



Mayo Clinic
Healthy Living

Zach's Health Assessment Results

Completed: 6/24/13



Your detailed report:

Physical Activity



Well Done

Great job on cardio! You're getting 100 minutes a week of moderate activity and 60 minutes a week of vigorous activity. This shows that you're getting the recommended amount of cardio activity each week. To stay the course or take it to the next level, check out our fitness plan and tips.

Way to go on strength! You're strengthening your muscles at least once a week. Take your strength training to the next level by working toward strengthening your muscles two to four times a week. Try new ways to strength train by creating a fitness plan, including whole-body workouts.

Nutrition



Review

Your typical diet seems to be missing out on some key nutrients. This may be a natural consequence of your restricted diet. But it can still be a health risk. Work with your health care provider or a dietitian to make sure you understand exactly what you can and can't eat and whether you may need a dietary supplement to make up for the foods that you must avoid.

Weight Management



Well Done

A BMI of 22 means that you're at a healthy weight! This means you're less likely to develop certain health problems. Keep up the good work with the healthy-eating habits and regular physical activity that have helped you reach a healthy weight.

Stress Management



On Track

According to your answers, you're experiencing some acute stress. Acute stress is how your body reacts to short-term stress. A job interview or a fender-bender are two examples. Although you can't avoid all stress, you can take steps to bounce back from it. Taking care of yourself, connecting with others, and doing something that gives you a sense of meaning and purpose can help.

Sleep



Well Done

You're getting good-quality sleep. That's great! Good-quality sleep offers many health benefits. Keep up all the habits that are helping ensure you're getting good sleep on a regular basis.

Tobacco Use



Needs Work

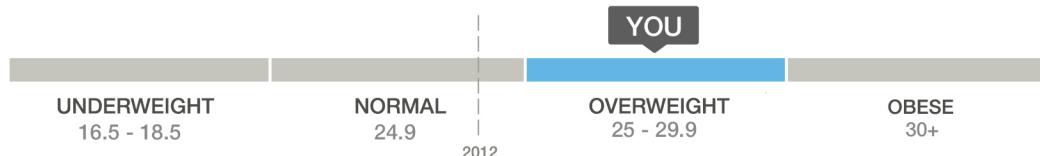
Smoking can have a big impact on your health, even if you smoke less than a half pack a day. Take steps today to quit for good and enjoy the benefits of becoming tobacco-free, such as improved health, more energy and cost savings. Your health care provider can help you choose the right options to help you stop smoking.

Know your numbers

● Well Done ● Needs Work ● Watch

BMI

34



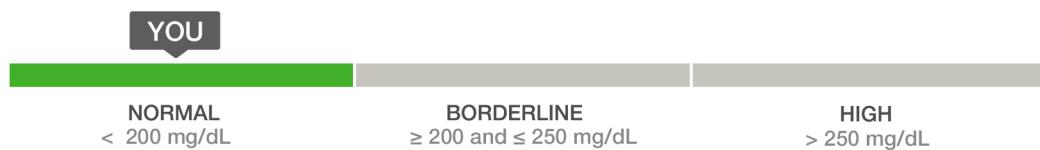
Blood pressure

115/75 mm Hg



Total cholesterol

35 mg/dL



LDL cholesterol

35 mg/dL



HDL cholesterol

96 mg/dL



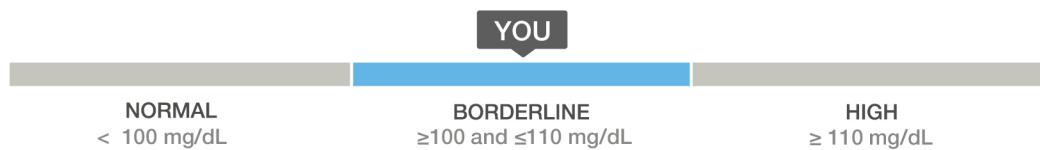
Triglycerides

219 mg/dL



Blood sugar

105 mg/dL



A1C value

n/a %

No number reported.

Flags Alerts

Talk with your health care provider about these assessment results:

1 Your **blood pressure** result of 140/90 is too high. High blood pressure can lead to serious health

2 Your **blood sugar** of 145 is too high. Over time, high blood sugar can lead to dangerous health

3 You may need to address your **alcohol use**. High alcohol usage can affect your health and

4 You might be experiencing some signs and symptoms of **depression**. Your health care provider

5 You're having trouble taking your **medications** as prescribed. Work with your health care provider

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9 You might be experiencing some signs and symptoms of **depression**. Your health care provider

About your conditions:

Depression: Your answers show that you have signs or symptoms of depression, even though you're being treated for the condition. Talk to your health care provider about how you can improve your depression treatment plan. You may need changes in your medication, counseling or self-care.

Diabetes: An A1C value of 7 is above goal range. Talk to your health care provider about treatment changes that might help you lower this number. Sticking to your goals does matter. Tight blood sugar control can prevent or slow the progression of long-term diabetes complications. And you'll probably feel better, too!

Talk to your health care provider if you need help managing or monitoring any of these reported conditions:

- Allergies
- Asthma
- Migraines
- Chronic pain