Wellsource®

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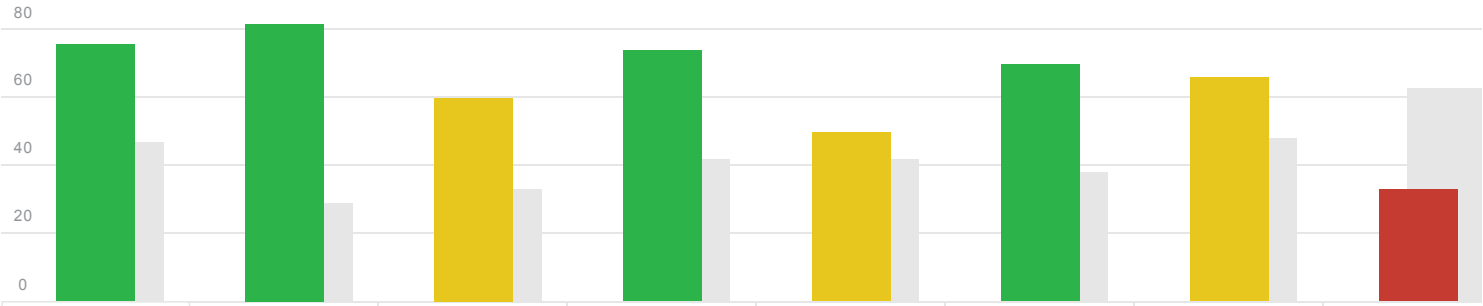
39 Health Age

Your Total Wellness Score

Doing Well 100 - 70 | Watch Out 69 - 40 | Take Action 39 - 0 | Your Score Last Time

HEALTH AND WELLNESS

YOUR HEALTH NUMBERS




| HEART | DIABETES | CANCER | WEIGHT | FOOD | FITNESS | MENTAL | MEDICAL CARE |
|---|---|---|---|---|---|---|---|
| 76 | 82 | 60 | 74 | 50 | 70 | 66 | 33 |

See Past Scores

# Heart

What's Next? ➔

✓76

## LDL Cholesterol ✓

| You | Goal |
|---|---|
| **Normal** | <130 mg/dL |

**Why is this so important?**
Having a lot of LDL in your blood raises the chance that layers of fat will build up in your blood vessels. This limits or blocks blood flow. LDL levels have a strong link to the risk of future heart attack. The lower your LDL level, the lower your risk.

## Foods for Heart Health ▼

| Your Score | Score Goal |
|---|---|
| **47 /100** | 70+/100 |

## Tobacco ▼

| You | Goal |
|---|---|
| **Second-hand smoke** | No tobacco use |

## HDL Cholesterol ▼

| You | Goal |
|---|---|
| **Low** | 55+ mg/dL |

## Exercise ✓

| You | Goal |
|---|---|
| **180 min/wk*** | 150+ min/wk |

## Blood Pressure ✓

| You | Goal |
|---|---|
| **Normal** | <120/80 |

## Triglycerides ✓

| You | Goal |
|---|---|
| **Normal** | <150 mg/dL |

## Weight ✓

| You | Goal |
|---|---|
| **125 lbs** | 116 –162 lbs |

## Blood Sugar ✓

| You | Goal |
|---|---|
| **Normal** | <100 mg/dL |

### Read About It!

- What is heart disease?
- Family history and heart
- Manage stress and protect your heart
- Sleep and heart
- Warning signs of a heart attack

### Odds of Having a Heart Attack

Each year, more than a million American adults have a heart attack. About 50% of these people die. The others have some heart damage. The more risk factors you have, the higher your likelihood of heart problems or stroke.

### What to Eat

- Nuts, seeds, and nut butters
- Berries, citrus fruits, and red grapes
- Whole grains
- Leafy greens
- Virgin olive oil

# Diabetes

What's Next? ➔

✓82

## Blood Sugar ✓

| You | Goal |
|---|---|
| **Normal** | <100 mg/dL |

**Why is this so important?**
Your body uses the food you eat to make glucose (GLOO-kohs), a type of sugar. It is your body's main energy source. When your body can't handle the kind of food you eat, your blood sugar level goes up. Over time, a high level hurts your health.

