

Health and Wellness Summary

Report for:

Prepared by:

HealthAssure

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Congratulations on completing the health risk assessment. This is an important first step on your journey to optimal health and fitness. Here is a snapshot of the results of this assessment that will help you take stock and plan ahead to improve or maintain good health.

This assessment is not a medical report nor can it diagnose current or future medical conditions. It is only designed to give you information relating to your health risks and overall wellness based on your inputs. If you have an existing medical condition you must seek advice from a physician.

Your Health and Wellness score: This score is calculated from your responses on the health and lifestyle parameters and represent an individual score for you. Please note that your score is affected by incomplete or inaccurate answers.

Your overall wellness score is 77 **out of a maximum possible score of 100.**

The higher you score, the better your health and healthier your lifestyle. A lower score indicates higher risks for future health problems.

This report provides you with information to help you strengthen your healthy behaviors while identifying priorities to change your unhealthy habits.

Health and Wellness Priorities

Here's a snapshot of your health and wellness status and priorities for action:

Things you are doing well

Things that you should work on

Manage your weight

Consult a physician for your high blood pressure reading

Improve your diet

Biometrics:

Your Biometrics: are the critical measurable readings that indicate your health status. You can compare your results against recommended values and the possible risk to your health here.

Health Parameter	Your Score	Recommended	Condition state	Category Score
BMI	8	Between 18.5-22.9	Underweight	4/7
Blood Pressure		SBP between 110-130 (mm hg) and DBP between 70-90 (mm hg)	At Risk	0/4

Health and Wellness Risk Status:

Your responses in the questionnaire on health, lifestyle and safety parameters have been analyzed to identify the potential risk status on your health and wellness. You should consider taking action to rectify parameters for which you have moderate or high risk evaluations.

Health and Wellness Status

Health Parameter	Condition state	Category Score
Blood Pressure	At Risk	0/4
BMI	Underweight	4/7
Diabetes	At Risk	1/3
Dietary Habits	Imbalanced	3/6
Hypertension	At Risk	1/3
Physical activity	Sedentary	2/6

Here are some goals that you should consider to improve your health and wellness.

Exercise
Manage Blood Pressure
Manage Blood Sugar
Manage Diet
Manage Weight

Best wishes for your health and wellbeing.