

Personal Wellness Profile - Overview

Joe Unhealthy

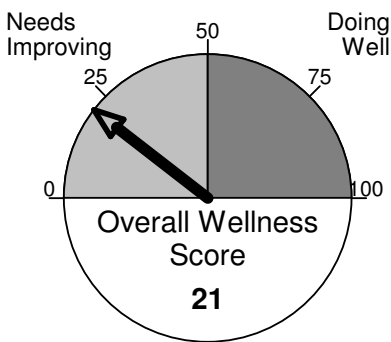
Page 1

Wellness Scores

Your scores in the major areas of wellness are shown on the right. Scores range from 0 to 100. A score of less than 50 shows need for improvement; 50 or above is in the recommended range. Specific information on each of these key areas is shown in the following reports.

Overall Wellness Score

The overall Wellness score is based on the number of good health indicators and these seven major wellness scores.



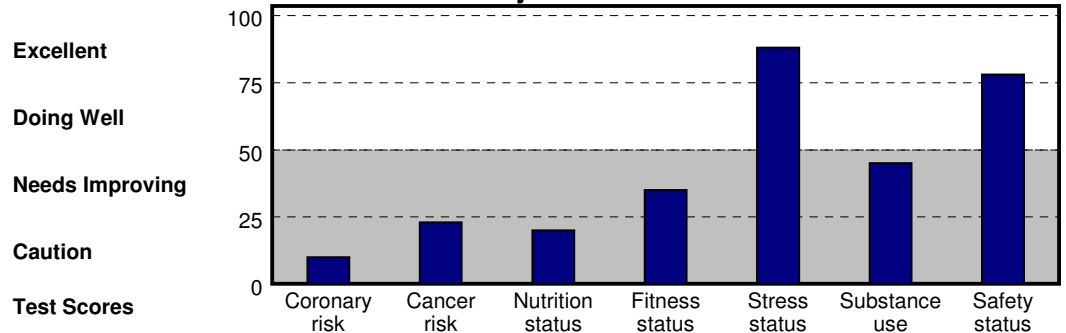
Your overall Wellness score is 21, "Caution."

Good Health Indicators:

6 out of 15

- Low coronary risk
- No tobacco exposure
- Good cancer rating
- Wise alcohol use
- Good aerobic fitness
- Good nutrition
- Always wears seat belts
- Good cholesterol level
- Happy most of the time
- Good blood pressure
- Good safety rating
- Good body composition
- Seven-eight hrs sleep/day
- Good stress rating
- Fewer than five sick days

Major Wellness Scores



Current	10*	23*	20*	35*	88	45*	78
Previous	NA	NA	NA	NA	NA	NA	NA

* Needs improving

■ Previous not done ■ Current 1/8/2003

Recommendations for Improving Health

Your top five health needs or preventive actions are listed below. These are key factors needing attention to prevent serious health problems. Give these items top priority. Other recommendations and guidelines follow throughout this report.

- 1 Smoking** - Stopping smoking is critical for preventing serious health problems, such as heart disease, cancer, stroke, and lung disease. By stopping, your risk drops quickly. Within two years, your risk for heart disease is nearly the same as for a nonsmoker. Stop smoking before disease occurs.
- 2 Body composition** - A healthy weight can give you more energy and help you look and feel your best, while helping to prevent many serious health problems. For achieving and maintaining a healthy weight, see the recommendations in other sections of the report.
- 3 Good nutrition** - Good eating habits are basic to your health and can help prevent heart disease, high blood pressure, certain cancers, diabetes, and obesity. Eating healthy fats, along with an increase in fruits, vegetables, and whole grains, is best.
- 4 Cancer prevention** - Healthy eating, regular exercise, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancer. Have regular medical checkups and avoid smoking and other cancer-causing behaviors.
- 5 Physical activity** - Every "body" needs regular physical activity such as walking, cycling, swimming, aerobics, or active sports. Regular exercise helps control excess weight, high blood pressure, high cholesterol, and high blood sugar levels. It will also reduce stress and help you relax.

Your Company Name's Wellness Program

Fitness - Overview

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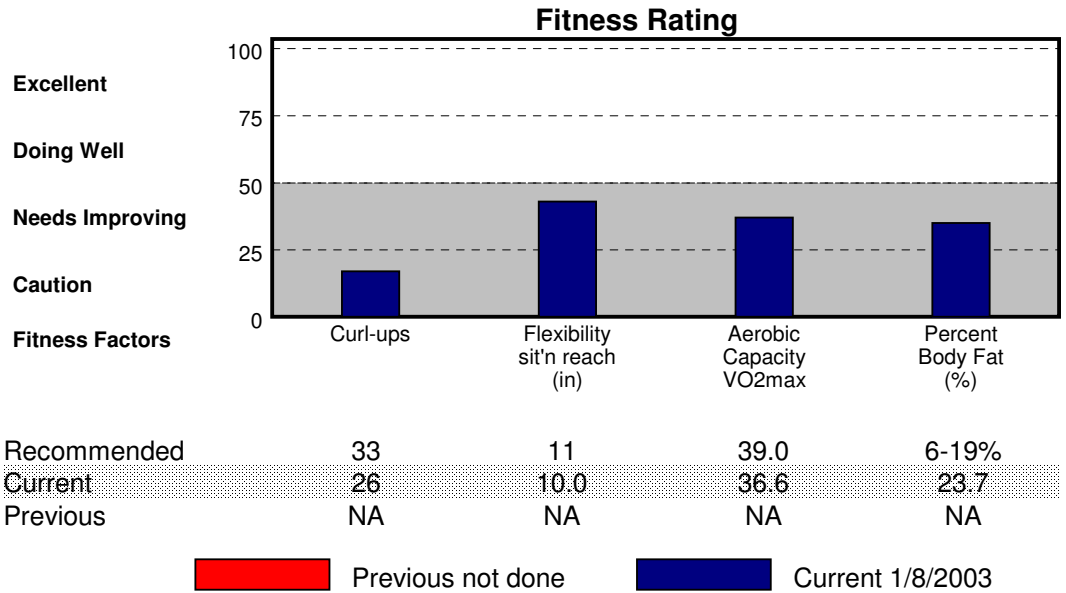
Understanding Your Fitness Report

This report will help you understand

- How fit you currently are
- What areas may need improving
- How best to improve your fitness level

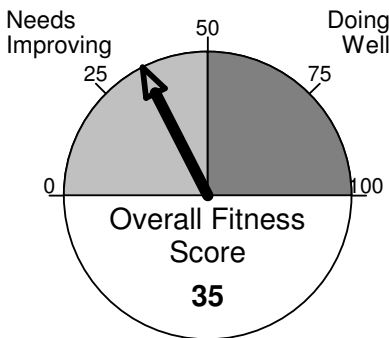
The indicators of fitness are listed on the graph to the right. You can quickly see how you are doing in each of the fitness areas. A Fitness score of 50 or higher is needed for good fitness.

The rest of the report gives explanations and suggestions for improving your fitness level.



Overall Fitness Score

An average of the individual scores is shown in the graph below. Aerobics is weighted 50% and body composition 25%.



Fitness Rating Scale	
Excellent	75-100
Doing Well	50-74
Needs Improving	25-49
Caution	0-24

Your current overall fitness score is 35, "Needs Improving."

Recommendations for Improving Fitness

The marked items ✓ below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a fitness trainer, health professional, or your doctor.

