

Ivanna B. Better

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Summary Of Your Results:

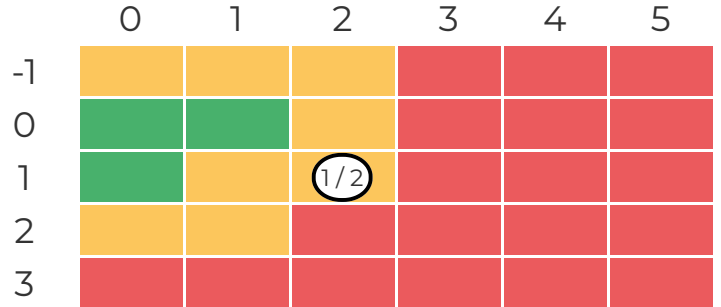
| | | | |
|------------------------|-----|--------------------|-------------|
| Your Health Risk Index | 1/2 | BMI Category | Overweight |
| | | Metabolic Syndrome | No |
| | | Diabetes | Medium Risk |

The Health Risk Index is a 2-number score comprised of two variables: Body Mass Index and Metabolic Syndrome.

The lowest risk, target score is 0/0.
 The highest risk score is 3/5.
 The chart to the right represents all possible risk scores.

- Green: LOW RISK**
- Yellow: MEDIUM RISK**
- Red: HIGH RISK**

Your goal is to lower your risk goals so you are in the green.
 Below is how we calculated your BMI and MetS score.



Your Body Mass Index (BMI)

Your BMI of 26.6 places you in the "Overweight" category.
 To reach the "Healthy Weight" category, you need to weigh 158 pounds.

| Weight Category | BMI | Health Risk Index | Weight Range |
|-----------------|-------------|-------------------|--------------|
| Underweight | < 18.5 | -1 | < 117 |
| Healthy Weight | 18.5 – 24.9 | 0 | 118 - 158 |
| Overweight | 25.0 – 29.9 | 1 | 159 - 190 |
| Obese | 30.0 – 39.9 | 2 | 191 - 254 |
| Morbidly Obese | > 40.0 | 3 | > 255 |



Your BMI:

Height:

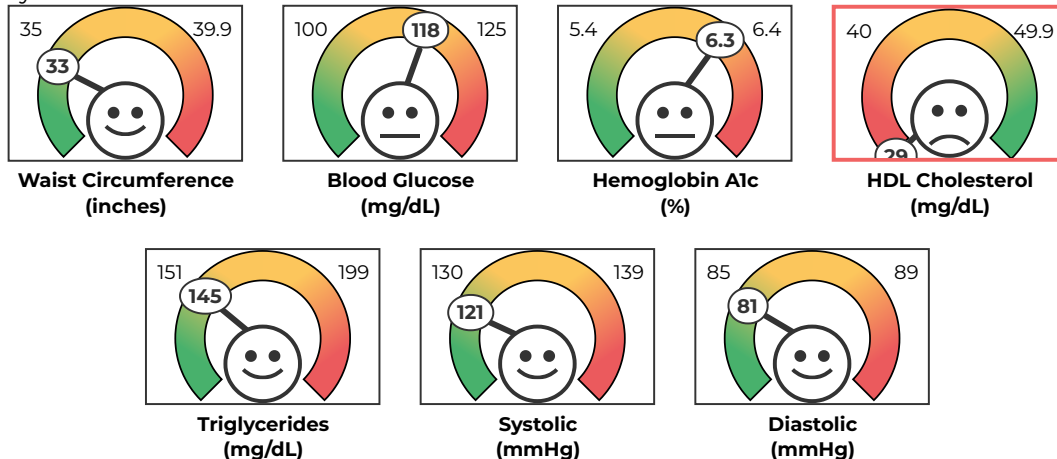
Weight:

BMI:

BMI Score:

Your Metabolic Syndrome (MetS)

Metabolic Syndrome consists of 5 risk factors. Values in the GREEN below indicate that you do NOT have that risk factor. If you have any 3 of the risk factors, you have Metabolic Syndrome.



Your MetS:

Waist:

Glucose:

HDL:

TG:

BP:

MetS Score:

Your Health Interpretation

- Your overall HRI Score is: 1 / 2
- Your BMI status: "Overweight"
- To reach the "Healthy Weight" category, you need to weigh 158 pounds.
- You do not have Metabolic Syndrome.
- Metabolic Syndrome disease indicators:
 - Your Diabetes Status: Medium Risk
 - Your Hypertension Status: Low Risk
 - Your Lipid and Cholesterol Status: High Risk
- Other Cholesterol Levels:
 - Total Cholesterol: 180
 - LDL Cholesterol: 90

Your Lifestyle Medicine Prescription

Health Screening Recommendations

- Men and Women 50 to 75:
 - Colorectal cancer screening tests save lives by finding precancerous polyps and colorectal cancer early, when treatment works best. Screening is recommended for men and women aged 50-75 years.
 - All women and men over age 50 with fractures should have a bone density test (DEXA scan).
- Smokers:
 - For those who currently smoke or have quit within the past 15 years, the USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 55 to 80.
- Women Ages 21 to 65:
 - Women aged 21-65 should have a Pap smear every 3 years. If you have both a Pap smear and human papilloma virus (HPV) test, you may be tested every 5 years.
 - Women who are sexually active and at high risk should be screened for chlamydia and gonorrhea. Your provider may talk with you about testing for other infections.
- Women Ages 40 to 74:
 - Mammography to screen for breast cancer has been shown to reduce mortality from the disease among women ages 40 to 74, especially those age 50 or older.
 - If you are under age 65 and have risk factors for osteoporosis, you should be screened.
- Men and Women:
 - The American Cancer Society recommends a skin exam as part of a periodic exam by your provider, if it is indicated.
 - Depending on your lifestyle and medical history, you may need to be screened for infections such as syphilis, chlamydia, and HIV, as well as other infections.

