

Jalen Parham

My Health Discovery®
02/27/19 12:07PM EST

There are many aspects of health. That's why we focus on four categories: Bio, Body, Mind, and Lifestyle. You'll see your results in key areas of each of these categories as well as simple action steps you can take to help improve your overall health.

Bio

TOTAL CHOLESTEROL

According to national guidelines, your total cholesterol should be less than 200 mg/dL. You don't know your total cholesterol number, so double check with your doctor to be sure yours is at a healthy level.

NOT PROVIDED

BLOOD PRESSURE

You don't know your exact number, but you know it's normal. National guidelines recommend that your blood pressure be less than 120/80, unless you have a specific medical condition that affects blood pressure. At your next doctor's visit, find out your exact blood pressure so you can keep track of changes over time.

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OPTIMAL

ABNORMAL

VERY HIGH

DANGEROUSLY
HIGH

LDL

LDL ("bad") cholesterol can cause fat build-up in your arteries, creating blockages that can cause a heart attack. Recommendations for LDL are based on your health status. National guidelines recommend an LDL of less than 100 mg/dL. Since you didn't know your number, check with your doctor to see if you need to get your LDL tested.

NOT PROVIDED

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HDL

HDL ("good") cholesterol carries fat away from the arteries, helping protect them from plaque build-up. So, in this case, a high number (above 40 mg/dL) is good. You didn't know your HDL number. Talk to your doctor to find out your HDL to see if it's within the recommended range.

NOT PROVIDED

TRIGLYCERIDES

Too much triglyceride, a type of fat carried in the bloodstream, is not good for your heart. It's recommended that your triglycerides be under 150 mg/dL. You might need to check with your doctor to see when you last had a blood test for triglycerides and get your triglyceride level tested.

NOT PROVIDED

A1C/BLOOD GLUCOSE

You didn't provide us with your most recent A1C or fasting blood glucose level. Talk to your doctor to find out if testing is needed.

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Your Action Steps!



Things You Can Do

Try a change

There are plenty of things we do day-to-day that can impact our blood pressure. You're in a healthy range now, but it's good to know what to do to stay there. Think about the following areas and pick one where you can make the biggest change: Eat more fruits, vegetables, and whole grains. Limit salt. Enjoy regular physical activity. Maintain a healthy weight. Manage your stress. Avoid tobacco smoke. Take meds as prescribed. Limit alcohol.

Once you've chosen an area to work on, choose one activity to do for the next month, like adding more veggies to your meals, strength training one more day a week, or swapping one beer or glass of wine for water. One small change can make a big difference! Check with your doctor before starting a new routine or changing an existing one.

Get to know the "bad"

National guidelines recommend that a healthy LDL number is under 100 mg/dL. LDL is known as the "bad" cholesterol that carries cholesterol to your tissues, including your arteries. People with high levels of LDL have a greater risk for developing coronary heart disease. Make an appointment with your doctor to find out what your LDL number is. Be sure to talk with your doctor about what your number means for your health.

Fuel with fiber

Fruits and vegetables are rich in dietary fiber, which can help lower cholesterol. This week, make an effort to include a fruit or vegetable in most of your meals. Experiment with veggie-based casseroles or soups, add veggies to your pasta, add berries to yogurt or oatmeal, snack on carrots, peppers, or cucumbers. There are plenty of yummy and simple ways to mix them in.

Do what you can

When it comes to your cholesterol, there are some things (like heredity, age, and sex) that you can't change. But some factors (how active you are, what you eat, and how much you weigh) are under your control. For the next two weeks, commit to one change, like eating more fruit or taking a walk every day, and stick with it!

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Track your numbers

Your biometric numbers are clues to your health. You should keep track of your numbers from year to year. Pick a day to schedule an appointment each year. Also, keep a file with all of your numbers in a place you'll remember. That way you can compare your numbers year-to-year and see changes in your health over time.

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Things You Can Learn

Cholesterol check

According to national guidelines, it's recommended that your total cholesterol be under 200 mg/dL. You can have high cholesterol and not know it. People with high blood cholesterol have a greater chance of getting coronary heart disease. This week, make an act to have your cholesterol checked. Knowledge is power. Knowing where you fall can help you know how to best take action to improve your health.

Stay in the know

Your blood pressure is within a healthy range, according to national guidelines. Next time you're at the doctor, find out what your exact numbers are and write them down. Talk to your doctor about what you can do to make sure that your numbers continue to stay in a healthy range.

Knowledge is power

Knowing your cholesterol number can help you track changes over time. Talk with your doctor about what your number means for your health. Your doctor may have tips about what you can do now that will help protect your future health.

