sleep apnea is when the circumference is > 17 in (43.2 cm) in men and > 16 in (40.6 cm) in women.⁵⁻¹⁰



CURRENT RISK TYPES
Sleep apnea, metabolic complications

NECK CIRCUMFERENCE TO HEIGHT RATIO (NCHtR)

Your Neck Circumference 15 in	Your Height 68 in	Your Ratio 0.22	Risk Factors LOW
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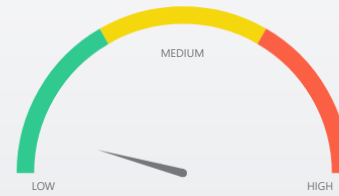
NECK CIRCUMFERENCE (in)

	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
54	.241	.259	.278	.296	.315	.333	.352	.370	.389	.407	.426	.444	.463	.481	.500	.519	.537	.556	.574
55	.236	.255	.273	.291	.309	.327	.345	.364	.382	.400	.418	.436	.455	.473	.491	.509	.527	.545	.564
56	.232	.250	.268	.286	.304	.321	.339	.357	.375	.393	.411	.429	.446	.464	.482	.500	.518	.536	.554
57	.228	.246	.263	.281	.298	.316	.333	.351	.368	.386	.404	.421	.439	.456	.474	.491	.509	.526	.544
58	.224	.241	.259	.276	.293	.310	.328	.345	.362	.379	.397	.414	.431	.448	.466	.483	.500	.517	.534
59	.220	.237	.254	.271	.288	.305	.322	.339	.356	.373	.390	.407	.424	.441	.458	.475	.492	.508	.525
60	.217	.233	.250	.267	.283	.300	.317	.333	.350	.367	.383	.400	.417	.433	.450	.467	.483	.500	.517
61	.213	.230	.246	.262	.279	.295	.311	.328	.344	.361	.377	.393	.410	.426	.443	.459	.475	.492	.508
62	.210	.226	.242	.258	.274	.290	.306	.323	.339	.355	.371	.387	.403	.419	.435	.452	.468	.484	.500
63	.206	.222	.238	.254	.270	.286	.302	.317	.333	.349	.365	.381	.397	.413	.429	.444	.460	.476	.492
64	.203	.219	.234	.250	.266	.281	.297	.313	.328	.344	.359	.375	.391	.406	.422	.438	.453	.469	.484
65	.200	.215	.231	.246	.262	.277	.292	.308	.323	.338	.354	.369	.385	.400	.415	.431	.446	.462	.477
66	.197	.212	.227	.242	.258	.273	.288	.303	.318	.333	.348	.364	.379	.394	.409	.424	.439	.455	.470
67	.194	.209	.224	.239	.254	.269	.284	.299	.313	.328	.343	.358	.373	.388	.403	.418	.433	.448	.463
68	.191	.206	.221	.235	.250	.265	.279	.294	.309	.324	.338	.353	.368	.382	.397	.412	.426	.441	.456
69	.188	.203	.217	.232	.246	.261	.275	.290	.304	.319	.333	.348	.362	.377	.391	.406	.420	.435	.449
70	.186	.200	.214	.229	.243	.257	.271	.286	.300	.314	.329	.343	.357	.371	.386	.400	.414	.429	.443
71	.183	.197	.211	.225	.239	.254	.268	.282	.296	.310	.324	.338	.352	.366	.380	.394	.408	.423	.437
72	.181	.194	.208	.222	.236	.250	.264	.278	.292	.306	.319	.333	.347	.361	.375	.389	.403	.417	.431
73	.178	.192	.205	.219	.233	.247	.260	.274	.288	.301	.315	.329	.342	.356	.370	.384	.397	.411	.425
74	.176	.189	.203	.216	.230	.243	.257	.270	.284	.297	.311	.324	.338	.351	.365	.378	.392	.405	.419
75	.173	.187	.200	.213	.227	.240	.253	.267	.280	.293	.307	.320	.333	.347	.360	.373	.387	.400	.413
76	.171	.184	.197	.211	.224	.237	.250	.263	.276	.289	.303	.316	.329	.342	.355	.368	.382	.395	.408
77	.169	.182	.195	.208	.221	.234	.247	.260	.273	.286	.299	.312	.325	.338	.351	.364	.377	.390	.403
78	.167	.179	.192	.205	.218	.231	.244	.256	.269	.282	.295	.308	.321	.333	.346	.359	.372	.385	.397
79	.165	.177	.190	.203	.215	.228	.241	.253	.266	.278	.291	.304	.316	.329	.342	.354	.367	.380	.392
80	.163	.175	.188	.200	.212	.225	.237	.250	.263	.275	.287	.300	.313	.325	.338	.350	.362	.375	.388
81	.161	.173	.185	.198	.210	.222	.235	.247	.259	.272	.284	.296	.309	.321	.333	.346	.358	.370	.383
82	.159	.171	.183	.195	.207	.220	.232	.244	.256	.268	.280	.293	.305	.317	.329	.341	.354	.366	.378
83	.157	.169	.181	.193	.205	.217	.229	.241	.253	.265	.277	.289	.301	.313	.325	.337	.349	.361	.373
84	.155	.167	.179	.190	.202	.214	.226	.238	.250	.262	.274	.286	.298	.310	.321	.333	.345	.357	.369

