

# MY HEALTH PROFILE



Premise Health.



# Screening Summary

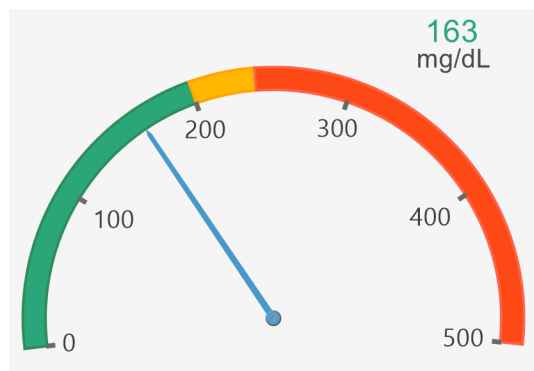
Name: Sample Member      Age: 52  
 DOB: X/X/1969      Height: 5' 11" inches  
 Sex: M      Weight: 161 lbs  
 Screening Date: 4/28/2021

TEST DESCRIPTION	YOUR RESULT	✓ LOW RISK	⊖ MOD RISK	⚠ HIGH RISK
Blood Pressure	⚠ 169/98	<120 and <80 sys/dia mm Hg	120-139 or 80-89 sys/dia mm Hg	>=140 or >=90 sys/dia mm Hg
BMI	⚠ 37.45	18.5 - 24.9	25.0 - 29.9	< 18.50 or >= 30.0
Cholesterol, Total	✓ 163	< 200 mg/dL	200 - 239 mg/dL	>= 240 mg/dL
Triglycerides	✓ 117	< 150 mg/dL	150 - 199 mg/dL	>= 200 mg/dL
Glucose	✓ 112	<= 139 mg/dL	140 - 200 mg/dL	> 200 mg/dL
HDL	⊖ 40	>= 60 mg/dL	40 - 59 mg/dL	< 40 mg/dL
Chol/HDL Ratio	✓ 4.1	MALE < 3.5	MALE >= 3.5 and <= 5.0	MALE > 5.0
LDL Cholesterol	⊖ 100	< 100 mg/dL	100 - 159 mg/dL	>= 160 mg/dL

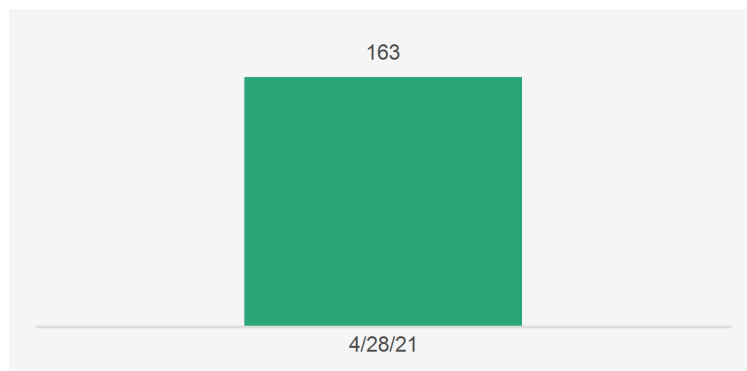
The information above is based on data collected during your health screening. If a value falls outside of the desirable range, it could mean that your test results were inaccurate due to a variety of different factors, such as eating shortly before your blood was collected. However, it may indicate a problem that needs your attention. If you do not know why you are outside the desired range, please check with your doctor to see if further testing should be done.



## TOTAL CHOLESTEROL



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**LOW RISK** Your Result is: 163 mg/dL

**PERFECT!** Your total cholesterol levels are right where they need to be. It's normal to have cholesterol – in fact, it's an imperative part of a healthy body because it's used for producing cell membranes and hormones, and serves other needed bodily functions, such as the digestion of dietary fat. But it's important to keep it in check – and you're right on target!



**LOW RISK**  
< 200 mg/dL



**MOD RISK**  
200 - 239 mg/dL



**HIGH RISK**  
≥ 240 mg/dL

### FACTORS FOR UNHEALTHY RANGES INCLUDE:

#### SMOKING

**HIGH BLOOD PRESSURE** (140/90 mmHg or higher or if on blood pressure medication)

**LOW HDL "GOOD" CHOLESTEROL** (less than 40 mg/dL)

**AGE** (males 45 years or older; females 55 years or older)

**FAMILY HISTORY** (Heart disease in father or brother before age 55; heart disease in mother or sister before age 65)

## WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance found in the walls of cells throughout the body. Your body can make all the cholesterol it needs. When there is too much cholesterol in your blood, it can build up on your artery walls putting you at risk for heart attack and stroke, the two leading causes of death in the United States. There are typically no signs or symptoms of high cholesterol. Total blood cholesterol is a measure of the total amount of cholesterol in your blood, including HDL "good" cholesterol, LDL "bad" cholesterol, and other lipid components.

