

# 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!

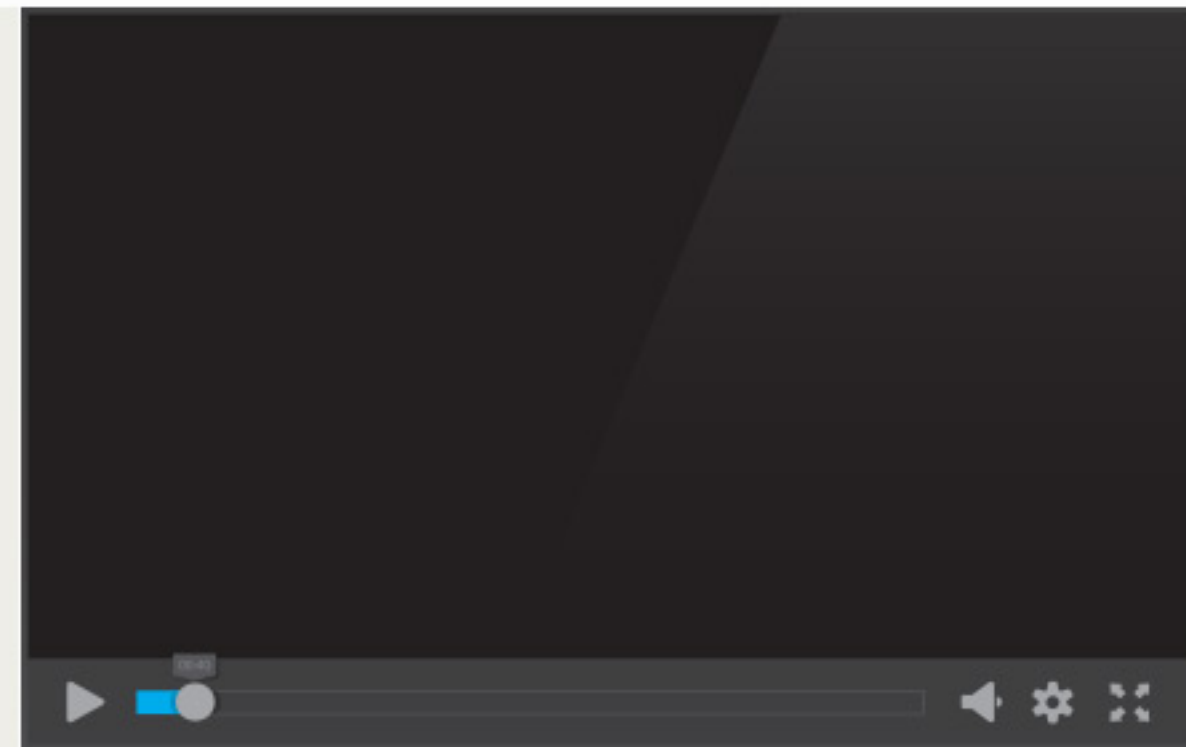
The first step to better health is understanding where you are today and where you need to be in the future. That's why Mayo Clinic has developed this health assessment to get you started. It will only take about 10 to 15 minutes to complete. All answers are required.

**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

### Why take the assessment?

A Mayo Clinic expert explains the importance of knowing your health strengths and weaknesses.



