

Your Health Assessment Questions

Your Progress:  2%**► WELCOME**

MEDICAL HISTORY

HEALTH STATUS

PRODUCTIVITY

HEALTH CARE VISITS

PREVENTIVE SERVICES

PHYSICAL ACTIVITY

NUTRITION

TOBACCO USE

ALCOHOL USE

STRESS

EMOTIONAL HEALTH

SLEEP

SAFETY

OVERALL HEALTH

Welcome, Zach!

This assessment will take about 10 to 15 minutes to complete. All questions are required.

For best results, have this information ready:

- Height
- Weight
- Blood pressure
- Cholesterol values, including total cholesterol, LDL, HDL and triglycerides
- Blood sugar or A1C value

[Begin the Assessment](#)

Your Health Assessment Questions

Your Progress: 60%

- WELCOME
- MEDICAL HISTORY
- HEALTH STATUS
- PRODUCTIVITY
- HEALTH CARE VISITS
- PREVENTIVE SERVICES
- PHYSICAL ACTIVITY
- NUTRITION
- TOBACCO USE

ALCOHOL USE

How many drinks containing alcohol do you have on a typical day when you are drinking?



One drink is defined as 12 ounces (355 milliliters) of beer, 5 ounces (148 milliliters) of wine, or a cocktail or mixed drink with 1.5 ounces (44 milliliters) of 80-proof liquor.

- 1 or 2
- 3 or 4
- 5 or 6
- 7 to 9
- 10 or more

[Continue](#)[Back](#)

Don't worry, all of your answers are automatically saved so you may exit and return later. [Click here to exit.](#)

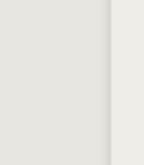
- STRESS
- EMOTIONAL HEALTH
- SLEEP
- SAFETY
- OVERALL HEALTH

Your Health Assessment Results

Completed: 6/24/13

Congratulations, Zach!

Taking the health assessment is a fantastic step toward better health. Below, learn about what you're doing well and areas you can improve.

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Lifestyle Report

Your detailed report:

Once you understand your results, we'll help you create a plan for improving your health.

[Create Your Plan »](#)

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... [SEE MORE](#)

Nutrition

 Review

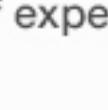
Your typical diet seems to be missing out on some key nutrients. This may be a natural consequence of your restricted diet. But it can... [SEE MORE](#)

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... [SEE MORE](#)

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... [SEE MORE](#)

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... [SEE MORE](#)

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... [SEE MORE](#)

Learn more about our health solutions:

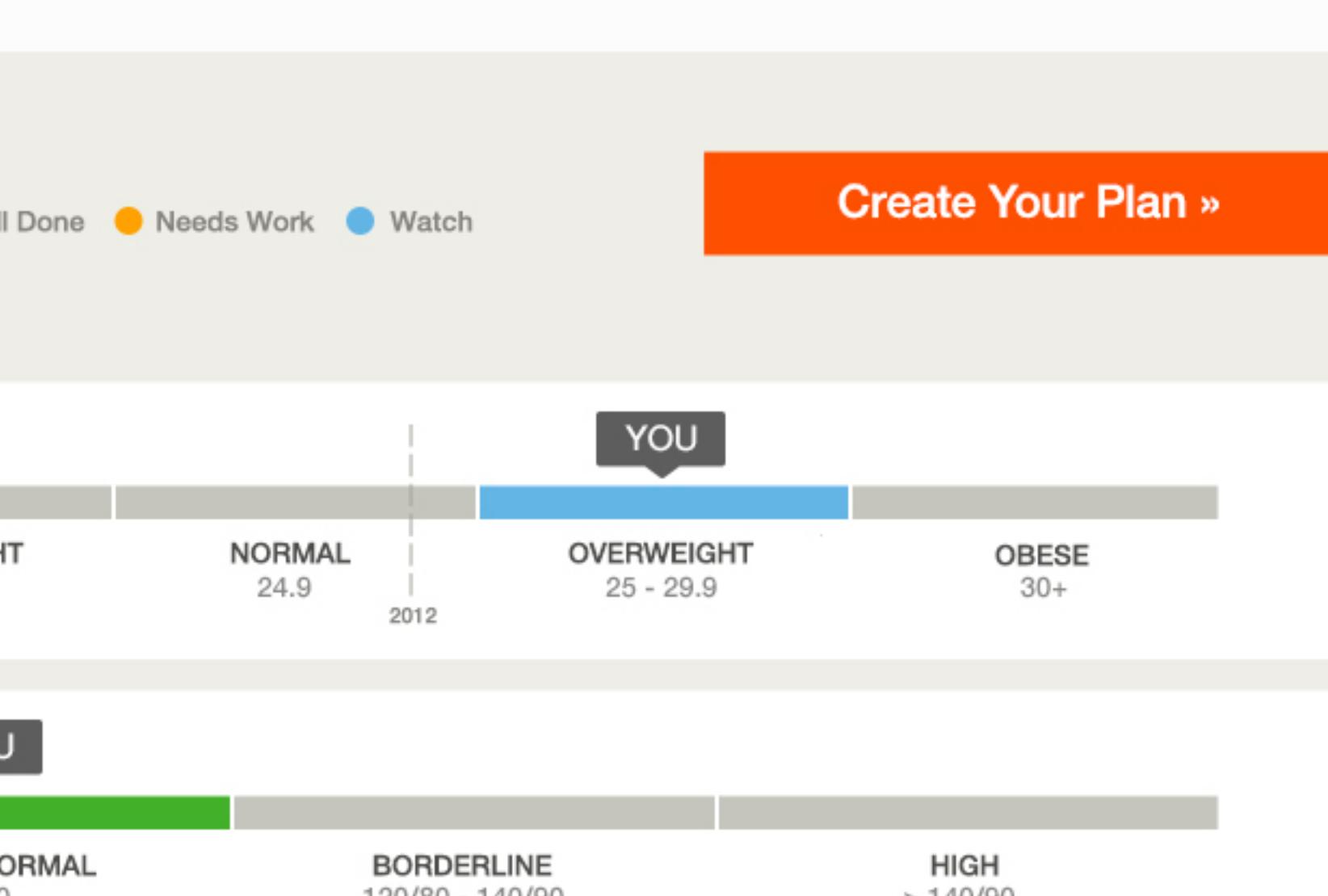
Watch these videos from our world-renowned doctors — discussing their field of expertise and how they can help you.

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Fitness



Recommendation 1 of 5

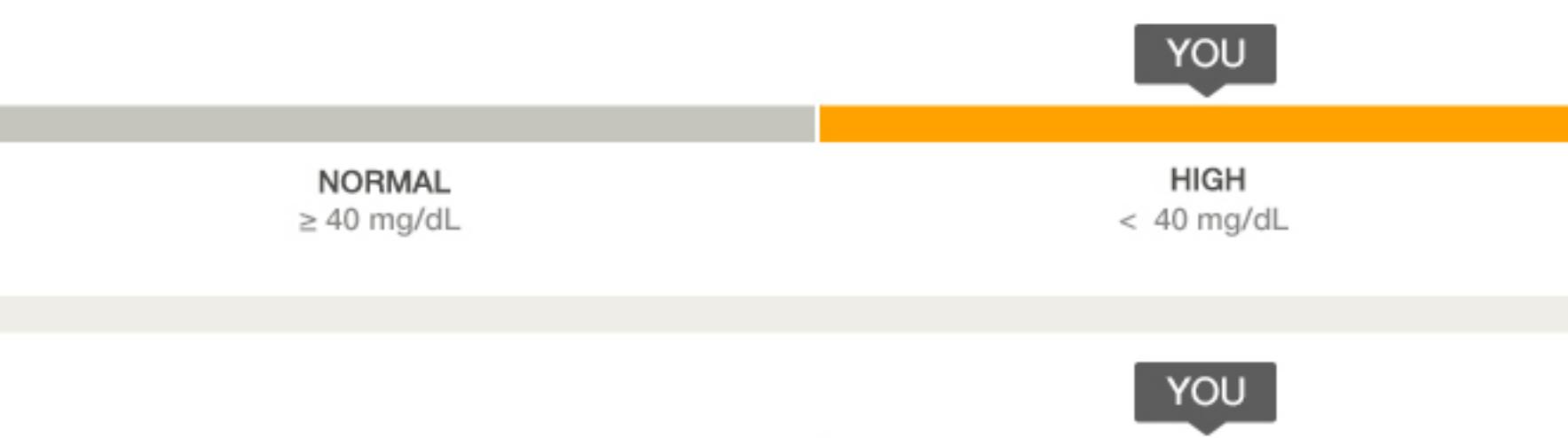


Know your numbers

● Well Done ● Needs Work ● Watch
[Create Your Plan »](#)

