

# *Your* HEALTH ASSESSMENT REPORT

Atticus Finch, 41 years  
Report date: 05/10/2020



## Congratulations on taking charge of your wellness journey.

Your personalized report will help you understand your health status and make the right lifestyle changes for a healthier living.

Your health report assessment includes the following sections:

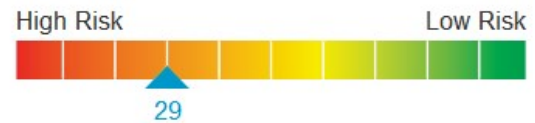
1. My Wellness Overview
2. Coronary Risk
3. Cancer Risk
4. Diabetes Risk
5. My Nutrition
6. My Fitness
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8. My Inner Wellbeing

# 1. My Wellness Overview

## My Information

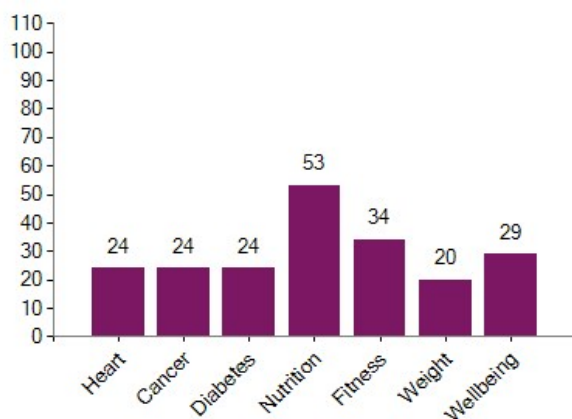
Name	Atticus Finch
Age	41
Gender	Male
Assessment Date	05/10/2020

## My Wellness Score



Your Wellness status is 'Caution, High Risk'.

## My Lifestyle



\* Please note that high score represents a healthier state.

## My Numbers

BMI	12.2
Total Cholesterol	350 mg/dL
Fasting Blood Sugar	140 mg/dL
Blood Pressure Systolic-Diastolic	180/100 mm Hg

## What you are doing well

Nutrition	Keep eating a balanced diet
Sleep	Continue with at least 7-8 hours of sleep daily
Smoking	You are not smoking, keep it up.
Alcohol	You are drinking socially (1-2 units/day)
Blood Pressure	Maintain Blood pressure less than 120/80

## Risks for you

Fitness	Aim for at least two and half hours a week of fitness
BMI	Watch it, you are in the 'Very Severely Underweight' category.
Stress	Improve your coping skills to limit stress in your life
Happiness	Develop a positive outlook on life
Blood Sugar	Bring your FBS under 100mg/dL
Cholesterol	Bring your Cholesterol level under 200 mg/dL
<b>Family History</b>	Having a family history of heart disease puts you at a higher risk of developing this condition. Some of your family members had a stroke. This may increase your risk of having a stroke.



## 2. Coronary Risk

Coronary Heart Disease (CHD) is a serious condition affecting the blood flow to the heart which can cause heart attack and stroke. While you can do little about risk factors such as Age and Family History, you can reduce your CHD risk by living a healthy lifestyle. This report will help you to understand your current risk level and enable you to take preventive steps, if required.



### What you are doing well

Age	Your age doesn't put you at risk.
Smoking	Good that you don't smoke. Smoking increases the risk of developing heart disease such as heart attack and stroke.
Alcohol	You drink moderately. Do not increase your consumption as drinking too much alcohol can raise cholesterol levels (triglycerides) and may lead to problems like high blood pressure, obesity and more.
Sleep	You sleep well. Good sleep is essential for a healthy heart. Continue to sleep 7-8 hours every day.

### Risk for you

Diagnosis	<p>You reported that you are diabetic. Having diabetes puts you at increased risk for heart disease and stroke. Keep your fasting blood sugar within 100mg/dL.</p> <p>The pressure of your blood in blood vessel is higher than it should be. Take necessary steps by adopting healthy lifestyle to avoid risk of developing heart diseases.</p> <p>Moderate low blood pressure can cause not only dizziness/weakness but also fainting and a risk of injury from falls. Severe low blood pressure can deprive your body of enough oxygen to carry out its normal functions, leading to damage to your heart and brain.</p> <p>Having Coronary Heart Disease raises your risk for a heart attack. Take utmost care, adopt a healthy lifestyle under the supervision of your medical practitioner.</p> <p>Obesity puts you at high risk of developing high blood pressure and deposition in your arteries. This may also raise your bad cholesterol (LDL), and Triglyceride. All these put together are high risk factors of Coronary Heart Disease.</p>
Total Cholesterol	Your cholesterol level is very high - '350' mg/dL. Too much cholesterol in your blood may lead to heart diseases.
Blood Glucose	Your blood sugar level is very high. It should be below 100mg/dL. If left unattended this can put you at risk of developing many ailments including heart disease.
Blood Pressure	
Stress	You are living a stressful life which may push you towards unhealthy lifestyle like smoking, overeating which are risk factors for heart disease.
Physical Activity	You are moderately physically active. Do more, make your heart more active and it will thank you.
Fast Food	Junk food contains unhealthy fat which raises cholesterol levels in the blood. Avoid fast food! This can harm your heart.