- ✓ **Abdominal strength/endurance** is important for maintaining good posture and protecting the back from strain or injury. Include abdominal strengthening exercises in your fitness program.
- ✓ **Upper body strength/endurance** exercises are needed to maintain muscle mass, bone mineral content, and strong ligaments and tendons. Without regular exercise they tend to atrophy (weaken). Do more strengthening exercises.
- ✓ **Flexibility** is important in maintaining full range of motion in joints and for preventing pulled muscles and injuries. Your results indicate a need for more stretching exercises in your fitness program.
- ✓ **Aerobic capacity** is a measure of cardiovascular fitness. Maintaining a healthy heart and lungs decreases risk of heart disease and increases longevity. Improve your aerobic capacity for better health.
- ✓ **Excess body fat** adversely affects health, increasing risk for high blood pressure, heart disease, stroke, diabetes, obesity, and cancer. Dieting doesn't work. Follow a program of regular physical activity (30+ minutes per day), healthful meals, and avoid eating heavy meals late in the day.
- ✓ **Caution** - Due to risks marked on your questionnaire, check with your physician **before** exercising.

Fitness - Exercise Guidelines

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Page 3

Muscle Strength and Endurance

Doing Well Needs Improving

Muscular strength and endurance are improved by using the overload principle (exercising at a higher level than your muscles are used to). Any overload will result in improvement, but higher intensity effort will provide greater improvement. Start at a level that is easy for you to complete and progress gradually. General weight-training principles are summarized below:

Activities: Dynamic weight resistance training and calisthenics. Choose eight to 10 exercises that train the major muscle groups.

Intensity: Moderate to high resistance. Allow eight to 12 repetitions of each activity. Start with one set of each exercise. For further improvement, increase gradually to two to three sets of each exercise.

Frequency: At least two days per week.

Safety: Progress gradually as the exercise becomes easier. Warm-up with easy lifts before making hard lifts. Avoid excessive straining. Don't hold your breath. Breathe out with exertion. Get instructions on technique from a fitness trainer if possible. Work out with a partner.

Flexibility

Doing Well Needs Improving

Muscles and joints become stiff and lose their range of motion with inactivity and aging. You can maintain good joint mobility and improve flexibility with regular stretching exercises. Choose stretching exercises for the major areas of the body: lower back, hip region, the neck and shoulders, calves and backs of thighs. See the guidelines below:

Warm-up: Do stretching after the muscles are warmed up.

Technique: Do a static stretch; slowly stretch a muscle to the point of mild discomfort then hold the stretch for 10 to 30 seconds.

Repetitions: Three to five for each stretch.

Frequency: At least three days per week.

Safety: Don't over-stretch to the point of pain. Avoid bouncing movements. Avoid stretches that may worsen existing joint problems.

Body Composition

Doing Well Needs Improving

Maintaining a healthy weight (desirable body fat level) is important for fitness and health. To keep body fat levels low, follow a healthy lifestyle throughout your lifetime: low-fat, healthy eating plus regular physical activity. Burning at least 1,000 calories each week in aerobic exercise is needed to maintain a healthy body fat level.

Percent body fat: 23.7 % of your total weight is from fat. 10 to 19% body fat is recommended for good health.

Your recommended weight is 160 - 178. This is based on a percent body fat of 10 - 19% and your lean body weight remaining the same.

Waist girth: It is also important to know how fat is stored. Abdominal fat is a higher risk to health than fat deposited on the hips. The waist girth is a measure of abdominal fat storage. A waist girth of 40 in. or less is recommended for men. Learn your waist girth.

Fitness - Aerobic Exercise Guidelines

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Page 4

Aerobic or Cardiovascular Fitness

Doing Well Needs Improving

Aerobic exercises strengthen your heart and improve circulation. Examples of aerobic exercises are fitness walking, aerobic dance, bicycling, swimming, and active sports. Aerobic exercises challenge the heart and arteries to deliver oxygen to the muscles, causing an increased heart rate and heavier breathing.

Activities: Any exercise that increases heart rate and breathing, for example, fitness walking, jogging, bicycling, swimming, or active sports.

Intensity: Begin at an easy to moderate level. Don't go so hard you can't talk easily to another person while exercising. Check your heart rate and stay within your target heart rate range.

Target heart rate (beats/min)
Recommended 108-135

See your health service provider for details.

Duration: At least 20 to 30 minutes per day. Work up to 30 to 60 minutes per day.

Frequency: At least three days per week. Work toward daily aerobic activity. Alternate easy with more vigorous exercise days.

Progression: When starting an exercise program, keep the intensity moderate. As the exercise becomes easier over time, gradually increase to a more vigorous level for further improvement.

Safety: Get your doctor's clearance before beginning or increasing your exercise program if you have any health problems.

Aerobic Mile Activity List

Select a goal:

- 6 aerobic miles per week
- 10 aerobic miles per week
- 15 aerobic miles per week
- 20 aerobic miles per week
- ___ aerobic miles per week

Note: For positive changes in body composition and HDL cholesterol levels, complete at least 10 to 15 aerobic miles per week.

An "aerobic mile" is the energy equivalent of jogging one mile. For example, 15 minutes of vigorous swimming is equal to the calories burned in running one mile. Select an aerobic mile goal from the list on the left, then determine how many minutes are needed of each activity to achieve your weekly aerobic mile goal.

Aerobic Activity	Minutes of continuous activity to = 1 aerobic mile		
	Easy pace	Moderate pace	Vigorous pace
Jogging (12, 10, 8 min/mile)	12	10	8
Bicycling (10, 14, 18 mph)	16	14	11
Swimming	22	18	15
Racquetball	18	15	12
Hiking	24	20	16
Skating	18	15	12
Tennis	18	15	12
Walking (24, 20, 15 min/mile)	40	33	27

Note: At your present weight, one aerobic mile will burn 150 calories.

Making Fitness a Lifetime Commitment

Maintaining fitness for a lifetime is the goal. The following suggestions can help you achieve this goal and keep your exercise program fun and interesting.

Realistic goals: Choose goals you know you can accomplish. You can revise them later if you desire.

Social support: It helps to exercise with a spouse or friend. You can support and encourage each other.

Charting progress: Write down your aerobic miles daily. Compare your daily progress to your weekly goal.

Rewards: When you reach specific milestones, reward yourself. Always be working toward a personal goal.

