

# Healthy Life HRA



This report explains your health risks as a 52 year old male.

## Current Age

52

## Risk Age

58.0

## Target Age

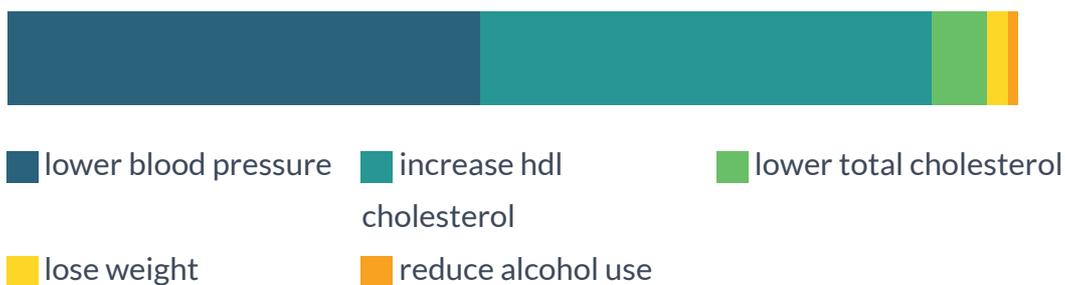
48.5

Your risk age compares you to other people your age and sex for all causes of death

Your target age is what your risk age could be if you made changes to your lifestyle.

Your answers point to lots of changes you can make to reduce your risks and live healthy. Making lifestyle changes can reduce your risk age by 9.4 years.

## What you can do to lower your risk age:



## Guidelines for good health:

- A good systolic blood pressure is less than 130.
- A good HDL is greater than 55.
- A good total cholesterol is less than 200.
- Consider losing 19 pounds over the next 12 months.
- Alcohol in moderation is best

## Cough and Hand Hygiene:

- You are at higher risk of contracting or spreading COVID-19 and other common diseases if you do not wash your hands often enough. Washing your hands with soap and water for 20 seconds is the most effective way to prevent you and loved ones from becoming infected. Hand sanitizers are a good second choice to hand washing. In addition, do not touch your face, eyes, nose, or mouth. Cough into your elbow or a tissue, then wash your hands. When washing hands in a public place, use a paper towel as barrier to turn off water (and if possible to open the door) then discard the paper towel. The CDC provides up-to-date information on how to protect yourself: [Prevention of Coronavirus Disease 2019](#)
- If you are sick with symptoms of the cold or the flu, stay home and take care of yourself with over the counter medication. Call your local health care provider or your city or state hotline or your doctor for more information. Visit the CDC page for more information: [What To Do If You Are Sick](#)
- If you have symptoms of shortness of breath or chest pain or other serious symptoms, you should seek medical care. Please contact your doctor or emergency room before coming in, if you can. Visit the CDC page for more information: [What To Do If You Are Sick](#)
- Whenever possible, especially in public settings, stand or sit more than 6 feet away from people who are sick and at least 3 feet from everyone else. Substitute non-contact greetings for handshakes. Older adults and those with chronic health conditions should be vigilant and stay away from people as much as possible. The CDC provides up-to-date information on how to protect yourself: [Prevention of Coronavirus Disease 2019](#)

## **Routine preventative services recommended for men your age:**

- Get a flu shot every year.
- Have your cholesterol and blood pressure checked.
- Get a dental exam regularly.
- All adults should get tested for HIV at least once as part of routine health care.
- See your doctor for colorectal screening.

