Individual Wellness Report Card

Prepared For Sample Client

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Provided By:

See Opportunities and Achieve Results, Incorporated

S.O.A.R.

Comprehensive Wellness Program

Thank you for participating in the annual wellness testing.

Why wellness testing? Wellness testing allows us to assess health risks associated with life styles, behaviors, habits, age gender and family history. Additionally it also helps to identify health risk factors related to mental and emotional status and stress levels. We look at physical and clinical data (blood work) to determine if there are any physical manifestations of these health risks and to determine an individual's risk level for costly and potentially deadly chronic diseases. Wellness testing helps us to better understand, **"where you are at"** and **"where you are going"** when it comes to your health and potential health issues.

We know that risk factors, when present significantly increase a person's chances of contracting a costly chronic disease and potentially dying from it.

In this report we will identify your current individual testing results and risk levels for:

- ➢ Blood Work Results
- ➢ Heart Conditions and Stroke
- ➢ Cancer
- ➢ Diabetes
- ➢ Depression, anxiety and other mental/emotional issues

You will also receive a "Wellness Grade" for:

- ➢ Diet and Nutrition
- ➢ Exercise and Fitness
- ➢ Stress Management and Coping Skills
- ➢ Substance Use and Safety Practices

Finally, your will receive a **Biometric and Clinical Testing** score and risk level rating (Where you are at) and an **Overall Health and Stress Risk Assessment** wellness risk level rating (Where you are going).
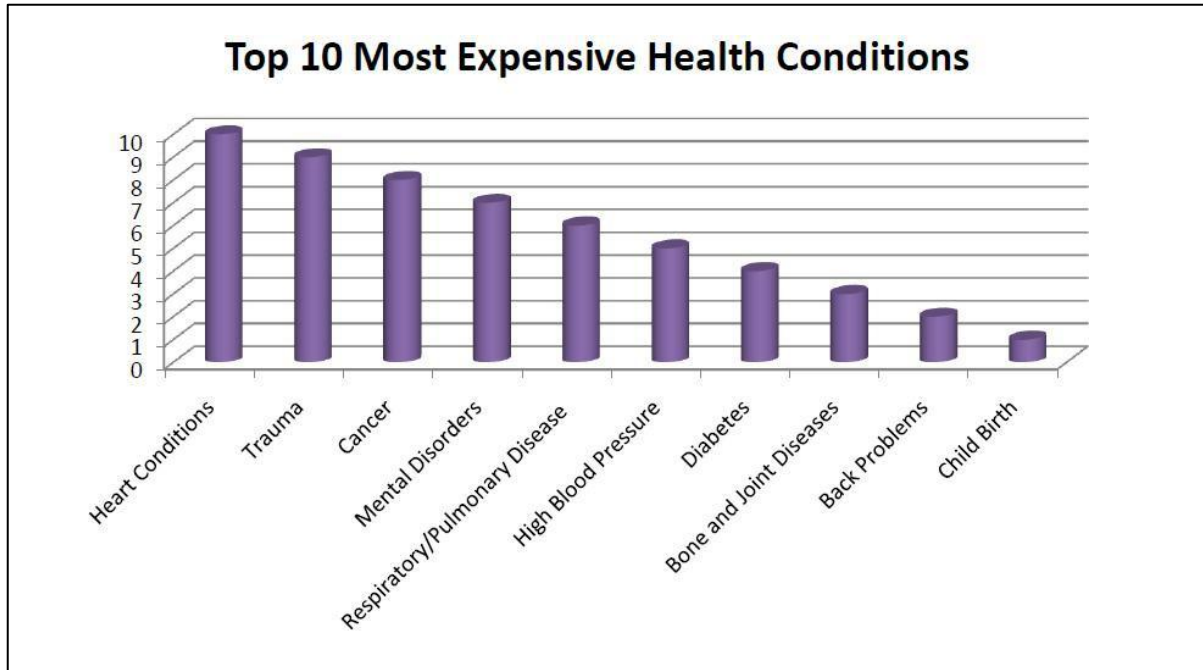