Heart Health - Overview

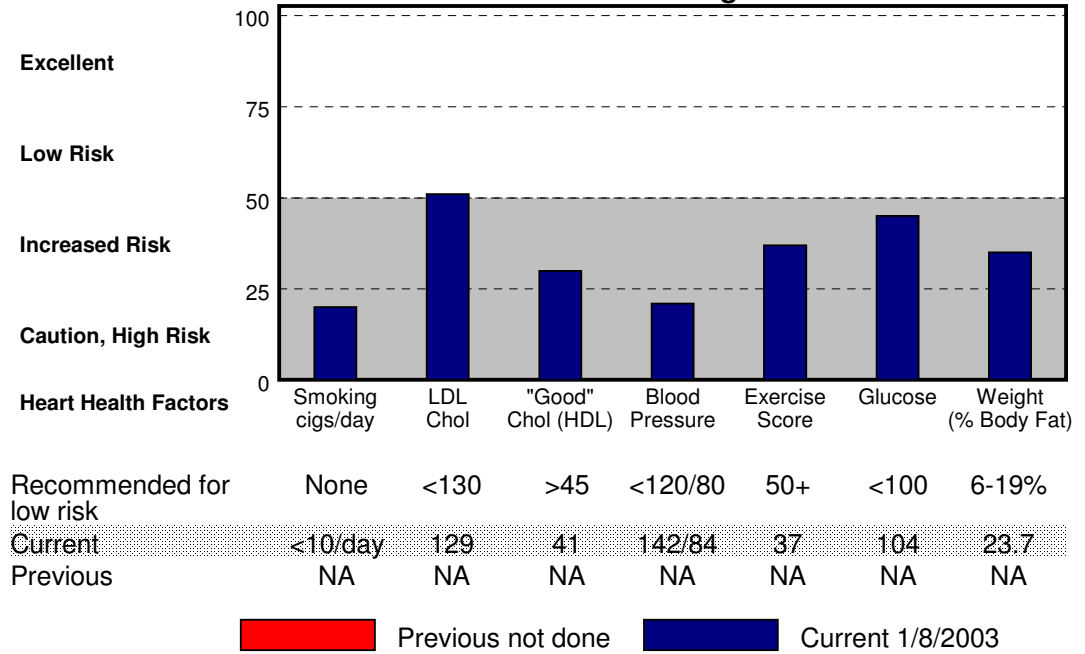
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Understanding Your Heart Health Report

This report is to help you understand the key areas of your health profile which specifically affect your risk for coronary and circulatory disease.

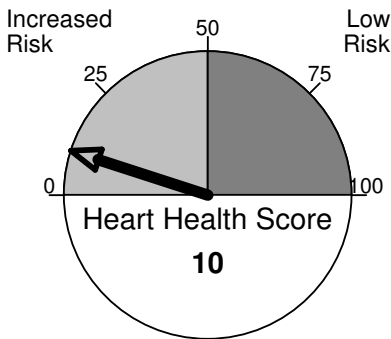
The controllable risks for heart health are listed on the graph to the right. If improvement is needed, these are the areas on which you will need to focus. In addition to the controllable risks, there are noncontrollable risks listed under "Heart Health Factors." These include personal and family history of heart or circulatory problems, gender, and age.

Heart Health Rating Scale



Overall Heart Health Score

The overall Heart Health score is determined by the number of risk factors present.



Heart Health Rating Scale	
Excellent	75-100
Low Risk	50-74
Increased Risk	25-49
Caution, High Risk	0-24

Your current Heart Health score is 10, "Caution, High Risk."

Heart Health Factors

Factors associated with heart disease are listed below. Your risks are marked with a ✓. Give marked items special attention. Overall, you are at "High Risk" based on the criteria established by the National Cholesterol Education Program (NCEP).

- Personal history** of heart or circulatory problem or diabetes.
- Family history** of early heart disease in a parent, brother, or sister.
- Gender/age** - Risk increases with age, especially after age 45 for men.
- ✓ **Current smoker** - Smoking is a major risk factor.
- ✓ **Elevated blood pressure** - A pressure of 120/80 or higher (either number) is elevated.
- High LDL** - An LDL of 130+ indicates risk. (Your total cholesterol = 223.)
- ✓ **Low HDL** ("good" cholesterol) - An HDL less than 45 indicates risk.
- ✓ **Elevated blood sugar** - Fasting glucose level is elevated (normal < 100).
- Sedentary** - Inactivity is a risk. Be active 30 minutes, most days.
- ✓ **Weight** - Your percentage of body fat of 23.7% is outside the desired range.

Heart Health - Blood Tests

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Page 6

Cholesterol Level

Doing Well Needs Improving

A high LDL cholesterol level can clog arteries, causing a heart attack or stroke. On the other hand, HDL cholesterol is protective. HDL particles remove excess cholesterol, helping prevent blockage of arteries.

Your overall cholesterol risk is best determined by evaluating both "Bad" (LDL) and "Good" (HDL) cholesterol levels.

Your present cholesterol level puts you at risk. Reduce your risk by lowering LDL and raising HDL levels.

Blood Test Results and Risk Status				
	Your Results	Desirable	Borderline	High Risk
Total cholesterol	223 mg/dl	less than 200	200 - 239	240+
LDL cholesterol	129 mg/dl	less than 130	130 - 159	160+
HDL cholesterol	41 mg/dl	45 or more	less than 45	less than 40
Risk ratio	5.4	less than 4.0	4.0 - 4.9	5.0+
Triglycerides	144 mg/dl	less than 150	150 - 199	200+
Glucose (fasting)	104 mg/dl	less than 100	100 - 125	126+

To lower total and LDL "bad" cholesterol

- ✓ Eat healthy fats, limit animal or saturated fat.
- ✓ Avoid high-cholesterol foods such as eggs or meat.
- ✓ Eat high-fiber foods such as oatmeal, brown rice, fruits, vegetables, and legumes (peas, beans, lentils).
- ✓ Achieve and maintain a healthy weight.

To raise HDL "good" cholesterol

- ✓ Achieve and maintain a healthy weight.
- ✓ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 10 to 15+ aerobic miles per week.
- ✓ DO NOT SMOKE.
- ♦ Note: postmenopausal women usually have higher HDL levels than men.

Triglycerides

Your results: 144 mg/dl

Doing Well Needs Improving

Triglyceride is a fancy name for fat in your blood. A fasting triglyceride level less than 150 is recommended (less than 100 is ideal). Your triglyceride level is within the levels recommended for good health.

To lower triglyceride levels

- ✓ Achieve and maintain a healthy weight.
- ✓ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 30 minutes or more (preferably) daily. *Be sure to get your doctor's guidance before starting any exercise program if you have any health problem.*
- ✓ Limit your intake of sugar and desserts.
- ♦ Avoid alcohol or limit your alcohol intake.

Glucose

Your results: 104 mg/dl

Doing Well Needs Improving

A fasting blood glucose level of 100 or above may indicate a glucose tolerance problem, increasing your risk of diabetes. A fasting glucose level of 126+ indicates high risk. Your glucose level is above recommended levels and should be further evaluated.

To lower glucose levels

- ✓ Achieve and maintain a healthy weight.
- ✓ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 30 minutes or more (preferably) daily. *Be sure to get your doctor's guidance before starting any exercise program if you have any health problem.*
- ✓ Limit your intake of sugar and desserts.

Heart Health - Reducing Risk

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Page 7

Smoking

Your results: <10/day

Doing Well Needs Improving

Smoking damages the heart. It decreases HDL levels, increases the likelihood of a blood clot, and damages the artery walls. The good news is that as soon as you stop, your risk drops quickly. After two years of not smoking, your coronary risk drops rapidly, and after 15 years is nearly the same as for a nonsmoker.

How to stop smoking:

- Millions of people have stopped smoking, most of them on their own. You can too!
- For best results, follow a self-help guide to quitting or join a support group.
- Ask your doctor for help and guidance or contact the local lung or heart association.

Blood Pressure

Your results: 142/84

Doing Well Needs Improving

Keeping blood pressure low helps protect the heart and arteries. A pressure of 115/75 or lower is ideal, less than 120/80 is recommended. Pressures of 120/80 to 139/89 are prehypertension, increasing your risk. 140/90 or above is high and needs medical attention. Your blood pressure is in the high risk range.

