



Your Company's WellScored Challenge

Report For: HEALTHY, JOE
 9005 RESERVE DRIVE Test Date: 1/8/2003
 PROSPECT KY 40059

		<u>Your Value</u>	<u>Possible Points</u>	<u>Your Score</u>
Completed questionnaire and fitness assesment			400	400
Blood Pressure	Systolic "top" less than 140	142	100	0
	Diastolic "bottom" less than 90	84	100	100
	More than above and on meds	Y	100	0
Total Cholesterol	<200	223	300	0
	>200 and on medication	Y	300	300
HDL "Good" Cholesterol	> 40	41	100	100
LDL "Bad" Cholesterol	Less than 120	129	100	0
Cholesterol/HDL Rati	Within desirable range (lower is better)	5.4	100	0
Triglycerides	Less than 150	144	100	100
Glucose	Less than 110	104	100	100
	111 - 999 and on medication		100	0
Aerobic Capacity	Age/Gender Specific desirable fitness (step test)	37	100	0
Abdominal Strength	Age/Gender Specific desirable fitness (curlups)	26	100	0
Flexibility	Age/Gender Specific desirable fitness (sit & reach)	10	100	0
Tobacco	Tobacco Free	N	500	0
Weight	Within recomended range or	N	300	0
	Lost 1-9 pounds		100	0
	Lost 10-14 pounds		200	0
	Lost 15+ pounds		300	0
Percent body fat	Men <20 %	23.7	300	0
	Women < 28 %			
Medical Consent	Signed consent to forward to Dr. "Confidential"	Y	400	400
Insurance Consent	Signed consent to fwrdr to Insurance "Confidential"	Y	100	100

Your Score: 1,600

YOUR PROGRESS TO DATE
 2 - Health Coaching Sessions
 2 - Seminars/Classes
 1 - Wellness Challenges

Wellness Improvement Plan
Bronze Level - (0-2099 points)
Must Complete the following by 12-31-08
2008 Wellcheck Assessment
Health Coaching Sessions 4
Seminars or Classes 5
Wellness Challenges 2