Explanation of Chronic Health Conditions Risk Level Scoring:

0 - 2 Risks = Low Risk Rating
3 – 4 Risks = Moderate Risk Rating
5 – 10 Risks = High Risk Rating
10 + Risks = Very High Risk Rating

Explanation of Overall Wellness Risk Level Rating:

Low Risk Wellness Rating = Low Risk Rating in all areas including blood work
Moderate Risk Wellness Rating = Moderate Risk Rating any area.
High Risk Wellness Rating = High Risk Rating in any area or Moderate Risk Rating in 4 or more areas
Very High Risk Wellness Rating = Very High Risk Rating in any area or High Risk Rating in 4 or more areas
Explanation of Biometric and Clinical Testing Scores/Formulas Found Before Notes

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This report is not a diagnostic tool. The presence of a risk factor increases the probability of a chronic health condition but it does not assure that a condition will or will not develop. The more risk factors present, the greater the probability. All risk factors should be taken seriously and reviewed with a qualified medical professional.

Top 10 Most Expensive Health Conditions

Heart Conditions, Trauma, Cancer, Mental Disorders, Respiratory/Pulmonary Disease, High Blood Pressure, Diabetes, Bone and Joint Diseases, Back Problems, Child Birth

The majority of the Top 10 Most Expensive Health Conditions are also among the Top 10 Killers

Center for Disease Control's Top Ten Killers Men	Percentage of Deaths	Center for Disease Control's Top Ten Killers Females	Percentage of Deaths
1) Heart disease	26.3	1) Heart disease	25.8
2) Cancer	24.1	2) Cancer	22.0
3) Unintentional injuries	6.6	3) Stroke	6.7
4) Chronic lower respiratory diseases	4.9	4) Chronic lower respiratory diseases	5.3
5) Stroke	4.5	5) Alzheimer's disease	4.2
6) Diabetes	3.0	6) Unintentional injuries	3.5
7) Suicide	2.2	7) Diabetes	3.0
8) Influenza and pneumonia	2.1	8) Influenza and pneumonia	2.5
9) Kidney disease	1.8	9) Kidney disease	1.9
10) Alzheimer's disease	1.8	10) Septicemia	1.5

Unaddressed health risks can lead to high health care costs and death!

7 out of 10 of the Top Ten Killers are related to lifestyle and behaviors and can be preventable!

Your Total and HDL Cholesterol Results

Total Cholesterol

Less than 200 mg/dL: Desirable

Total blood cholesterol below 200 mg/dL puts you at relatively low risk of coronary heart disease if your LDL, HDL and triglyceride levels are also at desirable levels. Even with a low risk, however, its still smart to eat a heart-healthy diet, get regular physical activity and avoid tobacco smoke.

Ranges	Your Level	Risk Level
Less than 200 mg/dL		**Low Risk**
200-239 mg/dL:		**Borderline-High Risk**
240 mg/dL and over:	**243**	**High Risk**

HDL Cholesterol (Good Cholesterol)

With HDL (good) cholesterol, higher levels are better. Low HDL cholesterol (less than 40 mg/dL for men, less than 50 mg/dL for women) puts you at higher risk for heart disease. In the average man, HDL cholesterol levels range from 40 to 50 mg/dL. In the average woman, they range from 50 to 60 mg/dL. An HDL cholesterol of 60 mg/dL or higher gives some protection against heart disease.

Smoking, being overweight and being sedentary can all result in lower HDL cholesterol. To raise your HDLlevel, avoid tobacco smoke, maintain a healthy weight and get at least 30 to 60 minutes of physical activity more days than not.

People with high blood triglycerides usually also have lower HDL cholesterol and a higher risk of heart attackand stroke. Progesterone, anabolic steroids and male sex hormones (testosterone) also lower HDL cholesterol levels. Female sex hormones raise HDL cholesterol levels.

