«Name»

«Address»

**Public Health Service 2016 (PHS 2016) Health Screening Report**

Dear Sir/Madam («NRIC»),

Thank you for participating in our health screening at Clementi on 8th/9th October this year. Here are your screening results:

**Body Mass Index (BMI)**

Your height is *\_\_\_\_\_\_*cm, and your weight is *\_\_\_\_\_\_* kg.

Your BMI is \_\_\_\_\_\_kg/m2.

According to Asian BMI ranges, you have a *<low/moderate/high/very high>* risk of heart disease.

A healthy BMI is of a value between 18.5 and 22.9.

**Blood Pressure**

Your average blood pressure reading is \_\_\_\_\_\_ mmHg.

A healthy blood pressure reading is around 120/80mmHg.

**Blood Test Results**

Your blood test results have been enclosed in the same envelope as this health report, and are *<ideal/not ideal>.*

**Conclusion**

Your overall health screening result is **not ideal**. We recommend that you visit your family doctor soon with your screening results and he/she will be able to advise you on your next steps.

Should you have any queries, feel free to contact us at [ask.phs@gmail.com](mailto:ask.phs@gmail.com). We hope that you have benefitted from PHS 2016 and would continue to support us in the future.