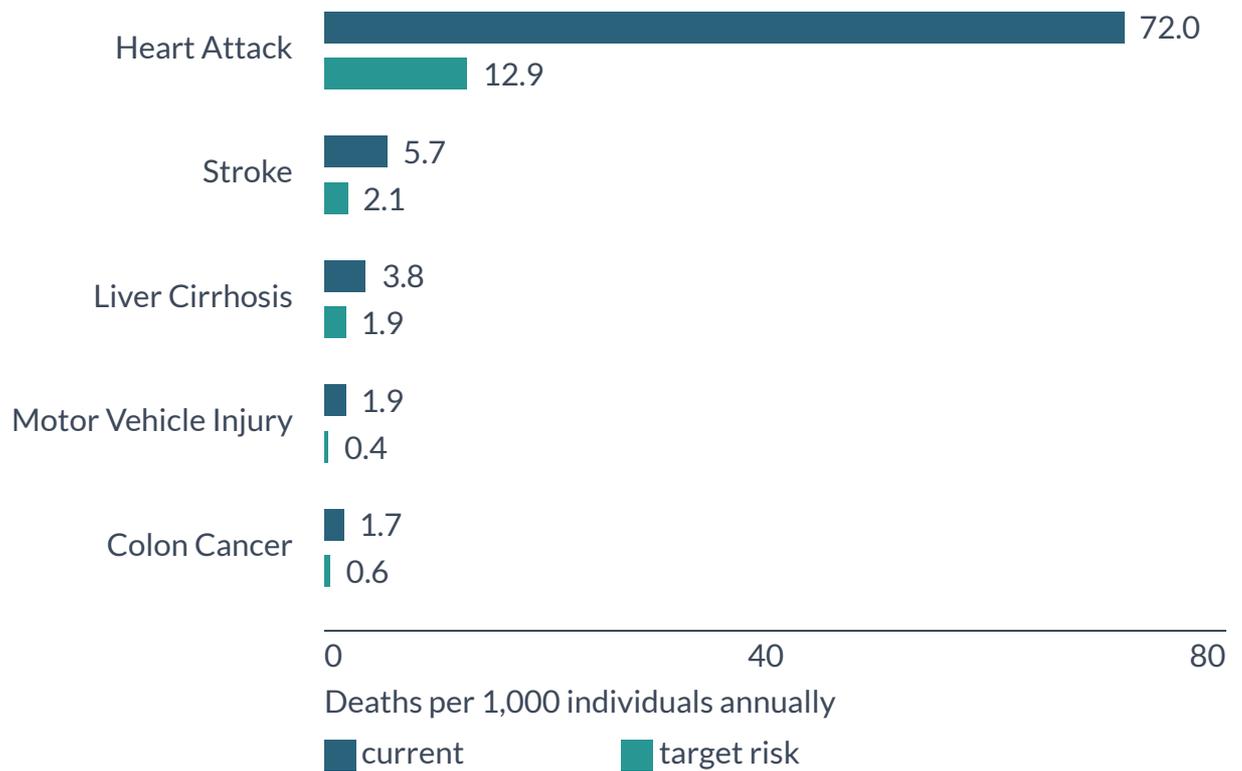
## **You are already doing things that keep your health risks low:**

- You use your seat belt.
  - Not smoking is the single best thing you can do for your health.
  - You are taking a health risk assessment!
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## **General recommendations for everyone:**

- Exercise briskly for 20-60 minutes at least three times per week
- Choose a variety of foods that are low in fat and high in fiber

## Mortality Risks of the most common causes of death:



### How to lower your risks:

Heart Attack and Stroke: Avoid all tobacco products, maintain a healthy weight, and keep healthy blood pressure and cholesterol levels.

Motor Vehicle Injury: Drive the speed limit, wear your seat belt, and don't drink and drive.

Diabetes Mellitus: Control your weight and follow your doctor's advice.

Lung Cancer: Avoid all tobacco products.

## Stress Risk



Your stress level is similar to the average person. Keep in mind it is still important to keep track of any sources of stress in your life. Make time to do things that help you feel well. These could include exercise, eating healthy, getting enough rest and sleep and finding a coping mechanism that works well for you (e.g. meditation, breathing exercises, prayer).

## Sleep Risk



You are currently at a slightly higher level of risk due to poor sleep quality than most people. It is important for you to

- Keep a consistent sleep schedule
- Get close to 7 hours of sleep per night
- Avoid screen time (phone, tablet, or TV) just before bedtime

If these strategies are not effective at helping with sleep, talk to your doctor.

## Nutrition Risk



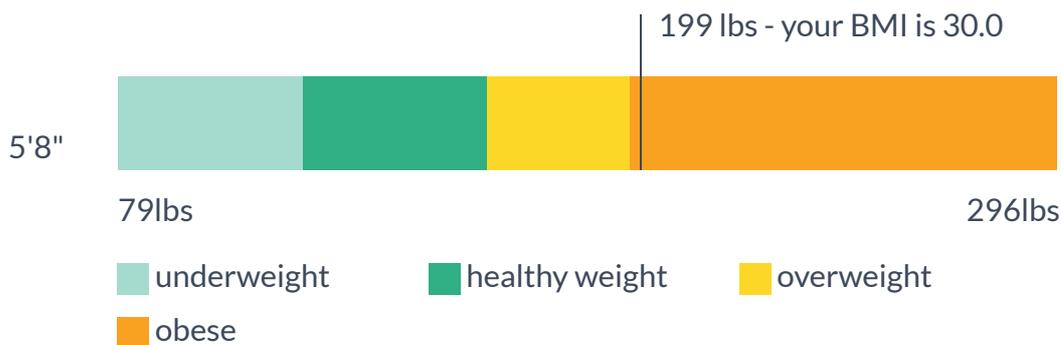
You are doing some good things with your diet, but some of your eating habits could be healthier. Consider making changes to what you eat and talk to your doctor before any big changes. It is best to start with small changes. Some options to consider are:

- Eating 1 more healthy food each day
- Eat 1 fewer unhealthy food each day
- Replace one sweetened drink with an unsweetened or lightly sweetened drink each day
- Replace a snack or desert with a piece of fruit or handful of nuts
- Cook a meal or vegetable with olive oil instead of butter



# Physical Health

## Body Weight Risk



Your BMI is 30.0, indicating your weight is in the obese category for adults of your height.