## TIPS

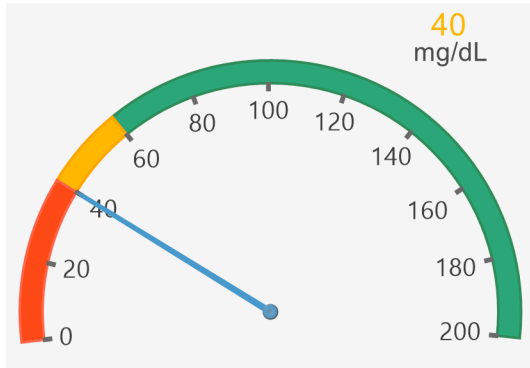
**GET MOVING.** Whether it's a walk in the park or you're heading to the gym, do something and do it regularly. 30 minutes a day is recommended for everyone. If you have a busy schedule, try doing exercises in 10 minute intervals several times a day.

**EAT HEALTHY.** Simple changes in your diet can make big changes in your total cholesterol. Saturated fat and cholesterol in the food you eat make your blood cholesterol level rise. Reducing the amount of saturated fat and cholesterol in your diet helps lower your total blood cholesterol level. In addition, try to eat more fish, olive oil, fiber and walnuts.

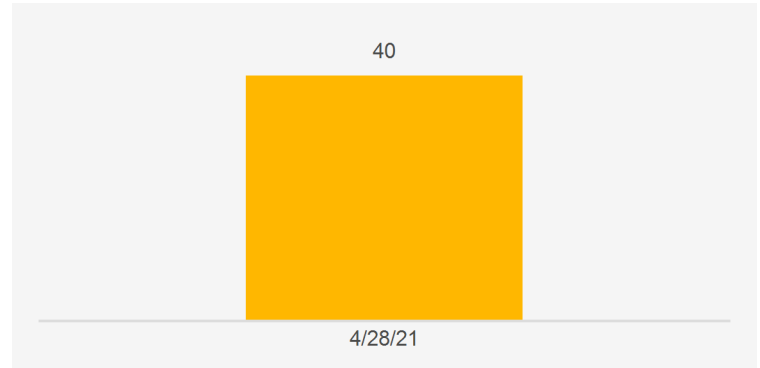
**LOSE WEIGHT.** Losing weight can help lower your cholesterol levels and it is especially important for those with high triglycerides, low HDL levels and large waist measurements (40 inches or higher for males and 35 inches or higher for females). Losing 5 to 10% of your body weight can help to significantly reduce your cholesterol levels.



# HDL



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**MOD RISK** Your Result is: 40 mg/dL

Your HDL “good” cholesterol level is low and out of optimal range. Low HDL cholesterol levels increase the risk of cardiovascular disease, but you can turn things around! Many lifestyle changes can assist in raising HDL levels such as aerobic exercise, weight loss, quitting smoking, and improving your diet.



**LOW RISK**  
≥ 60 mg/dL



**MOD RISK**  
40 - 59 mg/dL



**HIGH RISK**  
< 40 mg/dL

### FACTORS FOR UNHEALTHY RANGES INCLUDE:

#### SMOKING

**OBESITY** Having a body mass index (BMI) of 30 or greater.

**LARGE WAIST CIRCUMFERENCE** Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

**POOR DIET** Foods that are high in cholesterol, such as red meat and full-fat dairy products, will increase your total cholesterol. Eating saturated fats, found in animal products, and trans fats, found in some commercially baked cookies and crackers, can also increase your total cholesterol level.

**LACK OF PHYSICAL ACTIVITY** Exercise helps boost your body’s HDL “good” cholesterol while lowering your LDL “bad” cholesterol.

**DIABETES** High blood sugar can contribute to lower HDL cholesterol.

## WHAT IS HDL?

HDL, or “high-density lipoprotein”, is considered “good” cholesterol because it helps remove LDL cholesterol from the arteries. Experts believe HDL acts as a scavenger, carrying LDL cholesterol away from the arteries and back to the liver, where it is broken down and passed from the body. A healthy level of HDL cholesterol may also protect against heart attack and stroke, while low levels of HDL cholesterol have been shown to increase the risk of heart disease.

