

Personal Wellness Profile

Confidential Counselor Summary Report

Report For: Joe Unhealthy
10605 Meeting Street
Prospect, KY 40059

M40 ID# 555-55-5555
PCP - DR. SMITH
INS - Carrier Name

Profile Date: 1/8/2003
Phone: 502-426-1170

Your Company Name's Wellness Program

Wellness Scores



Risks related to costs = 4

(High risk chol items count once.)

- ✓ = Item in elevated risk range
- \$ = High risk item related to costs
- ♦ = Item of clinical value/interest
- Rx = Taking medication

Clinical Test Results

- ♦ Overweight, Ht 69 in, Wt 189 lbs, BMI 27.9, %fat 23.7
- ♦ Waist Girth (<= 40.0)
- ✓ Recommended wt up to 160 - 178
- \$ Blood Pressure 142/84 (< 120/80)
- ✓ Total Cholesterol 223 (< 200)
- ♦ HDL Cholesterol 41 (> 45)
- ♦ LDL Cholesterol 129 (< 130)
- ✓ Chol/HDL ratio 5.4 (< 4.0)
- ♦ Triglycerides 144 (< 150)
- ✓ Glucose fasting 104 (< 100)

Health Information

Family Health History

- ✓ Colorectal cancer
- ✓ Obesity
- ✓ High blood pressure
- ✓ High cholesterol

Personal Health History

- Rx High blood pressure (140/90+)

Current Symptoms

- ✓ Unusual shortness of breath
- ✓ Trouble reading fine print

Health Age

- \$ Health age: 46.0, potent. added yrs: 12.5
- Practicing 2 of 7 good health habits
- ✓ Work on:
body weight, activity level,
stop smoking, limit snacking,
sleep 7-8 hrs/day

Coronary Risk Factors

- \$ Smokes cigarettes
- ♦ Second hand smoke
- ✓ Elevated/high BP, 142/84 (< 120/80)
- ♦ Low HDL, 41 (> 45)
- ✓ Elevated glucose 104 (< 100)
- ✓ T-Chol/HDL-C ratio, 5.4 (< 4.0)
- ✓ Overweight %Fat 23.7 (< 19.0)

Cancer Risk Factors

- ✓ Smokes cigarettes
- ✓ 2nd hand smoke exposure
- ✓ Family Hx.: colorectal
- ✓ Nutrition: fiber, fat, fruit/vegs (rec. 5+)
- ✓ AIDS/STD's RISK: multiple sex partners
- ✓ High sun exposure
- ✓ Overweight, %Fat 23.7 (< 19.0)
- ✓ Age 40 plus

Physical Activity

- ✓ Occasional activity
- ✓ Strength exercises: none
- ♦ Stretching exercises: 1 per week

Physical Limitations

- ♦ None

Fitness Testing Results

- ✓ The STEP-FIT: 36.6 (rec. >= 39.0)
- ✓ Curlups/crunches: 26 (rec. >= 33)
- ✓ Sit-n-reach: 10.0 (rec. >= 11.0)

Exercise Preferences

"Activities I do":

- Active dancing
- Yardwork, mowing

"Activities I want to do":

- Aerobics to music

Eating Practices

- ✓ Limit snack foods
- ✓ Reduce fat intake
- ✓ Eat more dark, leafy greens
- ✓ Limit salt intake
- ✓ Drink more water, 8+ glasses/day
- ✓ Weight trend, up
- ✓ Frequent dieting, caution
- ✓ Eat 5+ fruits and vegetables per day

Alcohol/Drugs/Smoking

- ✓ Need to stop smoking
- ✓ Limit exposure to 2nd hand smoke

Stress and Coping

- ✓ Usually does not get 7-8 hrs sleep

Social Health Concerns

- ♦ None

Safety / Work Life

- ✓ Caution to prevent sunburn

Medical Care

- ♦ Physical exam within last 2 year(s)
- ✓ Currently taking 2 medicines
- \$ Perceived overall health: Fair

Preventive exams not current

- ✓ Cholesterol check
- ✓ Blood pressure check
- ✓ Guaiac Test
- ✓ Lifestyle assessment
- ✓ Immunizations, pneumonia

Medical Care Usage

- ♦ 2 doctor visits last year
- ♦ 1-4 sick days last year
- ♦ No hospital days last year

Education Issues

- | Health goal | Stage of change |
|-------------------------|------------------|
| ✓ Physical activity | Planning |
| ✓ Good eating habits | Contemplative |
| ✓ No smoking/tobacco | Precontemplate |
| ♦ Healthy Weight | Action |
| ♦ Handling stress | Maintenance |
| ♦ Moderate alcohol | Maintenance |
| ✓ Healthy life overall | Planning |
| ♦ Best time to contact: | Afternoon |

Interested in:

- Walking group
- Reducing coronary risk
- First aid
- Communication skills

Health Status (HSQ)

Questionnaire Scores

(100 is ideal, 80+ is desirable)

- ✓ Health perception score - 25
- ♦ Physical functioning - 83
- ✓ Limitations due to physical health - 65
- ✓ Bodily pain - 0
- ♦ Energy/fatigue - 80

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Your Company Name's Wellness Program

- ♦ Limitations due to emotional health: 100
 - ✓ Social functioning - 75
 - ♦ Mental health - 86
 - ✓ **Physical Composite Score (PCS) - 0**
 - ✓ **Mental Composite Score (MCS) - 0**
- Note:** PCS, MCS score over 50 is desirable