

Your Detailed Report



Well Done

Physical Activity

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.



Review

Nutrition

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.



On Track

Stress Management

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.



Needs Work

Tobacco Use

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.



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Weight Management

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.



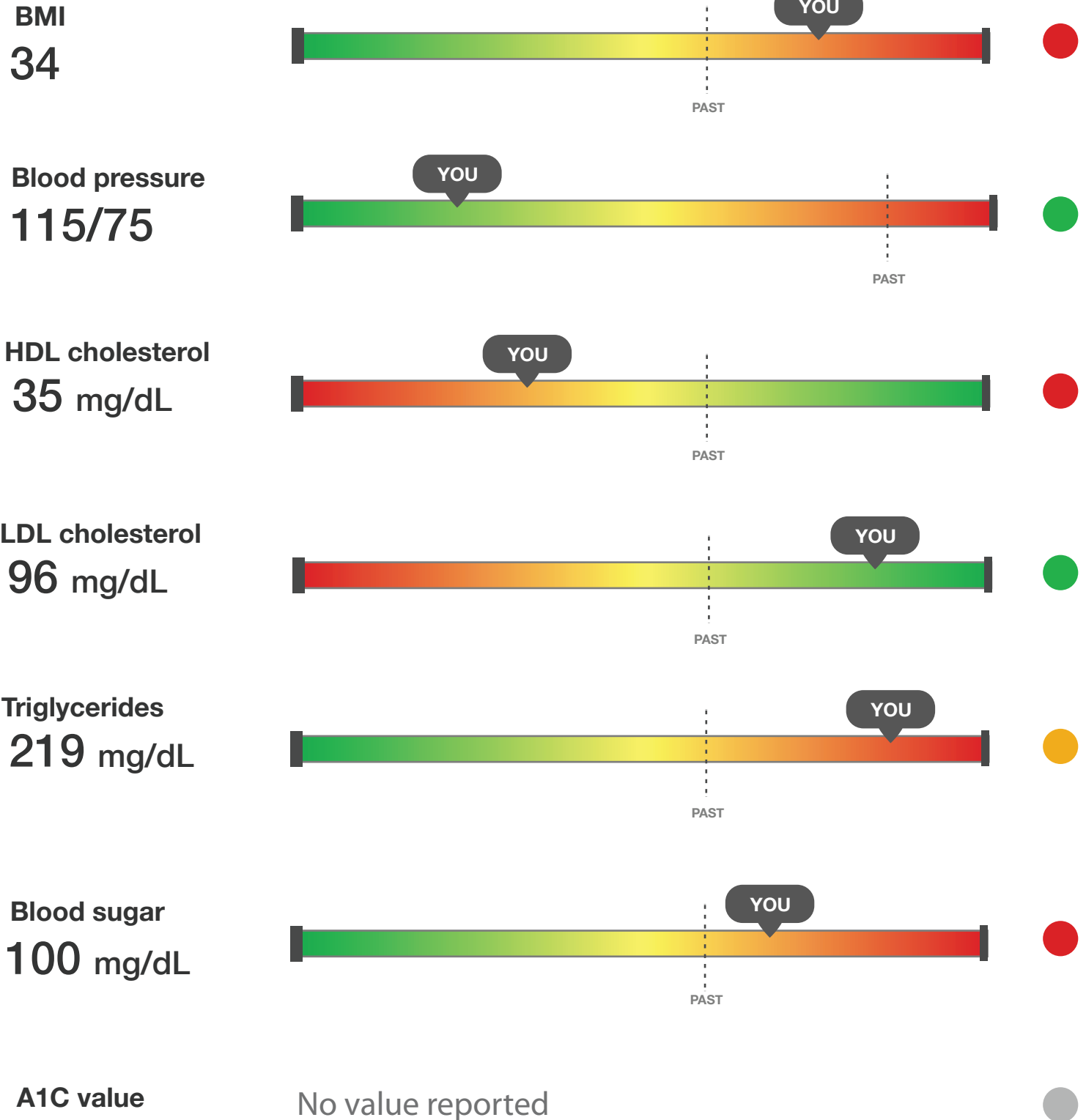
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Sleep

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.

Know Your Numbers

Well Done Needs Work Watch Can't Assess





Alerts

Talk with your health care provider about these assessment results:

- Your blood pressure result of 140/90 is too high. High blood pressure can lead to serious health problems such as stroke or heart disease.
- Your blood sugar of 145 is too high. Over time, high blood sugar can lead to dangerous health risks, such as losing your sight or a limb.
- You may need to address your alcohol use. High alcohol usage can affect your health and quality of life in many ways.
- You might be experiencing some signs and symptoms of depression. Your health care provider can provide a detailed evaluation.
- You're having trouble taking your medications as prescribed. Work with your health care provider to adjust your treatment plan, if needed.



About Your Conditions

You indicated that you have been diagnosed with the below 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!

High Blood Pressure: Your blood pressure of 140/90 is above your goal range. Talk to your health care provider about changes that can help you manage your blood pressure. Even if you're not having any symptoms, uncontrolled high blood pressure increases your risk of serious health problems, such as heart attack and stroke.

High Cholesterol: Since you have high cholesterol, it's important to have a complete lipid panel once a year. If you already had this test but don't remember your results, call your health care provider's office and get your numbers. Knowing your numbers is one way to take charge of your health. If you haven't had a lipid panel in the last year, call your health care provider to schedule this blood work.

Other conditions: Migraines, Allergies

It takes a lot of dedication and hard work to manage a chronic health condition. But the benefits are worth it. If you need help or have any questions about your treatment plans, talk to your health care provider.