SECTION I
Personal Health Risk Assessment

OVERALL HEALTH RISK LEVEL
Moderate

Risk Levels for Specific Health Conditions

CANCER
Moderate

DIABETES
Low

HEART DISEASE
Moderate

MENTAL HEALTH CONCERNS
Low

STROKE
Low
## SECTION II

Risk Factor Score Summary

<table>
<thead>
<tr>
<th>Name: Jeremiah Bullfrog  Gender: Male</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current HRA 03/28/2005</strong></td>
</tr>
<tr>
<td>Demographic Risk Factors</td>
</tr>
<tr>
<td>Age</td>
</tr>
<tr>
<td>Gender</td>
</tr>
<tr>
<td>Race/Ethnicity</td>
</tr>
<tr>
<td>Health Screening Risk Factors</td>
</tr>
<tr>
<td>Height</td>
</tr>
<tr>
<td>Weight</td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
</tr>
<tr>
<td>Blood Pressure (Syst/Diast)</td>
</tr>
<tr>
<td>Total Cholesterol (mg/dl)</td>
</tr>
<tr>
<td>HDL Cholesterol (mg/dl)</td>
</tr>
<tr>
<td>LDL Cholesterol (mg/dl)</td>
</tr>
<tr>
<td>Triglycerides (mg/dl)</td>
</tr>
<tr>
<td>Blood glucose (fasting) (mg/dl)</td>
</tr>
<tr>
<td>Hemoglobin A-1C (mg/dl)</td>
</tr>
<tr>
<td>Health Exam with HC Provider</td>
</tr>
<tr>
<td>Dental Exam</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
</tr>
<tr>
<td>Digital Rectal Exam</td>
</tr>
<tr>
<td>Prostate-Specific Antigen Test</td>
</tr>
<tr>
<td>Colo-Rectal Cancer Screening</td>
</tr>
<tr>
<td>Testicular Self-Exam</td>
</tr>
<tr>
<td><strong>Personal Lifestyle Risk Factors</strong></td>
</tr>
<tr>
<td>Exercise</td>
</tr>
<tr>
<td>Cigarette Use</td>
</tr>
<tr>
<td>Cigar Use</td>
</tr>
<tr>
<td>Pipe Use</td>
</tr>
<tr>
<td>Smokeless Tobacco Use</td>
</tr>
<tr>
<td>Second-Hand Smoke Exposure</td>
</tr>
<tr>
<td>Alcohol Use</td>
</tr>
<tr>
<td>Fat in Diet</td>
</tr>
<tr>
<td>Fruit/Vegetables in Diet</td>
</tr>
<tr>
<td>Fiber in Diet</td>
</tr>
<tr>
<td>Stress</td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Satisfaction with Personal Life</td>
</tr>
<tr>
<td>Satisfaction with Work Life</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
</tr>
<tr>
<td>Sun Protection</td>
</tr>
<tr>
<td>Seat Belt Use</td>
</tr>
<tr>
<td>Home Smoke Detector</td>
</tr>
</tbody>
</table>
SECTION III
Personal Risk Status - Details

Modifiable Risk Factors
The following listing indicates risk factors which are "modifiable," that is, those that you can potentially change to reduce your health risk. Your current risk status for each of these risk factors is identified below, along with suggestions for reducing your elevated risk, or if you are at low risk, maintaining your low-risk status.

HEALTH SCREENINGS

Colon Cancer Screenings
You indicated that you haven't had one or more of the following preventive health tests, recommended for anyone age 50 and older:
- fecal occult blood test (for blood in stool) within the past year
- sigmoidoscopy within the past 5 years
- barium enema test within the past 5 years
- colonoscopy within the past 10 years
For the early detection of colon cancer, you should have at least one of these health screenings performed by your health care provider according to the recommended schedule.

Testicular Self-Exam
You indicated that you perform a testicular self-exam at least once per month. Continue to do this preventive health screening each month for the early detection of testicular cancer.

Total Cholesterol
You reported that your total cholesterol level is lower than 200 which is within the recommended range. Congratulations! Keep up your healthy lifestyle habits to maintain your low cholesterol level and remain at reduced risk for heart attack and stroke.

LDL Cholesterol
Your LDL cholesterol (the "bad cholesterol") is between 100-129, which is near optimal but above normal. The recommended range is lower than 100.

HDL Cholesterol
Your HDL cholesterol was reported as being between 40-59, which is below the recommended range of 60 or higher.

Cholesterol Last Checked
You indicated that you have had your cholesterol checked within the past 5 years. It is recommended that you have your total, LDL, and HDL cholesterol checked at least this often, and more frequently if your cholesterol is not within the recommended range.