## TIPS

**DON'T SMOKE.** Not smoking can increase your HDL cholesterol by up to 10%.

**GET MOVING AND LOSE SOME WEIGHT.** Within two months of starting, frequent aerobic exercise can increase HDL cholesterol by about 5%. Your best bet for increasing HDL cholesterol is to exercise briskly for 30 minutes five times a week. Examples of brisk, aerobic exercise include walking, running, cycling, swimming, playing basketball or anything that increases your heart rate.

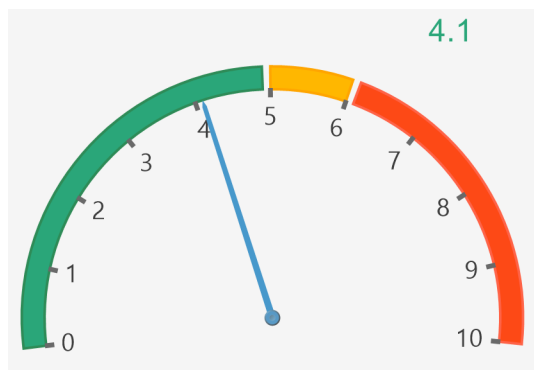
**EAT HEALTHY.** Simple changes in your diet can make big changes in your HDL cholesterol. Foods that help increase your HDL cholesterol levels are:

- Whole grains, such as “Old Fashioned” oatmeal, oat bran and 100% whole-wheat/grain products
- Nuts, such as walnuts, almonds and brazil nuts
- Plant sterols, such as beta-sitosterol and sitostanol (typically found in margarine spreads such as Promise Activ or Benecol)
- Omega-3 fatty acids, such as fatty fish, fish oil supplements, flaxseeds and flaxseed oil

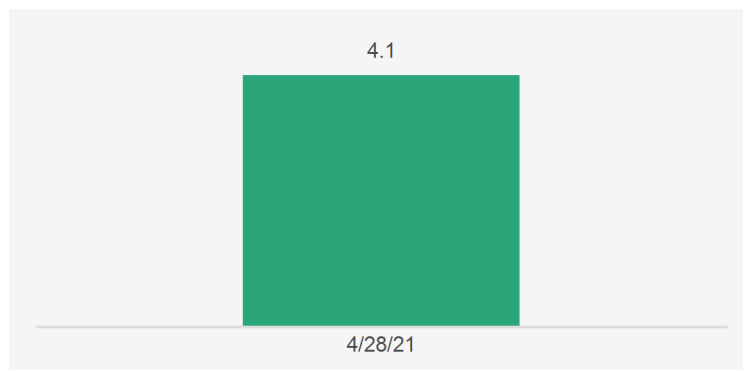




## RATIO OF CHOLESTEROL TO HDL



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**LOW RISK** Your Result is: 4.1

**NICE WORK!** Great work! Your cholesterol ratio is right where it needs to be. To calculate your cholesterol ratio, divide your total cholesterol number by your HDL cholesterol number. So, if your total cholesterol is 200 mg/dL (5.2 mmol/L) and your HDL is 50 mg/dL (1.3 mmol/L), your ratio would be 4-to-1. Higher ratios mean a higher risk of heart disease.



**LOW RISK**  
MALE < 5



**MOD RISK**  
MALE  $\geq 5$  and  
 $\leq 6$



**HIGH RISK**  
MALE > 6

**FACTORS FOR UNHEALTHY RANGES INCLUDE:**

### SMOKING

**High Blood Pressure** (140/90 mmHg or higher or if on blood pressure medication)

**Low HDL “Good” Cholesterol** (less than 40 mg/dL)

**Age** (males 45 years or older; females 55 years or older)

**Family History** - (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)

## WHAT IS RATIO OF CHOLESTEROL TO HDL?

To calculate your cholesterol ratio, divide your total cholesterol number by your HDL cholesterol number. So, if your total cholesterol is 200 mg/dL (5.2 mmol/L) and your HDL is 50 mg/dL (1.3 mmol/L), your ratio would be 4-to-1. Higher ratios mean a higher risk of heart disease.

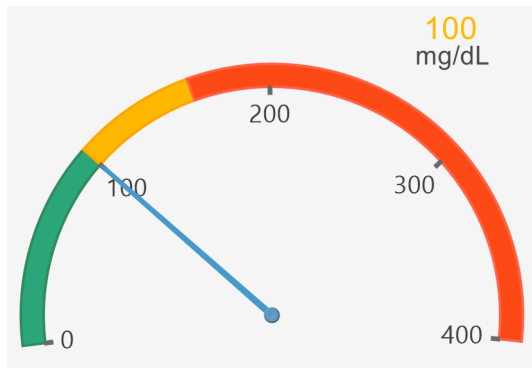
## TIPS

**GET MOVING.** Whether it's a walk in the park or you're heading to the gym, do something and do it regularly. 30 minutes a day is recommended for everyone. If you have a busy schedule, try doing exercises in 10-minute intervals several times a day.

