«Name»

«Address»

**Public Health Service 2017 (PHS 2017) Health Screening Report**

Dear Sir/Madam («NRIC»),

Thank you for participating in our health screening at Jurong East on 21st/22nd October this year. Here are your screening results:

**Body Mass Index (BMI)**

Your height is *«Height»* cm, and your weight is *«Weight»* kg.

Your BMI is *«BMI»* kg/m2.

According to the revised Asian BMI guidelines, your BMI is in the **normal** range.

A healthy BMI is of a value between 18.5 and 22.9 kg/m2.

**Blood Pressure**

Your average blood pressure reading is *«Average Reading»* mmHg.

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

**Blood Test Results**

Your blood test results have been enclosed in the same envelope as this health report. They are **satisfactory**.

**Conclusion**

Your overall health screening result is **satisfactory**!

Do consult a doctor should you have any queries regarding your results. To maintain or improve your state of health, please remember to exercise regularly, have a balanced diet, and avoid smoking and **excessive** alcohol.

Should you have any queries, please feel free to contact us at [ask.phs@gmail.com](mailto:ask.phs@gmail.com). We hope that you have benefitted from PHS 2017 and would continue to support us in the future.