Ranges	Your Level	Risk Level
Greater than 40mg/dL (Men)		Low Risk
30-39 mg/dL(Men)		Moderate Risk
Less than 30 mg/dL (Men)	23	High Risk

Your LDL and Glucose Testing Results

LDL (Bad) Cholesterol Level

The lower your LDL cholesterol, the lower your risk of heart attack and stroke. In fact, it's a better gauge of risk than total blood cholesterol. Other risk factors for heart disease and stroke such as high blood pressure, triglycerides, body fat %, and family history ext. help determine what your LDL level should be, as well as the appropriate treatment for you. A healthy level for you may not be healthy for your friend or neighbor. Discuss your levels and your treatment options with your doctor to get the plan that works for you.

Ranges	Your Level	Risk Level
Less than 129 mg/dL		Low Risk
130 to 159 mg/dL		Moderate Risk
160 to 189 mg/dL		High Risk
190 mg/dL and above	200	Very High Risk

Blood sugar concentration, or glucose level, refers to the amount of glucose present in our blood. If blood sugar levels drop too low, a potentially fatal condition called hypoglycemia develops. Symptoms may include lethargy, impaired mental functioning, irritability, and loss of consciousness. Brain damage is even possible.

Long-term hyperglycemia causes many of the long-term health problems associated with diabetes, including eye, kidney, and nerve damage.

Fasting glucose levels are as follows:

Ranges	Your Level	Risk Level
1 - 70 Hypoglycemic		ModerateRisk
71 -99 Normal	91	Low Risk
100-125 Pre-diabetes		Moderate Risk
126+ Diabetic		High Risk

If your fasting blood sugar levels are above 100 or below 70, see your medical professional to address this issue.

To reduce diabetes risk:

- Get regular aerobic exercise such as walking 30+ min/day.
- Loose excess weight even 10 to 15 pounds is helpful.
- Avoid trans fats and choose healthy fats such as vegetable oils.
- Eat high fiber foods and avoid a high intake of refined grains, shakes, soft drinks and sweets.

Your Triglycerides and Blood Pressure Results

Your Triglyceride Level

Triglyceride is a form of fat. People with high triglycerides often have a high total cholesterol level, including high LDL (bad) cholesterol and low HDL (good) cholesterol levels.

Your triglyceride level will fall into one of these categories:

Ranges	Your Level	Risk Level
less than 150 mg/dL		Low Risk
150-199 mg/dL		Borderline-High Risk
200-499 mg/dL		High Risk
500 mg/dL	1082.0	Very High Risk

Many people have high triglyceride levels due to being overweight/obese, physical inactivity, cigarette smoking, excess alcohol consumption and/or a diet very high in carbohydrates (60 percent of more of calories). High triglycerides are a lifestyle-related risk factor; however, underlying diseases or genetic disorders can be the cause.

A triglyceride level of 150 mg/dL or higher is one of the risk factors of metabolic syndrome. Metabolic syndrome increases the risk for heart disease and other disorders, including diabetes.

Blood pressure:
Blood pressure readings fall into four general categories, ranging from normal to stage 2 hypertension. The level of your blood pressure determines what kind of treatment you may need. The blood pressure chart lists the ranges that make up each category.

Top number (systolic)	Bottom number (diastolic)	Your Level	Risk Level
Below 90	Below 60		Low Blood Pressure / Hypotension Moderate Risk
91-120	61-80		Normal blood pressure Low Risk
121-139	81-89		Pre-hypertension Moderate Risk
140-159	90-99	**143/96**	Stage 1 hypertension High Risk
160 or more	100 or more		Stage 2 hypertension Very High Risk

Exercise, diet and nutrition have been proven to affect blood pressure. Medication may also be required if your blood pressure is too high. Check with you physician to determine the most appropriate treatment plan if your blood pressure is elevated.

Coronary, Cardiovascular and Stroke Risk

Risk Factors   Presence of a risk factor is indicated by an exclamation point (!)

