

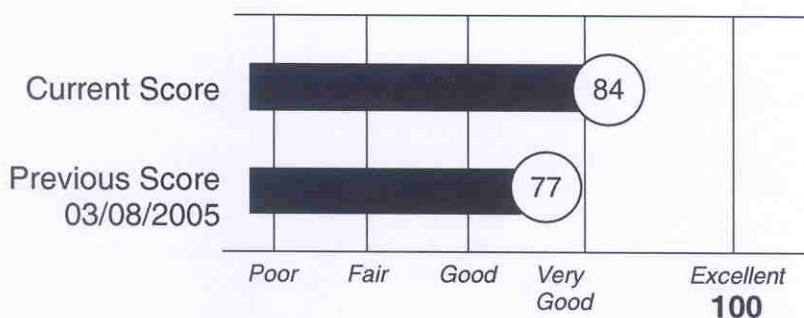


University of Michigan
Health Management
Research Center

Healthy Lifestyle

Profile

Wellness Score



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



Top 3

areas to improve
your health
right now!

Weight

**Perceived
Health**

**Physical
Activity**

What you're doing well:

- You do not use tobacco.
- You drink little or no alcohol.
- You use a safety belt all the time.
- You eat a high fiber diet.
- You have a positive outlook on life.
- You have a low stress level.
- You have your routine preventive services.

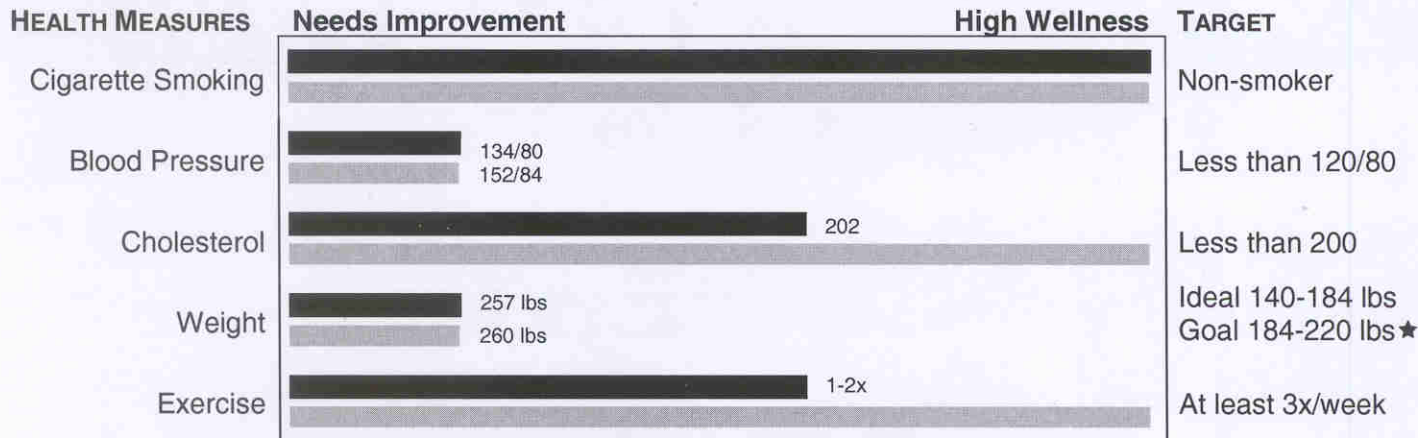
What you can do better:

- Lower your blood pressure to under 120/80.
- Stay within your healthy weight range.
- Increase your physical activity level.
- Eat less dietary fat/cholesterol.
- Talk to your health professional about your health concerns.
- Decrease cholesterol level to 199 or less.

Age: 37
Sex: male
00000000
February 23, 2007

Heart Health

Current
 Previous



★Based on your present weight, your current goal is the first stage in reaching the healthy weight for men and women set by national guidelines.

Your Health Analysis

Conditions

are based on people of your age, sex and risk.

