



Your Personal **Health Report**

Surveys - 2018

This confidential report was prepared for:

Echo Adele

Ft. Wayne, IN 46845





August 20, 2019

Dear Echo,

We all share the responsibility for the health of our community. That means encouraging, supporting, and rewarding healthy activities and lifestyles. Likewise, investment in employee health is a benefit to us all, ensuring a prosperous future while protecting, supporting, and enhancing our most distinctive advantage: our people.

This is why you were asked to complete a Personal Health Survey. Because of your participation, you now have the opportunity to review your results and learn how to improve those aspects of your life that can lead to better health. Rest assured, the information provided in this Personal Health Report is strictly confidential and is intended to help you achieve a healthier life by focusing on behaviors you can change.

Echo, you do not need to be a marathon runner to be in good shape! Your health risks can be greatly reduced by simply making small changes in the decisions you make every day! The recommendations in this report highlight those areas you can improve. Finally, because we encourage your participation in the prevention and early detection of disease and illness, we have provided you a listing of health screenings and examinations that are appropriate for you.

You have taken the first step by completing the Personal Health Survey. Now, take the next step by reviewing the advice provided in Your Personal Health Report and remember, no matter how small, any positive change is a step towards better health!

Yours in good health,

A handwritten signature in blue ink that reads "Dave Jacquin".

Executive Summary

Echo Adele

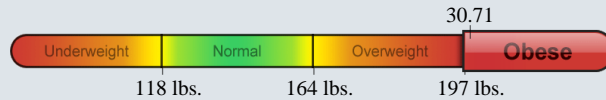
Age: 52

Gender: Female

Height: 5 ft. 8 in.

Weight: 202.00 lbs.

Body Mass Index



Whole Health Index



Health Awareness Index



Biometric Index



Health Risk Scale

Low

Moderate

High

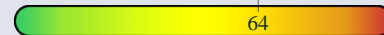
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Heart Disease



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Diabetes



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Emotional Health



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Cancer



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Modifiable Behavioral Risk

Low

Moderate

High

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Stress



Depression



Sleep



Medication Adherence



Physical Activity



Nutrition



Weight Management



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Alcohol Use



Personal Biometric Data

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Pulse

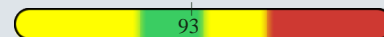


Blood Pressure



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Blood Glucose



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HgbA1C



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Cholesterol



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LDL Cholesterol



4

HDL Cholesterol



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Triglycerides



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HDL Ratio



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Waist Circumference



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Percent Body Fat



5



Follow-up testing or treatment recommended.



Follow-up testing or treatment highly recommended.

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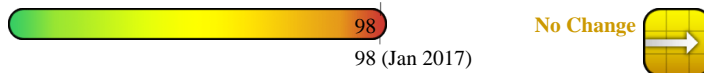
Introduction



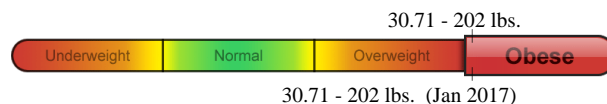
You recently participated in a survey or screening event designed to identify health risks you may face arising from your lifestyle characteristics, medical history, screening results and decisions you make every day. Your participation in this event is a good indicator of your interest in leading a healthier life and you are to be commended for this! The observations and recommendations offered in the following pages have been developed based on the information you provided and adhere to guidelines established by leading health authorities and organizations from across the United States.

Echo, the information in this booklet is unique to you and is strictly confidential. It is hoped that you will take a moment to think about the suggestions and guidance offered within the pages of this booklet and seriously consider adopting any changes that are recommended.

Weight Management



Body Mass Index and Weight



Category	Weight (lbs.)
Underweight	Less than 118
Normal	118 to 164
Overweight	164 to 197
Obese	197 or higher

As you know, overweight and obesity are reaching levels higher than ever in United States. For the first time, the number of obese American adults surpasses the number of those who are merely overweight, according to the National Center for Health Statistics (NCHS). Currently, more than 34 percent of Americans are obese, compared to 32.7 percent who are overweight.

Obesity and overweight are terms used in combination with a Body Mass Index or BMI. Simply put, your BMI looks at how healthy your weight is for your height. The healthiest range for an individual's BMI is between 18.5 and 24.9. If your BMI is higher than this, your risk of certain disease states and conditions increases. Someone with a BMI of 30 or higher is classified as obese.