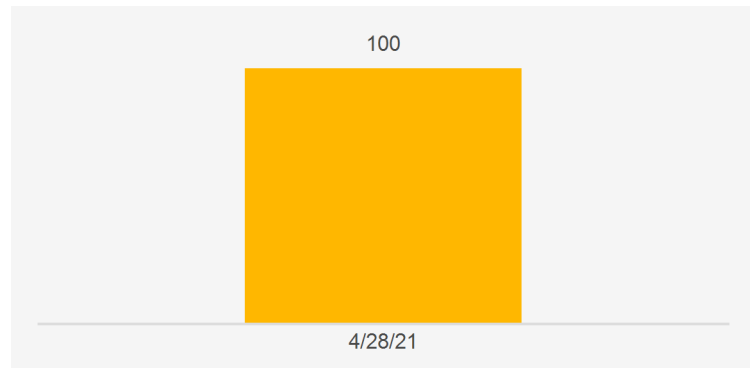
**EAT HEALTHY.** Simple changes in your diet can make big changes in your total cholesterol. Saturated fat and cholesterol in the food you eat make your blood cholesterol level rise. Reducing the amount of saturated fat and cholesterol in your diet helps lower your total blood cholesterol level. In addition, try to eat more fish, olive oil, fiber, and walnuts.

**LOSE WEIGHT.** Losing weight can help lower your cholesterol levels and it is especially important for those with high triglycerides, low HDL levels, and large waist measurements (40 inches or higher for males and 35 inches or higher for females). Losing 5 to 10% of your body weight can help to significantly reduce your cholesterol levels.

# ↓ LDL



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**MOD RISK** Your Result is: 100 mg/dL

Your LDL “bad” cholesterol levels are elevated and out of the optimal range. LDL ranges can be affected by food that you may have consumed within 10 to 12 hours of being screened. Improving your nutrition and exercising are simple lifestyle changes that can drastically improve your LDL cholesterol values. If you do not know why your LDL levels are out of range, discuss with your provider.



**LOW RISK**  
< 100 mg/dL



**MOD RISK**  
100 - 159 mg/dL



**HIGH RISK**  
≥ 160 mg/dL

### FACTORS FOR UNHEALTHY RANGES INCLUDE:

#### SMOKING

**OBESITY** Having a body mass index (BMI) of 30 or greater.

**LARGE WAIST CIRCUMFERENCE** Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

**POOR DIET** Foods that are high in cholesterol, such as red meat and full-fat dairy products, will increase your total cholesterol. Eating saturated fats, found in animal products, and trans fats, found in some commercially baked cookies and crackers, can also increase your total cholesterol level.

**LACK OF PHYSICAL ACTIVITY** Exercise helps boost your body’s HDL “good” cholesterol while lowering your LDL “bad” cholesterol.

**DIABETES** High blood sugar can contribute to higher LDL cholesterol and lower HDL cholesterol.

## WHAT IS LDL?

LDL, or “low-density lipoprotein”, is sometimes called the “bad” cholesterol because high levels of LDL cholesterol can build up in your arteries, causing heart disease. LDL contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, heart attack or stroke can result.

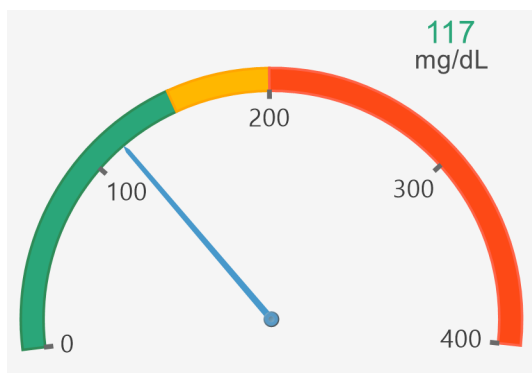
## TIPS

**GET MOVING.** Physical activity can help to lower LDL cholesterol. The benefits come even with moderate exercise, such as brisk walking – so get a pedometer and aim for 10,000 steps a day. If you work at a desk, get up and walk around for five minutes every hour. Some experts recommend seven days a week, but the key is to be consistent.