Neck-to-height ratio Neck Circumference to Height Ratio (NCHtR)

The NHR is an anthropometric measurement that can assist the clinician in determining an individual's risk of developing sleep related breathing disorders such as obstructive sleep apnea (OSA). The NHR is inexpensive and easy to implement. A NHR of 0.25 and higher is a predictor of obstructive sleep apnea that can be universally applied over the age spectrum, however, it is a better predictive tool for adults than children. NHR can be included as a simple screening tool for OSA in children and adults, which along with other predictors, may improve the ability of clinicians to triage children and adults at risk for OSA.¹

CURRENT RISK POTENTIAL

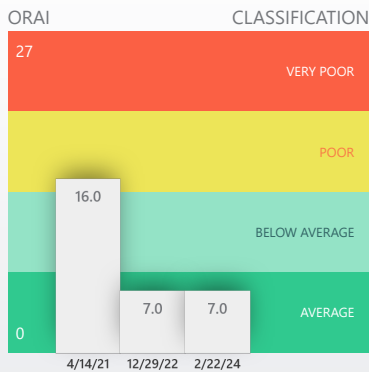


- ① CURRENT SCORE = .22
- ② 12/29/22 = .184
- ③ 4/14/21 = .22
- 0-0.25 LOW RISK
- 0.26-0.50 HIGH RISK
- 0.51+ VERY HIGH RISK

RISK TYPES
Sleep apnea

OSTEOPOROSIS RISK ASSESSMENT INSTRUMENT (ORAI)

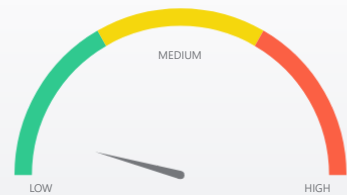
Your Score 7.0	Normal Range 0 - 8	Your Classification AVERAGE	Risk Factors LOW
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OSTEOPOROSIS RISK ASSESSMENT INSTRUMENT (ORAI)

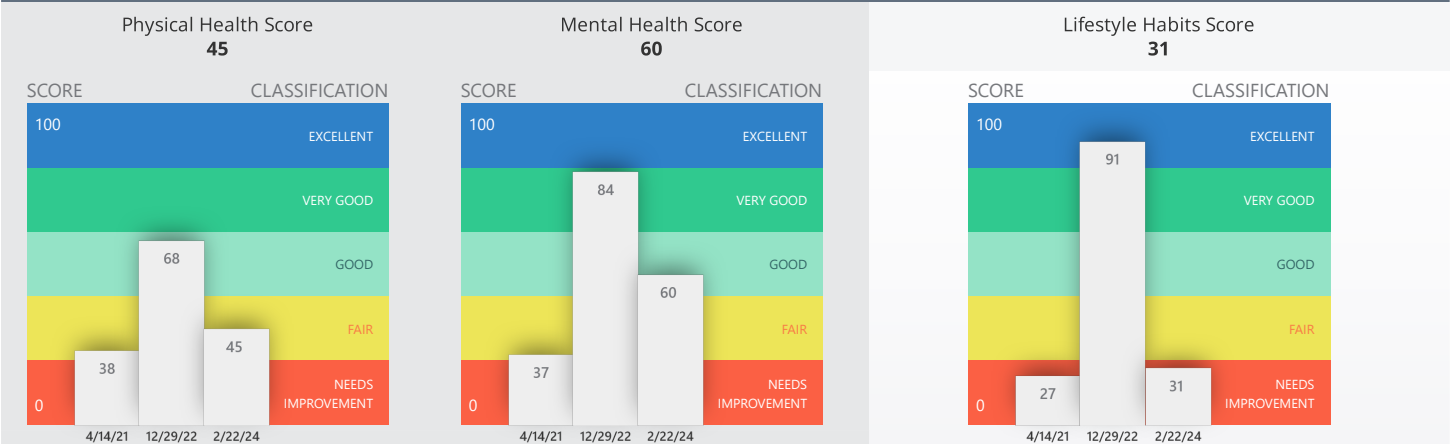
The ORAI was developed to assist the medical community in determining who should undergo a bone density test (DEXA), thus avoiding any unnecessary costs and time used to perform the test on women who are not at significant risk for developing osteoporosis.¹ The ORAI has been shown to have a sensitivity of 93.3% and a specificity of 46.4%. In one study, the use of the ORAI tool resulted in a significant reduction (38.7%) in DEXA testing for the screening of all women. In conclusion, the ORAI can accurately identify the vast majority of women who likely have a low bone density and decrease the need to perform expensive diagnostic testing such as the DEXA.

