Welcome to your **Health Report**

Hello Rat

Here's your latest Quealth Report, summarising your Quealth scores and health priorities for the two health assessments you've completed so far.

We recommend that you build up your Quealth profile by completing the Diabetes, Cancer, Cardiovascular and Dementia assessments - this will provide an even richer understanding of your health status and how to improve your personal health and wellbeing.

The five diseases that Quealth assesses are all very different from each other in how they affect us but there is one thing they have in common - **they are all driven significantly by the lifestyles we choose to lead on a daily basis.**

Physical inactivity, poor diet, smoking and excessive alcohol consumption all dramatically increase health risk but at the same time, keeping these areas of lifestyle in check will significantly improve all aspects of health, wellbeing and vitality.

Your health is a journey - and Quealth is with you every step of the way!

Your current health status

Quealth
94.73
Optimum
100

0
High Risk
Low Risk
20
60
Medium Risk
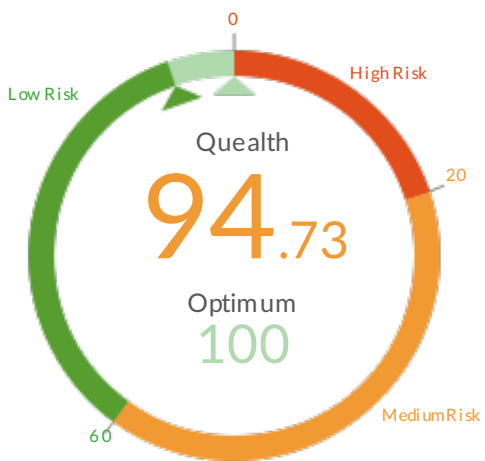
Diabetes: Take the Assessment

Cancer: Take the Assessment

Cardiovascular: Take the Assessment

Lung: Q 94.7

Dementia: Take the Assessment

Rat, your overall Quealth is 94.73.
This is a very low overall risk score for the health conditions you've assessed yourself on so far and places you in the optimum Quealth range - well done, you're in great shape!

Your health status

Based upon completing the following assessments:

Lung

| | HIGH RISK | MEDIUM RISK | LOW RISK |

Physical activity levels

Smoking

Traffic pollution

Occupational exposures (COPD)

Quealth – a coming together of your genetics, lifestyle and environment to create the energy, vitality and wellbeing that makes you the person you are – today and for your future.

The higher your Quealth, the healthier you are – and we're here to help you with every step towards achieving your personal potential.

Strive for progress, not perfection – just be better than yesterday and make the rest of your life the best of your life!

With you all the way,

your Quealth coach
Clinical Manager