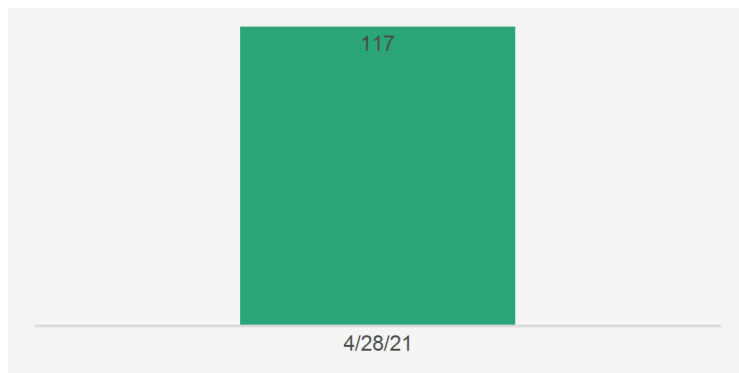
**EAT HEALTHY.** Simple changes in your diet can make BIG changes in your LDL cholesterol. Try to eat more avocados, oatmeal, fish, olive oil and nuts. In addition, cut back on the cholesterol and total fat, especially saturated and trans fats. Trans fats, which are sometimes found in margarines and store-bought cookies, crackers and cakes are particularly bad for your cholesterol levels.

**LOSE WEIGHT.** If you’re overweight, shed the extra pounds. Weight loss helps lower LDL cholesterol. Even a small-to-moderate weight loss can make an impact. Clinical experts recommend losing 5 to 10% of your body weight to significantly reduce your cholesterol levels. Just remember that losing weight can lower LDL, but levels will go back up unless you make lasting dietary and lifestyle changes.

# TRIGLYCERIDES



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**LOW RISK** Your Result is: 117 mg/dL

**GREAT!** Your triglyceride levels are right where they need to be. Too many triglycerides in the blood may contribute to a hardening of the arteries or a thickening of the artery walls (atherosclerosis), which can increase the risk of stroke, heart attack and heart disease. Make sure you maintain good nutrition and exercise regularly to stay on track.



**LOW RISK**  
< 150 mg/dL



**MOD RISK**  
150 - 199 mg/dL



**HIGH RISK**  
≥ 200 mg/dL

### FACTORS FOR UNHEALTHY RANGES INCLUDE:

#### SMOKING

**OBESITY** Having a body mass index (BMI) of 30 or greater.

**LACK OF PHYSICAL ACTIVITY** – The less active you are, the more triglycerides may be stored in your body.

**POOR DIET** – Consuming more calories than your body can burn by eating foods high in carbohydrates and fats.

**LARGE WAIST CIRCUMFERENCE** - Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

**DIDABETES** - Poorly controlled diabetes.

**EXCESSIVE ALCOHOL CONSUMPTION**

## WHAT ARE TRIGLYCERIDES?

Triglycerides are a type of fat found in your blood. Every time you eat, your body converts the extra calories it doesn't need into triglycerides, which are then stored in your fat cells and used later for energy. If you regularly eat more calories than you burn, especially the "easy" calories like carbs and fats, it can lead to high triglycerides.

High triglycerides are often associated with other conditions that increase the risk of heart disease and stroke like obesity and metabolic syndrome. In addition, high triglycerides are sometimes a sign of poorly controlled type 2 diabetes, low levels of thyroid hormones, and liver or kidney disease.

## TIPS

**CUT BACK ON THE CALORIES** - Remember that extra calories are converted to triglycerides and stored as fat. Reducing your calories will reduce your triglycerides.

**AVOID REFINED FOODS** - Simple carbohydrates, such as sugar and foods made with white flour, can increase triglycerides.

**CHOOSE HEALTHY FATS** - Switch out meats that contain saturated fats for fish high in omega-3 fatty acids and healthier fats found in plants, such as olive, peanut and canola oils.

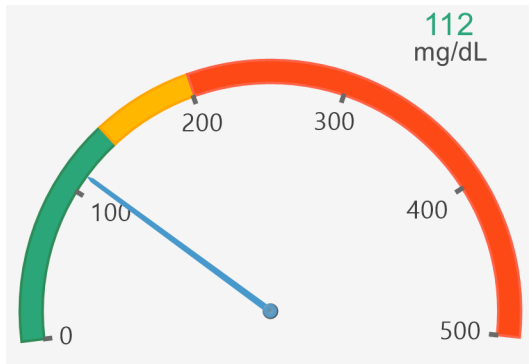
**LIMIT THE ALCOHOL YOU DRINK** - Alcohol is high in calories and sugar and has a particularly potent effect on triglycerides. Even small amounts of alcohol can raise triglyceride levels, so be careful.