RISK POTENTIAL



CURRENT RISK TYPES
Osteoporosis

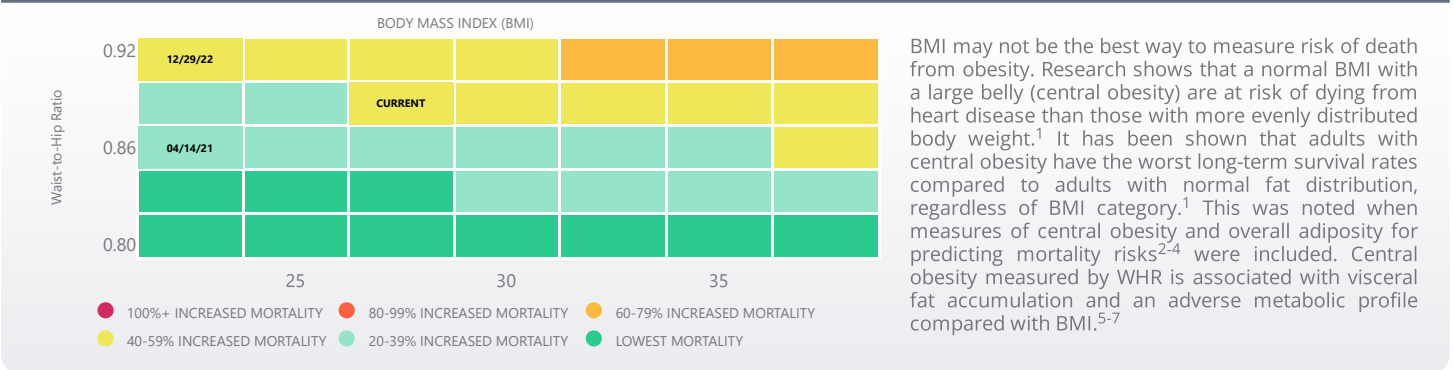
PERCEIVED HEALTH STATUS



The RAND 36-item health survey. The SF-36 is a widely used questionnaire for measuring health-related quality of life (HRQL) in various settings. It incorporates the physical, psychological and social well being of an individual. Applications of the SF-36 include health policy evaluations, clinical practice and research, health intervention evaluations, and a general population surveying.^{1,2} Studies have implied that the SF-36 is valid, reliable, and suitable for HRQL measurement.^{3,4} The SF-36 has been used in different countries, and similar conclusions about reliability, validity and stability have been reported.^{1,5,6} The SF-36 consist of eight health sub scales that measures three different aspects of health that includes functional status, well being and overall evaluation of health. The subscales are as follows: Physical Functioning, Role limitations due physical health, Bodily Pain, General Health, Vitality, Social Functioning, Role limitations due to emotional health, and Mental Health. The sub scale scores combined into physical and mental component summary scores.

FANTASTIC Lifestyle Assessment. The FLAQ was developed by Wilson¹ and assists in determining how various "lifestyle changes" affect an individual's quality of health.^{1,2} It is a simple lifestyle questionnaire includes the physical, emotional and social aspects of an individual's health that are associated with morbidity, mortality and quality of life. The FLAQ has been found to be a reliable, quick and simple method to assess lifestyle behaviors.^{2,4,6-8} The questionnaire consists of 25 questions to serve as a reference point for ongoing assessment and can readily assist in the inclusion of life style data into one visit for the individual's health record.^{1,2,5}

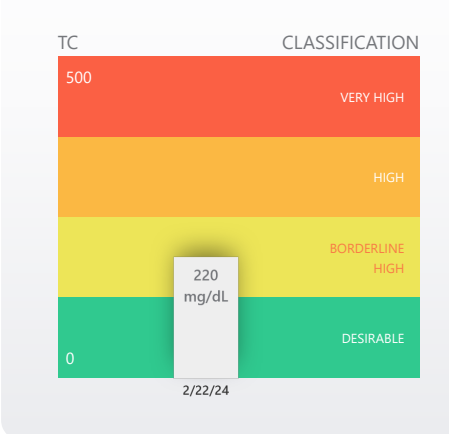
HAZARD RATIO: BODY MASS INDEX & WAIST TO HIP RATIO (BMI/WHR) 5 & 10 YEAR MORTALITY RISK



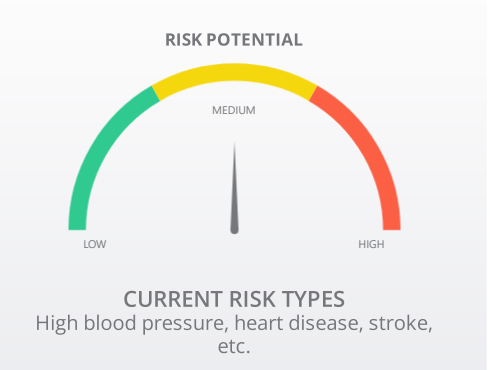
BMI may not be the best way to measure risk of death from obesity. Research shows that a normal BMI with a large belly (central obesity) are at risk of dying from heart disease than those with more evenly distributed body weight.¹ It has been shown that adults with central obesity have the worst long-term survival rates compared to adults with normal fat distribution, regardless of BMI category.¹ This was noted when measures of central obesity and overall adiposity for predicting mortality risks²⁻⁴ were included. Central obesity measured by WHR is associated with visceral fat accumulation and an adverse metabolic profile compared with BMI.⁵⁻⁷

TOTAL CHOLESTEROL (TC)

Your Score 220 mg/dL	Normal Range 0 - 200	Your Classification BORDERLINE HIGH	Risk Factors MODERATE
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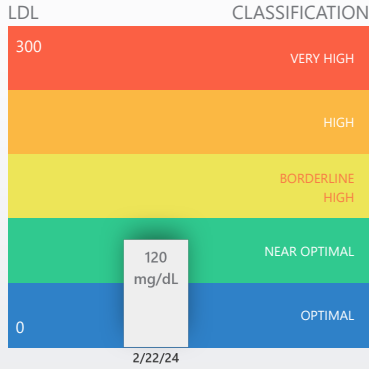