How to lower your blood pressure:

- ✓ Achieve/maintain a healthy weight. Even a weight loss of 10 lbs can do wonders.
- ✓ Get regular, moderate, physical activity such as walking.
- ✓ Eat healthy-fat foods, high in fiber, and adequate in calcium and potassium.
- Avoid or limit alcohol intake. Alcohol can increase blood pressure.
- ✓ Limit your intake of salt and salty foods.
- Keep stress moderate, get adequate sleep (7-8 hrs daily), and take relaxation breaks.

Physical Activity

Your results: Score - 37

Doing Well Needs Improving

Physical activity is protective to the heart and circulation. Regular aerobic activity improves the way the body uses fats, raises HDL levels, helps lower blood pressure, helps control/prevent high blood sugar levels, decreases clotting tendency, and helps control/prevent excess weight. Exercise also strengthens the heart so it works more efficiently. Consider regular exercise as good preventive medicine.

How to exercise for heart health:

Frequency: Set a goal of being physically active on most, preferably all, days of the week.
Intensity: Do moderate physical activities such as walking.
Time: Accumulating at least 30 minutes each day. Choose a 30 to 60 minute workout or several 10-minute sessions a day. Choose activities you enjoy.
Examples: Walk, hike, low impact aerobics, bike, active gardening, active sports.
Note: Get a doctor's guidance first if health problems exist.

Percent Body Fat

Your results: 23.7%

Doing Well Needs Improving

Excess body fat increases coronary risk by raising blood pressure and cholesterol levels and increasing the tendency for diabetes. Maintaining a healthy fat level is protective to the heart and arteries. Your percent body fat level is above the upper limit for good health. Losing excess fat could reduce your risk.

How to lose weight:

- Dieting doesn't work. Learn to eat healthy low-fat meals and avoid late snacks.
- Be active: try to get 30+ minutes of moderate to vigorous physical activity daily.
- Avoid excessive stress, get adequate rest, and take time for yourself.

Nutrition - Overview

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Page 8

Understanding Your Nutrition Report

The purpose of this report is to help you better understand

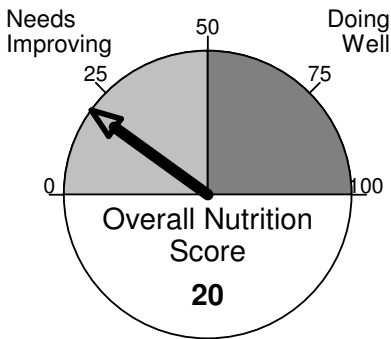
- Your current eating habits
- Any health risks caused by poor nutrition
- How you can improve your eating habits and your health

Five indicators of good nutrition are listed on the graph to the right. You can quickly see how you are doing in each of these five areas.

The rest of the report gives explanations and suggestions for improving your nutritional status.

Overall Nutrition Score

Your overall score is based on your current eating habits. A score over 50 is desirable.

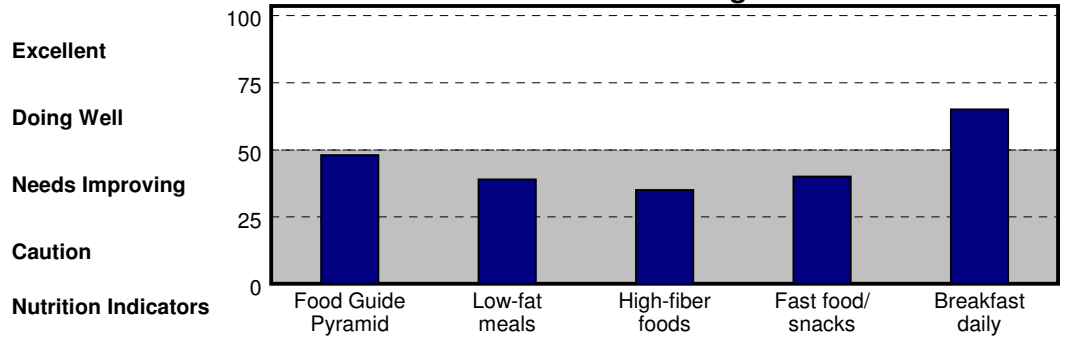


Nutrition Rating Scale

Excellent	75-100
Doing Well	50-74
Needs Improving	25-49
Caution	0-24

Your current overall nutrition score is 20, "Caution."

Nutrition Rating



Nutrition Indicator	Current	Previous
Food Guide Pyramid	48	NA
Low-fat meals	39	NA
High-fiber foods	35	NA
Fast food/snacks	40	NA
Breakfast daily	65	NA

Previous not done (Red bar) | Current 1/8/2003 (Blue bar)

Recommendations for Improving Nutrition

The marked items ✓ below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or with your doctor.

- ✓ **Food Guide Pyramid score** - You did not meet all of the guidelines in the Food Guide Pyramid. Review the minimum recommended number of servings for each food group to help ensure your nutrition is balanced and adequate. See the rest of the report for more information and ways to make improvements.
 - ✓ **Eat healthy fats** - Limit foods high in animal, saturated, and trans fats. They increase the risk of obesity, high blood pressure, heart disease, stroke, and diabetes. If you eat meat, limit the amount, and choose lean cuts, skinless chicken, and fish. Limit butter and high-fat baked and fried foods. Use low- or non-fat dairy and soymilk. Eat nuts, seeds, avocado, olives, and healthy oils (all high in "good" fats) in moderation.
 - ✓ **High-fiber foods** are low in fat and help protect against obesity, high blood pressure, heart disease, stroke, and certain cancers. Examples are fruits, vegetables, potatoes, peas and beans, whole grain breads and cereals. Eat more of these foods.
- Breakfast** - Continue eating breakfast for your body and mind to perform their best. People who skip breakfast have more accidents, don't learn as well, usually snack on less nourishing food, and don't live as long as those who eat breakfast daily.
- ✓ **Fast foods/snacking** - Most fast foods and snacks are high in fat and calories and low in nutrition. Limit typical snacks such as chips, pastry, and soft drinks. If you snack, choose fresh fruits, vegetables, breads, and other healthy choices.

Other nutritional recommendations:

None. Review the rest of this report and the accompanying nutrition educational materials for further information.

Nutrition - Food Guide

"My Pyramid" is the USDA's new national food guide summarized below. It provides a daily eating plan for your activity level, and helps you evaluate your eating habits. See the USDA website at www.mypyramid.gov for more information.

My Pyramid



*Follow your doctor's advice if you are on a special diet.

Food Pyramid Groups	No. of Serv. You Eat/Day	Recommended Serv/Day †	Americans Actually Eat	Serving Size Examples
Whole Grains and Breads	2.0 serv/day	4-8	5.1	1 slice of bread 1 oz. dry cereal 1/2 C ckd rice, pasta
Vegetables	2.0 serv/day	3-6+	2.0	1 C raw vegetables 1/2 C ckd or chopped 3/4 C veg. juice
Fruits	1.0 serv/day	3-5	1.0	1 medium fruit 1/2 C ckd or chopped 3/4 C fruit juice
Dairy/Calcium Foods	3.0 serv/day	2-3	1.3	1 C milk or yogurt 1.5 oz. natural cheese 2 oz. process cheese
Meat/Protein Foods/Legumes	2.0 serv/day	2-4	2.2	2-3 oz. cooked meat 1 egg, 3 oz. tofu 1 C ckd beans
Fats and Oils	3.0 serv/day	1-4	3.5	1T oil, trans-fat free marg, salad dressings
Sweets	3.0 serv/day	1-2	3.5	1 cookie, 1/2 C sherbet soft drink, 1T jam

† Recommended servings: The lower range is for older adults or sedentary women. The upper range is for teenage boys, active men, and very active women. Children and other people fall somewhere in the middle of the range.