Personal History of Heart Disease Stroke or Circulatory Problems

Family History of Heart Conditions or Stroke
*

Age and Gender – Risk increases with over 45

Use of Tobacco is a major cause of early heart disease

Elevated Blood Pressure
!

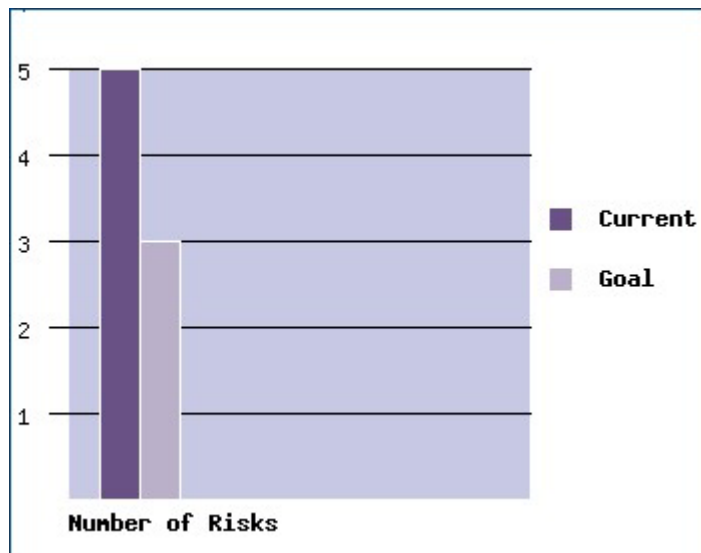Poor Diet and Lack of Proper Nutrition
!

Low HDL and High LDL Cholesterol
!

High Triglycerides
!

Diabetes or High Blood Sugar

Sedentary/Inactive Lifestyle
!

BMI of 30 or higher

High Stress

Number of Risks

You have 5 Coronary/ Stroke Health Risks.

Your risk level is: High
*Family history may have a bearing on your current and future
health. Family history is a potential risk factor but is not counted in
your over all wellness risk rating please share your family medical
history with your qualified medical professional.

Warning Signs and Symptoms of heart attack:
Pressure, squeezing or pain in the center of the chest that lasts for more than a few minutes

Pain spreading to the shoulder neck and arm

Chest discomfort with feeling faint, sweating nausea, or shortness of breath

Warning Signs and Symptoms of stroke:
Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

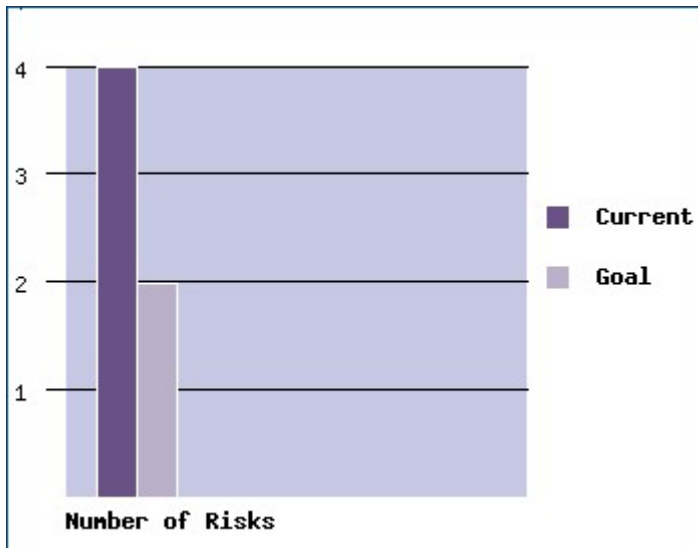Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

Cancer

Risk Factors   Presence of a risk factor is indicated by an exclamation point (!)

Personal History of Cancer
●

Family History of Cancer
● *

Age– Risk increases with age especially after age 55
●

Use of Tobacco or second hand smoke
●

Exposure to environment pollutants
●

Unprotected exposure to the sun
●

Poor Diet and Lack of Proper Nutrition
● !