Echo, your BMI is 30.71 which means that you are in the obese category. This is an important health concern and is something you should address right away. Carrying more weight than is healthy for your body increases your risk for developing a variety of diseases and health conditions including, the following:

- Coronary heart disease
- Diabetes
- Cancers
- High blood pressure

- High total cholesterol or high levels of triglycerides
- Sleep apnea

The bottom line for decreasing your weight is to reduce the total number of calories you eat each day and to increase the calories you burn through physical activity. Focus on quality and quantity. Cut back on food portions by eating on a smaller plate and resist the urge to go back for seconds. Eat breakfast every day. Eating breakfast is a common trait among people who have lost weight and kept it off. Eating a healthful breakfast may help you avoid getting "over-hungry" and then overeating later in the day.

Increase your daily physical activity. To lose weight, the calories you consume through the consumption of food or beverages must be less than the calories your body burns, so increase your physical activity and exercise each day!

Echo, your current weight is an important health issue that you need to address right away! We strongly recommend that you seek guidance from a qualified healthcare professional, such as a Registered Dietician, who can provide you the tools and education you need to start improving your health and reducing your weight. Small changes add up and help move you down the path to better health.

Personal Biometric Data



Blood Pressure



Category	Systolic/Diastolic (mm Hg)
Normal	Less than 120/Less than 80
Prehypertension	120 to 139/80 to 89
Stage 1 Hypertension	140 to 159/90 to 99
Stage 2 Hypertension	160 or higher/100 or higher

The blood pressure you provided was 116/74 mm Hg.

Based on the information you provided your blood pressure seems to be in good shape. Keep up the good work and your risk of heart disease arising from an elevated blood pressure will be minimized.

Blood Glucose



Category	Fasting Value (mg/dL)
Hypoglycemic Range	Less than 70
Normal Range	70 to 100
Pre-diabetic Range	101 to 125
Diabetic Range	126 or Greater

The blood glucose level you provided was 93 mg/dL. This reading is desirable.

Your blood glucose level is something you should check at least annually and more frequently should you encounter a reading considered too high.

HgbA1C

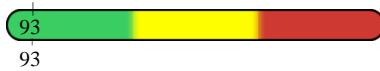


Category	Value (%)
Desirable	Less than 5.7
Increased Diabetes Risk	5.7 to 6.4
Diabetes	6.5 to 7
Uncontrolled Diabetes	7 or Greater

The HgbA1C level you provided was 5 %. This level is desirable.

The HgbA1C measurement represents a person's average blood glucose level over the past 2 to 3 months. Hemoglobin (HEE-mo-glo-bin) is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. Also called hemoglobin A1C or glycosylated (gly-KOH-sih-lay-ted) hemoglobin, the test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood.

Cholesterol



No Change



Category	Value (mg/dL)
Desirable	Less than 200
Borderline High	200 to 239
High	240 or higher

The cholesterol level you provided was 93 mg/dL.

Your cholesterol level is good. A healthy diet and recommended level of physical activity are the best ways to ensure a healthy amount of total cholesterol. Keep up the good work and be sure to have your cholesterol checked at least annually.

LDL Cholesterol



No Change



Category	Value (mg/dL)
Optimal	Less than 100
Near Optimal	100 to 129
Borderline High	130 to 159
High	160 to 189
Very High	190 or higher

The LDL level you provided was 23 mg/dL.

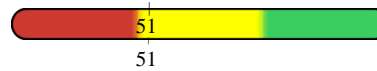
Your LDL level is considered optimal for people at high risk of heart disease. Because LDL cholesterol has a major association with heart disease, it's the main focus of cholesterol-lowering treatment. Your target LDL number can vary, depending on your underlying risk of heart disease.

Most people should aim for an LDL level below 130 mg/dL. If you have other risk factors for heart disease, your target LDL may be below 100 mg/dL. If you're at very high risk of heart disease, you may need to aim for an LDL level below 70 mg/dL. If you've had a heart attack or if you have diabetes or carotid or peripheral vascular disease, you're at very high risk. In addition, having high blood pressure, low HDL cholesterol, a family history of heart disease or being a smoker can all increase your risk.