Breads and Grains

Doing Well Needs Improving

Choose whole grain breads and cereals. Grains provide complex carbohydrates, are good sources of fiber, vitamins, minerals, and have healthy fats. Aim for at least three servings of whole grains per day (whole wheat bread, brown rice, oats, etc.).

Vegetables

Doing Well Needs Improving

Vegetables are mostly fat-free, very low in calories, and protective against heart disease and cancer. Dark, leafy green vegetables are especially nutritious. Eat three to five servings of vegetables daily.

Fruits

Doing Well Needs Improving

Fruits add flavor and variety to meals, are low in fat and calories, and protect against heart disease and cancer. Eat two to five servings daily, including fruits high in vitamin C (e.g., citrus, melons, berries).

Dairy

Doing Well Needs Improving

You are doing well. Keep choosing calcium-rich foods like nonfat or low-fat milk, yogurt, or cheeses. If you don't drink milk, choose high calcium veggies, soy products or supplements. Low calcium diets can contribute to weak, brittle bones.

Protein

Doing Well Needs Improving

Continue to eat two to four servings per day. Choose from low-fat meats (lean cuts, skinless fowl, and fish), legumes, (peas, beans, garbanzos, lentils, split peas), tofu, and meat alternates. Vegetable proteins have healthy fats, high fiber, and are cholesterol-free.

Fat and Sugar

Doing Well Needs Improving

Added fats, sugar, and rich desserts are high in calories and low in nutrients. Eat sparingly of typical desserts (cookies, cake, pastry, pies, ice cream), especially if you are overweight. Use more low-calorie desserts: fruit salad, nonfat frozen yogurt, berries, and melons.

Body Composition - Overview

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Page 10

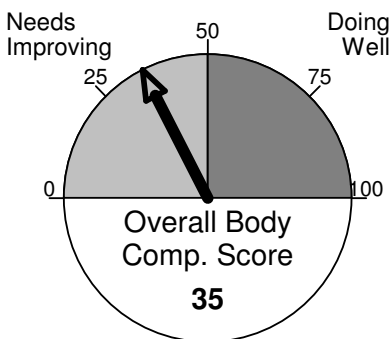
A Healthy Weight

The best way to determine a healthy weight for you is to perform such body composition tests as percent body fat, waist girth, and body mass index, in addition to traditional height-weight measures. These tests, taken together, are much more accurate than just looking at weight.

Your body composition measurements are shown in the graph on the right. Each factor is rated from "Excellent" to "Caution." Your overall risk is shown in the circle graph below and is rated from 0 to 100. A high score is desirable.

Overall Body Composition Score

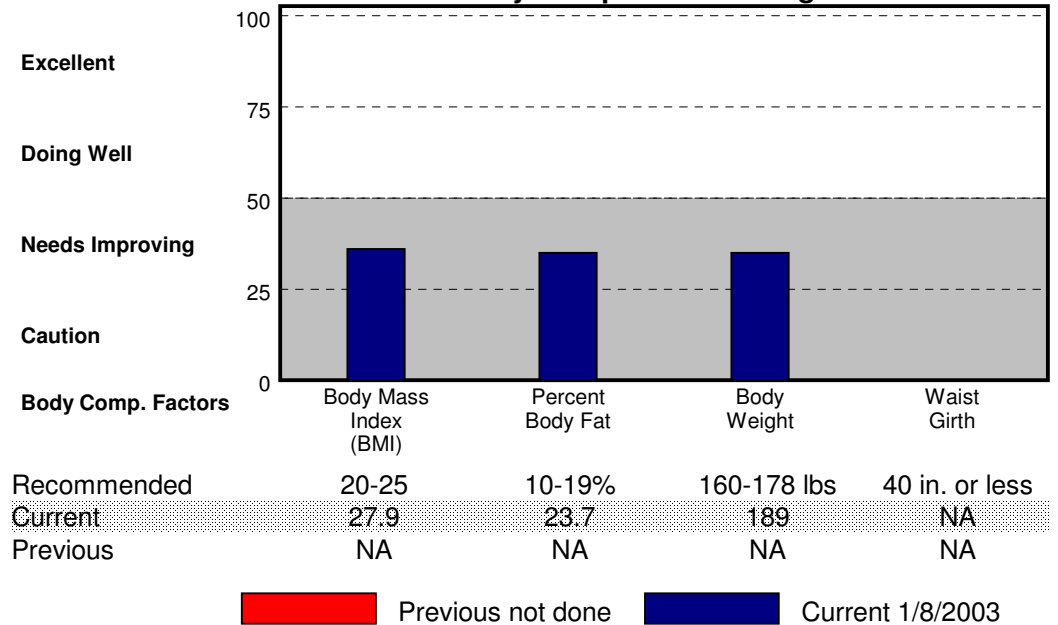
Your overall score is an average of the individual scores shown in the graph above.



Body Composition Rating	
Excellent	75-100
Doing Well	50-74
Needs Improving	25-49
Caution	0-24

Your current overall Body Composition score is 35, "Needs Improving."

Body Composition Rating



Recommendations for Improving Body Composition

The marked items ✓ below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

✓ **Body mass index (BMI)** - BMI is a number relating your weight (189 lbs) to your height (69 in). It is often used in health studies. Research indicates that people with a BMI of 19 to 24 live the longest. Your current BMI is 27.9.

A BMI greater than 25, for men, is linked to increased risks for heart disease, diabetes, high blood pressure, stroke, and arthritis. A high BMI, however, may not be a risk if it's due to high muscle mass. This is common in bodybuilders.

✓ **Percent body fat** - Body weight can be considered as two components, lean (muscle, bone, organs) and fat. The proportion of your weight from fat is termed "percent body fat." For your age and gender, a percent body fat of 10-19% is recommended. Less than 6% is considered very lean, and more than 19% can be a health risk.

Your percent body fat is 23.7% (45 lbs of fat and 144 lbs of lean).

✓ **Body weight** - Your present weight of 189 lbs is above the recommended range of 160-178 lbs. Recommended weight is based on being 10-19 percent fat at your current lean body weight.

Waist girth - Waist girth measurement shows how fat is distributed on the body. More fat in the upper body is linked to an increased risk of diabetes and heart disease. A waist girth of 40 in. or less is recommended for men. Learn your waist girth. (A high risk waist girth takes priority over all body composition scores.)

Substance Use - Overview

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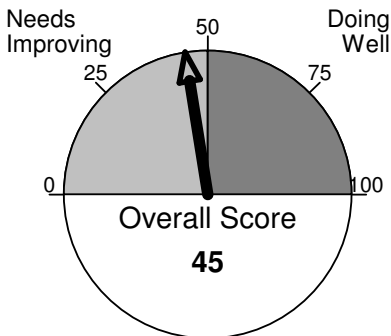
Understanding Your Substance Use Report

This profile is based on your answers to the alcohol, drug, and smoking questions. Examine your profile and review the recommendations regarding careful use or avoidance of certain chemical substances. If needed, get help from your physician or health counselor in making lifestyle changes.

