

## Comprehensive Health and Wellness Summary

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Congratulations on completing this health risk assessment, an important step on your journey to optimal health and fitness. Like any journey, you need to know where you've been, where you're at, and where to go from here. This report, which was prepared just for you, charts your progress by comparing your current and past health behaviors. This information will help you stay on your path to good health. This guide is not meant to take the place of a physician visit nor can it diagnose illness or medical problems. It is designed to give you information relating to your health risks and overall wellness. This information is provided to help you develop a plan of action to make healthy lifestyle changes.

**Your Score:** Your overall wellness score is based on how you responded to questions about your normal habits and elements in your daily life that you control.

**Your overall wellness score is** **75.25** **out of a maximum possible score of 100.**

This score is calculated from your responses on the health and lifestyle parameters and represent an individual score for you. Your overall score is weighted by the importance of each health parameter. The higher you score, the better your health and healthier your lifestyle. A lower score also indicates higher risks for future health problems. This guide will provide you with information and suggestions on how you can strengthen your healthy behaviors while working to change your unhealthy habits.

Things you are doing well
Your BMI is ideal
You do not smoke

Things to work on
Increase your physical activity
Improve your diet
Remove stress

#### Biometrics:

Biometrics are the critical measurable biometric results that indicate health status. You can compare your results against recommended values and the possible risk to your health in the table below.

Health Parameter	Your Score	Recommended	Risk Rating
Waist measurement (cms)	34	Male: < 94cm or 37 inches Female: < 80 cm or 31.5 inches	Good
BMI	24	Between 18.5-22.9	Normal
Fasting Blood Sugar	No data available	Between 80 – 110 mg/dL	Not reported (Moderate risk)
Blood Pressure	No data available	Below 140/90 mm hg	Not reported (Moderate risk)
Total Cholesterol	No data available	200 mg/dL	Not reported (Moderate risk)

#### Health and Wellness Risk Factor profile:

Your responses in the questionnaire on health, lifestyle and safety practices have been analyzed to identify the potential risk status on your health and wellness.

Health and Wellness Status	
Health Parameter	Current Rating
Other potential health problems	
Health Symptoms	Fairly managed
Preventive Health	
Health checks	Needs Improvement
Immunization	Poor
Health screening	Poor
Oral health	Needs Improvement

Lifestyle status	
Smoking	No risk
Alcohol	No risk
Adverse habits	No risk
Physical fitness	Sedentary
Dietary habits	Moderately balanced
Sleeping habits	Good
Emotional health status	
Emotional well-being	Fair
Work satisfaction	Poor
Financial satisfaction	Poor
Safety status	
Work	Moderate risk
Travel	Moderate risk

## Making Changes

Making a permanent lifestyle change isn't easy. There are five "stages" everyone must go through to change an unhealthy behavior. If you don't feel ready to take the next step or try to jump ahead too fast, you are not likely to make a lasting change. Think of a change you need to make to improve your health. Which "stage of change" are you working on now? What is your next stage? In trying to change, you may go forward a stage or two and then slip back. That's a normal part of changing - not a sign of failure. Consider these stages as you read the following pages.

- Stage 1: Not thinking to make changes
- Stage 2: Thinking about making changes in next 6 months
- Stage 3: Preparing to take action in next 30 days
- Stage 4: Took action to change within last 6 months
- Stage 5: Continuing health changes begun over 6 months ago

## BMI

**Your Score** 24

**Ideal Score** Between 18.5-22.9

Your waist size is within the recommended range. However your body mass index (BMI) is beyond the ideal range. BMI is the ratio of an individual's height and weight and is a critical indicator of health and disease risk. Your goal should be a BMI between the ranges of 18.5 - 22.9 Kg/m<sup>2</sup>. Maintaining a healthy body weight reduces the risk of heart diseases, stroke, high blood pressure, high cholesterol, diabetes, asthma and certain cancers. Overweight people have more complications from an illness than people who are in a healthy weight range. Here are some tips to help you maintain your waist size and bring your BMI within the ideal range:

- Set realistic dieting and exercise goals
- Engage in at least moderate physical activity for a minimum of 30 minutes on most days of the week
- Eat a well balanced and nutritious diet
- Chew your food thoroughly and eat only when you are hungry

## Other potential health problems

**Your Score** Fairly managed

**Ideal Score** Well managed

You reported the presence of the following symptom(s) in the last six months:

- Frequent neck / back pain / stiffness that worsens after work

## Other potential health problems

**Your Score** Fairly managed

**Ideal Score** Well managed

The worry is that your symptom is not quite under control. If you want your symptom to go away you should:

- Monitor your condition and take appropriate precautions as advised by your doctor.
- Maintain a healthy lifestyle. A healthy lifestyle boosts your immunity and helps in early resolution of the symptom(s).
- Eat well balanced meals at regular intervals.
- Consult your doctor regarding the appropriate physical activity / exercise suitable for your condition and do it regularly.
- Maintain regular sleep patterns and avoid stress. Lack of sleep and excessive stress has been shown to worsen many symptoms.

## Health checks

**Your Score** Needs Improvement

**Ideal Score** Good

Your response indicates that you have undergone some preventive health checks in the last one year. However, it is important that you undergo certain critical preventive health checks at least once every year. As the saying goes "Prevention is better than cure". You should take regular preventive health checks to lead a more healthy life and detect any disease / condition, if present, at a very early stage. Doing so can save you from the debilitating effects in future. Please ensure that you undergo the following health checks at least once every year:

- ☐ General health check
- ☐ Complete health check
- ☐ Cardiac check
- ☐ Diabetic check
- ☐ Eye check
- ☐ Dental check

## Immunization

**Your Score** Poor

**Ideal Score** Good

Your response indicates that you have had the following immunization(s) in the last few years:

- ☐ Varicella (chicken pox vaccine)

The vaccines usually recommended are those against Hepatitis B, influenza, meningococcus, tetanus, typhoid and varicella. Hepatitis B, meningococcal and varicella vaccines usually do not need booster doses. However influenza vaccine should be taken annually, typhoid three yearly and tetanus every ten years. Immunization against an infective agent strengthens the natural defense mechanism and combats subsequent infections. Regular immunization can protect you from many communicable diseases.

## Health screening

**Your Score** Poor

**Ideal Score** Good

Your response indicates that you are not carrying out testicular self-examination regularly. Most testicular cancers are first noticed by the man himself. You should do a testicular self-examination every month to find out if the testes contain any suspicious lumps or other irregularities, which could be signs of cancer or infection.

## Oral health

**Your Score** Needs Improvement

**Ideal Score** Good

You have reported some symptom(s) that suggest that your oral health may be compromised. If you want these symptoms to improve, please ensure the following:

- Brush your teeth 2-3 times daily, preferably after meals.
- Use a medium or soft brush to prevent damage to your teeth and gums.
- Visit your dentist for a dental check-up and professional teeth cleaning every 6 months, even if you have no symptoms.
- Report symptoms like bleeding gums, mouth sores, sensitive teeth, tooth-aches, holes in teeth or bad breath to your dentist as soon as possible. These conditions are curable if detected and treated early.

The state of your oral health can be a determinant of your overall health. Your oral health is connected to many other health conditions beyond your mouth. Sometimes the first sign of a disease shows up in your mouth. In other cases, infections in your mouth, such as gum disease, can cause problems in other areas of your body.

## Smoking

**Your Score** No risk

**Ideal Score** No risk

It is good that you do not smoke. By doing this you are sending a positive message to others as well. Research shows that smoking increases the predisposition to develop cancers of the lungs, cervix, kidney, pancreas, stomach and blood. It can also result in blood vessel abnormalities, cataract, lung infection, asthma, high blood pressure, stroke and heart disease. Please continue to avoid smoking to stay safe and try to avoid passive or second hand smoking as well.

## Alcohol

**Your Score** No risk

**Ideal Score** No risk

It is good that you do not drink alcohol presently. Regular drinking could lead to weight gain, altered judgment, dependency, addiction or other serious health problems.