- Go to the dentist once or twice a year for an exam and cleaning.
- Under 60 years of age:
 - Have an eye exam every 2 years and every year if you are over 60. Your provider may recommend more frequent eye exams if you have vision problems or glaucoma risk.

Recommended Vaccinations

- Men and Women:
 - Everyone 6 months or older, with rare exceptions, should get a flu shot every year.
 - You should have a tetanus-diphtheria and acellular pertussis (Tap) vaccine once as part of your tetanus-diphtheria vaccines. You should have a tetanus-diphtheria booster every 10 years.
 - Your provider may recommend other immunizations if you are at high risk for certain conditions.

HDL

- HDL (High Density Lipoprotein) is the 'good' cholesterol. High levels of HDL reduce your risk for heart disease. You have low HDL, defined as a value less than 40 mg/dl for men and 50 mg/dl for women. A low level of HDL is thought to accelerate the development of coronary heart disease, vascular disease and atherosclerosis. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can result in lower HDL cholesterol.
- Diet and lifestyle changes can increase HDL levels.
 - Lose weight and stay at a healthy weight.
 - Quit smoking
 - Increasing your physical activity can increase your HDL levels. Benefits can be seen with as little as 60 minutes of moderate-intensity aerobic exercise a week.
 - Avoid trans fats, as they can increase LDL cholesterol and lower HDL cholesterol levels. Foods prepared with shortening, such as cakes and cookies, often contain trans fats, as do most fried foods and some margarines. Read the ingredients and avoid "partially hydrogenated" fats.
 - Moderate use of alcohol has been linked with higher levels of HDL cholesterol. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger. Too much alcohol can cause weight gain and may increase your blood pressure and triglyceride levels.
- Some medications, like steroids and progestin's, may decrease HDL and increase LDL.
- HDL levels are sometimes improved by drugs used to lower LDL and triglyceride levels.

Prediabetes

- Because your fasting blood glucose is between 100 mg/dL and 125 mg/dL and your hemoglobin A1c is 5.7% to 6.4%, you meet the criteria for prediabetes.
- This means that your blood sugar is above normal but not high enough to be diabetes.
- Please take these results to your doctor and discuss how often you need to be tested.
- It is possible to prevent prediabetes from developing into Type 2 diabetes.
- You could develop Type 2 diabetes if you do not immediately make lifestyle changes.

Blood Glucose

- Your fasting blood glucose level is between 100 to 125 mg/dL, which is over the 100 mg/dl upper limit for 'normal' fasting glucose. At this point, you have impaired fasting glucose and can be classified as pre-diabetic. Simply put, you are at high risk for developing Type 2 Diabetes if you don't make some changes in your diet and lifestyle.
- Consult with your physician or medical professional.
- The good news is that prediabetes may be reversible with lifestyle and diet modifications.
 - Lose 7% of your body weight, losing even 10-15 pounds can make a huge difference.
 - Learn about carbohydrate counting and portion size.
 - Make every meal well-balanced.
 - Avoid sugar sweetened beverages.
 - Hydrate. Water helps flush out your system and stabilize the glucose in the bloodstream.
 - Exercise moderately (such as brisk walking) 30 minutes a day, 7 days a week.
 - Eat a fat-packed snack. Fat acts as a blood sugar stabilizer and can slow the absorption rate of glucose.
 - We recommend that you get your vitamin D levels checked. If your levels are low, Vitamin D supplementation may help prevent the development of diabetes and may help maintain blood glucose control.

HDL and Blood Glucose

- Because you have low HDL and high blood glucose, this combination can increase your risk of developing Type 2 Diabetes.
- Consult with your physician and health coach regarding your risk for lifestyle disease.
- High density lipoprotein cholesterol (HDL), the so-called "good" cholesterol improves blood glucose levels by enhancing skeletal muscle function and reducing adiposity.
- A low plasma level of HDL cholesterol is an atherosclerotic risk factor; however, emerging evidence suggests that low HDL levels might also contribute to the pathophysiology of type 2 diabetes through direct effects on plasma glucose.
- Pay careful attention to the points above on how to increase HDL!
- Incorporate the strategies above to help lower blood glucose.

Smoking

- You indicated that you are a tobacco user.
- The Tobacco Quit Help website is a resource for tobacco users who want to quit. Visit <https://smokefree.gov> for more information and to enroll in the program.
- Prepare for your cravings with healthy snacks.
- Think about how much money you will be saving.
- Change your routine.
- Know your smoking triggers.
- Focus on your "why".
- Slipping does not mean you have failed.
- Stay positive.

Additional Resources

- Our Resources - <https://wellnessdatasolutions.com>
- General Health - <https://cdc.gov/HealthyLiving>
- Tobacco Quit Help - <https://smokefree.gov>
- Fitness App - <https://myfitnesspal.com>
- Health Coaching - wellnessdatasolutions.com
- Diabetes Info - <http://diabetes.org>
- Heart Health - <https://heart.org>

Thank you for choosing Wellness Data Solutions and the Health Risk Index (HRI). Please note that the information provided in the HRI is not intended to be diagnostic medical advice and should not be relied on as such. There is no doctor-patient relationship between any user of the HRI and any doctor or other health care provider engaged by Wellness Data Solutions.

We encourage you to communicate with your physician or other appropriate healthcare provider so together you can integrate the information from the HRI to determine your health status. The information provided through the HRI and Wellness Data Solutions is not intended to substitute for such consultations with your physician or other appropriate healthcare provider nor for medical advice specific to your health condition.

The Health Risk Index™ (HRI): Your health in your hands



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