TOTAL CHOLESTEROL (TC) Cholesterol is considered an essential fat (or lipid) that is produced in the liver and carried throughout the body via "lipoproteins". Cholesterol provides stability in every cell in your body as well as assists in the transfer of nutrients in and out of each cell. Assessing your lipid profile helps determine your risk for cardiovascular disease. The lipid profile also helps to identify people at risk for familial hypercholesterolemia, identify potential causes of pancreatitis, and evaluate the effectiveness or compliance with lipid-lowering therapy and lifestyle modification.¹ Desirable total cholesterol levels are considered to be those below 200 mg/dL in adults.³

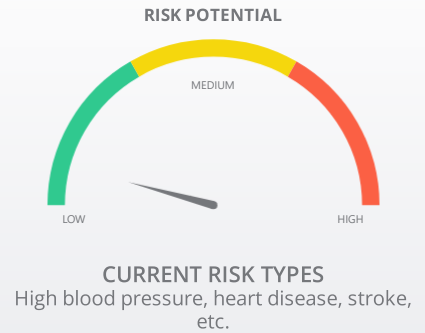


LDL CHOLESTEROL (LDL)

Your Score 120 mg/dL	Normal Range 0 - 130	Your Classification NEAR OPTIMAL	Risk Factors LOW
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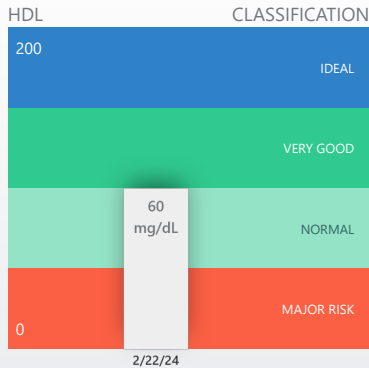


LDL CHOLESTEROL (LDL) LDL, or “bad” cholesterol, at high levels, can build up in the arteries and increase a person's risk for heart attack, stroke, and peripheral artery disease.² LDL, however, is not all bad and is also considered to be an essential fat and serves several important functions in the body such as assisting in your bodies immune system. LDL is often indirectly calculated using the Friedewald equation, the Martin/Hopkins method or by direct measurement if total triglyceride level is very high. Although LDL is considered a primary cause of atherosclerosis by many, other risk factors contribute as well. The major risk factors include cigarette smoking, hypertension, dysglycemia, and other lipoprotein abnormalities.



HDL CHOLESTEROL (HDL)

Your Score 60 mg/dL	Normal Range 40 - 200	Your Classification VERY GOOD	Risk Factors LOW
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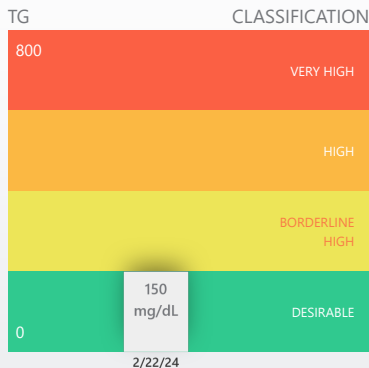


HDL CHOLESTEROL (HDL) HDL is considered the “good” cholesterol because it circulates around the blood stream and scavenges for excessive LDL cholesterol, carrying it away from the artery walls to the liver to be broken down and eliminated from the body or recycled.² However, only about a third or a fourth of the total LDL is transferred by HDL. HDL also serves as a maintenance crew for the inner walls of the blood vessels by effectively scrubbing them clean. A healthy HDL cholesterol level may help decrease the risk of heart attack and stroke while low levels of HDL increase these risks,^{2,4} however a causal relationship has not yet been established.



TRIGLYCERIDES (TG)

Your Score 150 mg/dL	Normal Range 0 - 150	Your Classification BORDERLINE HIGH	Risk Factors MODERATE
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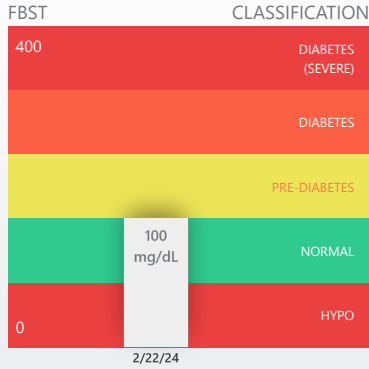


TRIGLYCERIDES (TG) Triglycerides (three fatty acids connected to a glycerol molecule) are a type of fat (lipid) found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. The triglycerides are then stored in your fat cells. Later, hormones release triglycerides into the blood stream when additional energy is required between meals. If you regularly eat more calories than you burn, particularly from high-carbohydrate foods, you raise your triglyceride levels (hypertriglyceridemia). A simple blood test can reveal whether your triglycerides fall into a healthy range. High triglycerides may contribute to hardening of the arteries or thickening of the artery walls (arteriosclerosis) - which increases the risk of stroke, heart attack and heart disease.²



FASTING BLOOD SUGAR (FBST)

