



HEALTH RISK REPORT

John Q Sample
 100 Main Street
 Your Town, US 12345
 Home Phone: (123)-456-7890

Sample Company 1
 Sample Co1
 Male Employee
 Born: mm/dd/yyyy (age)

Date: mm/dd/yyyy

Medical Referrals

Lifestyle Habits

Health Measurements

<p>Refer to the <i>Protocol for Medical Referrals</i> regarding indicated risk factors. We recommend you contact your physician to discuss these if you haven't already done so:</p> <p>Male > 45 HDL Chol <35</p>	<p>Nicotine use --</p> <p>Type of nicotine</p> <p>Former nicotine Quit 01/87</p> <p>Exercise 3+ hrs per week</p> <p>Alcohol max/day 1 drinks</p> <p>Alcohol avg/week 1-7 drinks</p> <p>Seat belts always</p>	<p>Height 5' 10"</p> <p>Weight 180 lbs</p> <p>Wrist Size 7"</p> <p>Frame Size Medium</p> <p>Waist Size 37"</p> <p>Hip Size N/A</p>
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mm/dd/yyyy RISK LEVEL	Minimal	Moderate	Medium	High	Extreme	Points
Nicotine	Neg					24
Weight		1 lbs over				9
Body Fat Percent		22%				9
Blood Pressure	130/80					16
Total Cholesterol	198					4
LDL Cholesterol				142		1
HDL Cholesterol					32	0
Chol/HDL Ratio				6.2		1
Triglycerides		118				6
Glucose	100					8
GGT	21					4
TOTAL POINTS		82				←

OTHER

Hours fasted: 12 hrs

BLOOD TESTS	Result	Status	Range
BUN	12	Normal	6-25 mg/dL
Creatinine	1	Normal	0.6-1.5 mg/dL
Uric Acid	4.6	Normal	2.5-8.7 mg/dL
Bilirubin	0.7	Normal	0.1-1.2 mg/dL
SGOT (AST)	17	Normal	0-41 U/L
SGPT (ALT)	10	Normal	0-45 U/L
Alk Phos	45	Normal	30-115 U/L
Protein, Total	7	Normal	6.0-8.5 g/dL
Albumin	2	Normal	3.2-5.5 g/dL
Globulin	2.3	Normal	2.0-4.5 g/dL
Calcium	9.1	Normal	8.3-10.2 mg/dL
LDH	245	Normal	100-242 U/L
PSA (if elected by employer)	0.5	Normal	0.0-4.0 ng/mL

If a risk level is extreme,
 or if other blood tests are not within the normal range, bring this information to the attention of your doctor.

Medical Alert

If a star (*) or pound (#) appear after any result, bring this information to the attention of your doctor *immediately*.

See "Interpreting Your Health Risk Report" Booklet for an explanation of health risks.

See the back of your cover letter for an explanation of how your health risks are scored.

If **No Ans** appears in any result, you did not answer that question and no points were given.

How Your Health Risks are Scored

Minimal	Moderate	Medium	High	Extreme
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Nicotine Use

All Participants Score	Never or Quit 3+ yrs 24 pts	Quit 2-3 yrs 18 pts	Quit 1-2 yrs 12 pts	Quit 1/2-1 yrs 6 pts	Quit 1 mo-6 mos 0 pts	Now to quit 1 mo -6 pts
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If self-scored tobacco use and nicotine test results differ, you were given the lowest points.

Body Weight

All participants Score	0 Lbs Over Wt 12 pts	1-10 lbs over or BMI 16.5 – 18.4 9 pts	11-20 lbs over or BMI 15.5 – 16.4 6 pts	21-40 lbs over or BMI 14.5 – 15.4 3 pts	41-99 lbs over or BMI 13.5 – 14.4 0 pts	100+ Lbs over or BMI < 13.5 - 6 pts
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If your weight was too high, you could have received higher points due to a better body fat score.

(* If your weight was too low (less than 18.5 according to Body Mass Index) you gradually lost points.

Body Fat Percentage

Males 18-29 yrs	18% or less	19-21%	22-25%	26-29%	30-39%	40% or more
Males 30-49 yrs	19% or less	20-22%	23-26%	27-30%	31-40%	41% or more
Males 50+ yrs	20% or less	21-23%	24-27%	28-31%	32-41%	42% or more
Females 18-29 yrs	24% or less	25-27%	28-31%	32-35%	36-45%	46% or more
Females 30-49 yrs	25% or less	26-28%	29-32%	33-36%	37-46%	47% or more
Females 50+ yrs Score	26% or less 12 pts	27-29% 9 pts	30-33% 6 pts	34-37% 3 pts	38-47% 0 pts	48% or more - 6 pts

Blood Pressure

Systolic	130 or less	131-135	136-140	141-145	146-150	151 or more
Diastolic	80 or less	81-85	86-90	91-95	96-100	101 or more
Score	16 pts	12 pts	8 pts	4 pts	0 pts	- 8 pts

If your systolic and diastolic are in different point categories the lower point category was given.

Total Cholesterol

All participants Score	200 or less 4 pts	201-220 3 pts	221-240 2 pts	241-260 1 pt	261-300 0 pts	301+ - 2 pts
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Despite actual total cholesterol, you could have received higher points due to a better total cholesterol/HDL ratio score.

LDL (Bad) Cholesterol

All participants Score	100 or less 4 pts	101-115 3 pts	116-130 2 pts	131-160 1 pt	161-190 0 pts	191+ or unk* - 2 pts
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* The "unknown" point category is explained in "Interpreting Your Health Risk Report."

HDL (Good) Cholesterol

Males	50 or more	45-49	40-44	35-39	30-34	29 or less
Females	60 or more	50-59	40-49	35-39	30-34	29 or less
Score	4 pts	3 pts	2 pts	1 pt	0 pts	- 2 pts

Total Cholesterol / HDL Cholesterol Ratio

Males	3.3 or less	3.4-4.0	4.1-5.5	5.6-7.0	7.1 or more	-
Females	2.6 or less	2.7-3.3	3.4-4.0	4.1-5.5	5.6 or more	-
Score	4 pts	3 pts	2 pts	1 pt	0 pts	-

Ratio is Total Cholesterol divided by HDL Cholesterol.

Triglycerides

All participants Score	100 or less 8 pts	101-150 6 pts	151-200 4 pts	201-250 2 pts	251-400 0 pts	401+ - 4 pts
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Glucose

All participants Score	100 or less 8 pts	101-107 6 pts	108-114 4 pts	115-139 2 pts	140-159 0 pts	160 or more - 4 pts
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GGT

All participants Score	1-30 4 pts	31-50 3 pts	51-70 2 pts	71-90 1 pt	91-110 0 pts	111 or more - 2 pts
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Total Points

100-86 pts	85-71 pts	70-61 pts	60-51 pts	50 pts or less
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