Triglyce-a-what?

What are triglycerides? Triglycerides are a fat that is produced in the liver that at high levels can increase your risk for heart disease. National guidelines recommend that your triglycerides be under 150 mg/dL. Make an appointment to get your triglycerides checked. Knowing your number can help you and your doctor decide what kind of changes to make to best improve your health.

"Good" to know

HDL is the "good" cholesterol. Its job is to carry fat away from your arteries and to protect against plaque buildup. National guidelines recommend that a healthy HDL cholesterol number is at least 40 mg/dL. People with low levels of HDL are at greater risk for developing coronary heart disease. Make an appointment with your doctor to find out what your HDL number is. Be sure to talk with your doctor about what your number means for your health.

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Body

WEIGHT

Your weight of 260 pounds is over the recommended healthy weight range based on your height. Did you know that losing just 5% of your body weight may lower your health risks?

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129 - 174 LBS

BODY MASS INDEX (BMI)

Your BMI is high (30 or above). According to national guidelines, this puts you at risk for developing diabetes and high blood pressure. A healthier weight range for you is between 129 and 174. This would put you in the ideal BMI range of 18.5 to 24.9. Work with your doctor to set realistic and healthy weight loss goals.

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18.5 - 24.9

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Things You Can Do

Write yourself a letter

Who knows what motivates you better than you? Write a letter to yourself about what's most important to you. Think about how eating better and being more active relate to what you value most in life, your core values. Open the letter a month from now to remind yourself about what drives you.

Prepare for your visit

Put together everything you need to bring with you to each doctor's visit. Bring your meds, any test results you've gotten since your last visit, your list of questions and concerns, and your insurance info. You can also put together a checklist. Now you're prepared!

Talk it out

Don't overlook the importance of just talking. If you're struggling with managing your health, take time this week to see if you can talk through your concerns with someone who cares. Talking it out may help clear your head and help you move forward.

Protect yourself

The influenza (flu) vaccine is recommended yearly for all adults. This is especially important for someone with a chronic illness because it helps protect you from complications, like pneumonia. Flu vaccine is free for anyone with health insurance. You can get the vaccine at your doctor's office. Or, some employers offer a free flu vaccine annually and most major drug stores offer the flu vaccine at a low cost. Decide where you'd like to get your flu vaccine this year and make an appointment to get it!

Know what you need

We all need different kinds of support to help keep us motivated. How about you? Do you need advice, help with getting something done, a sounding board, or guidance? Take some time now to write down specifically what kind of support you need to manage your health.

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Things You Can Learn

Your best self

Click [here](#) to take our Care for Your Health program. It's designed to help you care for your chronic condition for better health.

Chew on this

How about you give our Balance program a try? This unique program may be just what you need to help you meet your goals and manage your weight. Click [here](#) to get started.

Lower your BMI

Healthy, gradual weight loss takes time, but small steps add up. Losing even a pound a week will make a big difference down the line. This week, work with your doctor to set a goal of how much weight you want to lose. Then think of 3 things you can start doing today that can get you closer to your goal. Maybe it's skipping dessert, going for a walk each day, or eating smaller portions.

Ask the right questions

When it comes to managing your health, don't waste your time on "What if...?" questions. Instead, change them to "How can I...?". If your worry is, "What if I forget to take my meds? What do I do then?" change that to "How can I remember to take my meds?" Make it into something you can work to change. Sit down with a "What if..?" question this week and figure out what you can do to avoid the problem.

Check out Lifestyle

If you haven't yet, fill out the Lifestyle section to view your results. You'll find some great action steps about being active.

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Mind

STRESS

Out of the thousands of men who've answered this question, you're among the 32% who report having rarely felt nervous or stressed in the last month. That's great! Sounds like your stress is pretty manageable right now.

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LOW

MEDIUM

HIGH

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Things You Can Do

Feel the calm

Here's a great way to relax. Sit or lay in a comfortable position. Close your eyes. Think of a place where you feel calm and safe. Imagine yourself there, engaging all of your senses. What do you smell? What can you hear? Focus on your imagined surroundings as you breathe away tension.

Float away

Before you go to bed tonight try this. Close your eyes and imagine you're sitting on the bank of a river, quietly watching the water flow downstream. Think of the things that are really bothering you. One by one, make each one a leaf floating down the stream and out of sight. Continue to clear your mind of all thoughts, watching the water gently flow past.