Begin the assessment

No, thanks – I'll come back later

# 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

STRESS

EMOTIONAL HEALTH

SLEEP

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OVERALL HEALTH

## 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.](#)



# 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.

Download   
Email   
Print 



Lifestyle

### 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](#)



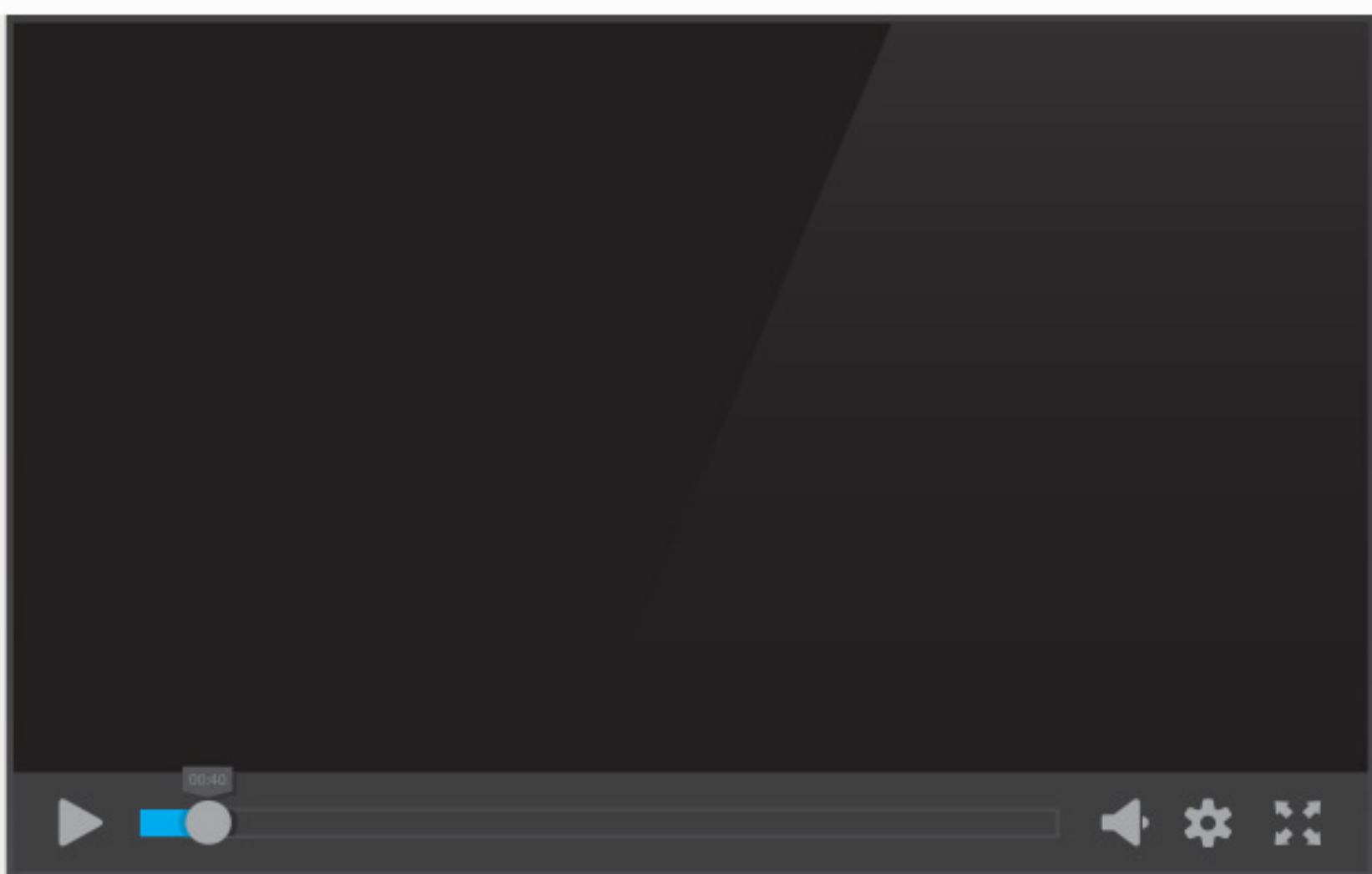
Video

### We get it. Changing health habits is hard.

Create Your Plan »

Even when you feel ready to make a change, life can get in the way.

Watch this video from a Mayo Clinic expert on behavior change to learn how to harness your strengths, overcome obstacles and create a plan that works for you.



