SLEEP | STRESS | NUTRITION | PHYSICAL ACTIVITY

my health assessment *profile*

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my wellness score

Age: 41 Sex: female
Date Taken: Feb. 15, 2011

Your Wellness Score comes from the information you provided on your health assessment. Improving health and updating your routine preventive services will improve your score in the future.

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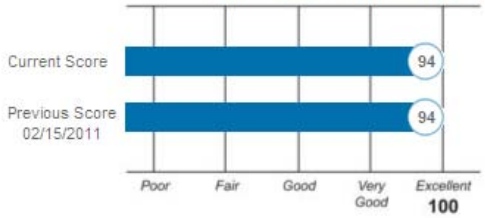


Top 3 areas to improve my health right now...

1 Stress | 2 Physical Activity | 3 Weight

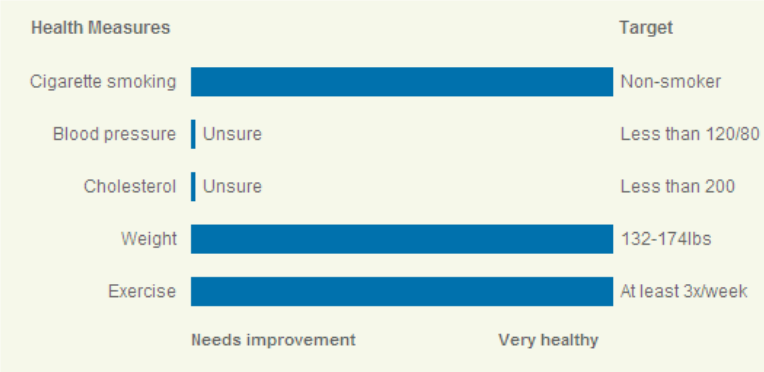
What I'm doing well...

- You do not use tobacco.
- You drink little or no alcohol.
- You have a regular breast exam.
- You have a regular Pap test.
- You do a monthly breast self-exam.
- You have a regular mammogram.
- Your weight is within desirable range.
- You use a safety belt all the time.
- Your physical activity level is good.
- You eat a high fiber diet.
- You eat a low fat/low cholesterol diet.
- You have good overall physical health.
- You have a regular rectal exam.
- You have a positive outlook on life.
- You have your routine preventive services.

What I can do better...

- Learn your blood pressure.
- Learn your HDL cholesterol level.
- Try to improve your stress management skills.

Heart Health



My Health Analysis

(Based on people of your age, sex and risk)

Conditions	Now	Goal
Breast cancer		
Menarche	At the age of 13	Nonmodifiable risk
Age at 1st birth	25 to 29	Nonmodifiable risk
Mammogram	1-2 years ago	Have a regular exam
Heart problems		
Blood pressure	Unsure	Less than 120/80
Diabetes	Do not have diabetes	Maintain healthy lifestyle
Weight	135 lbs	132-174 lbs
Cholesterol	Unsure	Less than 200
HDL	Good/normal	Greater than 50
Exercise	3 times per week	Exercise frequently
Cigarette smoker	Non-smoker	Non-smoker
Stroke		
Blood pressure	Unsure	Less than 120/80
Cigarette smoker	Non-smoker	Non-smoker
Diabetes	Do not have diabetes	Maintain healthy lifestyle

Cirrhosis of liver		
Alcohol	1 drink(s) per week	None to 1 drink a day
Colon cancer		
Colon cancer screen	1-2 years ago	Have a regular exam
Diabetes mellitus		
Diabetes	Do not have diabetes	Maintain healthy lifestyle

Stress

Where you are: **High stress**
Your target: **A balanced life**

As you work on managing the stress in your life, remember that most of the changes start with you. How you handle stress determines its effect.

- Be physically active in some way every day.
- Eat well and eat regularly.
- Take time to relax each day in whatever way works for you. Relaxation techniques and simple deep breathing can relax your mind and relieve tension.
- Plan ahead for each day. Prioritize your time.
- When anger surfaces, work on it by doing something constructive, walking it off or by talking it out.
- Talk with someone you trust about your feelings.
- Get your doctor's advice when stress is too much.

Physical Activity

Where you are: **3 times/week**
Your target: **30 minutes, most days per week**

Stay physically active! It is the best thing you can do for your mind and body.

- Being active for 30 minutes on most days is important for good health.
- Exercise of higher intensity and longer duration can improve your fitness benefits.
- A variety of physical activities will prevent injury and boredom. Rotate between intense and light exercise days.
- Remember that physical activity includes structured fitness and recreational activities as well as "lifestyle" activities such as using a push mower, carrying groceries and raking leaves.
- Do strength training two times a week to keep muscles toned and to improve endurance.
- Regular stretching increases flexibility.
- Keep a record of your daily activity to stay on track.

Weight/Nutrition

Where you are: **135 pounds**
Your target: **132-174 pounds**

Congratulations on having a healthy weight. You've reduced your risk of heart disease, high blood pressure, gallbladder disease and diabetes.

Based on your present weight, you are within the healthy weight range set by national guidelines.

