

<COMPANY>



Gary Fine
1111 S. Washington Street
Naperville, Illinois 60540

Your **Empowered** Health Report

Thoughtfully designed to help you
take control of your health

FREE ONLINE SUPPORT

MORE EMPOWER TOOLS AT YOUR FINGERTIPS!

Your Empower Health Assessment includes powerful online tools. Please take advantage of these tools to learn more about your results and improve any that may need your attention. They can be helpful to you, your family and your doctor.

Why Go Online?

Wherever text appears underlined in blue in this report - just click it - it means more information and tools are available through your secure and private online www.empowerhealthservices.info account.

Once you login, look for these resources:

- My Empower Health Assessment (or Wellness Screening Results) to access an interactive version of this report with links to additional descriptions and more helpful tips.
- Physician Report (or Patient Summary Report) to print a shorter report with all of your results. Give this to your doctor on the next visit. It will help to keep your patient file up-to-date and can lead to your better health and health care working with your doctor.
- Powerful URAC-accredited medical databases and interactive tools on over 5,000 topics including medical tests, symptoms, diseases, medicines and other treatment options, immunizations, pregnancy, stress management, fitness, nutrition, weight control, smoking and many other topics.

While you're on online, you have the ability to print extra copies of your reports (current and previous). Print them as needed for your files and for your doctor.

Your Privacy Is Important

Protecting the confidentiality and privacy of your screening results is very important to us and to you. Strict guidelines are followed to meet or exceed all applicable health privacy laws and regulations. As a result, there are many steps that we take to ensure the protection of your data including:

Once you login, look for these resources:

- When you arrive at the www.empowerhealthservices.info home page, you are already accessing a secure server for the login process (noted by the padlock on your browser). Your results and reports are also stored on separate, secure servers.
- Your connection to the server uses industry standard, 256 bit encryption to prevent "electronic eavesdropping" while you are viewing your results.
- Logging in to www.empowerhealthservices.info for your personal results and record requires a UNIQUE username and password. Your initial login is assigned to you with hints provided on the login page.
- Be sure to help protect your own privacy by changing your password and following other tips on the login page. If you forget your new password, a password recovery system is on the login page.

GET STARTED TODAY.

empowerhealthservices.info

Questions? Call us at 866-367-6974

Person: Guest Explorer
Birthdate: 01/01/1983
Last 4 SSN: xxx-xx-1234

Wellness Screening Blood Test Results

Screening Date/Time: 10/01/2011
Lab: LabCorp

**Guest Explorer
119 W. Vallette
Elmhurst IL, 60126**

Dear Guest,

Thank you for participating in the recent wellness screening. This part of your report provides the results of all of the blood chemistry tests from your screening.

The OVERALL risk rating for ALL of your blood tests is:
 **Borderline At-Risk: You have at least one result somewhat out-of-range and may be a concern.**

See the next 3 pages to find each test, your result and how it is rated.

As you review your results, it is important to know and remember that:

1. Normal values do not rule out the possibility of an illness, disease or condition;
2. An out-of-range result does not necessarily mean a disorder is present; and
3. Even if all test results are normal BUT you are experiencing changes in health, it is recommended that you see your doctor.

Talk with your doctor to determine how significant your results are and to learn ways to decrease your risks and improve your health.

Follow up with your doctor right away for any results rated with one of these symbols:

- A.  - call or visit your doctor
- B.  - at least call your doctor

This screening does not replace the recommended regular preventive exam with your doctor based on your age, gender and other risk factors. On the next preventive exam or other visit, be sure to share all screening results with:

- Your main primary care doctor; and
- Other physician specialists you may be seeing.

Thanks again for participating - and - your other ongoing actions for better health and well-being.

Respectfully,



Dr. Gregg Kling
Chief Health Officer

Tips for Reading Your Report

Test Name: This column lists the name (and short description): of each test included on the wellness screening date.

When viewing your reports online, click on any test to learn more about the test and your result.

My Result: Your result for each test is printed in this column.

Any value that is higher or lower than the reference range will have the word HIGH or LOW printed in the color box.

A HIGH or LOW result may be due to foods eaten, a condition or disease or other factors.

Reference Range: For each test, 95% of healthy people see their result fall within the reference range noted. Results not in the reference range suggest a concern.

The more a result is out of range, the greater the concern. The risk rating indicates if the result is in the reference range - or - how much it is out of range AND a potential concern. See if each test result is within its reference range.

Test Name	My Result	Risk Rating	Reference Range	Units
on: 01/01/07				

Units: This is the unit of measure for each test (at a chemical or molecular level).

Risk Rating: Each result has a risk score and color to help you interpret your results using the key below:

Risk Rating **Which means:**



Green = Normal: Test result is not out of range in any significant way.



Yellow = Borderline At-Risk: Test result is slightly out of range and may be a concern.



Red = At-Risk: Test result is significantly out of range - call or visit your doctor.

Remember:

- A. This is only a screening and not a diagnosis.
- B. It is up to you to use your good judgment and act to follow-up on ANY results that are out of range (yellow or red risk ratings).
- C. Always share ALL screening results with your doctor(s) on your next visit.

Person: Guest Explorer
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Wellness Screening Blood Test Results

