

# Your Health Assessment | The Questions

this percentage can be based on section completion

Welcome Message

Welcome message/intro  
to the Health Assessment

00:40



TOBACCO USE

ALCOHOL USE

STRESS

EMOTIONAL HEALTH

SLEEP

SAFETY

OVERALL HEALTH

your answers are automatically saved, so  
you can leave and return if necessary.

Section names will need to be added to the API

Is any text NOT included in the API?

**Health Status** and **Safety** sections don't display for on-site users

the “**planning ahead**” section will not be listed here since it's  
contingent on how well you do during the quiz. falls into 'overall'

# Your Health Assessment | The Questions



## Welcome, Maggie!

This assessment will take you approximately 20 to 25 minutes to complete. It is a fantastic first step toward better health and well worth your time!

### For best results, have this information ready:

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

✓	MEDICAL HISTORY
✓	HEALTH STATUS
✓	PRODUCTIVITY
✓	HEALTH CARE VISITS
✓	PREVENTIVE SERVICES
✓	PHYSICAL ACTIVITY
✓	NUTRITION
✓	TOBACCO USE
▶	ALCOHOL USE
	STRESS
	EMOTIONAL HEALTH
	SLEEP
	SAFETY
	OVERALL HEALTH

All questions are required.

### 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

Back

Continue

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



Congratulations, Maggie!

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

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.

YOUR DETAILED REPORT:

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

Create Your Plan

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...SEE MORE

Review

Nutrition

Your typical diet seems to be missing out on some key nutrients. This may be a natural consequence of your...SEE MORE

On Track

Stress Management

According to your answers, you're experiencing some acute stress. Acute stress is how your body reacts...SEE MORE

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...SEE MORE

Well Done

Weight Management

A BMI of 22 means that you're at a healthy weight! This means you're less likely to develop certain health... SEE MORE

Well Done

Sleep

You're getting good-quality sleep. That's great! Good-quality sleep offers many health benefits. Keep up all...SEE MORE

Know Your Numbers

About Your Conditions



Improve your health today – create your personalized plan now!

Create Your Plan





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Great job on cardio! You're getting 100 minutes of moderate activity and 60 minutes of vigorous activity a week. This shows that you're getting the recommended amount of cardio activity.

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 two to four times a week.

CLICK TO CLOSE

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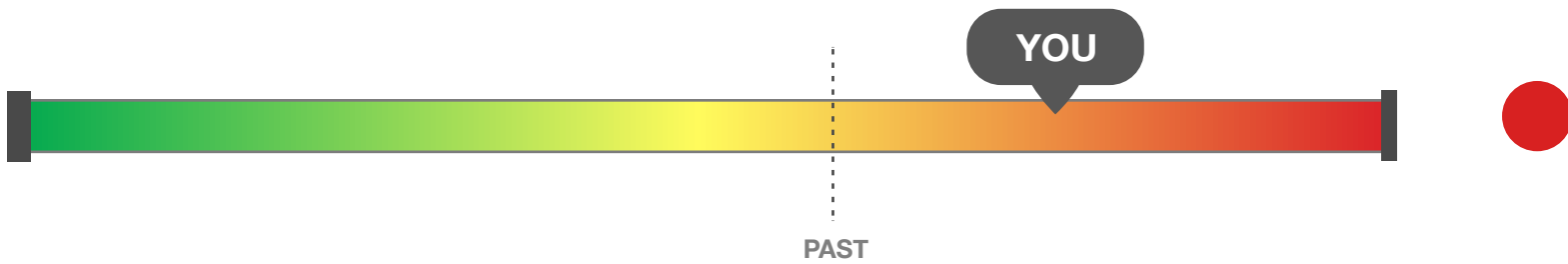
Know Your Numbers