### Recommendations

Alcohol	You can drink socially but you should not increase your intake.
Diagnosis	Reduce salt intake (pickles, salted chips etc. should be avoided). Regular practice of yoga helps in controlling blood pressure and stress.
Cholesterol	Lower your total cholesterol levels in consultation with your doctor. Get your Lipid Profile (LDL, HDL & Triglyceride) checked to know the level of good and bad cholesterol in your body. Maintain appropriate weight and exercise moderately, it will help you in managing your cholesterol levels.

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**Blood Pressure**

Exercise moderately, shift to a diet which includes fruits, vegetables, whole grains, and low-fat dairy products. Limit your salt intake and avoid stress.

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**Stress**

You need to manage your stress. We understand that stress is a part of life and can't be avoided always. What you can do is to try to avoid situations that gives you stress. Please refer to section "[My Inner Wellbeing](#)" to know tips on stress management.

### 3. Cancer Risk

Cancer is a disease in which abnormal cells divide and grow without control and can affect nearby tissues. Cancer can start anywhere in the body such as breast, prostate, skin or lungs. Early detection of cancer can increase the chances of treatment. This section flags key risk factors of cancer.



#### What you are doing well

Age	Although your age doesn't put you at risk remember that cancer can happen at any age.
Smoking	Congratulations, you are not a smoker. In addition to having non-smelly clothes, whiter teeth and more stamina at work, you are a role model for the people around you. This will keep your cancer risk low.
Alcohol	You drink moderately. Do not increase your consumption as drinking too much alcohol can increase risk factor for cancer.

#### Risk for you

Diagnosis	Studies suggest that diabetes increases certain type of cancer risk.
Family History	Having family history of cancer puts you at a higher risk of developing cancer especially if first-degree relatives (parents, brothers, sisters) or other family members such as grandparents, aunts, uncles, nieces, nephews, cousins have had cancer especially if they were diagnosed before the age of 50 years.
Physical Activity	You are moderately physically active. Do more to keep your cancer risk low. Please refer to the "Fitness" section for more recommendations.
Fast Food	Junk food contains unhealthy fat, and contributes to weight gain (obesity) which is a risk factor for cancer. Red meat, processed meat and diet rich in fat and low in fibre are also linked to high risk of cancer. Avoid fast food!

#### Recommendations

Fast Food	A diet rich in fruits & vegetables and low in red meat may help you in reducing the risk of cancer.
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## 4. Diabetes Risk

Diabetes is a condition in which the amount of glucose (sugar) in your blood is too high because either your body is no longer able to produce insulin or it can't utilize the insulin it produces. Insulin's job is to control the glucose from the food we eat into the body cells to produce energy. This section flags key risk factors of diabetes to help you to take preventive steps, if required.



### What you are doing well

Age	Your age doesn't put you at risk.
Smoking	Good that you don't smoke. Smoking with diabetes have higher risk for serious complications and makes difficult to control diabetes.
Alcohol	You drink moderately. Do not increase your alcohol consumption as excess alcohol intake adds calories which results in weight gain and is not good in managing diabetes.
Sleep	You sleep well. It will help your body. Keep sleeping 7 hours per night. If you go lower it could be a risk factor for diabetes.

### Risk for you

Diagnosis	You reported that you are diabetic. Having diabetes puts you at an increased risk of developing multiple problems such as heart disease, stroke, etc. Keep your blood sugar within the limit, i.e., FBS below 100 mg/dL, HbA1c below 6.5. Diabetes and high blood pressure together raises your risk of health problems even more. Take necessary steps immediately in consultation with your doctor.
Total Cholesterol	Diabetes tends to lower your good cholesterol (HDL), raises your bad cholesterol (LDL) and triglyceride. Stay cautious.
Blood Glucose	Your blood sugar level are very high and seems uncontrolled - '140'. Keep your blood sugar within the limit, i.e., FBS below 100 mg/dL, HbA1c below 6.5. If left unattended this can put you risk of developing complications of diabetes.
Blood Pressure	Diabetes with Hypertension is a bad combination. It worsens the complications associated with diabetes.
Stress	Excessive stress works against diabetes.
Physical Activity	You are moderately physically active. Do more! Staying active is the best way to manage diabetes.
Fast Food	Junk food contributes to weight gain and will make it more difficult for you to regulate blood sugar levels.