**ELIMINATE TRANS FATS** - Trans fat can be found in some fried foods and processed products such as cookies, crackers and snack cakes. You can tell that a food has trans fat in it if it contains partially hydrogenated oil on the nutritional label.

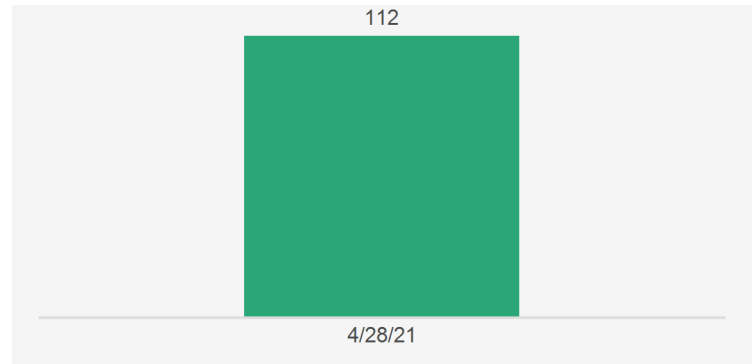
**EXERCISE REGULARLY** - Aim for at least 30 minutes of physical activity every day of the week. Regular exercise can help lower triglycerides, so take a brisk daily walk, swim laps, or join a gym. If you don't have time to exercise for 30 minutes, try squeezing it in 10 minutes at a time. If you're overweight, losing 5 to 10 pounds can help lower your triglycerides.



# GLUCOSE NON-FASTING



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**LOW RISK** Your Result is: 112 mg/dL

**NICE!** Your glucose or blood sugar level is right where it needs to be. Glucose tests are used to diagnose pre-diabetes, diabetes hypoglycemia and hyperglycemia – all potentially serious diseases that need to be monitored on a regular basis.



**LOW RISK**  
≤ 139 mg/dL



**MOD RISK**  
140 - 200 mg/dL



**HIGH RISK**  
> 200 mg/dL

### FACTORS FOR UNHEALTHY RANGES INCLUDE:

#### FAMILY HISTORY OF DIABETES

**INCONSISTENT MEAL SCHEDULE** Irregular meal schedules can cause drops and spikes in your blood sugar levels.

**POOR DIET** Consuming foods and drinks that contain high amounts of refined sugar such as sodas and juices.

**ONESITY** Having a body mass index (BMI) of 30 or greater.

**LARGE WAIST CIRCUMFERENCE** Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

**LACK OF EXERCISE** Exercise can boost your body's natural insulin activity.

## WHAT IS GLUCOSE?

Glucose, which comes from carbohydrates in our diet, is the fuel that powers every cell in your body. Normally, your glucose levels increase after you eat. This increase causes your pancreas to release insulin (a hormone helps your body use glucose as an energy source) to keep your glucose levels from getting too high.

There are many factors that can change your glucose levels, so it's important to recognize dips and spikes in order to manage them. When your levels go up, you might experience fatigue, increased thirst, blurry vision, or frequent urination. Levels that remain high over time can damage your eyes, kidneys, nerves and blood vessels. This is most common with diabetes, where there's a problem with the cell using insulin, a problem with the pancreas producing insulin, or both. When your levels go down, you might experience dizziness, irritability, sweating, weakness, and lack of coordination. These symptoms can be caused by irregular meal schedules, being more active than usual, or taking medicine that doesn't regulate your diabetes at the time.

## TIPS

**GO NUTS.** Almonds, walnuts, and pistachios contain healthy fats that slow the body's absorption of sugar.

**VEG OUT.** Eating non-starchy vegetables such as broccoli, cucumbers, and carrots can help prevent surges in blood sugar levels while providing essential nutrients.

**DON'T SKIP MEALS.** It's important to spread out your daily food intake, starting with breakfast. Consuming more food in just one or two meals a day causes greater fluctuations in blood sugar levels.

**DON'T DRINK ON AN EMPTY STOMACH.** If you haven't eaten, drinking alcohol can cause your blood sugar to drop, even up to 24 hours after ingestion.