BMI

34



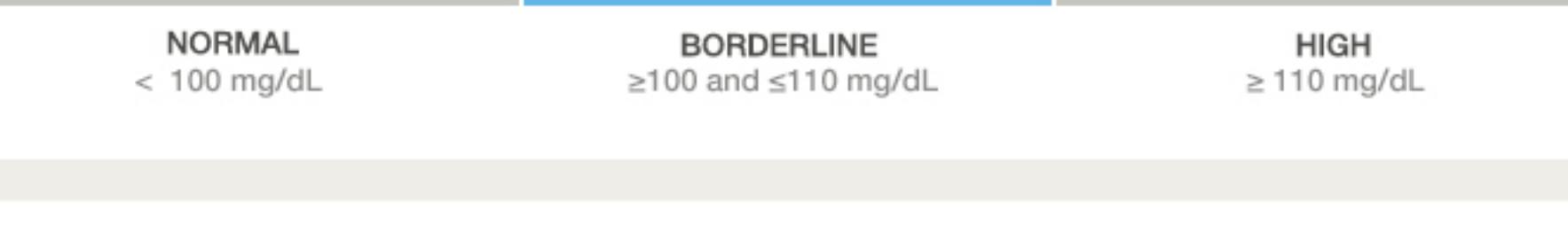
Blood pressure

115/75 mm Hg



Total cholesterol

35 mg/dL



LDL cholesterol

35 mg/dL



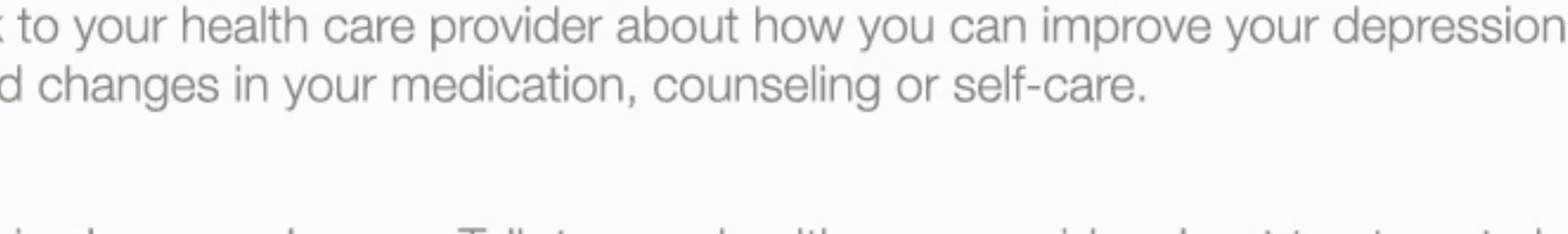
HDL cholesterol

96 mg/dL



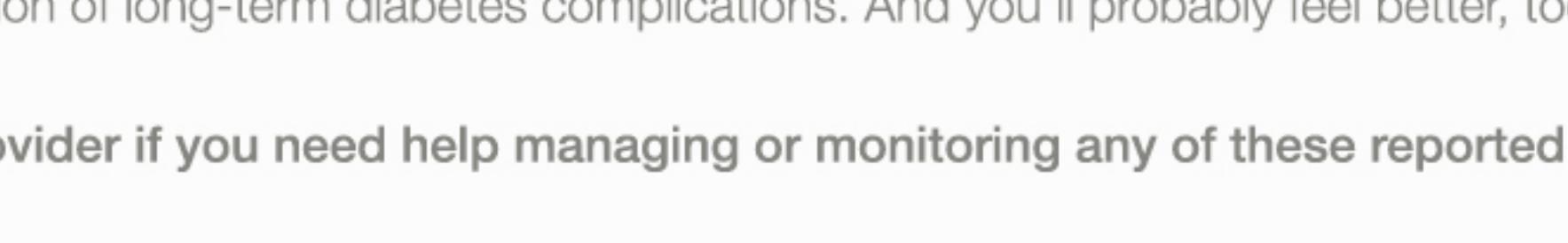
Triglycerides

219 mg/dL



Blood sugar

105 mg/dL



A1C value

n/a %

No number reported.