## Sugar and Sweets !

| You | Goal |
|---|---|
| **4 serv/day** | 1 or less/day |

## Meal Plan ▼

| You | Goal |
|---|---|
| **Could be better** | Balanced |

## Fiber ▼

| You | Goal |
|---|---|
| **Some** | Lots |

## Tobacco ▼

| You | Goal |
|---|---|
| **Secondhand smoke** | No tobacco use |

## Weight ✓

| You | Goal |
|---|---|
| **125 lbs** | 116 –162 lbs |

## Exercise ✓

| You | Goal |
|---|---|
| **180 min/wk*** | 150+ min/wk* |

## Triglycerides ✓

| You | Goal |
|---|---|
| **Normal** | <150 mg/dL |

## Blood Pressure ✓

| You | Goal |
|---|---|
| **Normal** | <120/80 |

### Read About It!

- What is diabetes?
- Diabetes and prediabetes infographics
- Diabetes risk factors
- Diabetes screening
- Cutting back on sodium
- Dealing with stress

### Odds of Getting Diabetes

A person has a 4 out of 10 chance of getting diabetes (die-uh-BEE-teez). Your race or sex doesn't matter. But how you eat and how active you are **do** matter.

### What to Eat

- Whole grains and other high-fiber foods
- Fruits and vegetables (especially legumes)
- Healthy fats (nuts and vegetable oils)
- Low-glycemic index foods
- Fish, skinless turkey and chicken; not red meats

# Cancer

What's Next? ➔

▼60

## Tobacco ▼

| You | Goal |
|---|---|
| **Secondhand smoke** | No tobacco use |

**Why is this so important?**
When you use tobacco, your body can't fight off cancer very well. One in 3 cancer cases can be traced back to smoking. What kind of cancer? The list is long: lung, mouth, voice box, bladder, stomach, pancreas, cervix, bone marrow, and blood.

## Cancer Checks !

| You | Goal |
|---|---|
| **Not all current** | All current |

## Alcohol ▼

| You | Goal |
|---|---|
| **3/wk** | < 3/week |

## Fruits and Vegetables ▼

| You | Goal |
|---|---|
| **4 serv/day** | 5+ serv/day |

## Fiber ▼

| You | Goal |
|---|---|
| **Some** | Lots |

## Weight ✓

| You | Goal |
|---|---|
| **125 lbs** | 116 –162 lbs |

## Exercise ✓

| You | Goal |
|---|---|
| **180 min/wk*** | 150+ min/wk* |

## Blood Sugar ✓

| You | Goal |
|---|---|
| **Normal** | Normal |

## Beef, Pork, and Lunch Meats ✓

| You | Goal |
|---|---|
| **1 serv/wk** | ≤1 serv/wk |

### Read About It!

- What is cancer?
- Cancer prevention guidelines
- Signs and symptoms of cancer

### Odds of Getting Cancer

Anyone can develop cancer. Your chance depends how many risk factors you have. In the US, men have a 1 in 2 chance. For women, it's 1 in 3.

### What to Eat

- Cabbage family (broccoli, cauliflower, kale)
- Citrus, berries, tomatoes
- Dark green and yellow fruits and vegetables
- Onions, garlic, scallions, leeks, chives
- Whole grains, peas, beans, lentils

# Weight

What's Next? ➔

✓74

## Weight ✓

| You | Goal |
|---|---|
| **125 lbs** | 116 –162 lbs |

**Why is this so important?**
Weighing too much raises your risk for most major health problems. Your weight affects blood sugar and your heart. It can lead to gallstones, sleep problems, and joint pain. You can also have health problems if you are too thin.