Abnormalities in Lipid Panel
● !

Diabetes or High Blood Sugar
●

Sedentary/Inactive Lifestyle
● !

High Stress
●

BMI of 30 or higher
●

High Alcohol Intake
●

Absence of Preventative Screenings
● !

Cancer Facts

There are more than 100 types of cancers; any part of the body can be affected.

Worldwide, the 5 most common types of cancer that kill men are (in order of frequency): lung, stomach, liver, colorectal and esophagus.

Worldwide, the 5 most common types of cancer that kill women are (in the order of frequency): breast, lung, stomach, colorectal and cervical.

Tobacco use is the single largest preventable cause of cancer in the world.

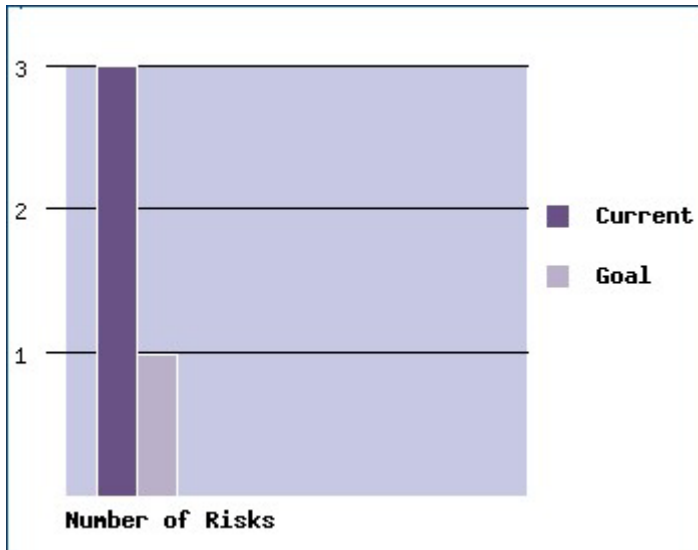A third of cancers could be cured if detected early and treated adequately.

More than 30% of cancer could be prevented, mainly by not using tobacco, having a healthy diet, being physically active and preventing infections that may cause cancer.

You have 4 Cancer Health Risks.

Your risk level is: Moderate
*Family history may have a bearing on your current and future health. Family history is a potential risk factor but is not counted in your over all wellness risk rating please share your family medical history with your qualified medical professional.

Diabetes

Risk Factors   Presence of a risk factor is indicated by an exclamation point (!)

Personal History of Diabetes
-
Family History of Diabetes
- *
Age– Risk increases with age especially after age 45
-
Poor Diet and Lack of Proper Nutrition
- !
Abnormalities in Lipid Panel
- !
High Blood Sugar
-
Sedentary/Inactive Lifestyle
- !
BMI of 30 or higher
-
High Stress
-
High Alcohol Intake
-

	Warning Signs and Symptoms of diabetes:
	Increased thirst
	Increased urination
	Blurred eyesight
	Dry itchy skin
	Numb feet or hands
	Frequent infections
	Unexplained weight loss
	Weakness and fatigue

Number of Risks

Current
Goal

You have 3 Diabetes Health Risks.

Your risk level is: Moderate
*Family history may have a bearing on your current and future
health. Family history is a potential risk factor but is not counted in
your over all wellness risk rating please share your family medical
history with your qualified medical professional.

Mental Disorders

Depression, Anxiety and other Mental Health Conditions

Risk Factors   Presence of a risk factor is indicated by an exclamation point (!)

Personal History of Depression, Anxiety or other Mental Health Condition
●

Family History of Depression, Anxiety or other Mental Health Condition
●

Gender – Females are more likely to develop depression
●

Use of alcohol or other substances
●

Medication Use
●

Chronic Health Condition
● !

Diabetes or High Blood Sugar
●

Sedentary/Inactive Lifestyle
● !