Your Score 100 mg/dL	Normal Range 70 - 100	Your Classification PRE-DIABETES	Risk Factors MODERATE
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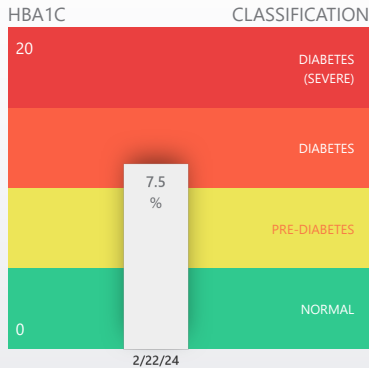


FASTING BLOOD SUGAR (FBST) The Fasting Blood Sugar Test (FBST) (capillary or venous) measures your blood sugar after an overnight fast (not eating for 8-10 hours) to find out if your blood sugar levels are in a healthy range. It is often used to help diagnose and monitor diabetes. A fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you have pre diabetes, and 126 mg/dL or higher indicates you have diabetes.^{1,2} Low blood glucose, also called hypoglycemia, occurs when the level of glucose in a diabetic person's blood drops below 70 mg/dL. Non-diabetic hypoglycemia is a rare condition. Severe hypoglycemia (<53 mg/dL) is life-threatening; if it isn't treated it can result in a coma and/or death.³⁻⁵

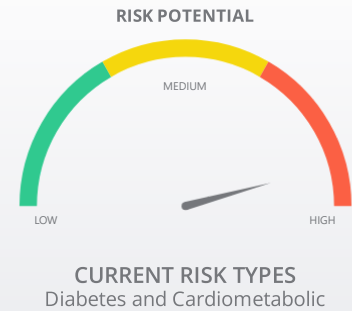


A1C (HBA1C)

Your Score 7.5 %	Normal Range 4 - 5.7	Your Classification DIABETES	Risk Factors HIGH
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A1C (HBA1C) The Hemoglobin A1C Test (HbA1C) measures your average blood sugar level over the past 2 or 3 months. It measures the amount of glucose that's attached to hemoglobin. It's one of the commonly used tests to diagnose prediabetes and diabetes, and is also the main test to help you and your health care team manage your diabetes. A HbA1C below 5.7% is normal, between 5.7 and 6.4% indicates you have pre diabetes, and 6.5% or higher indicates you have diabetes.⁶ Note: Studies have found that a HbA1C below 4.0% could be associated with increased "All Cause Mortality" and further medical evaluation may be indicated.^{3-5,7}



METABOLIC MODIFICATION

Basal Metabolic Rate (BMR): 1519 Calories/Day	Calorie Modification	MAINTENANCE You need 2203 Calories/Day to maintain your weight (without changing activity).	WEIGHT LOSS You need 1703 Calories/Day to lose 1 lb per week (without changing activity). You need 1203 Calories/Day to lose 2 lb per week (without changing activity).	WEIGHT GAIN You need 2703 Calories/Day to gain 1 lb per week (without changing activity). You need 3203 Calories/Day to gain 2 lb per week (without changing activity).
Total Daily Energy Expenditure: 2203 Calories/Day		WEIGHT LOSS If you increase your activity level an additional 1 hour per week, you will lose 0.30 lbs per week (without changing your calories).	WEIGHT LOSS If you increase your activity level an additional 2 hours per week, you will lose 0.61 lbs per week (without changing your calories).	WEIGHT GAIN If you increase your activity level an additional 3 hours per week, you will lose 0.91 lbs per week (without changing your calories).
Current Body Weight: 175.05 pounds	Activity Modification (Sport/Leisure)	WEIGHT LOSS If you decrease your calories to 1703 Calories/Day, and increase your activity to 1 hour per week, you will lose 1.30 lbs per week.	WEIGHT LOSS If you decrease your calories to 1703 Calories/Day, and increase your activity to 2 hours per week, you will lose 1.61 lbs per week.	WEIGHT GAIN If you decrease your calories to 1703 Calories/Day, and increase your activity to 3 hours per week, you will lose 1.91 lbs per week.
Ideal Body Weight: 123-166 lbs		WEIGHT LOSS If you decrease your calories to 1203 Calories/Day, and increase your activity to 1 hour per week, you will lose 2.30 lbs per week.	WEIGHT LOSS If you decrease your calories to 1203 Calories/Day, and increase your activity to 2 hours per week, you will lose 2.61 lbs per week.	WEIGHT GAIN If you decrease your calories to 1203 Calories/Day, and increase your activity to 3 hours per week, you will lose 2.91 lbs per week.
Physical Activity Level: 1.45 (Sedentary with no activity at work or home, and 30 min of strenuous physical activity less than once per week.)	Calorie & Activity Modification			

SUMMARY PAGE

RE: Hanna Dee
DOB: 05/04/1961 (age 63)
Date: 02/22/2024

GOALS

PHYSICAL HEALTH SURVEY:

1. **Current** Physical Health Survey Score: **45** out of 100.
2. STG: Improve Physical Health Survey score by 6 in 4-6 weeks time (estimate).
3. LTG: Physical Health Survey score of **100**.

MENTAL HEALTH SURVEY:

1. **Current** Mental Health Survey Score: **60** out of 100.
2. STG: Improve Mental Health Survey score by 4 in 4-6 weeks time (estimate).
3. LTG: Mental Health Survey score of **100**.