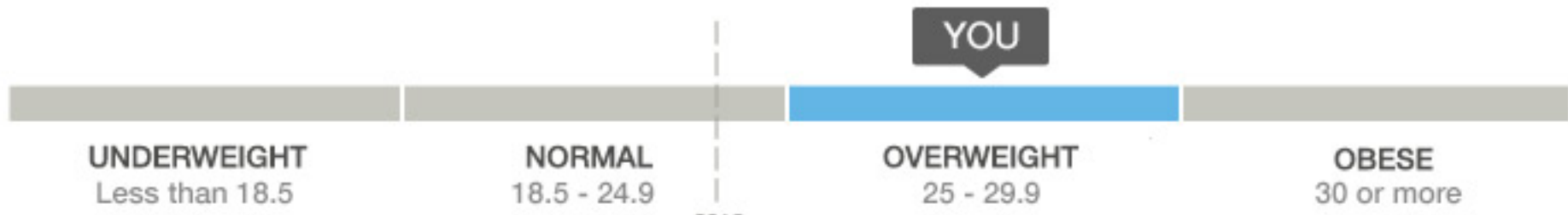
Biometrics

### Know your numbers

Well Done Watch Needs Work

Create Your Plan »

BMI  
34



Blood pressure  
115/75 mm Hg



Total cholesterol  
35 mg/dL



LDL cholesterol  
35 mg/dL



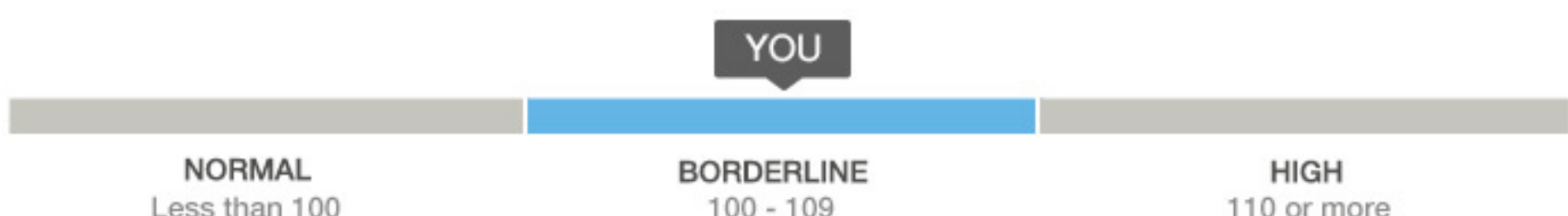
HDL cholesterol  
96 mg/dL



Triglycerides  
219 mg/dL



Blood sugar  
105 mg/dL



A1C value  
n/a %

No number reported.



Conditions

### Manage your health concerns

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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- Download 
- Email 
- Print 

 Alerts

Talk with your health care provider about these assessment results:

1

Address your **alcohol use**. Drinking too much can affect your health and quality of life.

2

You may be experiencing signs and symptoms of **depression**. Your health care provider can help.

3

Your **A1C** of 8% is too high. Uncontrolled blood sugar can lead to blindness and other health risks.

4

You're not taking your **medications** as directed. Share concerns with your health care provider.

5

At 130/90, your **blood pressure** is too high. Ask your health care provider about ways to lower it.

6

Your **total cholesterol** of 220 mg/dL is too high. This raises your risk of heart disease.

7

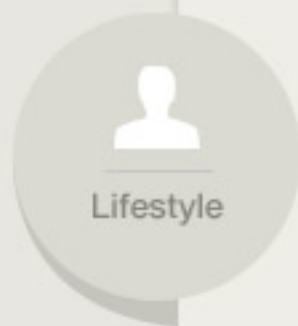
Your **LDL** of 100 mg/dL is too high. This can lead to serious health issues such as a heart attack.

8

Your **triglycerides** of 100 mg/dL is too high. This increases your risk of heart disease.

9


A **BMI** of 41 greatly increases your health risks. Ask for help to create a safe weight-loss plan.