### Recommendations

Alcohol	You can drink alcohol in moderation and only when your blood sugar levels are well controlled. Never increase your intake. Food slows down the absorption of alcohol into the blood thus never drink alcohol on an empty stomach. Alcohol also tends to drop your blood sugar abnormally and may lead to dizziness/sleepiness. To get medical assistance/treatment in this condition, it is always a good idea to carry an I.D. stating "I am Diabetic". Always check your blood sugar before and after drinking alcohol.
Family History	Maintaining healthy weight, exercising moderately, eating high grain food and fruits such as brown rice, whole-wheat bread, oat, broccoli, oranges, dark green vegetables, apple, strawberries, figs can help in preventing diabetes. Avoid sugary drinks and fried food, which may aggravate diabetes complications.
Blood Glucose	You need to live a healthy lifestyle and control your blood sugar levels below the normal range 100mg/dL.

<b>Blood Pressure</b>	Exercise moderately, shift to a diet which includes fruits, vegetables, whole grains, and low-fat dairy products. Limit your salt intake and avoid stress.
<b>Stress</b>	Reduce stress to help your diabetes. Please refer to section " <a href="#">My Inner Wellbeing</a> " to know tips on stress management.



# 5. My Nutrition

Healthy eating and drinking practices help to maintain or improve our health. The basic principles to follow are: drink adequate water, eat a diet low in sugars, salt (sodium) and saturated fat and include a variety of fruits, vegetables, whole grains and proteins in your plate.



## What you are doing well

Fats & Oils	You are eating the right amount of fats.
Sweets	You are eating the recommended serving of sugar. You don't eat any snacks.
Salt	You are using little salt in your food.
Soda	You are not drinking any soft drinks. This is really excellent for your health.

## Risk for you

Grains	Increase whole-grain intake. Consume at least 10 servings per day, half of it as whole grains – try oatmeal, whole-grain bread or brown rice.
Vegetables	You should eat more vegetables. Aim for 6 servings a day. Include a variety of vegetables, especially dark-green, red and orange vegetables (like tomatoes, red peppers, carrots, sweet potatoes), beans and peas, fresh, frozen. Use dark leafy greens, such as romaine lettuce and spinach, to make salads.
Fruits	You should increase your fruit intake. Eat the recommended 6 serving of a variety of fruits like oranges, apples, bananas, grapes, melons or berries. Choose whole or cut-up fruits. Keep rinsed and cut-up fruit handy for a quick snack or enjoy them as dessert.
Lean Meats	Although lean meat is a very good source of nutrients, consumption of greater than 100/120g per day of red meat, is associated with an increased risk of colorectal cancer and renal cancer. Ensure that you eat other foods from this food group as well. Increase the amount and variety and choose seafood in place of some meat and poultry.
Water	You are not drinking enough water. Health authorities commonly recommend drinking eight glasses of water daily, which equals about 2 liters. Your body is about 60% water. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells, and provides a moist environment for ear, nose and throat tissues. It regulates body temperature, lubricates joints and helps remove waste products through urines.
Breakfast	You should eat breakfast in the morning. Having a nutritious breakfast means you'll have enough energy to burn, keeping you active and productive until lunch rolls around.

## 6. My Fitness

Regular, physical activity is a good medicine. It reduces your risk of heart disease, cancer, diabetes, obesity, stroke, depression, and many other diseases. Most importantly, physical activity helps you feel your best every day!



### Risk for you

You have a sedentary lifestyle and don't exercise enough. Your physical inactivity will increase the possibility for cardiovascular disease, diabetes and cancer and their risk factors such as raised blood pressure, raised blood sugar and overweight. Being more active is an important part in weight management.

### Recommendations

Physical inactivity has been identified as the fourth leading risk factor for global mortality (6% of deaths globally). To achieve health benefits adults should accumulate at least 2 hours and 30 minutes of moderate to vigorous intensity aerobic physical activity per week in bouts of 10 minutes or more. It is also beneficial to add muscle strengthening activities using major muscle groups at least 2 days per week.

Choose activities you enjoy. Think of exercise as play not work. Reward yourself when you achieve your goal. You can join a gym or do some exercise at home.