About your conditions

[Create Your Plan »](#)

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

Improve your health today — create your personalized plan now! »

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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 problems.
- 2 Your **blood sugar** of 145 is too high. Over time, high blood sugar can lead to dangerous health problems.
- 3 You may need to address your **alcohol use**. High alcohol usage can affect your health and well-being.
- 4 You might be experiencing some signs and symptoms of **depression**. Your health care provider can help you manage these feelings.
- 5 You're having trouble taking your **medications** as prescribed. Work with your health care provider to make sure you're taking them correctly.
- 6 Your **blood pressure** result of 140/90 is too high. High blood pressure can lead to serious health problems.
- 7 Your **blood sugar** of 145 is too high. Over time, high blood sugar can lead to dangerous health problems.
- 8 You may need to address your **alcohol use**. High alcohol usage can affect your health and well-being.
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Lifestyle Report



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... [SEE MORE](#)



Nutrition



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Sleep



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Your Video Action Plan



Fitness



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Zach, help us customize your plan.

Using the sliders (just click & drag), tell us how you feel about our recommendations.

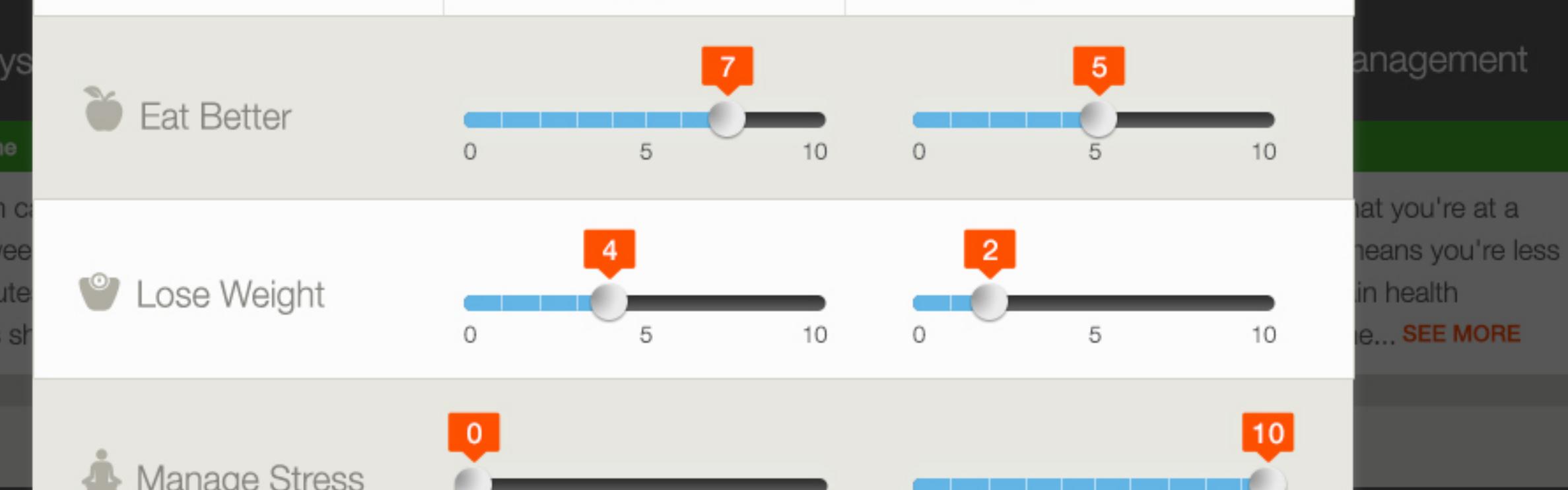
Recommendations for you:

How important is it to you to do this?

0 = not at all important
10 = extremely important

How confident are you in your ability to do this?

0 = not at all confident
10 = extremely confident

[See my Plan »](#)

Your details

Once you understand your results, you can start making changes to your life.

**Physical Activity****Well Done**

Great job on creating 30 minutes a week of physical activity and 60 minutes of moderate activity. This shows you're taking care of your body.

**Stress Management****On Track**

According to your answers, you're experiencing some stress. Stress is how your body reacts to short-term stress. A job... [SEE MORE](#)

[Your Plan »](#)

management means you're less stressed. See more... [SEE MORE](#)

[Your Plan »](#)

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Your Video Action Plan