Screening Date/Time: 10/01/2011
 Lab: LabCorp

	My Result	Risk Rating	Reference Range	Units		My Result	Risk Rating	Reference Range	Units	
21. Albumin	4.2		3.8 - 5	g/dL		29. ALT (SGPT)	20		0 - 50	IU/L
<p>Albumin is the most common type of protein in the blood, and is important for tissue growth and healing. It keeps water in tissues and transports vitamins, minerals and hormones through the body. Abnormal levels can mean kidney or liver problems.</p>					<p>ALT is found mostly in the liver. ALT is released into the blood stream, usually before more obvious symptoms of liver damage occur, such as jaundice (yellowing of the eyes and skin). ALT can increase for many reasons, such as: vigorous exercise; certain infections (e.g., mononucleosis, hepatitis); excess use of alcohol; injury/damage to the liver, pancreas, kidneys or muscles; many medicines; lead poisoning, thyroid disease, severe burns, liver cancer and other problems.</p>					
22. Globulin	2.4		2.2 - 3.7	g/dL		Extra Tests - If Applicable				
<p>This is another type of protein found in the blood. Globulin proteins perform a variety of functions in the body. Immunoglobulins are the most common type of globulin protein and function as antibodies. High globulin levels may occur with chronic infections, liver or kidney problems. Low levels may occur with nephrosis (a kidney condition), anemia and liver problems.</p>					30. PSA	0.99		0 - 2.4	ng/mL	
23. ALB/GLO	1.8		1 - 3	g/dL	<p>This test measures the amount of prostate-specific antigen in the blood. PSA levels tend to increase with age. Higher levels are seen among certain races, and in men with prostate problems including cancer. Other tests should be done if the level is high or if it has increased since the last test. To monitor prostate health, men should have BOTH a routine PSA test AND digital rectal exam based on age and other risk factors. One test does not replace the other.</p>					
<p>This is the calculated ratio of albumin to globulins. This may provide a clue to your doctor about what might cause any change in protein levels that may be present.</p>					231. Cotinine	N/A		N or 0 - 1.99	ng/mL	
24. eGFR	117.1		60 - 155	ml/min/ 1.73m ²	<p>Cotinine is a metabolite of nicotine. Main sources of nicotine exposure include smoking, smokeless tobacco, second-hand smoke, nicotine patch (or gum) and certain pesticides. The greater the exposure to nicotine, the greater the cotinine level, related risks and dangers. Inhaling tobacco smoke causes high levels and increases risks for respiratory infections, asthma, emphysema and many cancers. Cigars, pipes and smokeless tobacco increase risks for disfiguring lip, tongue, gum, throat and other cancers. If you do not smoke or use tobacco and cotinine is elevated, reflect on other possible sources and work to reduce them – including proper follow-up with your doctor.</p>					
<p>The estimated glomerular filtration rate (eGFR) helps to measure how well your kidneys function. Glomeruli are tiny filters in your kidneys that help to remove waste products and keep your blood clean. eGFR estimates how much fluid is filtered through the kidney per minute. Lower levels can be associated with kidney damage, disease or other conditions. As of 2008, the Mayo Clinic Quadratic formula is used which considers creatinine level, age and gender.</p>					25. Total Bilirubin	0.4		0.1 - 1.4	mg/dL	
<p>Bilirubin is a brownish yellow substance found in bile. It is produced when the liver breaks down old red blood cells. When too much is in the blood, the skin begins to turn yellow. High levels could mean liver problems (e.g., hepatitis) or infections of the gallbladder or bile ducts.</p>					26. Alkaline Phosphatase	53		39 - 117	IU/L	
<p>This is found in the liver and the bones. It is released into the blood with rapid bone growth or destruction, or liver cell damage. High levels may be signs of bone growth, liver or bone disease. Low levels may be caused by malnutrition.</p>					27. GGT	19		0 - 65.9	IU/L	
<p>This is present in the liver and blood. GGT increases mainly when the liver is damaged or obstructed, with a blockage of the bile duct and/or with chronic alcohol use. Recent alcohol use can cause a temporary increase in GGT.</p>					28. AST (SGOT)	18		0 - 40	IU/L	
<p>AST is found mainly in red blood cells, the heart, liver, muscle tissue, pancreas and kidneys. When any of these are injured, they release AST into the blood. The amount of increase can help to tell if and how much the liver or other organs have been damaged. AST can increase for many other reasons including: too much vitamin A; certain types of anemia, lung damage, cancer, heart attack or heart failure and many of the same causes of high ALT levels (see below).</p>										

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Wellness Screening Blood Test Results

Screening Date/Time: 10/01/2011
 Lab: LabCorp

My Result	Risk Rating	Reference Range	Units	My Result	Risk Rating	Reference Range	Units
CBC - Complete Blood Count				12. LDL Cholesterol			
1. WBC	7.2	4 - 11	x10E3/uL	112	✓	60 - 129	mg/dL
<p>This measures the number of white blood cells (WBCs) you have, and the health of your immune system and bone marrow. WBCs help protect the body against infections. Some infections cause WBCs to increase, while others cause a decrease. High numbers can suggest an infection, leukemia or other problems. Low numbers may mean you have a weakened immune system or another type of infection.</p>				<p>This is the "bad" cholesterol in your blood. It acts like a dump truck, dumping fats from foods and clogging arteries - increasing cardiac risks. The lower this number is the lower your risk. Eating less high fat foods and more high fiber foods helps to decrease LDL. If your result is 0, blank, or N/A your triglyceride level may have been too high to provide an accurate LDL level.</p>			
2. RBC	5.04	4.2 - 6	x10E6/uL	13. Total/HDL Ratio	3.4	0 - 5	ratio
<p>This measures the total number of red blood cells (RBCs) in a given amount of blood. RBCs carry oxygen from the lungs to the rest of the body. Levels can increase from living at high altitudes, certain types of heart and lung disease, certain medicines and other conditions. Lower RBC levels are seen with pregnancy, bleeding, malnutrition, anemia, kidney disease or other conditions. If too high, there is risk that RBCs may clump together and block tiny blood vessels. If too low, the body does not get the oxygen it needs.</p>				<p>This number is your total cholesterol divided by your HDL cholesterol. The lower it is, the lower your risks for clogged arteries, heart attacks and strokes.</p>			
3. Hemoglobin	15.6	12 - 18	g/dL	14. LDL/HDL Ratio	2	0.5 - 3.6	ratio
<p>Hemoglobin, a protein found in red blood cells, helps carry oxygen from the lungs to the body tissues. This test measures how much hemoglobin is present in your blood. Low levels can suggest anemia, bleeding, lack of certain nutrients, or other conditions - which can lead to weakness and fatigue. Dehydration can cause a temporary increase. Hemoglobin levels usually increase or decrease with RBC levels.</p>				<p>This number is your LDL cholesterol divided by your HDL cholesterol. The lower it is, the lower your risks for clogged arteries, heart attacks and strokes. If your result is 0, blank, or N/A, your triglyceride level was too high to provide an accurate LDL/HDL ratio.</p>			
4. Hematocrit	51	37 - 52	%	15. Triglycerides	105	30 - 149	mg/dL
<p>This is a measure of the percent of blood that is composed of red blood cells. It becomes high with dehydration and other conditions. Low levels occur with anemia, bleeding and other conditions.</p>				<p>This is another type of fat in the blood. Extra calories your body does not use after eating and drinking are turned into triglycerides. High triglycerides combined with high cholesterol further increases the risk of coronary artery disease. Less alcohol, not overeating and not being overweight helps to get and keep triglycerides in the healthy range.</p>			
5. MCV	101.2	80 - 100	fL	Blood Sugars			
<p>This test measures the size of the average red blood cell, which can be affected by anemia and certain vitamin deficiencies.</p>				16. Glucose	94	70 - 99.9	mg/dL
6. MCH	31	26 - 34	pg	<p>This measures the amount of sugar in your blood since last eating (ideally, 12 hours before test). Glucose level is influenced mainly by what you eat, drink, your insulin level (made by your pancreas or taken as medicine) and having diabetes. A level too low or high increases your risks for fatigue, fainting, going blind, kidney failure and other problems. Being at ideal weight, good nutrition and exercise help to regulate glucose and decreases risks for diabetes. Some people with diabetes also need medicine and special diets to help control their glucose level.</p>			
7. MCHC	30.6	28 - 36	g/dL	17. Fructosamine (GSP)	190	50 - 270	g/dL
<p>This test, used to diagnose anemia, measures the average concentration of hemoglobin in your red blood cells. The most common cause of low MCHC is lack of iron in the diet.</p>				<p>This measures the average level of glucose in the blood over the past 2-3 WEEKS. High levels can suggest diabetes or problems managing the glucose level of a person who may have diabetes. Glycated Serum Protein (GSP) refers to the superior method that is used to measure Fructosamine.</p>			
8. RDW	14.2	11 - 15	%	Other Core Screenings			
<p>This measures the size of your red blood cells. Certain conditions can cause the size to vary. A high RDW may be a sign of anemia and other conditions.</p>				18. BUN	16	5 - 25	mg/dL
9. Platelet Count	201	150 - 400	x10E3/uL	<p>This measures the amount of nitrogen in your blood that comes from the waste product urea. Urea is filtered by the kidney. A high BUN can mean kidney injury or disease. A low BUN can be caused by low protein diets or drinking too much water.</p>			
Lipids / Fats in Blood				19. Creatinine	0.9	0.5 - 1.27	mg/dL
10. Total Cholesterol	188	120 - 199	mg/dL	<p>This measures how your kidneys and muscles are working. High levels can suggest kidney damage, blockage of the urinary tract, dehydration, heart disease, muscle conditions, strenuous exercise and other conditions. Low levels can suggest some of the same conditions.</p>			
<p>This is the total amount of all types of cholesterol in your blood. The lower it is, the lower your cardiac risks for clogged arteries, heart attacks and strokes.</p>				20. Total Protein	6.6	6.5 - 8.3	g/dL
11. HDL Cholesterol	55	40 - 999	mg/dL	<p>This is another measure of nutritional status and helps to screen for certain liver, kidney and other health problems. If this is high or low, other tests must be performed to find out what the problem may be.</p>			
<p>This is the "good" type of cholesterol in your blood. It acts like a magnet to remove cholesterol deposits and unclog arteries, lowering cardiac risks. The more you have, the lower your risk. Exercise is the main way to help increase HDL.</p>							