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Well Done

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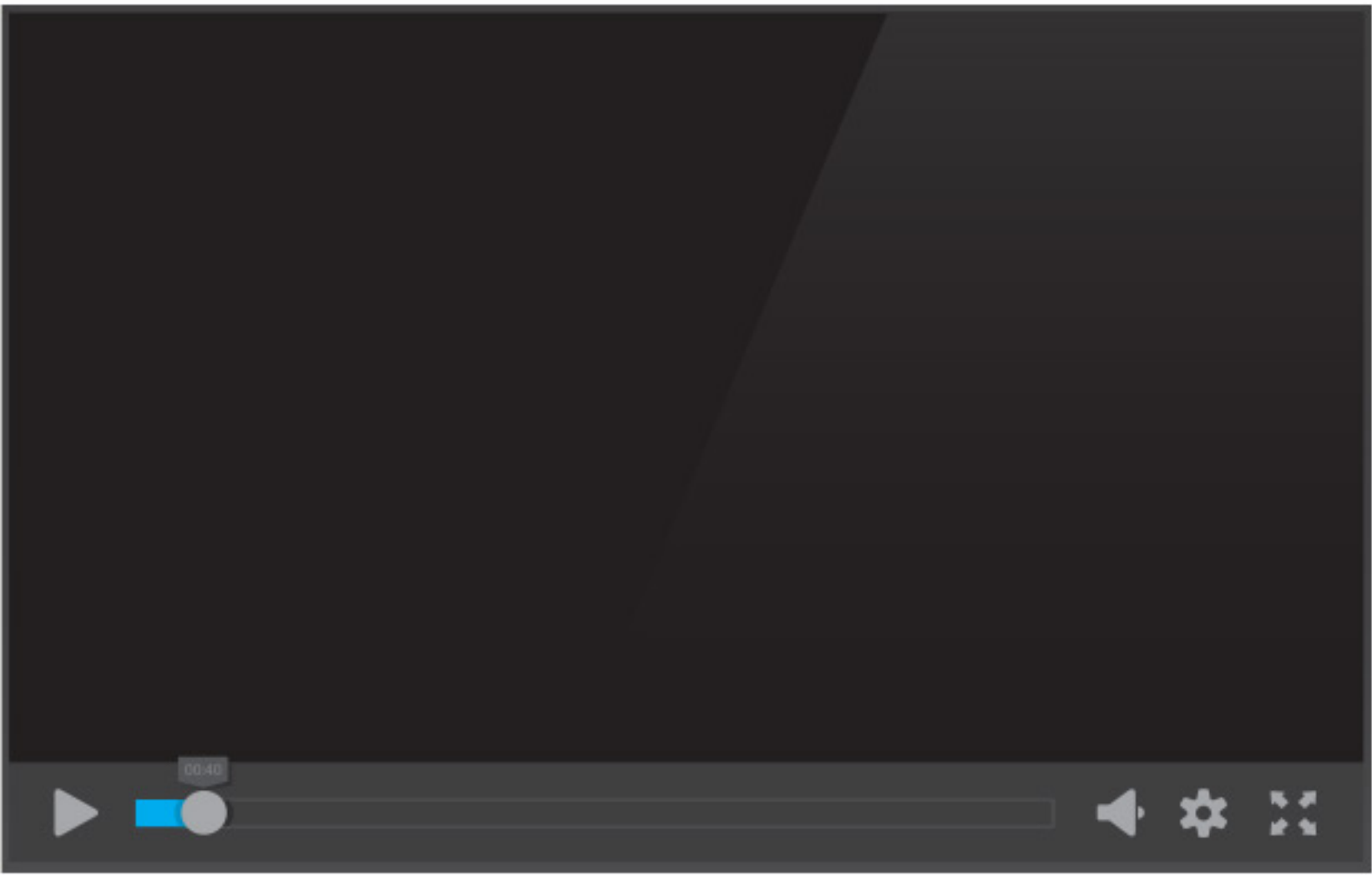


