



Health Management Research Center

Health Risk Appraisal Profile HMRC Version

[Info](#)

View your Health Risk Appraisal

Congratulations

for completing your Health Risk Appraisal Questionnaire!

The profile report below is only a sample for demonstration purposes. It is always the same and is unrelated to any answers given in the questionnaire.

Last update: Oct 5, 2006

HRA Password: A00-A00

Next update: after Apr 6, 2007

Serial: W0000000

Averages were used for your missing: **height**

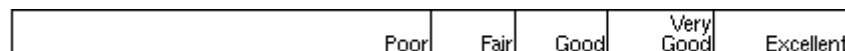
This Health Risk Appraisal is not designed for people who already have Heart disease, Cancer, Kidney disease, or other serious conditions.

Top 3 areas to improve or maintain your health right now!

**Physical Activity
Weight
Stress***

* Keep up the good work!

Wellness Score



Your Wellness Score comes from the information you gave on your HRA. Improving your health

Age: 43

and updating your routine preventive services will improve your score in the future.

Sex: Male

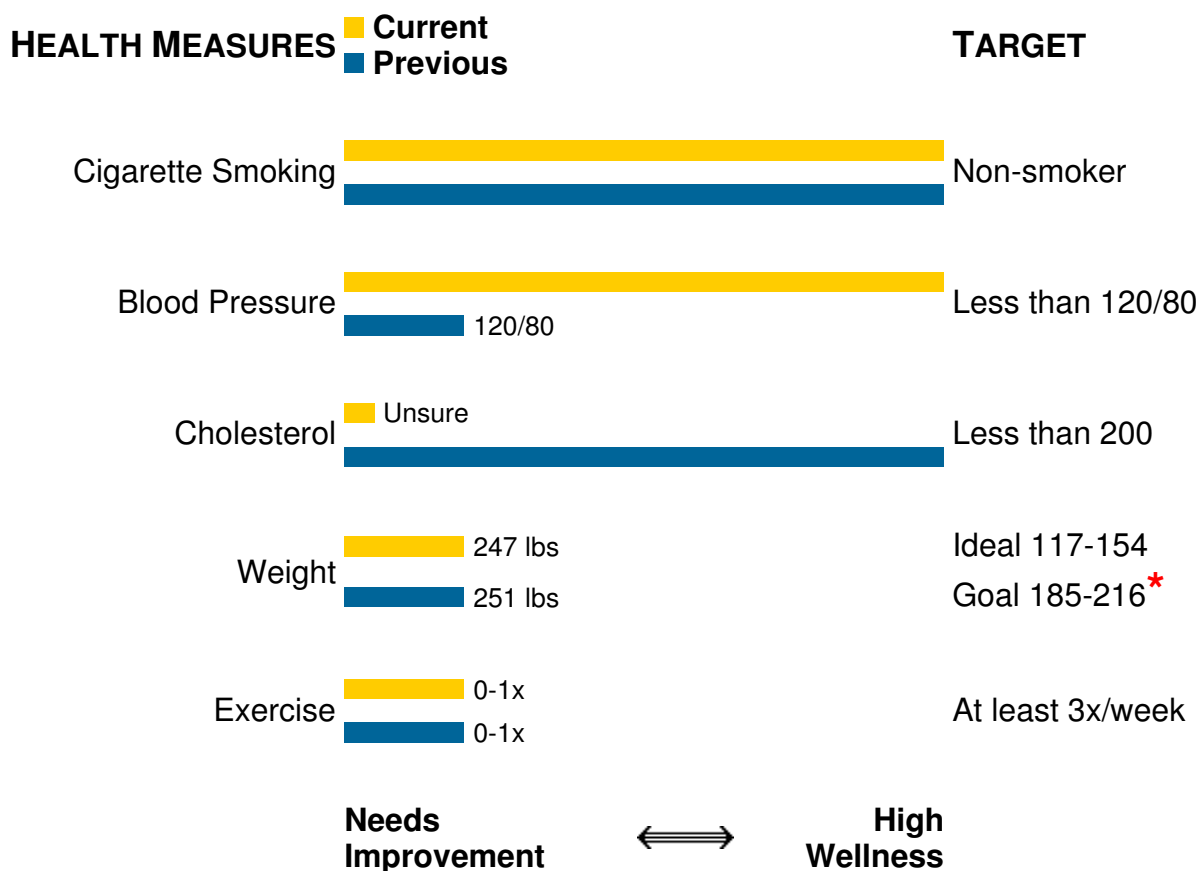
What you're doing well:

- You do not use tobacco.
- You eat a low fat/low cholesterol diet.
- You drink little or no alcohol.
- You have good overall physical health.
- Your blood pressure is under 120/80.
- You have a regular rectal exam.
- You use a safety belt all the time.
- You have a regular prostate exam.
- You travel close to speed limit.
- You have a positive outlook on life.

What you can do better:

- Stay within your healthy weight range.
- Learn your HDL level.
- Increase your physical activity level.
- Talk to your health professional about routine preventive services: Tetanus booster shot, Cholesterol test
- Learn your cholesterol level.

Heart Health



* Based on your present weight, your current goal is the first stage in reaching the healthy weight for men and women set by national guidelines.

Your Health Analysis

Conditions

are based on people of your age, sex and risk.

Heart problems

	Now	Goal
Blood pressure	Normal	Less than 120/80
Diabetes	Do not have diabetes	Maintain healthy lifestyle
Weight	247 lbs	185-216 lbs*
Cholesterol	Unsure	Less than 200
HDL	Unknown	At least 40
Exercise	Exercise occasionally	Exercise frequently
Cigarette smoker	Non-smoker	Non-smoker

Traffic accident

Miles driven per year	11-15,000 car	Drive defensively
Seat belt usage	100%	100%
Speed limit	Within 5 mph of limit	Within 5 mph of limit

Cirrhosis of liver

Alcohol	0 drink(s) per week	None to 2 drinks a day
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Stroke

Blood pressure	Normal	Less than 120/80
Cigarette smoker	Non-smoker	Non-smoker
Diabetes	Do not have diabetes	Maintain healthy lifestyle

Diabetes mellitus

Diabetes	Do not have diabetes	Maintain healthy lifestyle
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Physical Activity

Where you are

<1 time/week



Help

Your target

30 minutes, most days per week

Available

Get moving. The greatest health benefit occurs when you move from being totally inactive to being physically active.

- Physical activity can improve your mental alertness, self-esteem, sleep and help you cope with stress
- Aim for activity that adds up to a total of 30 minutes on most days.
- Physical activity includes walking, jogging, swimming, cycling and "lifestyle" activities such as work on the house, garden and yard.
- Do strength training two times a week to keep muscles toned, to improve balance, to preserve bone density and to improve endurance.
- Regular stretching increases flexibility.
- Schedule your exercise and make it a habit.
- Exercise with a friend, family member or co-worker to keep on track.

Weight/Nutrition

Where you are 247 pounds

Your target 185-216 pounds*



[Help Available](#)

Maintaining a healthy weight reduces the risk of heart disease, stroke, high blood pressure, gallbladder disease and diabetes. Overweight people have more complications from illness than people who are in a healthy weight range.

- Talk to your doctor for guidance.
- Start by assessing the benefits and barriers to better weight management.
- Combine better nutrition with increased physical activity. Eat less and move more.
- Eat a variety of foods in moderation.

* Based on your present weight, your current goal is the first stage in reaching the healthy weight for men and women set by national guidelines.

Stress

Where you are Low Stress

Your target A balanced life



[Help Available](#)

Celebrate the well-being, satisfaction and control in your life that you have by better handling your stress.

Stress is your body's response to the demands of daily living. Any event can be stressful, whether it is positive or negative. How you handle stress determines its effect.

To continue to stay on track:

- Stay aware of your stress and what triggers it.
- Take time to relax each day in whatever way works for you.
- Talk with someone you trust about your feelings.
- Eat well and eat regularly. Good nutrition is important.
- Aim to be physically active in some way every day.

Smoking

Where you are Non-user of tobacco



[Help Available](#)

Your target Non-user of tobacco

Congratulations! You are one of the over 200 million Americans who choose the healthy, tobacco-free lifestyle.