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Wellness Screening Blood Test Results

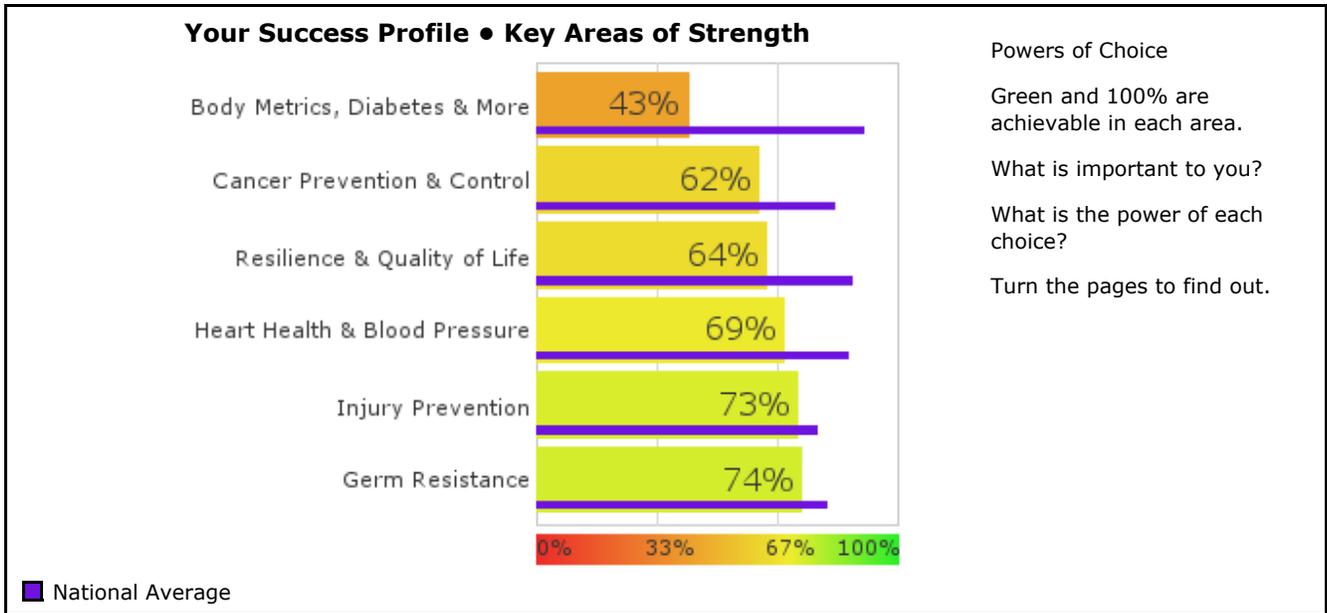
Screening Date/Time: 10/01/2011
 Lab: LabCorp

Test Results Summary Page – Current & Available Past Tests *

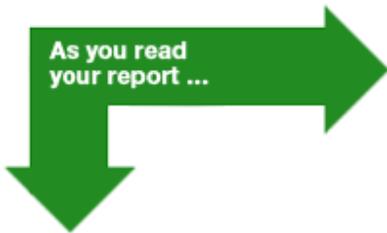
Test Name	Current: 10/01/2011	
	Risk Rating	Result
CBC - Complete Blood Count		
1. WBC		7.2
2. RBC		5.04
3. Hemoglobin		15.6
4. Hematocrit		51
5. MCV	High	101.2
6. MCH		31
7. MCHC		30.6
8. RDW		14.2
9. Platelet Count		201
Lipids / Fats in Blood		
10. Total Cholesterol		188
11. HDL Cholesterol		55
12. LDL Cholesterol		112
13. Total/HDL Ratio		3.4
14. LDL/HDL Ratio		2
15. Triglycerides		105
Blood Sugars		
16. Glucose		94
17. Fructosamine (GSP)		190
Other Core Screenings		
18. BUN		16
19. Creatinine		0.9
20. Total Protein		6.6
21. Albumin		4.2
22. Globulin		2.4
23. ALB/GLO		1.8
24. eGFR		117.1
25. Total Bilirubin		0.4
26. Alkaline Phosphatase		53
27. GGT		19
28. AST (SGOT)		18
29. ALT (SGPT)		20
Extra Tests - If Applicable		
30. PSA		0.99
31. Cotinine		N/A
Biometrics		
32. Weight		217
33. Height		71
34. BMI	Very High	30.3
35. Body Fat	Very High	30.4
36. Waist	High	41
37. Systolic	High	122
38. Diastolic	High	86

* Footnotes: See bottom of following page.

As you know, any single choice can affect other areas of life. Below are your Health Power sub-scores for 6 key areas of strength. Each is based on specific actions and other measures listed on pages 3-8.