Areas of major concern are heavy use of alcohol, tobacco use, exposure to secondhand smoke, high caffeine intake, use of mood-altering drugs, and drug interactions.

Overall Substance Use Score

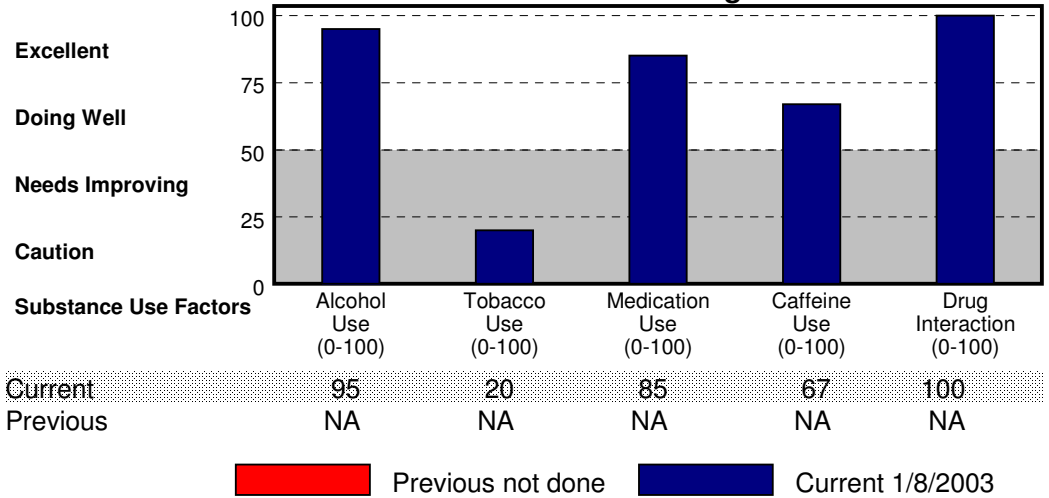
The overall Substance Use score is an average of the individual scores shown in the graph on the right.



Substance Use Rating Scale	
Excellent	75-100
Doing Well	50-74
Needs Improving	25-49
Caution	0-24

Your current overall substance use score is 45, "Needs Improving."

Substance Use Rating Scale



Recommendations for Avoiding Substance Use

The following recommendations are guidelines from leading national health organizations. The marked items ✓ indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

Alcohol - Not drinking is the safest choice! Alcohol use is linked to liver disease, certain cancers, accidents, addiction, and social problems. It is also the second primary cause of hospitalization. The USDA dietary guidelines on alcohol state that if you drink, do so in moderation, no more than two drinks per day, with meals, and when consumption does not put you or others at risk.

Some people should not drink: women who are pregnant or trying to conceive, people who plan to drive or operate equipment, people taking medication, those who can't keep their drinking moderate, children, and adolescents.

✓ **Smoking** - Stopping smoking is a positive step you can take toward better health! You can reduce your risk for lung disease, cancer, and heart disease by not smoking. As soon as you stop smoking, your risk drops quickly. By not smoking you will also look better, feel better, and live longer. For help in stopping, talk to your physician, join a stop smoking support group, or follow a self-help guide to quitting.

Medications - Medications are sometimes needed, but, if misused, they can cause serious problems. Taking drugs on a regular basis to relax, sleep, or alter your mood can lead to a serious habit or dependency. Continue to avoid street drugs and use all medications as directed by your doctor.

Caffeine - Caffeine-free drinks are best for your health. Continue to choose from the many choices of caffeine-free drinks available.

Drug interactions - Continue to prevent dangerous drug interactions when getting new medicines by always informing your doctor of all medicines you are taking and avoiding alcohol while taking them.

Stress/Coping - Overview

Joe Unhealthy

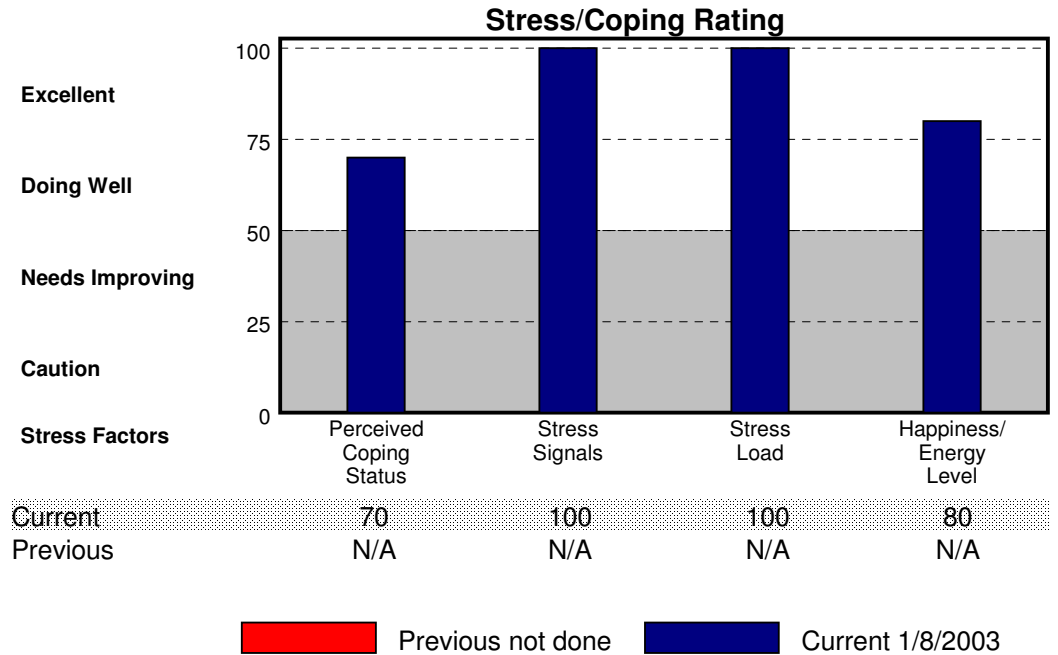
Page 12

Understanding Your Stress Report

The purpose of this report is to help you better understand

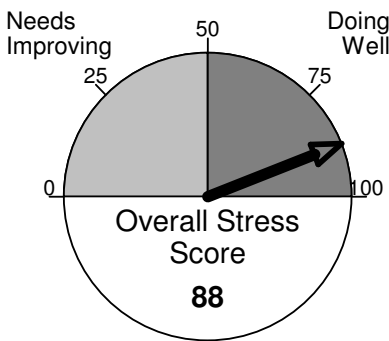
- How you are coping with stress
- If signs of excess stress are present
- How you can improve your coping ability

Four indicators of stress and coping are listed on the graph to the right. You can quickly see how you are doing in each of these areas. The rest of the report gives explanations and suggestions for improving your coping ability.



Overall Stress Score

Your overall Stress score is based on the average of the major stress ratings and specific stress indicators.



Stress Rating Scale

Excellent	75-100
Doing Well	50-74
Needs Improving	25-49
Caution	0-24

Your current overall stress score is 88, "Excellent!"

Recommendations for Coping With Stress

The marked items ✓ below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a mental health professional or your doctor.

Perceived coping status - You feel confident that you are handling stress in your everyday life very well. That's great! Maintain your good coping status by balancing life's demands with adequate time for rest and recreation.

Stress signals - You reported no serious stress signals. Be aware of possible stress buildup in the future and signals such as hopelessness, constant worry, low energy, and lack of enjoyment in life.