LIFESTYLE SURVEY:

1. **Current** Lifestyle Survey Score: **31** out of 100.
2. STG: Improve Lifestyle Survey score by 7 in 4-6 weeks time (estimate).
3. LTG: Lifestyle Survey score of **100**.

A BODY SHAPE INDEX (ABSI):

1. **Current** ABSI Score: **0.07816** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

ABDOMINAL VOLUME INDEX (AVI):

1. **Current** AVI Score: **16.8** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

BLOOD PRESSURE (BP) SYSTOLIC:

1. **Current** BP Systolic Score: **140** or **34% deficit**, Cardiovascular disease.
2. STG: Improve BP Systolic score to 138 in 4-6 weeks time (estimate).
3. LTG: BP Systolic score of **119**.

BLOOD PRESSURE (BP) DIASTOLIC:

1. **Current** BP Diastolic Score: **88** or **27% deficit**, Cardiovascular disease.
2. STG: Improve BP Diastolic score to 87 in 4-6 weeks time (estimate).
3. LTG: BP Diastolic score of **79**.

BODY ADIPOSITY INDEX (BAI):

1. **Current** BAI Score: **26.7** or **0% deficit**, Metabolic complications: diabetes, heart disease, stroke, etc..
2. STG: Improve BAI score to 26.1 in 4-6 weeks time (estimate).
3. LTG: BAI score of **21.0**.

BODY FAT MASS INDEX (BFMI):

1. **Current** BFMI score: **9.02** or **10% deficit**, Metabolic complications: diabetes, heart disease, stroke, etc..
2. STG: Improve BFMI score to 8.94 in 4-6 weeks time (estimate).
3. LTG: BFMI score of **8.20**.

BODY MASS INDEX (BMI):

1. **Current** BMI score: **26.5** or **6% deficit**, Co-morbidities: diabetes, chronic pulmonary disease, coronary artery disease.
2. STG: Improve BMI score to 26.4 in 4-6 weeks time (estimate).
3. LTG: BMI score of **25.0**.

BODY ROUNDNESS INDEX (BRI):

1. **Current** BRI score: **3.86** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

CONICITY INDEX:

1. **Current** Conicity Index score: **1.24** or **5% deficit**, Metabolic complications: diabetes, heart disease, stroke, etc..
2. STG: Improve Conicity Index score to 1.23 in 4-6 weeks time (estimate).
3. LTG: Conicity Index score of **1.18**.

FAT FREE MASS INDEX (FFMI):

1. **Current** FFMI score: **17.5** or **4% deficit**, Metabolic complications: diabetes, heart disease, stroke, etc..
2. STG: Improve FFMI score to 17.4 in 4-6 weeks time (estimate).
3. LTG: FFMI score of **16.8**.

HEART RATE (HR):

1. **Current** HR score: **80** or **3% deficit**, Mortality: All-cause & Cardiovascular disease.
2. STG: Improve HR score to 79 in 4-6 weeks time (estimate).
3. LTG: HR score of **78**.

NECK CIRCUMFERENCE (NC):

1. **Current** NC score: **38.1** or **12% deficit**, Sleep apnea, metabolic complications.
2. STG: Improve NC score to 37.7 in 4-6 weeks time (estimate).
3. LTG: NC score of **34.0**.

NECK TO HEIGHT RATIO (NCHt):

1. **Current** NCHt score: **0.220** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

OSTEOPOROSIS:

1. **Current** Osteoporosis score: **7** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

PULSE OX METER:

1. **Current** Pulse Ox Meter score: **98** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

SUMMARY PAGE

RESPIRATORY RATE (RR):

1. **Current** RR score: **15** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

WAIST CIRCUMFERENCE (WC):

1. **Current** WC score: **91.4** or **16% deficit**, Metabolic complications: diabetes, heart disease, stroke, etc..
2. STG: Improve WC score to 90.2 in 4-6 weeks time (estimate).
3. LTG: WC score of **79.0**.

WAIST TO HEIGHT RATIO (WHtR):

1. **Current** WHtR score: **0.529** or **6% deficit**, Metabolic complications: diabetes, heart disease, stroke, etc..
2. STG: Improve WHtR score to 0.526 in 4-6 weeks time (estimate).
3. LTG: WHtR score of **0.500**.

WAIST TO HIP RATIO (WHR):

1. **Current** WHR score: **0.90** or **7% deficit**, Metabolic complications: diabetes, heart disease, stroke, etc..
2. STG: Improve WHR score to 0.89 in 4-6 weeks time (estimate).
3. LTG: WHR score of **0.84**.

TOTAL CHOLESTEROL (TC):

1. **Current** TC score: **220** or **10% deficit**, High blood pressure, heart disease, stroke, etc..
2. STG: Improve TC score to 218 in 4-6 weeks time (estimate).
3. LTG: TC score of **200**.

HDL CHOLESTEROL (HDL):

1. **Current** HDL score: **60** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

LDL CHOLESTEROL (LDL):

1. **Current** LDL score: **120** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

TRIGLYCERIDES:

1. **Current** Triglycerides score: **150** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

HbA1C:

1. **Current** HbA1C score: **7.5** or **32% deficit**, Diabetes and Cardiometabolic.
2. STG: Improve HbA1C score to 7.3 in 4-6 weeks time (estimate).
3. LTG: HbA1C score of **5.7**.