Be sure to monitor your LDL cholesterol at least annually and consult a healthcare professional should your reading

and risk factors combine to place you in a higher risk category.

HDL Cholesterol



No Change



Category (Female)	Value (mg/dL)
Very Good	60 or higher
Good	50 to 59
Poor	Less than 50

The HDL level you provided was 51 mg/dL.

Your HDL level is considered good. High-density lipoprotein (HDL) cholesterol is known as "good" cholesterol because it helps prevent arteries from becoming clogged. Higher HDL cholesterol levels generally mean lower risk.

Because your reading is considered good, your risk of heart disease related to a low HDL is minimized. While a reading of 50 to 59 is considered good, over 60 is considered best. Be sure to monitor your HDL at least annually and take this seriously as a poor HDL reading can increase your risk of heart disease.

Triglycerides



No Change



Category	Value (mg/dL)
Desirable	Less than 150
Borderline High	150 to 199
High	200 to 499
Very High	500 or higher

The triglyceride level you provided was 88 mg/dL.

This level is considered desirable. Triglycerides are a type of fat found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. The triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, you may have high triglycerides.

Your triglyceride level is desirable. This means that your risk of heart disease or stroke related to an elevated

triglyceride level is low. You are encouraged to have your triglyceride level checked at least annually and be sure to keep up the good work!

HDL Ratio



Category	Value (mg/dL)
Desirable	Less than or equal to 5
Undesirable	Greater than 5

Calculating your cholesterol ratio can provide useful information about your risk of heart disease. The ratio is found by dividing your Total Cholesterol level by your HDL level. The goal is to keep your cholesterol ratio 5-to-1 or lower. An optimum ratio is 3.5-to-1. A higher ratio indicates a higher risk of heart disease and a lower ratio indicates a lower risk.

The HDL Ratio level you provided was 1.82mg/dL. This level is considered desirable.

Waist Circumference



The pattern of body fat distribution is recognized as an important predictor of health risks for obesity. High levels of abdominal fat are associated with an increased risk for hypertension, Type 2 diabetes, coronary artery disease, and increased cholesterol. Studies have shown that extra weight around the waistline is more dangerous to the heart than extra weight that is on the hips and thighs.

Female waist circumference should be less than 35 inches. Your waist circumference is too high. This may put you at risk for developing many health conditions associated with obesity.

Percent Body Fat



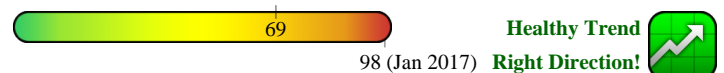
A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues, and is the main form of the body's energy storage. The human body is composed of lean body mass and fat tissue. Lean body mass is made up of bone, muscle, blood, organs, and connective tissue. Fat tissue, though necessary for life and health, is often stored in excessive amounts in many people. The Percent Body Fat you provided was 35. Improving your body composition score is essential. Your current body fat levels are linked to a higher risk of heart disease, stroke, and metabolic disease.

Health Risk Scores



Health Risk Scores are designed to identify your risk of disease or illness arising from the four disease states most commonly experienced by Americans. These include: heart disease, diabetes, depression and cancer.

Heart Disease



Based on the answers you provided, your risk of Heart Disease is HIGH. This indicates that there are certain factors in your life such as personal history, modifiable behaviors or biometric values (if submitted) that suggest you may be at a higher risk of heart disease. You are encouraged to review this report carefully to understand which of these areas place you at a higher level of risk.

Diabetes



Your risk of Diabetes is MODERATE. Diabetes is a defect in the body's ability to convert glucose (sugar) to energy. Diabetes develops when the pancreas fails to produce sufficient quantities of insulin – Type 1 diabetes or the insulin produced is defective and cannot move glucose into the cells – Type 2 diabetes. Your score indicates that while you are not at high risk for diabetes, there are certain factors in your life that can lead to the onset of this disease. You are encouraged to review the text of this Report to learn about the factors in your life that can lead to diabetes and address them before your risk is elevated further.

Emotional Health



Your Emotional Health Risk is MODERATE. This indicates that while you are not at high risk for stress or depression, there are certain factors in your life that may increase your chances of stress and depression. You are encouraged to review the text of this Report to learn about the ways in which you can improve your Emotional Health.