For your height, a normal weight range would be from 121 to 163 pounds.

People who are overweight or obese are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol.

## Cardiorespiratory Fitness Risk



**High Risk:** You have a higher than average mortality risk based upon your cardiorespiratory fitness. You may be able to improve by exercising more often at a level that increases your heart rate. Talk to your doctor about an exercise program that is right for you. For many people a good way to start exercising is to go for a walk. You can make exercise more fun by bringing a friend or a pet.

# Action Plan

Complete this personal action plan with your healthcare provider. Keep it in your home to remind you of your commitment to living a healthy life.

## My Health Goals

- Eat Healthy       Exercise More       Lose Weight       Lower Blood Pressure

## Specific Actions

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Eat some fruits and vegetables every day   | <input type="checkbox"/> Avoid sodas and other sweetened beverages          | <input type="checkbox"/> Limit my intake of fast food         |
| <input type="checkbox"/> Take the stairs instead of the elevator    | <input type="checkbox"/> Ride my bike or walk instead of driving            | <input type="checkbox"/> Do some light exercise every day     |
| <input type="checkbox"/> Replace high fat foods with leaner options | <input type="checkbox"/> Lower my sodium (salt) intake                      | <input type="checkbox"/> Always use a seat belt               |
| <input type="checkbox"/> Drive within 5mph of the speed limit       | <input type="checkbox"/> Never drink and drive or drive with a drunk person | <input type="checkbox"/> Wear my helmet while riding a bike   |
| <input type="checkbox"/> Have my feet checked by my doctor          | <input type="checkbox"/> Have an eye exam                                   | <input type="checkbox"/> Complete an annual wellness visit    |
| <input type="checkbox"/> Review my list of medicines with my doctor | <input type="checkbox"/> Get a cholesterol test                             | <input type="checkbox"/> Have my blood pressure checked       |
| <input type="checkbox"/> Take my medicines as prescribed            | <input type="checkbox"/> Get a flu shot                                     | <input type="checkbox"/> Get a good night's sleep every night |

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_____	My Signature	_____	Provider's Signature
_____	Date	_____	Date

## Deaths per 100,000 men over the next 10 years

This table shows the chances of you dying from different causes. The risk numbers are created by combining your answers with the results of scientific research. Higher numbers mean greater risk, and lower numbers mean lower risk.

Cause of death	Men on average	Men like you	Men like you who live healthy
1. Heart Attack	1970	7199	1288
2. Lung Cancer	810	151	151
3. Liver Cirrhosis	389	378	189
4. All Other Unintentional Injury	347	347	347
5. Suicide	333	333	333
6. Emphysema/Bronchitis	311	62	62
7. Diabetes Mellitus	274	274	274
8. Stomach Cancer	228	228	228
9. Stroke	219	571	206
10. Pancreatic Cancer	183	143	143
11. Poisoning	181	181	181
12. Colon Cancer	174	174	57
13. Hypertensive Heart Disease	145	145	145
14. Esophageal Cancer	142	77	77
15. Leukemia	119	119	119

# Provider Report

Your provider should discuss the information below with you:

## Cardiovascular

Indicators	Risk Level	Assessed Values	Units
Weight	High	199	lbs
BMI	High	30.3	kg/m <sup>2</sup>
Blood Pressure	High	177	mmHg
Blood Pressure Medication		yes	
Total Cholesterol	Average	211	mg/dl
HDL Cholesterol	High	33	mg/dl

## Personal Risk Factors

Indicators	Risk Level	Assessed Values	Units
Smoking Habit	Low	Never smoked	
Seat Belt Use	Low	100	%
Distracted Driving	High	yes	
Drunk Driving	Low	0	Trips/Month
Alcohol Use	Low	13	Drinks/Week
Depression Screen (PHQ)	Low	1	
Anxiety Screen (GAD)	Low	1	
VO <sub>2</sub> max	Average	34.4	
ASCVD Risk		Patient has already had a cardiovascular event.	

## Preventative Service Risks

Indicators	Risk Level	Assessed Values	Units
Last Colorectal Screening	High	None	

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