GLUCOSE (FASTING):

1. **Current** Glucose (Fasting) score: **100** or **0% deficit**, Low Health Risk.
2. STG: Achieved
3. LTG: Achieved

INTERVENTIONS

Mrs. Hanna Dee has two or more health metrics that indicate elevated health risk, and supports the need for intervention.¹

There is elevated **CARDIOMETABOLIC RISK** as determined by the **BP, CI, WC, WHR** health metrics. Interventions should focus on the following:

1. **Healthy Diet:** Consuming a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help manage weight and reduce the risk of heart disease and diabetes. Limiting intake of processed foods, saturated and trans fats, and added sugars is also beneficial.
2. **Physical Activity:** Regular physical activity can help lower blood pressure, improve cholesterol levels, and reduce blood sugar levels. The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity per week, or a combination of both.
3. **Weight Management:** Maintaining a healthy weight can reduce the risk of developing heart disease and type 2 diabetes. Even a small weight loss can be beneficial.
4. **Smoking Cessation:** Smoking is a significant risk factor for heart disease and stroke. Quitting smoking can greatly reduce the risk of these conditions.
5. **Limit Alcohol:** Excessive alcohol can raise blood pressure levels and the risk of heart disease. It's recommended to limit intake to moderate levels - up to one drink a day for women and up to two drinks a day for men.
6. **Stress Management:** Chronic stress may contribute to heart disease, especially if it leads to unhealthy coping behaviors like smoking, overeating, or heavy drinking. Techniques such as meditation, deep breathing, and yoga can help manage stress levels.
7. **Regular Check-ups:** Regular health check-ups can help detect any potential issues early and keep track of your blood pressure, cholesterol levels, and blood sugar levels.

There is elevated **SLEEP APNEA RISK** as determined by the **NC** health metrics. Interventions should focus on the following:

1. **Weight Management:** Overweight and obesity are significant risk factors for sleep apnea. Losing weight can reduce fat deposits in the upper airway that may be causing sleep apnea.
2. **Regular Exercise:** Regular physical activity can help maintain a healthy weight and promote better sleep. It can also strengthen the muscles in your airways, helping to prevent them from collapsing while you sleep.
3. **Avoid Alcohol and Sedatives:** These substances can relax the muscles in your throat, worsening sleep apnea. Avoiding them, especially before bedtime, can reduce the severity of sleep apnea.
4. **Quit Smoking:** Smoking can increase inflammation and fluid retention in the upper airway, both of which can worsen sleep apnea.
5. **Sleep Position:** Sleeping on your back can cause your tongue and soft palate to rest against your throat, blocking the airway. Try sleeping on your side or stomach instead.
6. **Avoid Caffeine and Heavy Meals Before Bed:** These can disrupt your sleep or place extra pressure on your diaphragm.
7. **Maintain Regular Sleep Hours:** Sticking to a consistent sleep schedule can help regulate your body's natural sleep-wake cycle and improve your sleep quality.
8. **Use a Humidifier:** Dry air can irritate the body and the respiratory system. A humidifier can open up the airways, decrease congestion, and promote clearer breathing.

OVERALL COMMENTS

Overall, the subject still requires continued medical management of his cardiovascular, pulmonary, and metabolic components of her current health status to ensure a quick and comprehensive return to better health.



Sample Clinician, MD
Board Certified Orthopaedic Surgeon

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SF-36 HEALTH SURVEY

Name: **Dee, Hanna**

Date: **2/22/2024**

1. In general, would you say your health is:

(Check One Box)

- Excellent
- Very Good
- Good
- Fair
- Poor

2. Compared to one year ago, how would you rate your health in general now?

(Check One Box)

- Much better now than one year ago
- Somewhat better now than one year ago
- About the same
- Somewhat worse now than one year ago
- Much worse now than one year ago

The following items are about activities you might do during a typical day. Does your **health now limit you** in these activities? If so, how much?

(Check One Box on Each Line)

- | | Yes,
Limited
a Lot | Yes,
Limited
a Little | No,
Not Limited
at All |
|--|--------------------------|-------------------------------------|------------------------------|
| 3. Vigorous activities , such as running, lifting heavy objects, participating in strenuous sports | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 4. Moderate activities , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 5. Lifting or carrying groceries | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 6. Climbing several flights of stairs | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 7. Climbing one flights of stairs | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 8. Bending, kneeling, or stooping | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 9. Walking more than a mile | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 10. Walking several blocks | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 11. Walking one block | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 12. Bathing or dressing yourself | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **a result of your physical health**?

(Check One Box on Each Line)

- | | Yes | No |
|---|-------------------------------------|--------------------------|
| 13. Cut down the amount of time you spent on work or other activities | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 14. Accomplished less than you would like | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 15. Were limited in the kind of work or other activities | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 16. Had difficulty performing the work or other activities (for example, it took extra effort) | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **a result of any emotional problems** (such as feeling depressed or anxious)?