- Good nutrition not only helps control weight but enhances your energy and health.
- Choose a diet low in fat, especially saturated fat and cholesterol.
- Consume plenty of vegetables, fruits and grain products.
- Use sugars in moderation.
- Regular physical activity helps you to maintain a healthy weight.

Smoking

Where you are: **Non-user of tobacco**
Your target: **Non-user of tobacco**

Congratulations! You are one of the over 200 million Americans who choose the healthy, tobacco-free lifestyle.

- As a non-tobacco-user, you have lowered chances of lung cancer, heart disease and stroke.
- Avoid secondhand smoke which is known to cause cancer. Choose non-smoking public areas.
- Support loved ones or friends if they try to quit smoking.

Safety Belt

Where you are: **100%**
Your target: **100% safety belt use**

Congratulations for deciding to wear your safety belt.

- Don't drink if you plan to drive and don't drive after drinking.
- Never place the shoulder belt under your arm. In a collision you may break a rib, causing a puncture of the lung or heart.
- Wearing your safety belt sends a positive message to children and other passengers to buckle up as well.

Managing My Health

You reported no diseases or health problems.

If you have any health concerns that are not addressed in your health risk appraisal, please discuss them with your physician. You alone are responsible for your health!

- Schedule an annual physical exam and regular check-ups. They could save your life! Early detection of a disease or illness increases your chance of a positive outcome.
- Inform all doctors (including your dentist) about your medications and nutritional supplements to make sure they are being used appropriately.
- Keep a record of any changes in your life and health, such as physical activity, eating habits, sleep, health symptoms and emotional well-being.
- Lead a healthy life. Eat well, be physically active, limit alcohol intake, avoid tobacco and keep a positive outlook. Be the best you can be!
- You reported you do not wear sunscreen or adequate clothing when in the sun all of the time. Sun exposure speeds up the aging process and is the leading cause of skin cancer. If you must be in the sun, use a sunscreen of at least SPF 15 and avoid the sun when it is most intense.

Life Satisfaction

Even if you are satisfied with your life, there are ways to avoid an unbalanced life. Balancing your life leads to better health and higher life satisfaction.

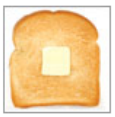
- Positive thinking is good for your physical and mental well-being.
- Set some priorities, and do what you can when you can.
- Find ways to continuously improve the quality of your relationships with family and with others.
- You may want to seek help if you have several of these symptoms over two weeks: persistent sadness; insomnia, early morning awakening or oversleeping; weight change; feelings of guilt, hopelessness or

Blood Pressure

Where you are: **Unsure**
Your target: **Less than 120/80**

High blood pressure is a major risk factor for heart disease, stroke, kidney failure and vision problems, and it often has no symptoms.

- Get your blood pressure checked, especially if there is a history of high blood pressure in your family.
- Continue to check your blood pressure at least every two years.
- Learn and practice ways to manage anger and stress.
- Remember that weight, physical activity, alcohol use and smoking are lifestyle factors that could lead to high blood pressure.



Cholesterol

Where you are: **Cholesterol: unsure, HDL: good/normal**
Your target: **Cholesterol less than 200, HDL greater than 50**

Get your total cholesterol and HDL cholesterol level checked.

- A low cholesterol level reduces the risk of developing heart disease.
- The higher your HDL level (the good cholesterol), the better.
- Regular physical activity, not smoking, eating low-fat foods and a healthy weight may help to control cholesterol levels.

Alcohol

Where you are: **1 drink(s) per week**
Your target: **None to 1 drink a day**

Drink responsibly if you ever drink alcohol occasionally as a part of social activities. Most adults may be able to drink moderate amounts of alcohol--up to one drink per day for women--and avoid alcohol-related problems.

You should not drink at all:

If you ever think alcohol is becoming a problem for someone close to you or for you, get help.

- If you plan to drive.
- If you are pregnant or trying to become pregnant.
- If you take certain medications, including over-the-counter medicines.
- If you have medical conditions that can be worsened by drinking.
- If you are a recovering alcoholic.

- You may want to seek help if you have several of these symptoms over two weeks: persistent sadness; insomnia, early morning awakening or oversleeping; weight change; feelings of guilt, hopelessness or worthlessness; fatigue; irritability; loss of pleasure in activities once enjoyed; or difficulty concentrating or making decisions.

More Information

See your doctor and make sure you are up to date with recommended preventive tests and services.

(✓ = Good job, you're up to date!)

- ✓ Tetanus booster shot
- ✓ Blood pressure
- ✓ Rectal examination
- ✓ Pap smear test
- ✓ Breast exam by physician/nurse
- ✓ Mammogram
- ✓ Dental exam

Other suggested recommendations: Measles-Rubella vaccine, eye exam for glaucoma.

Seek expert assistance on making and maintaining a positive lifestyle.
Call the health promotion department at your work or in your community.

www.healthfinder.gov
www.consumer.gov/health.htm
www.4woman.gov

Centers for Disease Control and Prevention
800-311-3435
www.cdc.gov

You may be eligible for health improvement programs through your employer or benefits plan. To find out about available programs, please ask your benefits manager.

The health assessment is not a substitute for a medical exam. If you have any health concerns or if the report raises questions, please consult your doctor or health professional to review the results with you.

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