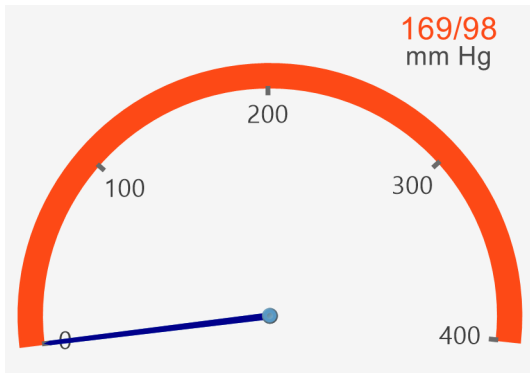
**EAT WHOLE GRAINS.** Oat bran, barley, and rye are fiber-rich foods that contain beta-glucan. This soluble fiber decreases the rate of digestion and prevents spikes in blood sugar.

**PLAN AHEAD.** Anticipate the unexpected by carrying healthy snacks that can prevent your blood sugar level from dropping too low.

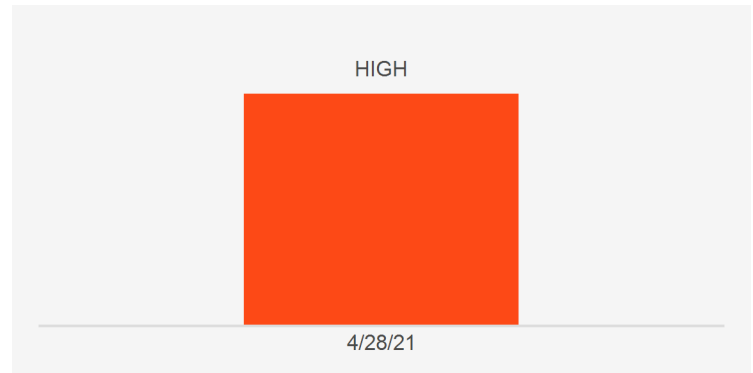




# BLOOD PRESSURE



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**HIGH RISK** Your Result is: 169/98 mm Hg

**WARNING** Your blood pressure reading puts you into a hypertensive range. High blood pressure, which usually has no symptoms, is a primary risk factor for heart disease and stroke. A single reading doesn't mean you have high blood pressure, but it is a sign that further observation is required. Check it frequently in the morning to see if it remains elevated. If the results remain high, discuss with your provider immediately.



**LOW RISK**  
<120 and <80  
sys/dia mm Hg



**MOD RISK**  
120-139 or 80-89  
sys/dia mm Hg



**HIGH RISK**  
≥140 or ≥90  
sys/dia mm Hg

## FACTORS FOR UNHEALTHY RANGES INCLUDE:

### SMOKING

### EXCESSIVE ALCOHOL CONSUMPTION

**LACK OF PHYSICAL ACTIVITY** Exercise can help lower your systolic blood pressure.

**OBESITY** Having a body mass index (BMI) of 30 or greater.

**DIABETES** Those who have diabetes frequently have high blood pressure.

**POOR DIET** Eating processed foods that are high in sodium, like chips and lunch meats, can be contributing factor.

**LARGE WAIST CIRCUMFERENCE** Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

## WHAT IS BLOOD PRESSURE?

Blood pressure is written as two numbers, such as 112 over 78. The top number, systolic, is the pressure when the heart beats. The bottom number, diastolic, is the pressure when the heart rests between beats. Normal blood pressure is below 120 and 80. If you're an adult and your systolic pressure is 120 to 139, or your diastolic pressure is 80 to 89 (or both), you have "prehypertension". High blood pressure (also known as hypertension) is a pressure of 140 systolic or higher and/or 90 diastolic or higher and that stays high over time.

The tricky thing about high blood pressure is that it usually has no signs or symptoms which is why it is so dangerous. The only way to know if your blood pressure is high is to get it checked regularly. About 76 million Americans over the age of 20 have it, and many don't even know they have it. Untreated high blood pressure can lead to stroke, heart attack, angina, heart failure, kidney failure and peripheral arterial disease (PAD).

## TIPS

**GET ACTIVE.** Exercise is key to the management of hypertension. 30 minutes of moderate exercise every day of the week can boost heart health.

**LOWER STRESS.** Keeping stress under control with regular relaxation has been found to help lower high blood pressure. Allow yourself some time each day to unwind and enjoy life.

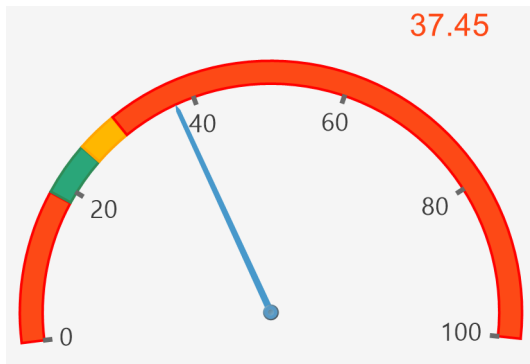
**CUT OUT TOBACCO AND REDUCE ALCOHOL CONSUMPTION.** Tobacco use and drinking excessive amounts of alcohol can contribute to high blood pressure.