(Check One Box on Each Line)

- | | Yes | No |
|--|--------------------------|-------------------------------------|
| 17. Cut down the amount of time you spent on work or other activities | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 18. Accomplished less than you would like | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 19. Were limited in the kind of work or other activities | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 20. During the past 4 weeks , to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups? | | |

(Check One Box)

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

21. How much **bodily** pain have you had during the **past 4 weeks**?

(Check One Box)

- None
- Very mild
- Mild
- Moderate
- Severe
- Very severe

22. During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?

(Check One Box)

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

These questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the **past 4 weeks** . . .

(Check One Box on Each Line)

- | | All of the Time | Most of the Time | A Good Bit of the Time | Some of the Time | A Little of the Time | None of the Time |
|---|--------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 23. Did you feel full of pep? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Have you been a very nervous person? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Have you felt so down in the dumps that nothing could cheer you up? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Have you felt calm and peaceful? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Did you have a lot of energy? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Have you felt downhearted and blue? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Did you feel worn out? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Have you been a happy person? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Did you feel tired? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

32. During the **past 4 weeks**, how much of the time has your **physical health or emotional problems** interfered with your social activities (like visiting with friends, relatives, etc.)?

(Check One Box)

- All of the time
- Most of the time
- Some of the time
- A little of the time
- None of the time

How TRUE or FALSE is each of the following statements for you.

(Check One Box on Each Line)

- | | Definitely True | Mostly True | Don't Know | Mostly False | Definitely False |
|---|--------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|
| 33. I seem to get sick a little easier than other people. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. I am as healthy as anybody I know. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Have you felt so down in the dumps that nothing could cheer you up? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. My health is excellent. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Results

Physical Functioning: 50.00	Energy/Fatigue: 50.00
Role Limitations - Physical: 0.00	Social Functioning: 62.50
Pain: 90.00	Role Limitations - Emotional: 100.00
General Health: 55.00	Mental Health: 44.00
PHYSICAL SUMMARY SCALE: 45.48	MENTAL SUMMARY SCALE: 60.36

Scores range from 0 to 100 with higher scores indicating greater health

Fantastic Lifestyle Checklist

Name: **Dee, Hanna**

Date: **2/22/2024**

FAMILY & FRIENDS	I have someone to talk to about things that are important to me	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always
	I give and receive affection	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always
ACTIVITY	I am vigorously active for at least 30 minutes per day (e.g. – running, cycling, sports, etc)	Less than once/week	✓ 1-2 times/week	3 times/week	4 times/wk	5 or more times/wk
	I am moderately active (e.g.- gardening, climbing stairs, walking, housework, etc.)	Less than once/week	✓ 1-2 times/week	3 times/week	4 times/wk	5 or more times/wk
NUTRITION	I eat a balanced diet (see explanation)	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always
	I often eat excess: 1) Sugar, 2) Salt, 3) Animal Fats, 4) Junk Food	All of these foods	✓ Three of these foods	Two of these foods	One of these foods	None of these foods
	I am within ____ kilograms or pounds of my healthy weight	Not within 8 kg	✓ 8 kg (20 lbs)	6 kg (15 lbs)	4 kg (10 lbs)	2 kg (5 lbs)
TOBACCO TOXINS	I smoke tobacco	More than 10 times/week	✓ 1-10 times/week	None in the past 6 months	None in the past year	None in the past 5 years
	I use drugs such as cocaine, or speed:	Sometimes				✓ Never
	I overuse prescribed or over the counter drugs	Almost daily	✓ Fairly often	Occasionally	Almost never	Never
	I drink caffeine containing products (drinks, supplements)	More than 10 times/day	✓ 7-10 times/day	3-6 times/day	1-2 times/day	Never
ALCOHOL	My average alcohol intake per week is ____.	More than 20 drinks	✓ 13-20 drinks	11-12 drinks	8-10 drinks	0-7 drinks
	I drink more than four drinks on an occasion	Almost daily	✓ Fairly often	Occasionally	Almost never	Never
	I drive after drinking	Sometimes				✓ Never
SLEEP SEATBELTS STRESS SAFE SEX	I sleep well and feel rested	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always
	I use seatbelts	Never	✓ Seldom	Some of the time	Most of the time	Always
	I am able to cope with the stresses in my life	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always
	I relax and enjoy leisure time	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always
	I practice safe sex	Almost never	✓ Seldom	Some of the time	Fairly often	Always
TYPE OF BEHAVIOR	I seem to be in a hurry	Almost always	✓ Fairly often	Some of the time	Seldom	Almost never
	I feel angry or hostile	Almost always	✓ Fairly often	Some of the time	Seldom	Almost never
INSIGHT	I am a positive or optimistic thinker	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always
	I feel tense or uptight	Almost always	✓ Fairly often	Some of the time	Seldom	Almost never
	I feel sad or depressed	Almost always	✓ Fairly often	Some of the time	Seldom	Almost never
CAREER	I am satisfied with my job or role	Almost never	✓ Seldom	Some of the time	Fairly often	Almost always

YOUR SCORE: 31
WHAT DOES THE SCORE MEAN?

85-100 EXCELLENT	70-84 VERY GOOD	55-69 GOOD	35-54 FAIR	0-34 NEEDS IMPROVEMENT
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NOTE: A low total score does not mean that you have failed. There is always the chance to change your lifestyle – starting now. Look at the areas where you scored a 0 or 1 and decide which areas you want to work on first.