Powers of Choice
 Green and 100% are achievable in each area.
 What is important to you?
 What is the power of each choice?
 Turn the pages to find out.



- Your success scores measure **how much** your personal choices and actions are helping you to stay healthy and prevent problems now and through life.
- The next pages provide details about each score AND helpful tips to improve your strength and success in each area.
- A single change can lead to a ripple effect of improvements in many areas of life.
 - ✓ Congratulations on any areas that are green. Keep up the great work!
 - or ● Explore any areas that are marked with yellow or red lights.
- Focus on the actions you need to take to reach your goals.



Thank you for all the choices you make and actions you take each day for better health and well-being — now and in the future.

PS: Use this report to supplement what your main doctor is providing you. Be sure to bring this report on your next visit and share your results.



When viewing your report online, click on words underlined in blue to learn more and improve your success.

Color Key
Ok-Ideal ✓
Borderline ●
At-Risk ●
Unknown or Not Assessed ●
Y = Yes

Did you know?	Choices = Actions = Results
ABC (on page 1) and your scores are all connected.	<ul style="list-style-type: none"> • Each measure can influence the others. • Choices can affect biometrics, conditions and perceptions. • Each choice has ripple effects in other areas of life. • Each positive action can improve many other measures.
The information on these pages of your report represents some of the best tactics to improve health and well-being that can benefit most people. It is NOT exhaustive, nor does it account for all circumstances unique to each person - e.g., allergies. It is designed to help you to monitor and improve your health and well-being, but is not meant to diagnose or treat illnesses.	

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As with any health-related information, always check with your doctor or other qualified health professionals if you have concerns about your health or existing medical conditions. Their knowledge of your unique circumstances may result in changes and/or enhancements to the recommendations in this report.

This report does NOT include family medical or hereditary factors because you cannot control them — however, knowing them can add motivation. For example, if cancer runs in the family, it can further motivate you to achieve your maximum success over the risks you can control through your choices.

Germ Resistance

— Staying Strong & Wise

Your body is amazing! It works around the clock to protect you from the germs that bombard it every day. Your choices can help you better resist and prevent the spread of these infections:

- Strep throat
- Tetanus & rabies
- Colds & flu
- Pneumonia
- Mono & hepatitis
- Sinus & gum infections
- Skin & eye infections
- Bacterial bronchitis
- West Nile virus
- Many other infections

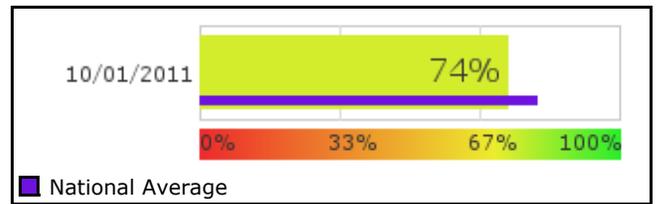
Your best actions against these and other infections are to:

A. Wash your hands the right ways and at right times each day.
RIGHT WAYS = wash hands with soap and warm water (or hand sanitizer) for 10-15 seconds.
SOME RIGHT TIMES = **BEFORE** touching your eyes, mouth, a wound; cooking food; eating; changing bandages;
AFTER: sneezes, coughs; bathroom use; exposure to human or animal waste; handling food, garbage, used bandages, litter boxes and other sources of germs.

B. Get the recommended vaccines to help protect yourself.

My Status	Recommended Adult Immunizations
	<u>Most Everyone</u>
<input checked="" type="checkbox"/>	Flu Shot Yes
<input checked="" type="checkbox"/>	Tetanus (Td/Tdap) Yes
<input type="checkbox"/>	Pneumonia * 1-2/Lifetime *
	<u>These depend on preferences & risks*</u>
<input checked="" type="checkbox"/>	Chickenpox ** Once/Lifetime **
<input type="checkbox"/>	Hepatitis A Once/Lifetime
<input type="checkbox"/>	Hepatitis B Once/Lifetime
<input type="checkbox"/>	Shingles Once (Age 60+)
<input type="checkbox"/>	Others *** See below ***

* May need 2nd "booster" with certain conditions or if >65 years.
 ** Had varicella vaccine, or chickenpox when younger.
 *** Examples: rabies vaccine, yellow fever, HPV, antimalarial drugs, etc., based on career, foreign travel, flooded areas & other risks.



- C. Keep your skin, mouth, lungs and immune system healthy to keep germs out of your body and battle any that get in. Here are more actions that can help:
- Avoid all tobacco smoke.
 - Get adequate sleep each night.
 - Keep face, gums, teeth & body clean.
 - Get right daily amounts of foods, vitamins & water.
 - Protect skin from wounds, cracks & infections.
 - Maintain high personal resilience - see page 4.
- D. Maintain healthy sexual practices. If sexually active, a mutually faithful monogamous relationship avoids many diseases. Otherwise, abstinence is the safest option. In all other cases, each partner should verify that they are free from HIV and other infections and protect each other until then.
- E. As needed, learn and take the other wise actions to avoid and prevent:
- Food poisoning
 - Blood-borne pathogens
 - Germs from pets & other animals
 - Certain infections during pregnancy
 - Infections from hospitals, surgery, other health care
 - Antibiotic resistant infections - e.g., MRSA, C-difficile
 - Waterborne infections - camping, floods, foreign travel
- F. Handle any infection wisely. Quality self-care books and webtools offer guidelines on when to see a doctor, home treatment and stopping the spread of infections to others.

To reach and keep your best success in this area, enter these codes to indicate what you will do:
M = All actions important to me that I will **maintain**.
I = 1-2 actions important to me that I will work to **improve**.

What else can you do?

My Risk Status	What I Will Do	Key Actions for Germ Resistance
See Above	<input type="checkbox"/>	Get the immunizations recommended for adults, certain travels and careers - see above .
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Wash hands the right ways at the right times each day. Learn more via resources on this page.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Drink at least 6-8 glasses of water each day.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Eat 3 or more servings of fruit each day.
<input type="checkbox"/>	<input type="checkbox"/>	Eat 4 or more servings of vegetables each day.
<input type="checkbox"/>	<input type="checkbox"/>	Get at least 7-8 hours of sleep each night.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Be a non-smoker - do not smoke cigarettes.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Get the recommended vitamin C each week via the right foods &/or supplement.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Get the recommended vitamin D each week via the right foods, sunlight &/or supplement.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Get the recommended healthy oils each week - e.g., Omega-3, fish, avocados, olive & other oils.
<input type="checkbox"/>	<input type="checkbox"/>	Floss your teeth daily to prevent infections affecting your gums, teeth, heart & social life.
<input type="checkbox"/>	<input type="checkbox"/>	Avoid exposure to tobacco - e.g., smoking, smokeless, second-hand smoke, etc.
<input type="checkbox"/>	<input type="checkbox"/>	Other action(s) I take/will take: _____

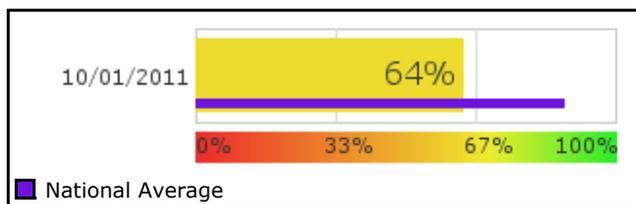
Resilience & Quality of Life

— Body, Mind & Spirit

Resilience encompasses the hardiness of your character and your ability to survive and thrive in life. Quality of life spans your relationships, feelings and other aspects of life.