BMI of 30 or higher
●

Marital/Relationship Dissatisfaction
●

Job Dissatisfaction
●

High Stress Levels
●
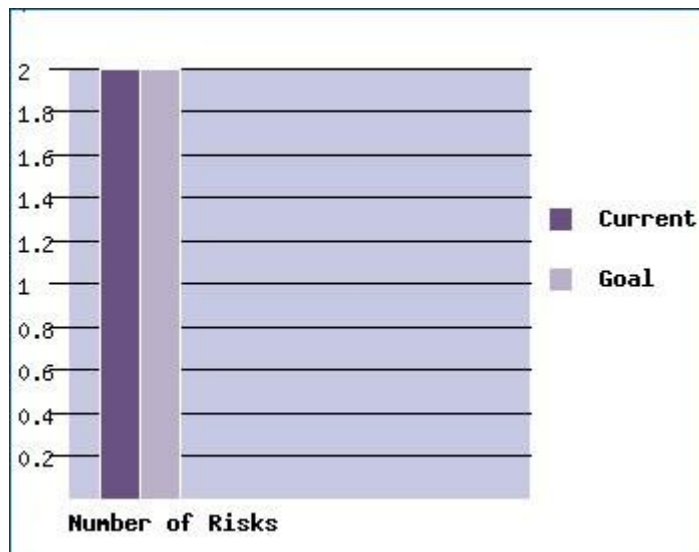
You have 2 Mental Disorder Health Risks.

Your risk level is: Low

Sadness, anxiety, and mood swings occur normally in the course of any eventful life. However, they become problematic when they are severe enough to interfere with normal functioning, relationships, work or school performance, and other important activities of daily life.

Depression and anxiety are distinct disorders, but there are many similarities between them. They are discussed together here because their nutritional considerations are similar.

Depression is a common syndrome marked by sadness and a feeling of hopelessness. Additional symptoms may include poor concentration, feelings of guilt, sleep disturbances, appetite disturbances, sexual dysfunction, and hallucinations. The cause of depression is believed to involve abnormal levels of neurotransmitter chemicals in the brain (e.g., serotonin and norepinephrine), abnormal hormone levels (e.g., cortisol), genetic traits, and environmental and psychological factors.

Anxiety is marked by tension, excessive worry, and irritability. The brain chemicals norepinephrine, serotonin, and gamma-aminobutyric acid (GABA) may be involved in its development, and both genetic and environmental factors are believed to play a role.

Nutrition and Eating Habits

To achieve and maintain optimal health we need to have proper nutrition. The USDA's "My Pyramid" outlines recommended servings and portion sizes. It provides a daily eating plan and helps you evaluate your eating habits. To see "My Pyramid" visit www.mypyramid.gov

Food Pyramid Groups	Your number of servings per day	Recommended servings per day	Examples of serving sizes
Whole grains and breads	1	4-8	**1 slice of bread, 1/2 cup of dry cereal, 1/2 cup cooked cereal, rice, or pasta**
Vegetables	1	3-6+	**1 cup raw, 1/2 cup cooked**
Fruits	0	3-5	**1 apple, 1 orange, banana, 1/2 cup cooked 1/2 cup juice**
Dairy/Calcium	1	2-3	**1 cup of milk or yogurt, 1.5 oz of natural cheese**
Meats, Beans and Protein	2	2-4	**2-3 oz cooked meat, 1 cup cooked beans, 1 egg**

Eating Habits and Nutrition Grade

A = Doing Excellent B = Doing Good C = Need to Improve Somewhat D = Need to Improve Significantly F = Need to Improve Drastically