## Eating Habits ▼

| Your Score | Score Goal |
|---|---|
| **41 /100** | 70+/100 |

## Exercise ▼

| You | Goal |
|---|---|
| **180 min/wk*** | 150+ min/wk |

## Stress ▼

| You | Goal |
|---|---|
| **Problems coping** | Coping well |

## Sleep ✓

| You | Goal |
|---|---|
| **7 hrs/day** | 7–8 hrs/day |

## Sitting ✓

| You | Goal |
|---|---|
| **< 8 hrs/day** | <8 hrs/day |

## Waist Size ✓

| You | Goal |
|---|---|
| **32 in.** | < 33 in. |

### Read About It!

- Exercise for a healthy weight
- What to eat for a healthy weight
- How to balance calories
- How to prevent weight gain
- Limit sugary drinks

### Body Fat and Health

More than 1 in 3 adults in the U.S. is overweight (BMI of 25–29.9). Another 1 in 3 is obese (BMI of 30+). When you weigh more than you should, you raise the risk of heart disease, stroke, diabetes (die-uh-BEE-teez), and cancer, gallstones, and sleep problems.

### What to Eat

- Vegetables and green salads
- Whole grains and other high-fiber foods
- Fish, chicken, turkey, nuts, and beans
- Fruits and berries in place of sweets
- Water instead of sweetened drinks

# Food

▼50

## Fruits and Vegetables ▼

| You | Goal |
|---|---|
| **4 serv/day** | 5–8 serv/day |

**Why is this so important?**
Fruits and veggies are full of fiber, vitamins, and other things that your body needs. They help lower the risk of disease. They help you stay at a healthy weight. People who eat a lot of fruits and veggies tend to live longer than people who don't.

## Beans and Peas !

| You | Goal |
|---|---|
| **0 serv/wk** | 4–7 serv/wk |

## Sugar !

| You | Goal |
|---|---|
| **4 serv/day** | -1 or less |

## Healthy Breakfast !

| You | Goal |
|---|---|
| **Seldom or never** | Each day |

## Protein ▼

| You | Goal |
|---|---|
| **9 serv/wk** | 14+ serv/wk |

## Whole Grains ✓

| You | Goal |
|---|---|
| **3 serv/day** | 3 serv/day |

## Nuts and Seeds ✓

| You | Goal |
|---|---|
| **5 serv/wk** | 5–7 serv/wk |

## Beef, Pork, and Lunch Meat ✓

| You | Goal |
|---|---|
| **1 serv/wk** | <3 serv/wk |

## Salt ✓

| You | Goal |
|---|---|
| **A Little** | Very Little |

### Read About It!

- What you need to know about nutrition
- Start the day with a good breakfast
- What should we really eat?
- What about vitamin and mineral supplements?
- The Alternative Mediterranean Diet

### Eating Habits and Health

People who eat 8+ servings of fruits and veggies each day are 30% less likely to have a heart attack or stroke than those eating only 1.5 servings each day. Eating 3 servings of whole grains each day lowers risk of many health problems. But less than 5% of us eat enough.

### What to Eat

- Leafy greens and cabbage-family foods
- Fruits, vegetables, and whole grains
- Legumes, nuts, and seeds
- Virgin olive oil and other plant oils
- Fish, chicken, turkey, and other healthy proteins

# Fitness

✓70

## Exercise ✓

| You | Goal |
|---|---|
| **180 min/wk*** | 150+ min/wk* |

**Why is this so important?**
Be active each day. Choose things that make you breathe heavier than normal. This can lower your risk of disease – like stroke, high blood sugar, and cancer. You'll feel better and be happier.

**Minutes of "hard" exercise count twice as much.*

## Strength Building !

| You | Goal |
|---|---|
| **0 times/wk** | 2+ days/wk |

## Resting Heart Rate ▼

| You | Goal |
|---|---|
| **-- bpm** | <70 bpm |

## Sitting ✓

| You | Goal |
|---|---|
| **< 8 hrs/day** | <8 hrs/day |

## Weight ✓

| You | Goal |
|---|---|
| **125 lbs** | 116 –162 lbs |

## Waist Size ✓

| You | Goal |
|---|---|
| **32 in.** | < 33 in. |

### Read About It!

- Benefits of physical activity
- How exercise helps your body and brain
- Exercise and fitness resources
- Measure your own body fat
- Exercise and fitness as you age
- How to be fit when you have limited movement

### Fitness and Health

Being fit improves your odds for good health and a long life. Be active 30 minutes a day on 5 days a week. That will lower your risk of getting sick and dying too soon. If you want to cut your risk even more, get 60 minutes a day.