Indeed, many personal choices and assets touch these areas – affecting you and others around you. *What are some of them?*

- A. These dimensions of your life are affected by:
- Your abilities to adapt, handle change and recover from loss and other misfortune.
 - The ability to trust and form caring relationships – at home, work, and elsewhere.
 - A sense of independence.
 - Good problem solving skills and perseverance.
 - Believing **your** life has meaning and a sense of purpose – evidenced, in part, by being "connected" and involved in life by volunteering, faith communities and other ways.
 - The ability to anticipate and plan well for future needs – e.g., your finances, health, safety, other areas.
 - When needed, seeking appropriate help – e.g., from quality books, web resources, wise others & professionals.
- B. Some of your other key assets (tactics, investments, strengths) for resilience and quality of life include:
- Your attitudes, beliefs, values, other choices, skills and actions – to manage stress well and for a fit mind, body and spirit – Including those listed here and on page 9.
 - The right exercise, sleep and quiet time each day.
 - A network of supportive family and friends. This includes "best" (or close) friends that offer mutual relationships of trust, integrity and caring support. Many people have more than one of these deeper friendships. Such networks and friends can be great sources of strength and encouragement.
 - Good germ resistance and heart health – pages 3 & 6.
 - Not misusing alcohol, medicines or other drugs.
 - Willingness to seek and accept good information and support when needed.



- C. Below are some quality of life measures that you reported. Actions on this and other report pages can affect these – and if needed, be used to improve 1 or more of them.

Quality of Life	My Responses	Ideal
<u>Some Measures</u>		
Physical Health		≥ Good
Life Satisfaction		≥ Mostly
Job Satisfaction		≥ Agree
Loss/Changes**		≤ 2/year
Stress/Pressure		≤ Some
Tension/Anxiety		≤ Sometimes
Depression		≤ Sometimes
Stress Affected Health in Past Year		≤ Some
Health of Self/Family Affected		≤ Some
Productivity During Past Month		≤ Some

** Major changes/loss in past 12 months

- D. If you struggle with any of the areas on this page, seek assistance from qualified professionals. They can help to answer questions and explore the best ways of handling stress, tension, personal loss, depression, anger and many other matters of the heart, mind, relationships and life.
- E. Consider using these sources for more information and professional support. Each can help you explore the options, risks and other considerations to best achieve your goals.
- Use www.culver-wellness.com
 - Call the free confidential EAP at 800-731-6501 (24/7)
 - Call or see your doctor.
 - The back cover of this report has more information about available resources through work, your health plan and community.

To reach and keep your best success in this area, enter these codes to indicate what you will do:

- M** = All actions important to me that I will **maintain**.
- I** = 1-2 actions important to me that I will work to **improve**.

My Risk Status	What I Will Do	Key Actions for Resilience & Quality of Life
	<input type="checkbox"/>	Drink 0-2 servings of alcohol on any day; 0 servings if: pregnant, tobacco user or other risks apply.
	<input type="checkbox"/>	Build and sustain a network of supportive family and friends.
	<input type="checkbox"/>	Strive to have at least one "best" (close) friend at work.
	<input type="checkbox"/>	Make time each day for quiet relaxation, meditation and/or prayer.
	<input type="checkbox"/>	Seek information/support with important &/or difficult decisions, tasks, problems, etc.
	<input type="checkbox"/>	Get at least 7-8 hours of sleep each night.
	<input type="checkbox"/>	Exercise aerobically (e.g., walk, run, swim, bike) at least 20 minutes a day.
	<input type="checkbox"/>	Manage stress and pressures well through resilience actions and using resources on this page.
	<input type="checkbox"/>	Prevent and reduce tension and anxiety through resilience actions and using resources on this page.
	<input type="checkbox"/>	Manage & cope with personal losses & misfortunes via resilience actions & resources on this page.
	<input type="checkbox"/>	Volunteer on a regular basis at least 100 hours per year (many health benefits).
	<input type="checkbox"/>	When volunteering, ideally, do it because you want to and are inspired to do so.
	<input type="checkbox"/>	Be a non-smoker – do not smoke cigarettes.
	<input type="checkbox"/>	Other action(s) I take/will take: _____

Injury Prevention

– Personal, Family, Financial & Other Safety

What personal actions can help you to avoid the following?

- Injuries to the head, eyes, ears and lungs.
- Brain damage due to injuries, heat, drugs, etc.
- Spinal, neck, back, knee or hip injuries.
- Exposure to toxic chemicals and gases.
- Fires, burns, explosions, cuts or worse.
- Injuries while driving, bicycling, swimming, etc.

What do you do to keep life simple and avoid these?

- \$500-\$100,000+ in accident/injury-related expenses.
- Loss of driver's license, freedoms and mobility.
- Loss of income and/or job due to an accident.
- Disability or death due to an accident.
- Infections, complications and death from medical errors.
- Crimes, tickets, lawsuits, prison...due to being unsafe.

What are some top actions that affect your success?

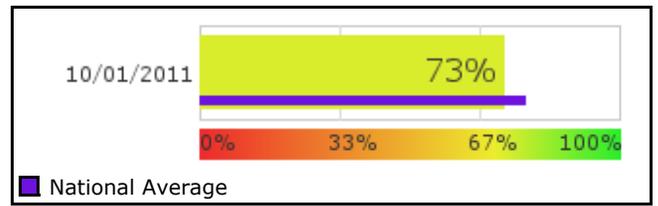
A. Choose to *think safety* – as a daily way of life.

Much depends on how alert and safety conscious you are – each day, with tasks and situations:

- Watch for dangers and accidents "waiting to happen."
- Anticipate. Ponder what accidents could happen.
- Read available directions, guidelines for safe use, etc.
- Stay alert and focused on the current task – avoid costly distractions – talking, texting, multi-tasking, etc. at the wrong time, being stressed, rushed, etc.
- What must you do to protect you and others from the danger, accident, harm?
- Seek and value wisdom from others as needed.

B. Wear protective gear as needed. Helmets, eye and ear protection, seat belts, work boots, life jackets, etc. are designed to help keep you safe from injury and death.