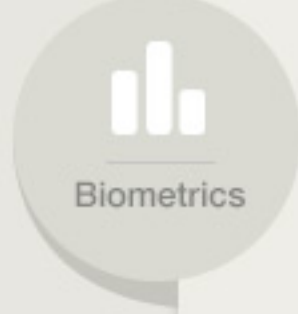
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## Know your numbers

Well Done Watch Needs Work

Create Your Plan »

BMI

34

YOU

UNDERWEIGHT  
Less than 18.5

NORMAL  
18.5 - 24.9

OVERWEIGHT  
25 - 29.9

OBESE  
30 or more

Blood pressure

115/75 mm Hg

YOU

LOW OR NORMAL  
Less than 120/80

BORDERLINE  
120/80 - 139/89

HIGH  
140/90 or more

Total cholesterol

35 mg/dL

YOU

NORMAL  
Less than 200

BORDERLINE  
200 - 250

HIGH  
More than 250

LDL cholesterol

35 mg/dL

YOU

NORMAL  
Less than 130

HIGH  
130 or more

HDL cholesterol

96 mg/dL

YOU

LOW  
Less than 40

NORMAL  
40 or more

Triglycerides

219 mg/dL

YOU

NORMAL  
Less than 150

HIGH  
150 or more

Blood sugar

105 mg/dL

YOU

NORMAL  
Less than 100

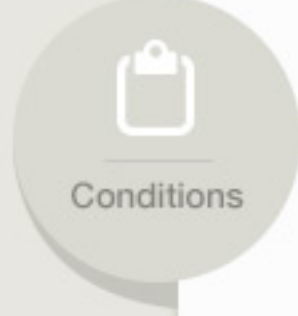
BORDERLINE  
100 - 109

HIGH  
110 or more

A1C value

n/a %

No number reported.



## Manage your health concerns

Create Your Plan »



## Your Health Assessment Results

Completed: 6/24/13

## Congratulations, Zach!

Taking the health assessment is a fantastic step toward better health. Below, learn about the results of your assessment and how to improve your health.

Download Email Print 

## Zach, let's start your wellness journey

Using the sliders (click and drag), tell us how you feel about changing these areas.

## Areas to improve:

How important is it to you to improve this area?

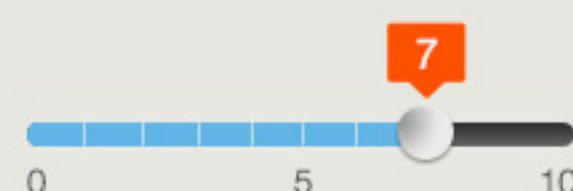
0 = not at all 10 = extremely

How confident are you in your ability to improve this area?

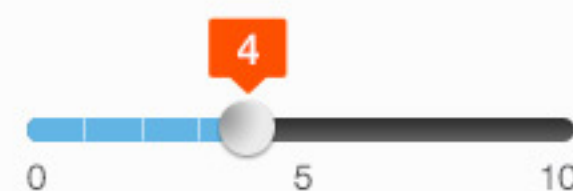
0 = not at all 10 = extremely



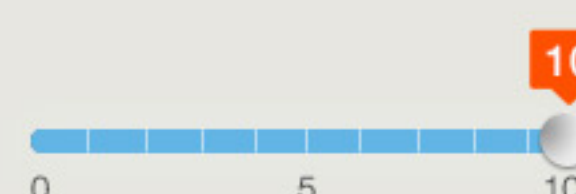
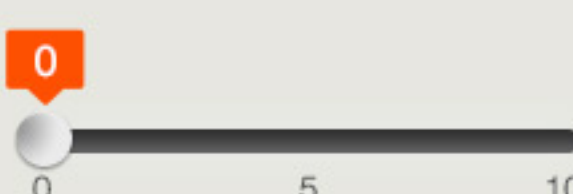
Nutrition



Weight Management



Stress Management



Next step »

We get it. Changing health habits is hard.

Create Your Plan »