**LOSE WEIGHT.** Obesity and being overweight is a major contributor to high blood pressure. Set a goal and try to keep your body mass index, or BMI, between 18 and 24.9.

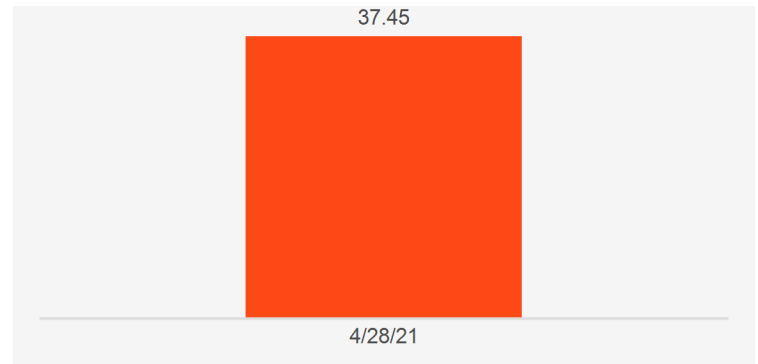
**CHANGE YOUR DIET.** Studies have found that a diet low in sodium has a big benefit when it comes to lowering hypertension. Cutting back on high-sodium foods is recommended for people with high blood pressure. Instead, fill up on whole grains, fresh fruits and vegetables to help lower high blood pressure.



# BMI



YOUR RESULT



RESULTS COMPARISON

## YOUR RESULT



**HIGH RISK** Your Result is: 37.45

**WARNING** Your BMI puts you in a dangerous range. This means you may be considered obese and at a high risk for serious medical conditions such as diabetes, heart disease and stroke. To lower your BMI, increase the number of times you exercise every week and decrease the amount of foods high in salt and fat in your diet. Discuss with your provider immediately.



**LOW RISK**  
18.5 - 24.9



**MOD RISK**  
25.0 - 29.9



**HIGH RISK**  
< 18.50 or >= 30.0

## FACTORS FOR UNHEALTHY RANGES INCLUDE:

**LACK OF EXERCISE** Inactivity can promote the buildup of excess calories in your body, which are then stored as body fat.

**GENETICS** The way your body regulates your appetite, how efficiently your body converts food into energy and how your body burns calories during exercise can be affected by genetics.

**UNBALANCED DIET** Eating an unbalanced ratio of carbohydrates, fats and proteins per meal can contribute to weight gain.

**LIMITED NUTRITIONAL INTAKE** Diets that limit the amount of nutrients your body receives can result in weight gain, as your body may crave more calories until it feels satisfied.

**EXCESS CALORIE CONSUMPTION** Consuming more calories than your body can burn by eating foods that are high in carbohydrates and sugars may cause your body to store the excess amount calories as body fat.

**IRREGULAR SLEEP ROUTINE** Too much or not enough sleep can cause changes in certain hormones that increase your appetite. This could cause you to crave foods high in calories which can contribute to weight gain.

## WHAT IS BMI?

BMI, or body mass index, is a quick and easy way to see if your weight is within the normal or average range for your height. BMI is a number that reflects body weight adjusted for height and is calculated by using the ratio of your weight to your height. Once you have your BMI, you can find out where you fit in the BMI range.

While most people with BMI in the overweight, obese, or dangerously obese ranges have extra body fat, there are exceptions. Athletes, such as bodybuilders, are heavy because of their muscle mass, not their body fat. However, most individuals who are overweight or obese are at an increased risk for many diseases and health conditions including the following: hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems and some types of cancers (endometrial, breast and colon).

## TIPS

**GET MOVING.** Whether it's a walk in the park or you're heading to the gym, do something and do it regularly. 30 minutes a day is recommended for everyone. If you have a busy schedule, try doing exercises in 10 minute intervals several times a day.

**CUT BACK ON CALORIES.** Remember that extra calories equal extra pounds. Reducing your calories will reduce your BMI. Avoid foods with refined sugar, white flour or that are high in fat.

**EAT AT HOME.** One simple way to improve your diet is to cook for yourself and limit eating out. Fast foods are usually high in fat, salt, and oil. Eating at home benefits the whole family! Learn to cook healthy meals and make dining a family event. By eating at home, you can save money, reduce stress and lower your BMI!