



## 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
<b>Blood Pressure</b>	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
<b>Total Cholesterol</b>	<200	223	300	0
	>200 and on medication	Y	300	300
<b>HDL "Good" Cholesterol</b>	> 40	41	100	100
<b>LDL "Bad" Cholesterol</b>	Less than 120	129	100	0
<b>Cholesterol/HDL Rati</b>	Within desirable range (lower is better)	5.4	100	0
<b>Triglycerides</b>	Less than 150	144	100	100
<b>Glucose</b>	Less than 110	104	100	100
	111 - 999 and on medication		100	0
<b>Aerobic Capacity</b>	Age/Gender Specific desirable fitness (step test)	37	100	0
<b>Abdominal Strength</b>	Age/Gender Specific desirable fitness (curlups)	26	100	0
<b>Flexibility</b>	Age/Gender Specific desirable fitness (sit & reach)	10	100	0
<b>Tobacco</b>	Tobacco Free	N	500	0
<b>Weight</b>	Within recomended range or	N	300	0
	Lost 1-9 pounds		100	0
	Lost 10-14 pounds		200	0
	Lost 15+ pounds		300	0
<b>Percent body fat</b>	Men <20 %	23.7	300	0
	Women < 28 %			
<b>Medical Consent</b>	Signed consent to forward to Dr. "Confidential"	Y	400	400
<b>Insurance Consent</b>	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**