Triglycerides
You reported that your level of triglycerides (fat in the blood) is lower than 150, which is within the recommended range, or normal. Congratulations! Continue your healthy lifestyle habits to maintain your low triglycerides level and remain at reduced risk for cardiovascular disease and diabetes.
PERSONAL LIFESTYLE

Exercise You perform stretching exercises two times per week. A health care provider has not told you that exercise is contraindicated meaning it will not likely cause you harm. Continuing and following an exercise prescription is recommended for you. A good guide for measuring your daily physical activity is to count your steps using a pedometer. It is recommended that most individuals achieve 10,000 steps per day. More information on physical activity can be found at http://www.shapeup.org/10000steps.html You are considering increasing your level of exercise within the next 6 months. Knowing the pros and cons related to your decision will help you to be more successful. Increasing your exercise level will have immediate benefits to your health, including weight control and decreased risk for a variety of chronic conditions. including

Cigarette Use Never having used tobacco products is an excellent personal choice. Staying away from smoking and other tobacco products will decrease your risk of experiencing cardiovascular disease, several types of cancer, and other health-related problems.

Cigar Use You have made an excellent health choice by never having smoked cigars. Most Cigars contain a significant amount of nicotine and can be as addictive and dangerous as cigarettes. You are encouraged to stay away from cigars and avoid the health-related consequences.

Pipe Use You have made a very good health choice by never having smoked a pipe. Pipe smoking has numerous health consequences associated with it and can be as addictive and dangerous as cigarettes.

Second-hand Smoke You have avoided exposure to second-hand smoke from smokers on a regular basis at work and at home. That's a good idea, since exposure to this dangerous smoke increases your risk for illness and diseases, including cardiovascular disease and cancer.

Alcohol Use You drink less than 1 alcoholic drink per week,

High-Fat Food During a typical day, about half of your diet comes from high-fat foods. A diet high in fat may eventually lead to significant health problems. No more than 30% of your diet should come from fat. You may want to keep a food diary for 1-2 weeks to record your eating habits and determine how you can reduce the amount of fat you consume. A registered dietician can also help you to plan a healthier diet.

Fast Food You reported that you eat 3-6 meals per week at fast food restaurants. Most fast food restaurant meals are high in fat and calories. It is recommended to either limit the number of meals you eat in fast food restaurants or be sure to choose the healthier options.
High-Fiber Food  Typically, you consume 2-4 servings of high-fiber foods per day. This is within the recommended level of consumption to avoid health problems such as cancer and heart disease. Foods rich in fiber include whole grain breads, brown rice, dried apricots, dates, prunes, raisins, blueberries, raspberries, strawberries, oranges, broccoli, kidney beans, lima beans, chick peas, lentils, soy beans and corn.

Stress  You reported that too much stress is never or rarely a problem for you. You noted that you are always able to cope effectively with the stress in your life. Congratulations! Your ability to handle this stress will help to enhance your overall quality-of-life at work and at home.

Depression  You answered that during the past 6 months, you had not felt sad or depressed for a period of at least 2 weeks to the point where you had trouble functioning at work or home. Based on your response, you do not seem to be at risk for depression.

Satisfaction with Work Life  You reported that you are mostly satisfied with your work life. Since stress on the job is common in today’s work place, having effective coping skills will help you deal with whatever changes and challenges come your way. Continue to search for stress management solutions that work best for you.

Satisfaction with Personal Life  You reported that you are completely satisfied with your personal life. That’s great! Having a positive attitude, along with the ability to address challenges that periodically come up, will help you to maintain good mental health - and will support your physical health as well.

Dental Exam  You indicated that you had a dental exam by a dentist within the past 12 months - as recommended by most health professionals. Good dental hygiene enhances your overall health. For example, there is increasing evidence that dental health is related to an individual’s risk for cardiovascular disease and other serious health conditions.

Tooth Brushing  You responded that when you brush your teeth that your gums do not bleed, which is an indication that your gums are probably in good health. Brush and floss your teeth regularly to keep your risk for gum disease and other dental health problems low.
Seat belt use  You reported that you always wear a seatbelt when you drive or ride in a motor vehicle - that's great! Continue to wear a seatbelt on all trips - short or long.

Home smoke detector  You reported that you have a working smoke detector in your home - that's great! The best places for smoke detectors are outside of bedroom areas, and on each level of the home. Avoid the kitchen or bathroom areas. Smoke detectors should be tested monthly, and the batteries should be replaced once a year or when the device makes a chirping sound. Plan your escape route and practice leaving your home in case of a fire. Decide on a single meeting place for family members should evacuation ever become necessary.

Health care provider  You reported that you have a primary health care provider who provides you with general care and referrals to other health professionals when necessary.

Health checkup  You noted that you have had a health checkup (physical exam) within the past year - nice job! It is recommended that you see your health professional once a year for a general checkup and to receive appropriate preventive health tests for your age and gender.