### What to Eat

- Beans, nuts, eggs, lean meats, and poultry
- Unrefined carbohydrates
- Fruits and vegetables
- Water instead of sweet drinks
- Natural sweets (berries, fruits)

# Mental

▼66

## Happiness !

| You | Goal |
|---|---|
| **Not Happy** | Very happy |

**Why is this so important?**
Happy people enjoy life. They feel good about themselves and others. They can form good bonds with others. Life interests them. It is usual for them to have good mental health.

## Outlook ▼

| You | Goal |
|---|---|
| **Unsure** | Hopeful |

## Alcohol ▼

| You | Goal |
|---|---|
| **3/wk** | < 3/week |

## Anger ▼

| You | Goal |
|---|---|
| **Sometimes** | Not often or never |

## Exercise ✓

| You | Goal |
|---|---|
| **180 min/wk*** | 150+ min/wk* |

## Coping Skills ✓

| You | Goal |
|---|---|
| **Cope well** | Cope well |

## Sleep and Energy ✓

| You | Goal |
|---|---|
| **High** | High |

## Memory ✓

| You | Goal |
|---|---|
| **Good** | Good |

## Loneliness ✓

| You | Goal |
|---|---|
| **Not Lonely** | Not lonely |

### Read About It!

- Why are your nervous or worried all the time?
- Hitting your head can be serious
- How to deal with major life events
- Vitamin B12 and mental health
- Stress and mental health

### Mental Health and Daily Living

Only 1 in 5 of U.S. adults has good mental health. About 1 in 10 are depressed. And where rates of depression are highest, so are the rates of heart disease, stroke, obesity, and sleep problems. Women have a higher chance of being depressed than men do – as much as 70% more likely.

### What to Eat

- Brightly colored fruits and vegetables
- Berries (blue-, straw-, rasp-, black-, etc.)
- Whole grains, nuts (walnuts), seeds (flax)
- Fish, skinless chicken, turkey, beans
- Healthy fats (e.g., extra virgin olive oil)

# Medical Care

! 33

## Untreated Health Problems ▼

| You | Goal |
|---|---|
| **One** | None |

**Why is this so important?**
Taking care of your health has a big impact on how long – and how well – you live. Routine check-ups are a good practice when you are well. They are **vital** when you have health problems. Health problems don't get better on their own.

## Overall Health Trend !

| You | Goal |
|---|---|
| **Poor** | Great |

## Current Health Problems !

| You | Goal |
|---|---|
| **2 or more** | None |

## Check-ups and Exams !

| You | Goal |
|---|---|
| **3+ not current** | All current |

## ER Visits !

| You | Goal |
|---|---|
| **2+ visits** | None |

## Pain ▼

| You | Goal |
|---|---|
| **Strong** | Mild to none |

## Shots ▼

| You | Goal |
|---|---|
| **1 not current** | All current |

## Safe Sex ✓

| You | Goal |
|---|---|
| **Always safe** | Always safe |

### Read About It!

- What immunizations are recommended for your age?
- What preventive exams should you get?
- If you can't speak for yourself, who will?
- How to protect your hearing
- How to protect your vision

### Medical Care and Health

About 1 in 4 people will live past age 90 – in large part due to medical care. Yet, 21% of men and 13% of women don't have a usual place of health care. Routine care can help keep you well. And it can give you a better quality of life if you have a health problem.

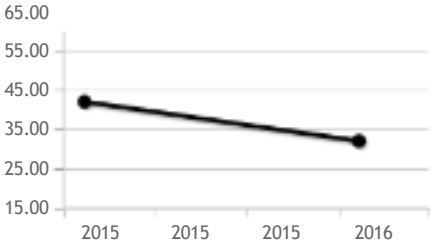
### What to Know

- Can you prevent aging?
- What you should know about drug interactions
- Health problems common to seniors
- The basics of long-term care
- Videos to help you live well

## Past Health Tests

| | FEB 2016 | FEB 2015 | Ideal |
|---|---|---|---|
| ✓ Waist size | 32 | 42 | < 33 |
| ✓ BMI | 19 | 25.09 | <25 |

## Waist size




You can have a good weight and still have too much fat. The clue is your waist size. A large waist is a sign that you have too much fat around the organs inside your body. This type of fat is linked to all kinds of health problems.