- Severe head injuries can involve \$100,000+/year costs.
- What actions and gear help to prevent them?



- C. Use and do everything safely – the right ways and times:
 - Safer driving, use of ladders, tools, chemicals, etc.
 - Safer use of cell phones, other devices, earphones, while driving, walking, exercising or doing other tasks.
 - Safer use of alcohol, over-the-counter and other drugs.
 - Fire safety – electrical, cooking, not smoking, etc.
 - Water/pool safety, safe boating, biking, camping, etc.
- D. Keep your body strong, healthy and ready:
 - Use good nutrition and exercise to reduce the risks resulting from falls, broken hips and other bones.
 - Get adequate sleep and take breaks (as needed) to avoid sleep deprivation, related accidents, costs, etc.
 - Get to a healthy weight and BMI to improve mobility and reduce risks of falls, knee and hip injuries.
 - Keep properly hydrated based on needs, environment, temperature, tasks – e.g., exercise, work.
- E. Ask the right questions and do the right things to avoid injuries, infections, other risks and death that can occur due to medical errors or other poor quality health care.

Indeed, there are hundreds more actions you can take to prevent accidents and injuries at work, at home...anywhere. Consider the actions on this page to be among your top safety strategies. Use these actions along with the many others you know and will learn – and practice them over a lifetime.

Many actions you take will immediately reduce risks for severe injuries or death, as well as legal and other costs. Your choices affect your safety and the people around you.

To reach and keep your best success in this area, enter these codes to indicate what you will do:
M = All actions important to me that I will **maintain**.
I = 1-2 actions important to me that I will work to **improve**.

What else can you do? 

My Risk Status	What I Will Do	Key Actions to Prevent Accidents, Injuries & Related Losses
	<input type="checkbox"/>	NEVER drink alcohol and drive (DUI) and NEVER ride with a driver who is DUI.
	<input type="checkbox"/>	Drink 0-2 servings of alcohol on any day; 0 servings if: pregnant, tobacco user or other risks apply.
	<input type="checkbox"/>	Be a non-smoker – do not smoke cigarettes.
	<input type="checkbox"/>	Practice proper lifting techniques to keep your back safe, healthy and pain free.
	<input type="checkbox"/>	Always wear a seat belt whenever you are riding in a vehicle.
	<input type="checkbox"/>	When driving, stay within the posted speed limit.
	<input type="checkbox"/>	Do strength training exercises as recommended for activities at home, work and play.
	<input type="checkbox"/>	Get at least 7-8 hours of sleep each night.
	<input type="checkbox"/>	Drink at least 6-8 glasses of water each day.
	<input type="checkbox"/>	Eat 3 or more servings of milk, yogurt or other calcium-rich foods/juices each day.
	<input type="checkbox"/>	Manage stress and pressures well through resilience actions and using resources on this page.
	<input type="checkbox"/>	Prevent or lessen feeling depressed, down or blue through the resilience tips on this page.
	<input type="checkbox"/>	Reach and stay within your ideal body mass index (BMI) or % body fat range (see biometric chart).
	<input type="checkbox"/>	Avoid excess sun (UV radiation) using shade, clothing, hats, sunblock and other actions.
	<input type="checkbox"/>	Other action(s) I take/will take:

Heart Health & Blood Pressure

— Brain, Kidneys & Other Body Parts Too!

The higher your Heart Health score, the better your success at avoiding these problems now and in the future:

- Clogged or damaged blood vessels of the heart, kidneys and brain.
- Coronary bypass surgery at over \$75,000 each.
- Heart attacks and strokes.
- Loss of memory and thinking skills.
- Kidney failure – and renal dialysis each week for life.
- Diabetic complications – including amputations.
- Being in a nursing home at a young age due to any of the above.

The earlier you get and keep your Heart Health score high, the more your actions can help you to:

- Avoid the above problems, suffering and costs.
- Feel better and more energetic each day.
- Improve your odds of living a longer, quality-filled life.
- Mitigate hereditary and other uncontrollable risks.

What benefits of **strong heart health** do you want?

- A. To boost your score and start getting the benefits, here are the most powerful things you can do:
- Eat the right amounts of high-fiber, low-fat foods.
 - Get enough vitamin C, D and healthy oils each day.
 - Avoid the toxins of nicotine, smoke and unhealthy fats.
 - Get the right exercise in each day.
 - Keep your BMI, body fat and blood pressure healthy.
 - Get and keep any excess fat (inches) off your waist.
 - Keep all other biometrics in the green zone – see C.
 - Manage stress well; increase resilience – see page 4.
 - Prevent gum and other infections – see page 3.
- B. In some cases, appropriate medicine or other care may also be needed to help control cholesterol, blood pressure, glucose, irregular heartbeats or the anti-clotting abilities of the blood. Your doctor can help you explore the options for best treating these in the ways right for you.



C. The measures below influence your score. For all that are OK, congratulations! Use the actions on this and other pages to keep them there and improve others.

Source* of Results = Screening		As of: 10/01/2011	
Related Biometrics	My Results	Ideal^	
Some Key Measures			
Blood Pressure	Systolic	122	● < 120
	Diastolic	86	● < 80
Pulse	Rate per Minute	88	● 50-79
	Rhythm	Regular	✔ Regular
Fats	Total Cholesterol	188	✔ < 200
	HDL Cholesterol	55	✔ ≥ 40
	LDL Cholesterol	112	✔ < 130
	Total/HDL Ratio	3.42	✔ ≤ 5
	Triglycerides	105	✔ < 150
Sugars	Glucose	94	✔ 65 - 99.9
	Fructosamine (GSP)	190	✔ 50 - 270
	Hemoglobin A1C	N/A*	● 4.8 - 5.6
Other	Cotinine	N/A*	● < 2 (or neg.)
	eGFR, hs-CRP, others	If done, see pages L2-L4	
Body	% Body Fat	30.4	● 6% - <18%
	Body Mass Index (BMI)	30.3	● 18.5 ≤ 25
	Waist Size (inches) **	41	● ≤ 40 inches
	Waist/Hip Ratio	0.98	● ≤ 0.9
	Weight (pounds) **	217	for BMI
	Height (inches)	71	for BMI
	Hip (inches)	42	for W/H Ratio

* If applicable, self-reported data will be updated with screening data gathered in association with this report. When this occurs, the source of the data and date will be noted above. N/A = not available or not assessed.
 ** Also, rapid changes in weight or waist size can suggest medical issues that need attention. Don't delay seeing your doctor if either changes up or down quickly and/or unexplainably.
 ^Ideal ranges are based on prevailing prevention research and guidelines which may differ from reference ranges.

To reach and keep your best success in this area, enter these codes to indicate what you will do:
M = All actions important to me that I will **maintain**.
I = 1-2 actions important to me that I will work to **improve**.