Non-modifiable Risk Factors

The following listing indicates risk factors which are "non-modifiable," that is, those which you are unable to change. Your current risk status for each of these risk factors is identified below.

DEMOGRAPHICS

Age / Gender  Age can affect a person's risk for chronic diseases, including heart disease, stroke, diabetes, and cancer. In some cases, the risks are also different for males compared to females. As a male who is 30-34 years of age, you are at lower risk for these health conditions.

Weight  Your height and weight have been used to calculate your body mass index (BMI), an indicator of whether you are overweight, underweight, or at a healthy weight. Based on your reported height and weight, your BMI is 24.409722222222, which is within the recommended range of 18.5 to 24.9. Congratulations! By continuing to control your weight, you will remain at lower risk for many health conditions, including heart disease, diabetes, and cancer.

PERSONAL HEALTH HISTORY

FAMILY HEALTH HISTORY

None Of These Health Problems  You reported that none of your family members have any of these health problems.
SECTION IV
Risks for Specific Health Conditions

Risk Factors

The modifiable and non-modifiable risk factors listed below are considered to be significant contributors to an individual's risk for each health condition.

CANCER

Non-modifiable Risk Factors:
None

Modifiable Risk Factors:
- Low exercise / Inactive (0-2 days/wk) 6
- Half or more high-fat foods consumed 6
- Less than 5 servings/day of fruits and vegetables 6
- Severely sunburned once or twice 3
- Does not use sun protection 4

Total Non-modifiable Risk Factor Score: 0
Total Modifiable Risk Factor Score: 25
Total Risk Factor Score: 25
Your Risk Level: Moderate

DIABETES

Non-modifiable Risk Factors:
None

Modifiable Risk Factors:
- Low exercise / Inactive (0-2 days/wk) 8
- Mid-range HDL cholesterol 1

Total Non-modifiable Risk Factor Score: 0
Total Modifiable Risk Factor Score: 9
Total Risk Factor Score: 9
Your Risk Level: Low

HEART DISEASE

Non-modifiable Risk Factors:
Modifiable Risk Factors:
- Low exercise / Inactive (0-2 days/wk) 8
- Half or more high-fat foods consumed 4
- Less than 5 servings/day of fruits and vegetables 2
- Near optimal LDL cholesterol 1
- Mid-range HDL cholesterol 2

Total Non-modifiable Risk Factor Score: 0
Total Modifiable Risk Factor Score: 17
Total Risk Factor Score: 17
Your Risk Level: Moderate

MENTAL HEALTH CONCERNS

Non-modifiable Risk Factors:
None

Modifiable Risk Factors:
- Low exercise / Inactive (0-2 days/wk) 10

Total Non-modifiable Risk Factor Score: 0
Total Modifiable Risk Factor Score: 10
Total Risk Factor Score: 10
Your Risk Level: Low

STROKE

Non-modifiable Risk Factors:
None

Modifiable Risk Factors:
- Low exercise / Inactive (0-2 days/wk) 6
- Mid-range HDL cholesterol 1
- Half or more high-fat foods consumed 4
- Less than 5 servings/day of fruits and vegetables 2

Total Non-modifiable Risk Factor Score: 0
Total Modifiable Risk Factor Score: 13
Total Risk Factor Score: 13
Your Risk Level: Low
SECTION V
What Now?

Five Ways To Use Your Wellstream Personal Health Risk Assessment

Congratulations on completing the Wellstream Health Risk Assessment. Believe it or not, this small activity is a big step toward improving and/or maintaining your personal health status.

But what now?

1. Read The Report!
Spend some time reading the report and examining the results. In this report, you will find important information relating to your family history, your current risk factors, and your preventive practices just to mention a few. Because this information is essential to better understanding the path to improved health, it is highly recommended that you spend some time reading this report.

2. Schedule Your Preventive Screenings.
One of the best ways to address health problems is to prevent them before they start. Preventive screening is the key. In this personal Health Risk Assessment, you have an excellent resource for examining what preventive tests and procedures you'll need to schedule. If you're on track with all of your preventive screenings, mark your calendar so that you'll know when it's time to get them done.

3. Take A Copy With You To Your Healthcare Provider.
The next time you visit your healthcare provider, be sure to bring a copy of this report with you. The information in this report will help your healthcare provider to know more about you and how to better keep you healthy.

4. Develop A Plan.
Virtually everyone can improve their personal health practices. Given the fact that your health is one of your most valuable personal assets, this investment is a wise one. The information contained in your personalized report will help you put together a program for health improvement. Whether it's walking, eating five servings of fruits and vegetables, or better managing your stress, this report will be the core of your personal plan that you can take with you on your journey to better health.

5. Keep It Around.
Just like you keep annual bank statements, auto maintenance, home improvements, and other important information, we recommend that you keep a copy of this report in your personal health file. As the months and years go by, you'll be surprised at how important this information will prove to be.