FOOD CATEGORY   **RECCOMENDATIONS**

Total Daily Calories	MEN: "You indicated that your daily caloric intake is unknown. It is recommended for men to have a daily caloric intake of 1800 to 2300 calories per day."
Grain Group *Make half your grains whole*	▪ You are not eating the correct amount of whole grains. Increase your servings to at least 4 per day. ▪ Result : 1
Vegetable Group *Vary your veggies*	▪ You are not eating the correct amounts of vegetables. Increase your servings to at least 3 per day. ▪ Result : 1
Fruit Group *Focus on fruits*	▪ You are not eating the correct amounts of fruits. Increase your servings to at least 3 per day. ▪ Result : 0
Milk Group *Get your calcium-rich foods*	▪ You are not consuming the correct amounts of dairy per day. Increase your servings to at least 2 per day. ▪ Result : 1
Meat & Bean Group *Go lean with protein*	▪ You are eating the correct amounts of meats and proteins per day. Keep up the good work! ▪ Result : 2
Fatty Foods	▪ You indicate that you are regulating your intake of fatty foods to 1-2 times per week. Keep up the good work! ▪ Result : 1 or 2 times a week
Sugary Foods	▪ You indicate that you are consuming sugary foods 3-4 times per week. Try to reduce the amount of sugary foods you are consuming to 1-2 times per week. ▪ Result : 3 or 4 times a week

Overall Grade

C

Fitness and Physical Activity

Aerobic or Cardiovascular Fitness	There are numerous aerobic activities and exercises that improve circulation and strengthen your heart by challenging your heart and arteries to deliver oxygen to the muscles resulting in increased heart rate and heavier breathing.	
You report that you participate in Cardiovascular Fitness activities Never. Aerobic/ Cardiovascular Fitness Grade F	**Aerobic Exercises:** Fast paced walking, bicycling, swimming, jogging, and many other active sports. **Intensity:** Pace yourself. Start at an easy to moderate pace. A good guideline to follow is being able to easily talk to another person while exercising. Check your heart rate often and stay within your target heart rate. Max Heart Rate = 220 minus your age Target Heart Rate = 60% to 80% of Max Heart Rate	**Duration:** For optimal health, a minimum of 20 to 30 minutes per day. As your fitness levels increase, work up to 30 to 60 minutes per day **Frequency:** At a minimum 3 days per week. For best results, work toward daily aerobic activity. **Progression:** As you begin, keep the activity level moderate. As you increase in strength and stamina, gradually increase to a more vigorous level. **Safety Precautions:** Always check with your appropriate health care provider before beginning or increasing an exercise program if you have any health problems.
Muscle and Strength Training	**Eight reasons to resistance strength train:** 1. Increase metabolism/muscle mass. 2. Improved bone mineral density. 3. Improved joint strength and stability. 4. Decreased arthritis.	5. Improve Vitality and quality of life. 6. Increased fat loss. 7. Decreased chance of diabetes. 8. Decreased blood pressure.
You report that you participate in Muscle and Strength training Never. Muscle/Strength Training Grade F	**Activities:** Choose 8 to 10 resistance exercises that focus on the major muscle groups. **Intensity:** Moderate to high resistance with 8 to 12 reps of each exercise. When first starting, begin with 1 set of each exercise and work up to 2 to 3 sets of each exercise.	**Frequency:** At least 2 days per week. **Safety Precautions:** At a minimum 3 days per week. For best results, work toward daily aerobic activity. • Always stretch before lifting • Warm up with lighter lifts before heavier lifts • Avoid excessive straining • Don't hold your breath and exhale when pushing • Use proper technique and get instruction from a qualified trainer when possible • Work out with a partner

Fitness and Physical Activity

Stretching Flexibility	As we age or are inactive, our joints and muscles lose their range of motion and become stiff. This loss of flexibility can be painful and also make us more susceptible to injury. Proper stretching helps to maintain joint flexibility and decrease or risk of injury. When stretching it is important to stretch all of the major areas of the body: lower back, hip, neck, shoulders, calves and hamstrings.