My Risk Status	What I Will Do	Key Actions for Strong Heart Health
See Above	<input type="checkbox"/>	Get and keep all biometrics (listed above) in the ideal ranges through the tips on this page .
✔	<input type="checkbox"/>	Be a non-smoker – do not smoke cigarettes.
✔	<input type="checkbox"/>	Eat 3 or fewer servings of foods high in unhealthy fats each day.
✔	<input type="checkbox"/>	Eat 3 or more servings of fruit each day.
✔	<input type="checkbox"/>	Get the recommended healthy oils each week - e.g., Omega-3, fish, avocados, olive & other oils.
✔	<input type="checkbox"/>	Get the recommended vitamin D each week via the right foods, sunlight &/or supplement.
✔	<input type="checkbox"/>	Avoid exposure to tobacco - e.g., cigarettes, cigars, pipes, smokeless, second-hand smoke, etc.
✔	<input type="checkbox"/>	Get the recommended vitamin C each week via the right foods &/or supplement.
●	<input type="checkbox"/>	Eat 4 or more servings of vegetables each day.
●	<input type="checkbox"/>	Exercise 5-7 days a week, getting at least 150 minutes/week of moderate aerobic exercise.
✔	<input type="checkbox"/>	Make time each day for quiet relaxation, meditation and/or prayer.
✔	<input type="checkbox"/>	Drink 0-2 servings of alcohol on any day; 0 servings if: pregnant, tobacco user or other risks apply.
✔	<input type="checkbox"/>	Manage stress and pressures well through resilience actions and using resources on this page.
✔	<input type="checkbox"/>	Prevent and reduce tension and anxiety through resilience actions and using resources on this page.
	<input type="checkbox"/>	Other action(s) I take/will take:

Cancer Prevention & Control

— Adding Years & Quality to Life

Did you know? When it comes to cancers:

- Tobacco, alcohol, certain foods, excess body fat (or BMI), radiation and pollution increase your risks.
- Other foods, nutrients and actions help to protect you.
- Many cancers have early warning signs that can lead to earlier detection and better treatment success.
- Knowing your personal and family health history can help you to know what actions to take and when.

A. Actions that reduce risks, increase protective factors and monitor health, help protect you against these cancers:

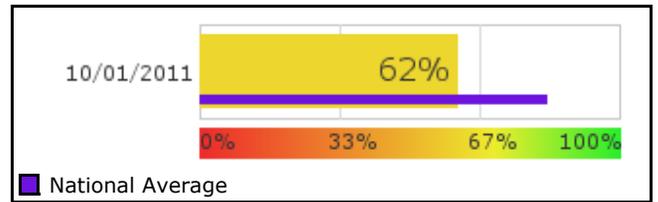
- Mouth cancers – lip, tongue, gum, palette and throat
- Skin, lung and colon cancers
- Breast cancer – in women and men
- Uterine, ovarian and other cancers

B. Protective actions include:

- Eating the right amounts of high-fiber, low-fat foods.
- Getting enough vitamin C, D and healthy oils each day.
- Getting the right exercise in each day.
- Getting and keeping your BMI, body fat in the **ideal** range.
- Getting some sun for health, but protecting your skin and eyes if in it longer than 20 minutes.
- Getting and keeping germ resistance high – see page 3.

C. Some agents cause cancer while others accelerate the growth of cancer. Agents to avoid include:

- Gasoline, benzene and other common chemicals – read and follow product safety labels.
- Burnt fats/fatty foods and rotten nuts.
- Unprotected exposure to radiation from sun, x-rays, work and other sources.
- Tobacco, asbestos, radon, nicotine and other agents.
- HPV and HIV infections.



D. The measures below influence your cancer prevention score. For all that are OK, congratulations! Use the actions on this and other pages to keep them there and improve others.

Source* of Results = Screening		As of: 10/01/2011	
Related Biometrics	My Results	Ideal^	
<u>Some Key Measures</u>			
<i>Other</i>	Cotinine N/A*	< 2 (or neg.)	
	WBC, SGPT, others <i>If done, see pages L2-4</i>		
<i>Body</i>	% Body Fat	30.4	6% - <18%
	Body Mass Index (BMI)	30.3	18.5 ≤ 25
	Waist Size (inches) **	41	≤ 40 inches
	Weight (pounds) **	217 for BMI	

* If applicable, self-reported data will be updated with screening data gathered in association with this report. When this occurs, the source of the data and date will be noted above. N/A = not available or not assessed.
 ** Also, rapid changes in weight or waist size can suggest medical issues that need attention. Don't delay seeing your doctor if either changes up or down quickly and/or unexplainably.
 ^Ideal ranges are based on prevailing prevention research and guidelines which may differ from reference ranges.

E. Your choices can help you to avoid many cancers. As with all health problems, your next best defenses against cancer are early detection and treatment, specifically:

- Everyone should do monthly self-exams of the mouth, skin and breasts.
- Men between the ages of 20-40 years should do a testicular self exam (TSE) each month.
- Everyone should see their doctor every 1-5 years for an exam and appropriate screenings (e.g., mammograms, pap tests, prostate, colon cancer screenings) based on personal risks including family health history.

To reach and keep your best success in this area, enter these codes to indicate what you will do:

- M** = All actions important to me that I will **maintain**.
- I** = 1-2 actions important to me that I will work to **improve**.

My Risk Status	What I Will Do	Key Actions to Prevent and Overcome Cancer
See Above	<input type="checkbox"/>	Get and keep all biometrics (listed above) in the ideal ranges through the tips on this page .
	<input type="checkbox"/>	Do not use smokeless tobacco.
	<input type="checkbox"/>	Do not smoke cigars or pipes
	<input type="checkbox"/>	Be a non-smoker – do not smoke cigarettes.
	<input type="checkbox"/>	Eat 3 or fewer servings of foods high in unhealthy fats each day.
	<input type="checkbox"/>	Eat 3 or more servings of fruit each day.
	<input type="checkbox"/>	Eat 4 or more servings of vegetables each day.
	<input type="checkbox"/>	Eat 6 or more servings of nuts, beans, whole grain or other high-fiber foods each day.
	<input type="checkbox"/>	See your doctor every 1-5 years for the appropriate early detection exams.
	<input type="checkbox"/>	Drink 0-2 servings of alcohol on any day; 0 servings if: pregnant, tobacco user or other risks apply.
	<input type="checkbox"/>	Do the recommended self-exams each month and day to detect potential health problems ASAP.
	<input type="checkbox"/>	Get the recommended vitamin D each week via the right foods, sunlight &/or supplement.
	<input type="checkbox"/>	Get the recommended vitamin C each week via the right foods &/or supplement.
	<input type="checkbox"/>	Get the recommended healthy oils each week - e.g., Omega-3, fish, avocados, olive & other oils.
	<input type="checkbox"/>	Avoid excess sun (UV radiation) using shade, clothing, hats, sunblock and other actions.
	<input type="checkbox"/>	Reach and stay within your ideal body mass index (BMI) or % body fat range (see biometric chart).
	<input type="checkbox"/>	Avoid exposure to tobacco – e.g., smoking, smokeless, second-hand smoke, etc.
	<input type="checkbox"/>	Other action(s) I take/will take: _____

