

Name: **Sample Man**

Male, 51.5 years

03/21/1993 03/21/1997

The Heart Place

## Overall Wellness Profile

Like many people today, you recognize the value of good health. You realize that it helps you feel better and adds quality to your life. Most of us have room to improve our health. In order to do this, you need to know where you stand now. Recently, you took a positive step by filling out the HealthCalc questionnaire. This report tells you how healthy you are now, and your chances of staying healthy or becoming ill with a major health problem in the future. It also tells how healthy you would be if your everyday health behaviors were at ideal levels. Most importantly, it shows what you can do to live a longer, healthier life!

Wellness Variable	Your Rating	Poor	Fair	Good	Great
Overall Wellness	18 38	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Blood Cholesterol	18 68	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Blood Pressure	40 76	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Tobacco and Alcohol	10 72	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Exercise	11 11	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Nutrition	20 23	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Stress, Well-Being	40 40	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Home & Automobile Safety	14 60	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>

The following pages are organized into seven modifiable aspects of health that contribute most to your health and well-being. The grid above summarizes your health status for each of the aspects on a scale of 1 to 100 (higher ratings are better). Similar charts are used on the following pages.

The charts below display the leading health risks for men your age. Three bars are displayed for each chart. Your current risk level (the bar on the left) is displayed relative to an achievable risk level if all of your risk factors were at desirable levels. The center bar allows you to gauge how you compare to other men your age. Remember, "average" does not necessarily mean healthy and many times there is room for further improvement. Read on to find out more!

## Your Major Health Risks