You report that you never participate in Stretching and Flexibility activities. Stretching Grade F	**Warm-up:** Make sure you stretch after you warm up your muscles. **Technique:** Slowly stretch the muscle to the point of **mild** discomfort. Then hold the stretch for 10 to 30 seconds **Repetitions:** Repeat each stretch 3 to 5 times	**Frequency:** At least 3 days per week. **Safety Precautions:** • Do not overstretch to the point of pain. • Do not bounce • Avoid stretches that may exacerbate existing joint problems • Consult with a qualified trainer when possible • Consult with your appropriate medical professional if you have an injury that may prohibit proper stretching technique

Body Composition	Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems such as heart disease, diabetes, and cancer. An elevated BMI may not be a risk factor if it is due to large muscle mass as in weight lifters.
BMI Grade A	Your BMI 20.22 Congratulations! You are within the recommended BMI

A = Doing Excellent B = Doing Good C = Need to Improve Somewhat D = Need to Improve Significantly F = Need to Improve Drastically

Your overall grade for Fitness
and Physical Activity
D

Stress Management and Coping Skills

We are never able to completely avoid stress in life. The fact of the matter is, we will face stressful events and circumstance ranging from minor to major every day of our lives. Left unaddressed stress is the cause or major catalyst many chronic health problems and can be life threatening. We must learn to manage and control our stress levels.

In the "Stress Emotional Profile" we look at 5 different life areas. Your stress level for each area is scored and you are then given a total stress level/score.

Your Scores

Grade for Stress
Management
and
Coping Skills

A

A level/score of 0-3 in a particular area is indicative of healthy stress levels and good stress management skills.
A level/score of 4-6 is indicative that there are some concerns starting to arise and we should address them sooner than later.
A level/score of 7-10 is indicative that there are major problems that need to be addressed immediately to avoid dangerous physical and emotional effects.

Simple suggestions on how to better manage stress:
Exercise:
Exercise is a great way to relieve stress and has great positive physical effects as well.
Relaxation:
Taking mental breaks by relaxing for just 3 to 5 minutes two or three times a day is also a great way to combat stress.
Humor and laughter:
Look for the humor in life and seek out opportunities to laugh.
Professional Assistance:
Unmanaged high levels of stress are detrimental to our health. Sometimes in life we all need help. At those times it is appropriate to seek professional assistance and better to address the issues rather than paying the health consequences for ignoring them.

Safety Practices and Substance Use

Safety Practices

Unintentional injuries are the 2nd most expensive health condition and are the 4th leading cause of death for men and the 6th for women. Most unintentional injuries can be prevented by using common sense and preventative activities

Grade for safety practices

A

Substance Use

Alcohol:

You indicated you Rarely use alcohol.

Alcohol is responsible for over 100,000 premature deaths each year

Tobacco

You indicated you do not use tobacco.

There are 4000 chemicals in tobacco with 100 identified poisons and 63 known drugs which cause cancer.

Relaxation, sleeping or mood altering drugs.

You indicated you **Never** use relaxation, sleeping or mood altering drugs.

You should only use medication under the direction of a qualified medical professional. Use only as needed and as prescribed by your Doctor.

Other medication and over the counter drugs.

You indicated you use 0 different medications or over the counter drugs.

Grade for Substance Use

A

Overall Health and Stress Risk Assessment
Wellness Risk Level:
High

Biometric and Clinical Testing:

Blood Pressure	10
Total Cholesterol	10
HDL Cholesterol	0
LDL Cholesterol	25
Triglycerides	40
Glucose	0
BMI	-5
Tobacco Use	0
Total	80

-15 – 0 = Optimal
1 – 20 = Low Risk
21 – 40 = Moderate Risk
41 or more = High Risk

Your Rating: High Risk

Your goal for the next year is to **REDUCE YOUR SCORE BY 30 POINTS.**

This report is not a diagnostic tool. The presence of a risk factor or elevated risk level increases the probability of a chronic health condition but it does not assure that a condition will or will not develop.

The more risk factors present or the higher the risk level, the greater the probability. All risk factors and levels should be taken seriously and reviewed with a qualified medical professional.