Stress load - Your report indicates that you are coping very well with a variety of factors related to health and stress. You seem to have developed ways to reduce the negative effects of stress in your life.

Overall happiness/energy level - Having a positive attitude and confidence in yourself is a healthy approach to life. Both physical and emotional health are related to good stress management. Keep up the positive approach to life!

Coping with life is easier when you get adequate rest, daily physical activity, and take time to relax (listen to music, walk in the park, talk to a friend, enjoy a hobby).

Safety - Overview

Joe Unhealthy

Understanding Your Safety Report

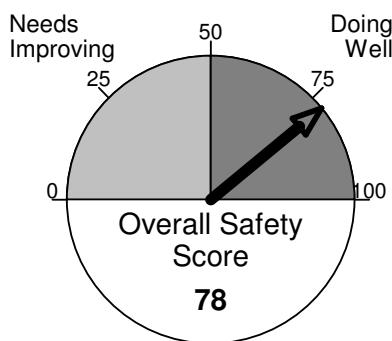
This profile is based on your answers to the safety questions. Many factors influence your health on a daily basis. Habits that promote a safe environment may have the greatest immediate impact on your quality of life.

- Accidents are a leading cause of death and disability.
- Accidents are a major cause of lost work time.

This profile rates your responses to major safety issues. Recommendations are provided to help you make good safety-related decisions.

Overall Safety Score

The overall Safety score is based on the number of good safety factors appearing in the Safety Rating Scale.

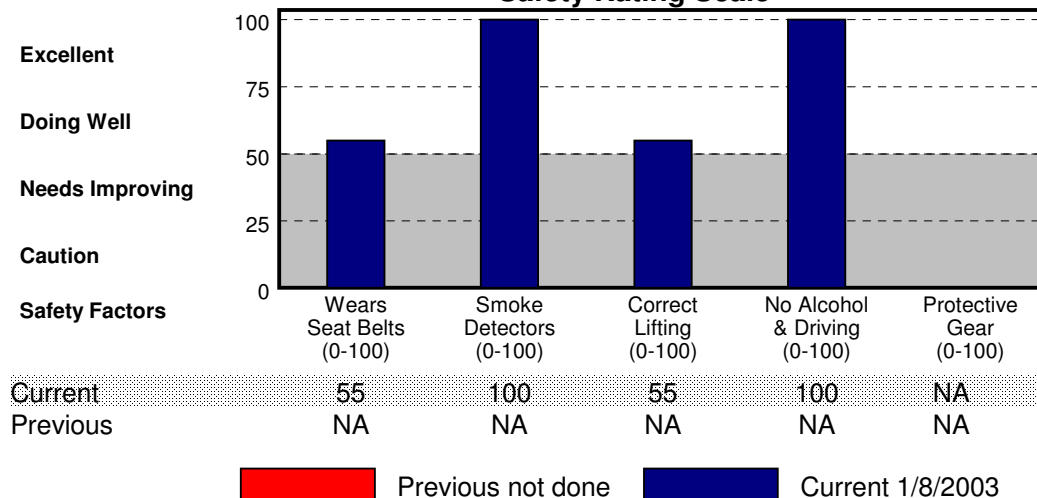


Safety Rating Scale

Excellent	75-100
Doing Well	50-74
Needs Improving	25-49
Caution	0-24

Your current overall Safety score is 78, "Excellent!"

Safety Rating Scale



Recommendations for Improving Safety

The marked items ✓ below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

Seat belts - Wearing seat belts reduces risk of serious injury and death. In many states it's the law. Continue to always buckle up.

Smoke detectors - Smoke detectors have saved thousands of lives. Be sure to maintain working smoke detectors in all sleeping areas of your home. Check them at least once a month. Most deaths from home fires involve houses without working smoke detectors.

Correct lifting - Always use correct lifting technique to protect your back. When lifting heavy objects, bend and lift with your legs, not your back. Keep your back straight, maintaining the normal curve. Hold the heavy object close to your body. If you need to turn, use your legs. Don't twist your back while lifting.

Alcohol and driving - Drinking and driving kills over 20,000 people a year in North America alone. If you do drink, never drink and drive. It takes the liver about one hour to clear the alcohol from one drink out of the blood. Allow an hour before driving for every drink, or call a cab. Look out for your friends who may drink and encourage them to do the same. You may save the life of a friend.

Cancer Risk - Overview

Reducing Your Cancer Risks

- Become aware of any cancer risks you may have.
- Learn how to change the most important risk factors.
- Learn prevention and early detection guidelines.

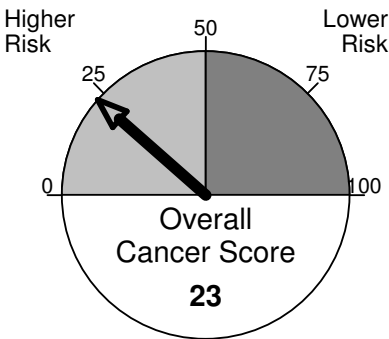
Cancer Risk Categories:

- Family history/age
- Dietary factors
- Tobacco use
- Other lifestyle factors

These categories are shown to the right and are rated from "Excellent" to "Caution, High Risk." Your overall cancer risk is shown in the circle graph below. A score of 50 or higher is desirable.

Overall Cancer Score

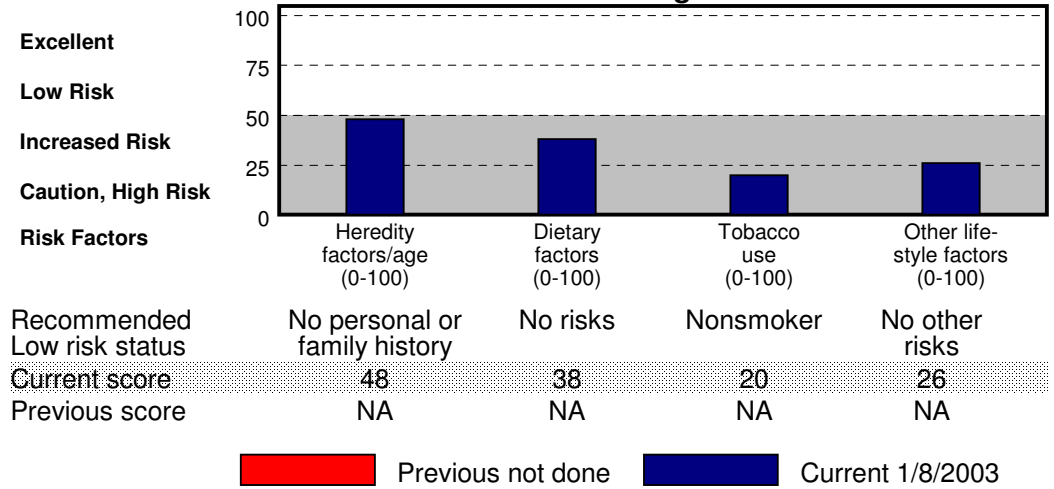
Your overall score is based on the number and importance of cancer risk factors present.



Cancer Risk Rating Scale	
Excellent	75-100
Low Risk	50-74
Increased Risk	25-49
Caution, High Risk	0-24

Your current overall cancer score is 23, "Caution, High Risk."