Practice Mindfulness

Take 5 minutes tomorrow to practice a mindfulness activity. Try this: Place one hand on your stomach and take a deep breath in, pushing out the hand on your stomach. Let out a slow breath and feel your belly move in again. Inhale relaxation and exhale tension. Repeat this a few times.

Visualize letting go

Imagine you're lying on the beach with your feet in the water. Notice the difference as the water rises and falls, the tide moving slowly away. Eventually, you're sitting dry on the sand. Your stressors are like the water. Watch them fade away into the ocean.

Meditation (Ommmmm)

This week, try meditating. In a quiet space, clear your mind and be present in the moment. Focus on your breathing - in and out - as you sit quietly. If you find it helpful, pick a meaningful word or phrase to repeat in your mind to keep other thoughts at bay.

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Things You Can Learn

Positive intentions

Go to your local library or bookstore and look for uplifting books. Watch a comedy on TV. It's good to surround yourself with positivity as much as possible. That includes what you choose to read or watch in your spare time.

Assess your relaxation method

Before and after you try a new relaxation method, rate your level of stress on a scale from 0-10. A rating of 0 would be low stress. A rating of 10 would be extremely stressed. Use this simple tool to help you decide whether this method is working for you.

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Lifestyle

EATING HABITS

As you probably already know, your eating habits can use quite a bit of improvement. While an apple a day might not keep the doctor away, what we eat does affect our health. You'll find action steps below that may make healthy eating decisions a bit easier.

02/27/19

AT RISK

NOT AT RISK

CARDIO EXERCISE

National guidelines recommend 150 minutes of cardio exercise a week. From what you told us, you're not meeting this guideline. We've prepared some action steps for you below that may help give you a boost.

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0-60 MINS

61-149 MINS

150-239 MINS

240 OR MORE MINS

STRENGTH TRAINING

The national guideline for strength training is two days a week. From what you told us, you're not meeting this guideline. We've prepared some action steps for you below that may help get you started on this healthy habit.

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NEVER

SOMETIMES

OFTEN

ALWAYS

TOBACCO USE

You don't use tobacco. Give yourself a pat on the back!

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YES

NO

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QUALITY OF SLEEP

From what you told us, your sleep quality is good. Could it be a little better? Out of the thousands of men who've answered this question, 43% had good sleep quality.

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Things You Can Do

Explore your habit

This week, pay attention to a habit you'd like to change. Make notes about what's going on: time, situation, how you feel, who you're with. Use this info to figure out what's triggering this behavior.

Cut back on junk

Try limiting or reducing processed foods in your diet. Choose whole wheat pasta, multigrain bread, or oatmeal instead of processed grains. Bring a healthy meal when you're on the go rather than eating fast food. Try making a healthy trade at least once a day every day this week.

Veg out

Boost your veggie intake. Add an extra vegetable to your lunch or snack every day this week. Chopped veggies with a light dip or a salad are great ways to get those extra vegetables in.

Plan your course

Arriving at the grocery store with a battle plan to eat healthy (more veggies, less fat, etc.) can help set you on the right course. This week, try making a shopping list before heading to the market. Map out some healthy snacks and meals for yourself, figure out what you'll need, and then stick to the plan. Stick to the outer aisles of the store. That's where you're more likely to find the freshest and healthiest choices.

Break for energy

This week, take a few minutes each day for an energy break. Simply stand and stretch to increase your energy. Try marching in place, walking, or climbing a flight of stairs. A few small energy breaks can make a difference in your day.

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Things You Can Learn

Make a change

You shared that you're ready to tackle your eating habits. Try our Nourish program. It's like having a nutritional coach on your computer screen! Click [here](#) to get started.

You on the move

Why not try out our Move program? It might be just what you need to get active and feel healthier. Click [here](#) to get started.

The diet detective

One day this week keep a journal of your food intake. Carry a notebook, record it in your smartphone, or use a food tracking app. Write down everything you eat and drink. Note your mood when you ate. If you want to take it to the next level, use a food tracking app to record the nutrients in the foods you're eating. At the end of the day look back and reflect on your choices.

Know your habits

Take some time this week to plan out how you'll react when something triggers a bad habit. For example, if you know you often reach for candy at 3 p.m., you might plan to have carrot sticks on hand to start a healthier routine.

Get on the train

This week, consider working with a personal trainer to have a workout program created just for you. If you belong to a gym, staff can match you with a trainer there. Personal trainers also meet clients in their homes or in private studios. Your trainer should be certified through a nationally-recognized organization, carry liability insurance, and be CPR-certified. You can confirm this through their credentialing organization. If you don't have a trainer in mind, you can search online for databases of certified trainers.