Cancer



Your risk of Cancer is MODERATE. This indicates that while you are not at high risk for cancer, there are certain factors in your life that can lead to the onset of this disease. You are encouraged to review the text of this Report to learn about the factors in your life that can lead to cancer and address them before your risk is elevated further.

Composite Health Indices



There are up to five possible Composite Health Indices, the Whole Health Index, the Health Awareness Index, the Biometric Index, the Financial Health Index and the Health Trend Index. The number represented by these indices is on a scale from 0 to 100 with 100 being the best or optimal health rating. These indices will change annually or with the completion of each Personal Health Survey and will provide you with an assessment of whether your health is improving or not. Please note that the Health Trend Index will only appear if you have taken two or more surveys.

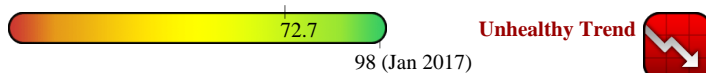
Whole Health Index



The Whole Health Index is a composite score calculated using advanced algorithms across many health data points. It represents the general state of your health.

Your health characteristics, lifestyle or current biometric values (if they were provided) suggest you are at a moderate risk for certain disease or illness. You are encouraged to review the information provided in this report to better understand what risks you face and how you can change your behavior to address these risks.

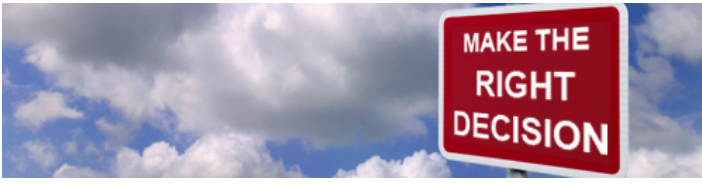
Health Awareness Index



The Health Awareness Index has been designed to determine if you have a heightened awareness of or interest in decisions that can promote a healthier life.

Your heightened awareness of your health is good! Keep this up because demonstrating an interest in your health is the first and most important step in achieving a healthier and more productive life.

Conclusion



Echo, it is hoped you found the information in this Personal Health Report helpful and that you better understand how you can address any health risks you may face. Now that you know what to do, it is important to take the next step! Choose only two or three of the suggestions you were provided and make them a part of your daily routine. Though seemingly small, these simple steps move you closer to your goal of enhanced health.

And remember, the health screenings and examinations recommended for you are your first line of defense in the fight against disease and illness! Take this seriously and schedule them right away. Finally, thank you for completing the survey and reviewing this report.

Now it is up to you!

References & Professional Acknowledgements

The information in this report is not intended to provide a medical evaluation, examination, consultation, diagnosis or treatment nor is it intended to replace any advice provided by your physician. If you are concerned about your health or the health of a loved one, it is recommended that you contact a physician or your health professional for any medical or health-related matter.

The behavioral recommendations, health information and any suggested health examinations and screenings in this report follow protocols and health guidelines established by leading research, academic and governmental health organizations and health studies. These include:

Centers for Disease Control and Prevention
American College of Sports Medicine
American Academy of Family Physicians
American Cancer Society
American Diabetes Association
National Center for Health Statistics
National Heart, Lung and Blood Pressure Institute
National Institute on Alcohol Abuse and Alcoholism
National Institute for Occupational Safety and Health
United States Department of Health and Human Services

The management of Applied Health Analytics would like to recognize the extraordinary contribution of the health professionals at Vanderbilt University Medical Center, Nashville, Tennessee. Without their guidance, support and expertise, this educational health initiative would not have been possible.

Members of the Vanderbilt Development Team included:

Jay Groves, Ed.D., Executive Director
David Maron, M.D., Medical Director
Lesa Abney, B.S.N., R.N.
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Colin Armstrong, Ph.D.
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Deanna Dillon, R.D., L.D.N., C.D.E.
Kendall Faust, B.S., A.C.T.
Barbara Forbes, M.S., A.P.N., G.N.P.

Mark Jacokes, M.D.
Zack Klint, M.S.
Charles Matthews, Ph.D.
Jeremy McNatt, M.Ed.
Jennifer Moore, R.D., L.D.N., M.P.H.
Ronald Neufeld, B.S.W., L.A.D.A.C.
Regina Trainor, M.B.A.
Regina Tyree, M.S.
Chris Ziegler, R.P.S.G.T.



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