- As a non-tobacco-user, you have lowered chances of lung cancer, heart disease and stroke.
- Avoid secondhand smoke which is known to cause cancer. Choose non-smoking public areas.
- Support loved ones or friends if they try to quit smoking.

Blood Pressure

Where you are Unknown



[Help Available](#)

Your target Less than 120/80

High blood pressure is a major risk factor for heart disease, stroke, kidney failure and vision problems, and often has no symptoms.

- Get your blood pressure checked, especially if there is a history of high blood pressure in your family.
- Continue to check and monitor your blood pressure at least every two years.
- Learn and practice ways to manage anger and stress.
- Remember that weight, physical activity, alcohol use and smoking are lifestyle factors that could lead to high blood pressure.

Alcohol

Where you are 0 drink(s) per week

Your target None to 2 drinks a day



[Help Available](#)

Drink responsibly if you ever drink alcohol occasionally as a part of social activities. Most adults may be able to drink moderate amounts of alcohol--up to two drinks per day for men--and avoid alcohol-related problems.

You should not drink at all:

- If you plan to drive
- If you take certain medications, including over-the-counter medicines
- If you have medical conditions that can be worsened by drinking
- If you are a recovering alcoholic

If you ever think alcohol is becoming a problem for someone close to you or for you, get help.

Cholesterol

Where you are Cholesterol: Unsure
HDL: Unsure

Your target Cholesterol less than 200
HDL greater than 40



[Help Available](#)

Get your total cholesterol and HDL cholesterol level checked.

- A low cholesterol level reduces the risk of developing heart disease.
- The higher your HDL level (the good cholesterol), the better.
- Regular physical activity, not smoking, eating low-fat foods and a healthy weight may help to control cholesterol levels.

Safety Belt

Where you are 100%

Your target 100% safety belt use



[Help Available](#)

Congratulations for deciding to wear your safety belt.

- Don't drink if you plan to drive and don't drive after drinking.
- Never place the shoulder belt under your arm. In a collision you may break a rib, causing a puncture of the lung or heart.
- Wearing your safety belt sends a positive message to children and other passengers to buckle up as well.

Managing Your Health

You reported no diseases or health problems.

If you have any health concerns that are not addressed in your health risk appraisal, please discuss them with your physician. You alone are responsible for your health!

- Schedule an annual physical exam and regular check-ups. They could save your life! Early detection of a disease or illness increases your chance of a positive outcome.
- Inform all doctors (including your dentist) about your medications and nutritional supplements to make sure they are being used appropriately.
- Keep a record of any changes in your life and health, such as physical activity, eating habits, sleep, health symptoms and emotional well-being.
- Lead a healthy life. Eat well, be physically active, limit alcohol intake, avoid tobacco and keep a positive outlook. Be the best you can be!

Life Balance



Help Available

Balancing your life leads to better health, higher life satisfaction and improved family relationships.

- Watch out for thinking everything has to be done perfectly.
- Set priorities and decide what does or does not need to be done.
- Positive thinking is good for your physical and mental well-being.
- Find ways to continuously improve the quality of your relationships with family and with others.
- Set aside time for relaxation.

Your current lifestyle choices impact your health and future life satisfaction.

You can reach your health goals!

More Information . . .

See your physician and make sure you are up-to-date with your preventive service exams.

- Tetanus booster shot Cholesterol test
 Blood pressure Rectal examination
(= Good job, you're up-to-date!)

Other generally recommended services for your age and sex:

Dental exam Eye exam for glaucoma

Seek expert assistance in making and maintaining a positive lifestyle. Call the health promotion department at your work or in your community.

Department of Health and Human Services 877-696-6775 www.healthfinder.gov
www.consumer.gov/health.htm

At a [chosen partner intervention Website](#), participate in online programs to help you with specific health concerns.

The Health Risk Appraisal is not a substitute for a medical exam. If you have any health concerns or if the report raises questions, please consult your physician or health professional to review the results with you.

[Print out this page](#), or return here with your HRA Password (**A00-A00**) to see your profile report whenever you wish.

View your Health Risk Appraisal

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Feedback: feedback@www.hmrc.kines.umich.edu
Problems: problems@www.hmrc.kines.umich.edu