About Your Conditions

Well Done Needs Work Watch Can't Assess

BMI

34



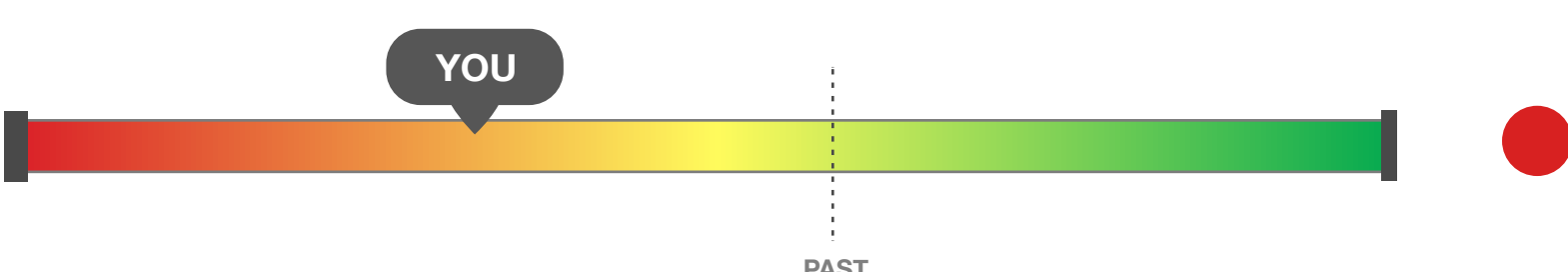
Blood pressure

115/75



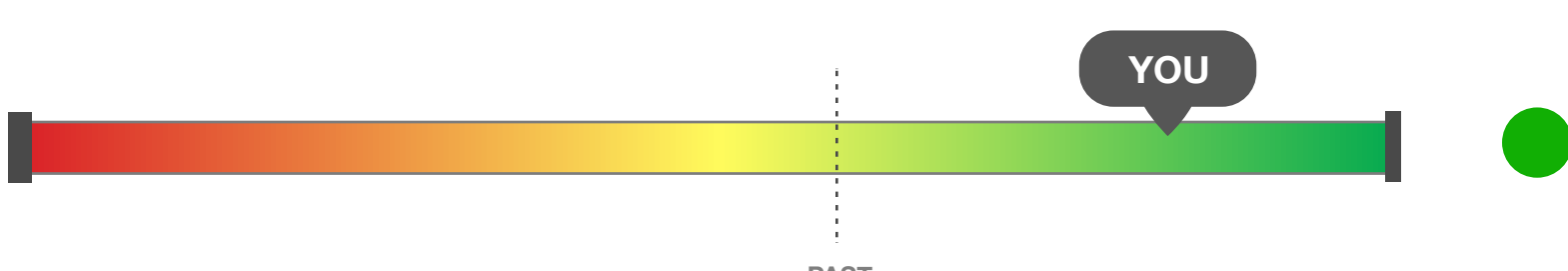
HDL cholesterol

35 mg/dL



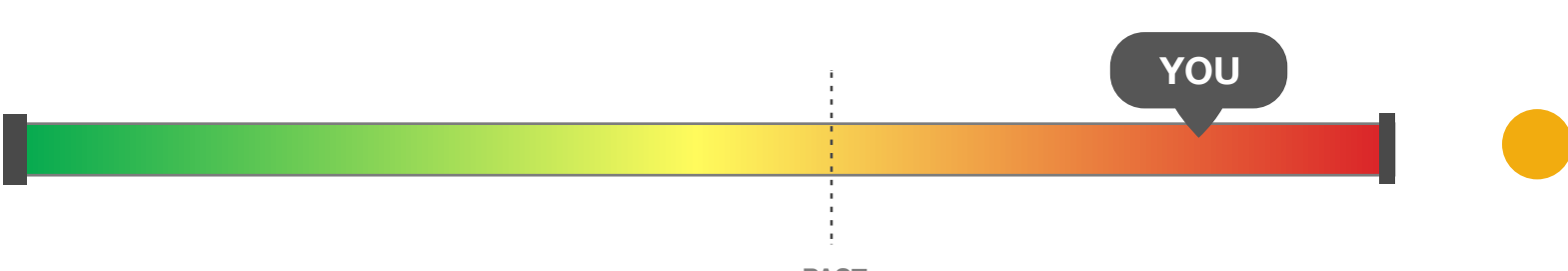
LDL cholesterol

96 mg/dL



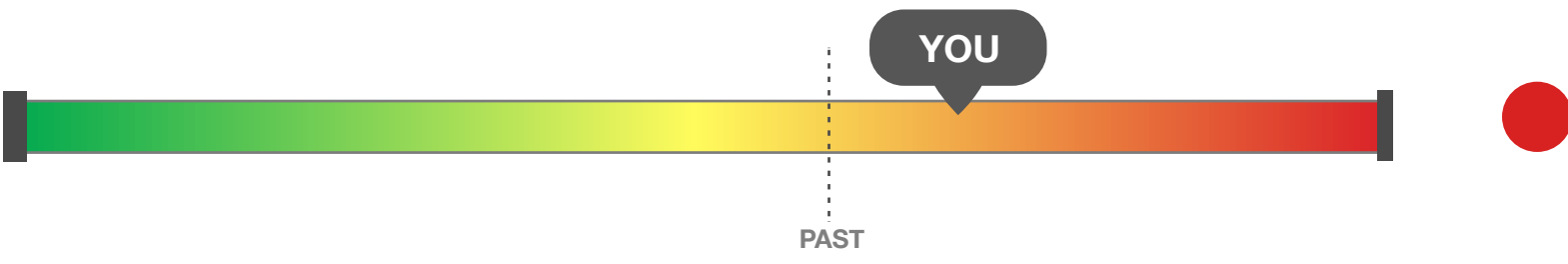
Triglycerides

219 mg/dL



Blood sugar

100 mg/dL



A1C value

No value reported



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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.

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Using the sliders, tell us how you feel about our recommendations.

A horizontal number line with arrows at both ends. It is marked with tick marks at intervals of 1, with the numbers 0 and 10 labeled at the ends. A solid black dot is placed on the tick mark for the number 4.

Great job  
minutes  
60 minutes a week of vigorous...**SEE MORE**