## Adverse habits

**Your Score** No risk

**Ideal Score** No risk

It is good that you do not have the habit of taking paan, gutka, supari, snuff or tobacco. Intake of paan / gutka / supari / snuff / tobacco can lead to poor oral hygiene and dental problems as well as put a person at risk of developing oral cancer.

## Physical fitness

**Your Score** Sedentary

**Ideal Score** Active

Your responses suggests that your physical activity is almost negligible. Regular physical activity substantially reduces the risk of obesity, coronary heart disease, stroke, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits and medications. You have indicated that your weight has been going up over the last three months and your response indicates that you have not been taking any steps to reduce it. You can follow a low calorie diet and include adequate physical activity in your daily schedule to reverse the increase in weight. If it continues to increase despite your efforts you can consider visiting your doctor to determine the underlying cause. You can improve your physical activity profile by taking the following measures:

- Allocating time from your daily routine to physical activity.
- Setting small and achievable goals for yourself.
- Gradually increasing your intensity. You can put yourself at risk for injury if you increase too much, too fast.
- Participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

## Dietary habits

**Your Score** Moderately balanced

**Ideal Score** Well balanced

Your responses indicate that your eating habits are less than exemplary. Good eating habits are very important for maintaining health and preventing disease conditions. Please adopt the following recommended eating habits:

- Take 3 regular meals. Do not skip meals. Try to eat around the same time each day. Meals are best spaced 4 to 5 hours apart.
- Make sure that your meals contain balanced quantities of carbohydrates, fats, proteins, vitamins, minerals and fiber.
- Include plenty of vegetables and fruits in your diet.
- Avoid regular consumption of oily or fried food as it can lead to conditions such as obesity, diabetes, heart disease etc.
- Avoid lying down with a full stomach. Give a gap of at least 2 hours before you go to bed. Lying down on a full stomach can cause heart burn and indigestion

## Sleeping habits

**Your Score** Fair

**Ideal Score** Good

Your responses indicate that you have some sleeping problems and do not feel rested in the mornings. You need to create a good sleeping environment so that you get adequate rest and sleep. Inadequate sleep causes stress, difficulty concentrating and fatigue. Here are some tips for maintaining a healthy sleep cycle:

- Keep your bedroom quiet, dark and comfortable
- Maintain a regular sleep schedule
- Try relaxation techniques like a warm shower, deep breathing or meditation before sleeping
- Exercise regularly
- Avoid excessive amounts caffeine or alcohol, especially two to three hours before going to sleep
- Avoid or limit naps during the day
- Do not take sleeping pills habitually or without consulting your doctor

The ideal amount of sleep varies from person to person. Although 7.5 hours of sleep is about average, some people do well on four to five hours of sleep. Other people need nine to 10 hours of sleep each night. If after 6 hours of sleep you feel refreshed in the morning and awake during your daylight hours, then you don't need more than that. If, on the other hand, you need 9 hours a night to feel refreshed and to function well during the day, then that is your individual requirement and sleeping the "normal" amount of 7.5 hours per night may actually leave you sleep deprived.

## Emotional well-being

**Your Score** Fair

**Ideal Score** Good

Your responses indicate that you have some stress-related problems presently. Emotional well-being has a major role in leading a healthy, satisfying and successful life. Your emotional well-being depends on your ability to handle stress, be aware of your feelings and appreciate your positive attributes. A poor emotional well-being can eventually translate into psychological and even physical health impairments. Your responses also indicate that you are not practicing all the coping mechanisms and strategies to manage your stress. Please ensure the following to manage your stress and improve your emotional well-being:

- Deal with situational stress by changing the perception of the problem and of yourself. It is not what happens to you, instead it is what you do about it. Worry and negative thoughts can increase the stress and make it worse.
- Acknowledge your feelings, but do not get stuck in the negative ones. You have to take responsibility for your own moods. Be realistic to see if you can respond differently to a difficult situation. Do not let negative feelings ruin your day or affect the people around you.
- Look at what you have done and appreciate your achievements. This will enhance your emotional well-being. Be motivated by goals that have a deep meaning in your life, rather than trying to fulfill some temporary deficiency.
- Talk to your friends and /or family. They may give you appropriate feedback and put things in perspective. At times just sharing your thoughts can help you think clearer. A supportive network of family and friends can also give you a sense of belonging and improve your perception of self worth.
- Adopt relaxation techniques such as meditation, breathing exercises or yoga to help you unwind. Relaxation techniques have been shown to decrease muscle tension, lower the blood pressure and control heart and breathing rates, among other health benefits.
- Cultivate some hobby. Doing something you enjoy at your own pace can boost your creativity and self esteem as well as provide you with a sense of accomplishment.
- Eat a well-balanced diet and exercise regularly. Physical well being is also important for your emotional well-being.
- Seek professional help if required. It can provide you with an unbiased analysis and appropriate coping mechanisms.



## Work satisfaction

**Your Score** Poor

**Ideal Score** Good

Your responses indicate that you have some amount of work-related stress. A sense of achievement and self-worth at work is as important as a healthy work-life balance. Pressure and undue stress at work combined with other problems, such as difficulties at home can compromise your emotional health. Please follow these strategies to avoid work-related stress and maintain your work satisfaction at an optimum level:

- Identify the factors that cause you stress at work and develop appropriate coping strategies.
- Improve your time management and organizational skills. Maintain an activity log to identify the areas of wasted time and effort. Prioritize work, break it into manageable steps and delegate tasks.
- Identify your goals at work, seek feedback on your performance and work on your training needs.
- Support your team members and seek their support, when needed.
- Try to make time for yourself away from work to unwind. You can try methods such as reading, meditation and yoga. Take breaks from work and go on vacations from time to time.
- Adopt a healthy lifestyle. Eat a well-balanced diet and exercise regularly. Do not compromise on your rest or sleep time. Neglecting your health for the sake of work can hamper your work efficiency and eventually your career.
- Maintain a balance between your work and personal life. A healthy work-life balance requires allocation of quality time to family and leisure as you pursue your career.

## Financial satisfaction

**Your Score** Poor

**Ideal Score** Good

Your responses indicate that you have some stress related to your finances presently. Financial stress can lead to feelings of insecurity, fear, anxiety, anger, and depression. These feelings could spur you to make poor money management decisions that could result in a vicious cycle of fear, anxiety and panic. Eventually it can have a negative impact on your emotional as well as physical health. You should consider taking some sound financial advice and planning your budget to achieve optimal financial satisfaction. You can also adopt stress management techniques such as meditation, breathing exercises or yoga to cope with the financial stress.

## Work

**Your Score** Moderate risk

**Ideal Score** No risk

You have reported that your job involves working at a computer. You have indicated that you are already using some of the recommended strategies to make the working conditions more comfortable. Please continue to do so to prevent headache, focusing difficulties, eyestrain, dry eyes, double vision, blurred vision, light sensitivity or neck and shoulder pain. You can further minimize the risk by adopting the following strategies:

- Ensure that your work station is adequately lit.
- Give eyes a break by closing them momentarily, gazing at a distant object and blinking frequently.
- Use lower-back support when you sit.
- Adjust your chair height to keep a neutral position, where the forearms, wrists and hands are in a straight line.
- When keyboarding, use minimum force while striking the keys.
- Use protective equipment like padded mouse pads and wrist supports to avoid straining the wrist.
- Avoid long periods of repetitive activity. For example, alternate computer work with other tasks like phone calls, filing, copying and meetings.

## Travel

**Your Score**     Moderate risk

**Ideal Score**     No risk

You have reported the use of public transport as your typical means of travel. Your responses indicate that you are not following all the safety procedure recommended to minimize risk of accident during travel. Please take these precautions to stay safe during travel:

- Do not footboard on buses or trains. You could slip and sustain serious injuries.
- Avoid overcrowded public transport if possible.

### Disclaimer