

## Health Risk Assessment Report

Name	Mr David Abel	HRA Date	Jan-08-2009
Gender	Male	Date of Birth	Jan-01-1957

This health assessment report identifies and explains your risk factors. After noting your risks in the Summary Chart, read the Results and Recommendations section for actions you can take to achieve and maintain better health. But do not use this report to replace information from your healthcare provider. If you have any concerns about your health, please contact your healthcare provider's office immediately.

### Summary Chart

	Jan-08-2009	Aug-22-2008
• Age at time of HRA	52	51
<b>Health Summary</b>	<b>Jan-08-2009</b>	<b>Aug-22-2008</b>
• Current health risk	High risk	High risk
• Chronic conditions impact	Severe	
• Future disease risk	High risk	
<b>Biometrics</b>	<b>Jan-08-2009</b>	<b>Aug-22-2008</b>
• Weight and BMI	High risk	High risk
• Waist	High risk	High risk
• Waist-to-hip ratio	High risk	High risk
• Body fat	High risk	High risk
• Blood pressure	140/105 mmHg	147/110 mmHg
<b>Laboratory Results</b>	<b>Jan-08-2009</b>	<b>Aug-22-2008</b>
• Total cholesterol	250 mg/dL	250 mg/dL
• LDL cholesterol	160 mg/dL	160 mg/dL
• HDL cholesterol	40 mg/dL	40 mg/dL
• Triglycerides	170 mg/dL	170 mg/dL
• Fasting blood sugar	125 mg/dL	Unknown
• Prostate-specific antigen	2.4 ng/mL	2.4 ng/mL
<b>Lifestyle</b>	<b>Jan-08-2009</b>	<b>Aug-22-2008</b>
• Eating habits	High risk	High risk
• Activity and exercise	High risk	High risk
• Alcohol use	Healthy	High risk
• Tobacco use	Healthy	Healthy
• Substance abuse	Healthy	Healthy
• Stress	Moderate risk	Moderate risk
• Motor vehicle safety	Healthy	Healthy

Health Status	Jan-08-2009	Aug-22-2008
• Self-rating of health	Good	Fair
• Sick days	1-3 days	7 or more days
• Physician office visits	1-3 visits	1-3 visits
• Prescription medications	1-3 medications	1-3 medications

Health Management	Jan-08-2009	Aug-22-2008
• Physical examination	On target	On target
• Blood pressure check	On target	On target
• Cholesterol test	On target	On target
• Colonoscopy	On target	On target
• Flu shot	On target	Overdue

Chronic Conditions	Jan-08-2009	Aug-22-2008
• High blood pressure	Severe	Severe

Future Disease Risk	Jan-08-2009	Aug-22-2008
• Heart disease	Moderate risk	Moderate risk
• Heart failure	Moderate risk	Moderate risk
• Diabetes	High risk	High risk
• Asthma	Low risk	Low risk
• COPD	Low risk	Low risk
• Arthritis	Moderate risk	High risk
• Back pain	High risk	High risk
• Depression	Low risk	Diagnosed
• Colorectal cancer	Incomplete	Incomplete
• Lung cancer	Low risk	Low risk
• Skin cancer	Low risk	Low risk

## Results and Recommendations

### Current Health Risk

This assessment uses your lifestyle behaviors, health status, biometric measurements, and test results to determine your risk level. Learn how to reach or maintain good health by reducing your risk factors. A risk factor is anything that threatens your health, such as smoking or physical inactivity.

- Your current health risk: **high**

The report below explains each of your risk factors and suggests actions you can take to achieve and maintain better health. By following good health advice, you may improve your quality of life and live 5 to 10 years longer. Get started today!

### Biometrics

This table contains an assessment of your biometric data and recommended targets, based on national clinical guidelines.

Measurement	Result	Assessment	Target
Body mass index	35.3	High risk, or obese	Body mass index (BMI) is the relationship between your weight and height. A healthy BMI is in the range 18.5 to 24.9.
Waist circumference	57 in	High risk	The circumference of your waist is the measurement around your midsection in inches. Health risks rise dramatically when waist measurement exceeds 40 inches for a man.
Waist-to-hip ratio	1.04	High risk	Your waist-to-hip ratio is the relationship of your waist to your hip circumference. A healthy ratio for men is 0.9 or less.
Body fat	27%	High risk	Your percentage of total body fat can be measured using fat scales, skin calipers, or underwater-weighing methods. Healthy levels for men are: <ul style="list-style-type: none"> <li>• 8% to 19% for ages 39 and younger</li> <li>• 11% to 21% for ages 40-59</li> <li>• 13% to 22% for ages 60 and older</li> </ul>
Blood pressure	140/105 mmHg	Too high	The normal range for a person without hypertension is 119 mmHg or less for a top number and 79 mmHg or less for a bottom number. <b>NOTE:</b> Since you have been diagnosed with hypertension, your target blood pressure may be different from the recommended range.

### **Body Measurements**

Body mass index, waist circumference, waist-to-hip ratio, and body fat percentage are all ways to tell you how much body fat you have or where it is located. Excess body fat, particularly at the waist, increases your risk of developing a disease such as high blood pressure, heart disease, or diabetes.

Your body measurements indicate that you may have an unhealthy level of body fat. The more excess fat you have, the more you are at risk. A loss of just 10% of your total weight (20 lbs for a 200 lb person) may significantly improve your health. You can reach this goal! For best results:

- Follow a healthful diet -- lots of vegetables, fruits, and high-fiber foods combined with modest amounts of low-fat meats, poultry, and dairy products.
- Exercise more to reduce body fat and build muscle.
- Try to do an aerobic exercise for a half hour every day at a moderate intensity to reduce belly fat. Walking briskly is a great example.

You are already working on weight loss. Congratulations! By making such lifestyle changes as eating healthy foods and exercising regularly, you are helping to lower your risks of developing disease.

### **Learn more about**

#### **Blood Pressure**

Your blood pressure result indicates that your health may be at risk. High blood pressure increases your risk of heart attack, heart failure, stroke, and kidney disease. Early detection of high blood pressure can help prevent damage to your heart, arteries, and kidneys.

A single measurement is not sufficient to assess risk.