Now

Goal

Heart problems

Blood pressure
 Diabetes
 Weight
 Cholesterol
 HDL
 Exercise
 Cigarette smoker

134/80
 Do not have diabetes
 257 lbs
 202
 38
 1-2 times per week
 Non-smoker

Less than 120/80
 Maintain healthy lifestyle
 184-220 lbs★
 Less than 200
 Greater than 40
 Exercise frequently
 Non-smoker

Traffic accident

Drunk drive/ride
 Miles driven per year
 Safety belt usage
 Speed limit

None
 15-19,999 car
 100%
 6-10 mph over limit

No drunk driver/ride
 Drive defensively
 100%
 Within 5 mph of limit

Cirrhosis of liver

Alcohol

2 drink(s) per week

None to 2 drinks a day

Diabetes mellitus

Diabetes

Do not have diabetes

Maintain healthy lifestyle

Stroke

Blood pressure
 Cigarette smoker
 Diabetes

134/80
 Non-smoker
 Do not have diabetes

Less than 120/80
 Non-smoker
 Maintain healthy lifestyle

Weight/Nutrition

Maintaining a healthy weight reduces the risk of heart disease, stroke, high blood pressure, gallbladder disease and diabetes. Overweight people have more complications from illness than people who are in a healthy weight range.

- Talk to your doctor for guidance.
- Start by assessing the benefits and barriers to better weight management.
- Combine better nutrition with increased physical activity. Eat less and move more.
- Eat a variety of foods in moderation.

★Based on your present weight, your current goal is the first stage in reaching the healthy weight for men and women set by national guidelines.

*Where
you are*

257 pounds

*Your
target*

184-220 pounds★

Physical Activity

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.

*Where
you are*

1 or 2 times/week

*Your
target*

30 minutes, most
days per week

Stress

Low Stress

*Where
you are*

Celebrate the well-being, satisfaction and control in your life that you have by better handling your stress.

Stress is your body's response to the demands of daily living. Any event can be stressful, whether it is positive or negative. How you handle stress determines its effect.

To continue to stay on track:

- Stay aware of your stress and what triggers it.
- Take time daily to relax in a way that works for you.
- Talk with someone you trust about your feelings.
- Eat well and eat regularly. Good nutrition is important.
- Aim to be physically active in some way every day.

A balanced life

*Your
target*

Smoking

Non-user of tobacco

*Where
you are*

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.

Non-user of tobacco

*Your
target*

Blood Pressure

Recheck your blood pressure in the next few weeks to confirm your reading. High blood pressure is a major risk factor for heart disease, stroke, kidney failure and vision problems, and it often has no symptoms.

- Check and monitor your blood pressure regularly.
- Consult your doctor about the cause of your high blood pressure and ways to control it.
- Avoid activities like heavy lifting which cause you to strain and hold your breath.
- Learn and practice ways to manage anger and stress.

Lifestyle factors such as overweight, no physical activity, alcohol use and smoking could lead to high blood pressure.

*Where
you are*

134/80

*Your
target*

Less than 120/80

Cholesterol

Maintaining your cholesterol level reduces the risk of developing heart disease.

- The higher your HDL cholesterol level (the good cholesterol), the better.
- Frequent exercise raises levels of HDL.
- Regular exercise, not smoking, a healthy weight and eating low-fat foods contribute to good cholesterol management.

*Where
you are*

Cholesterol: 202
HDL: 38

*Your
target*

Cholesterol less
than 200
HDL greater than
40

Alcohol

2 drink(s) per week

*Where
you are*

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 two drinks per day for men--and avoid alcohol-related problems.

You should not drink at all:

- If you plan to drive.
- 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.

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

None to 2 drinks a
day

*Your
target*

Safety Belt

100%

*Where
you are*

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.

100% safety belt use

*Your
target*

Managing Your Health

You say you have allergies and back pain.

- Schedule regular check-ups.
- 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.
- 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!

You described your physical health as fair or poor.


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 worthlessness; fatigue; irritability; loss of pleasure in activities once enjoyed; or difficulty concentrating or making decisions.

You can reach your health goals!

Look on the back page and see what to do next.



More Information . . .

See your physician and make sure you are up-to-date with your preventive service exams.

- ✓ Tetanus booster shot
- ✓ Blood pressure

- ✓ Cholesterol test

(✓ = Good job, you're up-to-date!)

Other suggested recommendations: Dental exam.



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

Department of Health and
Human Services
Asthma and Allergy
Foundation of America

877-696-6775

800-727-8462

www.healthfinder.gov
www.consumer.gov/health.htm
www.aanma.org