Cancer Rating Scale



Recommendations for Reducing Cancer Risk

The marked items ✓ below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

✓ Hereditary factors and age

- ☑ You report a family history of colorectal cancer.
- ☑ Age is a factor we cannot control. Be alert to cancer-prevention issues.

✓ Dietary factors

- ☑ Foods rich in fiber, such as whole grains, fruits, and vegetables, may protect against certain cancers, including breast cancer. Include more of these foods in your diet.
- ☑ Animal fats appear to increase the risk of certain cancers such as colon and prostate cancer. Limit fatty meats and other saturated fats.
- ☑ Fruits and vegetables contain many protective elements called phytonutrients. Eat at least five fruits and vegetables daily.

✓ Smoking, Tobacco use or Secondhand smoke

- ☑ Cigarette smoking has been shown to cause many forms of cancer. Quitting is the best form of prevention.

✓ Other lifestyle factors

- ☐ Alcohol is a cancer promoter. If you do drink, limit your intake to no more than two in any one day.
- ☑ Regular exercise has been shown to reduce cancer death even with other risks present. Be physically active, thirty plus minutes daily.
- ☑ Sun/ultraviolet exposure can lead to skin cancer. Wear protective clothing and sunblock when outside for extended periods of time.
- ☑ Your Body Weight score is outside of the desired range. This increases your risk. Choose lifestyle practices that help improve your body composition.

Health Age - Overview

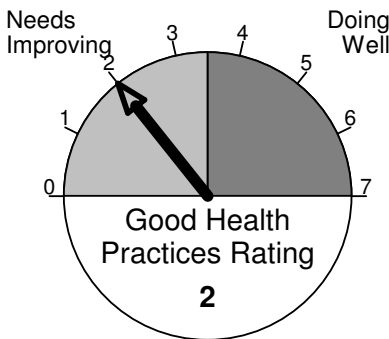
Understanding Your Health Age

The effect of health practices on longevity is demonstrated by a 15-year study of more than 6,900 people. Researchers found seven basic health habits that were good predictors of how long people lived.

People following six or seven of the good health practices lived as much as 11 years longer than those following fewer than four.

Your health practices are compared to this study to determine how healthy you are and project your "Health Age."

Good Health Practices Rating (0 to 7)



Health age - Your health age is 46.0. This is your "true body age" based on your present health practices.

Achievable age - Your achievable age is 33.5. This means you could add 12.5 years to your life expectancy.

Review the health practices listed on the right for ways to improve your health. Marked items ✓ need special attention.

Doing Well	Needs Improving	Good Health Practices
	✓	Not smoking
	✓	Regular, aerobic exercise, at least 30 minutes, 3+ times/week
✓		Alcohol, none or moderate use
	✓	Adequate sleep, 7-8 hours per night, most nights
	✓	Recommended desirable weight, 160-178, based on % Body Fat
✓		Eat a good breakfast every morning, or most mornings
	✓	Avoid frequent snacking on typical snacks

Recommendations for Improving Health Age

The marked items ✓ below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor. Your Health Age is calculated only from these seven Good Health Practices.

- ✓ **Smoking** - Nonsmokers, on the average, live 10 to 12 years longer than those who continue to smoke. By quitting, your risk for heart disease and cancer drop quickly. Seriously consider quitting. Ask your doctor for help.
- ✓ **Activity** - Every body needs regular physical activity: brisk walking, cycling, swimming, aerobics, or active sports. At least 30 minutes of moderate aerobic activity three or more times per week is needed for optimum health.
- Alcohol** - Drinking can lead to serious health problems: liver disease, cancer, high blood pressure, accidents, and alcohol dependency. If you choose to drink, do so in moderation. Do not drink and drive.
- ✓ **Sleep** - You need more sleep. People who get seven to eight hours of sleep daily have lower death rates than those who sleep less. Adequate rest improves physical and emotional health.
- ✓ **Weight** - Your reported weight is above the desirable range. A healthy weight can help you look and feel your best. Achieve a healthy weight, eat low-fat foods, be physically active, and avoid late night meals.
- Breakfast** - Continue eating breakfast! People who eat breakfast daily live longer than those who don't eat breakfast regularly. Healthy breakfast choices include fruit and fruit juices, whole grain breads and cereals, and low-fat milk.
- ✓ **Snacking** - Frequent snacking on "junk" foods (chips, pastry, colas, and other high-fat, high-calorie foods) provides excess fat, calories, salt, and sugar, but little nutrition. If you snack, choose fresh fruits and vegetables.

Medical Follow-Up

Joe Unhealthy

Page 16

Symptoms of Medical Problems

The following items (identified from your symptoms) are medical problems that should be discussed with your doctor:

***Follow your doctor's advice if you are on a special diet.**

- Unusual shortness of breath
- Have trouble reading newsprint (with glasses on)

Screening Results

The following test results are in the "High Risk" area and need further evaluation and attention by your doctor. (Blood Glucose appears if 100 mg/dL or more.)

- High blood pressure - 142/84
- Elevated glucose level, 12 hr. fasting - 104 mg/dl

Preventive Exams

The following exams are recommended for people of your age and gender. Checked items need attention.

Note: People with certain conditions may need more frequent exams. Follow your doctor's advice.

- Physical exam, every one to three years, yearly after age 65
- Cholesterol check, every one to three years
- Blood pressure check, every one to two years
- Dental exams, regularly
- Vision screening, as needed
- Hearing screen, periodically as needed
- Monthly testicular self-exam
- Ask your doctor about a prostate exam
- Immunizations, Tetanus-diphtheria booster, once each 10 years
- Health/lifestyle assessment, every one to two years

Five Leading Causes of Death, People 25-64

(If you know your leading health hazards, take steps to minimize your risk.)

1. Cancer
2. Heart disease
3. Motor vehicle and other accidents
4. Human immunodeficiency virus (HIV) infection (AIDS)
5. Suicide and homicide

Your Next Step

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Page 17

Your Next Step

Reduce known risks! Review the health improvement opportunities on the right.

Health improvement opportunities (✓= recommended modules)

Review the preventive actions recommended on page 1 of this report and the available health improvement opportunities listed below. Then choose a health topic you are most interested in tackling. Start your personal health improvement program today!

✓ Improving Fitness

Managing Stress

✓ Blood Pressure Management

Lowering Cholesterol Levels

✓ Improving Nutrition

Senior Living

Healthy Pregnancy

✓ Stopping Smoking

Living with Diabetes

Your Company Name's Wellness Program

Personal Wellness Profile

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Prospect, KY 40059

ID # 555-55-5555 M40

Printed on:
Wednesday, January 14, 2009

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Table of Contents

Personal Wellness Profile - Overview	
Overview	1
Fitness Overview	2
Exercise Guidelines	3
Aerobic Exercise Guidelines	4
Heart Health Overview	5
Blood Tests	6
Reducing Risk	7
Nutrition Overview	8
Food Guide	9
Body Composition Overview	10
Substance Use Overview	11
Stress/Coping Overview	12
Safety Overview	13
Cancer Risk Overview	14
Health Age Overview	15
Medical Follow-Up	16
Your Next Step	17

Please Note: Because one or more questions were left blank, answers were furnished (default answers) by the computer to provide you with a complete report. The default answers are generally considered average or assume the healthiest lifestyle habits. As a result, the recommendations are based on your responses and those entered by the computer.

Your Company Name's Wellness Program
Managed By: On-Site Health Solutions
?'s please call 800-716-5051
Please visit www.healthyworksite.com