Working long hours behind a computer can lead to postural issues. Make sure your desk has the best setup: Since you have back problem, avoid "turtling" – sitting with your back rounded, chin jutting forward and head tilted back to get closer to your screen. Instead sit straight.

- Place top of monitor at or just below eye level.
- Adjust the height of your chair so that your wrist and forearms are straight and levelled with the floor while using the keyboard.
- Try to place your feet flat on the floor.
- Bring your mouse close to your body.
- Take breaks regularly.
- Stand while talking on the phone to be more active.

## 7. My Weight

Almost two thirds of the world population is either overweight or obese. The issue is growing with the abundance of junk food and the development of sedentary lifestyle. You can check below your status and the steps you can take to achieve or maintain a healthy weight.



### Risk for you

Weighing too little can lead to a weakened immune system, fragile bones and feeling tired. There might be an underlying medical cause for your low weight, such as an overactive thyroid. Or you may simply be underweight because your diet isn't providing you with enough energy (calories). Stress or other emotional problems hard to recognize sometimes may also cause a change in eating patterns that can lead to weight lose.

### Recommendations

You should aim to gain weight gradually until you reach a healthy weight. It's crucial that you gain weight the right way, and not by eating chocolates, cakes, sugary drinks and other high-calorie foods full of saturated fat and sugar. These foods can increase your body fat instead of your lean body mass and can lead to an increased risk of developing high levels of cholesterol in your blood, or tooth decay.



## 8. My Inner Wellbeing

A certain amount of stress is a part of life but feelings of tension and anxiety can adversely affect your health. This report shows how you are currently coping with stress in your life and gives suggestions for improvement.



### What you are doing well

Your overall stress indicator score is 'Sress\_Risk'. Congratulations you are doing a very good job of managing stress.

### Risk for you

You are showing some physical signs of stress: back pain, upset stomach, headaches, skin rashes,' can be indicators of stress. Your body might be trying to tell you something. Listen to it.

Poor sleeping patterns put you at risk of being irritable, inefficient and falling into a depression. While a hectic routine can sometimes steal away our hours of rest, do try and ensure that your mind and body gets the prescribed 7-8 hours of sleep to stay healthy and happy.

Increasing work load might affect your stress level. Remember that we all have limits and like everything else in life work needs balance. Human beings need sufficient time for rest and play.

Your emotional stress indicator is high.

### Recommendations

Stress is managed by small steps taken one after another. Below are some tips to help you cope better with it. Get regular, moderate exercise, such as walking or biking.

- Try stretching exercises and practice deep breathing to relax the body.
- Learn to forgive and forget. Resentment hurts you the most.
- Don't be hard on yourself. Realize that everyone makes mistakes.
- Break the stress cycle with relaxation. Do something you enjoy every day.
- Reduce your stress at work. Set realistic goals and priorities. Develop good time management techniques. Delegate the things you don't have to do yourself. Don't procrastinate. Learn to say "no" if you are already overloaded. Take short breaks throughout your day. Practice deep breathing. Resist trying to be perfect in everything. Think positively and don't beat yourself up over little things.
- Aim for 8 hours of sleep each night.
- Check out local community networks where you can learn from, contribute to or simply be a part of, as this will keep your mind busy and can help enhance your mental wellbeing.
- Visit our [BuzzFit](#) section for simple tips to live fit

### Sleep

If you don't get enough sleep, it can interfere with work with problem solving, concentration and reasoning. It can lead to weaker immune system, increase in obesity, and cardiovascular risks. And feeling drowsy can lead to driving accidents! Sleeping disorder include, insomnia, sleep apnea or periodic limb movement disorder.

Here are some tips for better sleeps:

- Maintain a consistent daily schedule
- Reduce your caffeine intake
- Don't watch TV and use tablet / smart phones 30mn before going to bed.
- Engage in regular exercise (but not close to bed time)
- Keep your bedroom dark and quite
- Invest in a comfortable mattress, pillow and bedding!

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**Important Note:**

This LivFit Health Risk Assessment Personalized Report ('Report') is only an indicative report meant for increasing general awareness and information purposes. This Report is neither to be considered as comprehensive nor definitive assessment of your health nor should it be considered as any medical advice nor meant to substitute you consulting your doctor. The contents of the Report are based on data and information entered by you and further analyzed based on generically available and accepted general standards. The Report may not appropriately assess, incorporate or reflect your unique needs or requirements. You might also not be aware or be mistaken in your assumptions or in the actual data/feedback entered. You must always correlate the Report with further detailed clinical screening and consult a registered doctor before you rely upon any assessment or act on any recommendation mentioned in this Report.

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It's  
time to **TAKE**  
**CHARGE**