Body Metrics, Diabetes & More

— Shaping Up for Life – Years, Quality, & Well-Being

The higher your Body Metrics score, the better your success at being able to:

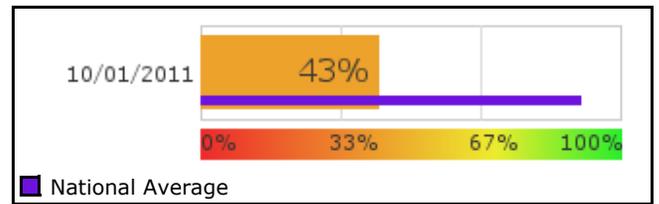
- Keep your knees, hips, and back healthy and pain free.
- Feel better and more energetic each day.
- Avoid, better manage or no longer have type 2 diabetes.
- Keep your heart, eyes, kidneys and skin healthy.
- Avoid accidents, injuries, knee and hip surgeries.
- Reduce risks for many cancers.
- Be more physically able with mobility, tasks, endurance, etc.
- Add years, quality and well-being to your life.
- Save lots of money – now and throughout life.

A. Body Fat, BMI, Waist Size & Weight

- Excess body fat increases risks for diabetes, cancers, high blood pressure, heart attacks and strokes.
- Excess fat on the waist also increases your risk for heart disease – waist size and waist/hip ratio measure this.
- Body mass index (BMI) is a general estimate of body fat.
- Excess weight increases pressure and strain on your knees, hips, ankles, back and muscles.
- Most often, excess weight comes from excess fat.
- Salt intake and water retention can also affect weight and blood pressure, but not body fat.
- Too little body fat causes hormonal and other problems.

B. Top actions to improve and keep good body metrics are:

- Focus on eating healthier every day (versus dieting) – strive for recommended fruits, vegetables, water, fiber, breakfast, fats and other choices each day.
- Get and stay physically active doing activities you enjoy every day – by yourself, with family, friends, and pets.
- Reduce the number of empty calories (those with little or no nutritional value) you consume – junk foods, foods with a lot of sugar and alcohol are key examples.
- Get enough sleep each day. Less than 7 hours of sleep increases risks of eating/drinking more calories.
- When needed, burn more calories than you eat and drink each day. See D for key insights.



C. The measures below influence your score. For all that are OK, congratulations! Use the actions on this and other pages to keep them there and improve others.

Source* of Results = Screening		As of: 10/01/2011	
Related Biometrics	My Results	Ideal [^]	
<u>Some Key Measures</u>			
Body	% Body Fat	30.4	6% - <18%
	Body Mass Index (BMI)	30.3	18.5 ≤ 25
	Waist Size (inches) **	41	≤ 40 inches
	Waist/Hip Ratio	0.98	≤ 0.9
	Weight (pounds) **	217	for BMI
	Height (inches)	71	for BMI
	Hip (inches)	42	for W/H Ratio
Sugars	Glucose	94	65 - 99.9
	Fructosamine (GSP)	190	50 - 270
	Hemaglobin A1C N/A*		4.8 - 5.6

* If applicable, self-reported data will be updated with screening data gathered in association with this report. When this occurs, the source of the data and date will be noted above. N/A = not available or not assessed.

** Also, rapid changes in weight or waist size can suggest medical issues that need attention. Don't delay seeing your doctor if either changes up or down quickly and/or unexplainably.

[^] Ideal ranges are based on prevailing prevention research and guidelines which may differ from reference ranges.

D. Key Insights – Calories, Water, Muscles & Stress

- Some things you eat/drink have more calories than others.
- Fats = 9 calories/gram; alcohol = 7/gram; carbohydrates and proteins = 4/gram; and water = 0 calories/gram.
- Less calories = foods with more water, less fats and sugars.
- Most fruits and vegetables are over 90% water.
- These have more calories: alcohol and foods high in fats.
- Physical activity burns calories AND adds muscles.
- More muscles helps to burn more calories all day long.
- Managing stress well, eating healthy, being active and body metrics are all connected — each can improve the others.

To reach and keep your best success in this area, enter these codes to indicate what you will do:

- M** = All actions important to me that I will **maintain**.
- I** = 1-2 actions important to me that I will work to **improve**.



My Risk Status	What I Will Do	Key Actions for Awesome Body Metrics
See Above	<input type="checkbox"/>	Get and keep all biometrics (listed above) in the ideal ranges through the tips on this page .
	<input type="checkbox"/>	Eat a healthy breakfast every day.
	<input type="checkbox"/>	Each day, eat 2 or fewer servings of candy, foods and/or beverages high in sugar.
	<input type="checkbox"/>	Eat 3 or fewer servings of foods high in unhealthy fats each day.
	<input type="checkbox"/>	Manage stress and pressures well through resilience actions and using resources on this page.
	<input type="checkbox"/>	Eat 3 or more servings of fruit each day.
	<input type="checkbox"/>	Eat 4 or more servings of vegetables each day.
	<input type="checkbox"/>	Eat 6 or more servings of nuts, beans, whole grain or other high-fiber foods each day.
	<input type="checkbox"/>	Drink at least 6-8 glasses of water each day.
	<input type="checkbox"/>	Drink 0-2 servings of alcohol on any day; 0 servings if: pregnant, tobacco user or other risks apply.
	<input type="checkbox"/>	Exercise aerobically (e.g., walk, run, swim, bike) at least 20 minutes a day.
	<input type="checkbox"/>	Get at least 7-8 hours of sleep each night.
	<input type="checkbox"/>	Other action(s) I take/will take: _____



Knowledge is Power. Follow our Power Tips for optimal health.

GENERAL POWER TIPS

WATER

- Water is our most important daily nutrient. Depending on our body fat and muscle composition, our bodies contain 50-70% water.
- Drinking at least 6-8 glasses of water each day helps to replace water being lost through sweat, breathing and elimination
- When under Stress we can lose twice as much (or more) water than on average.
- Not enough water can lead to and/or contribute to headaches, dizziness, fatigue, heat exhaustion, heat stroke, dehydration and kidney stones.
- Drinking at least one large glass of water before eating a meal helps to quench thirst, make you feel fuller and can lead to eating less food

SLEEP

- Most people need 7-8 hours each day for optimum health
- Alcohol and caffeine a few hours before bedtime can interfere with restful sleep
- Rotating work shifts can interfere with healthy sleep patterns
- Sleep deprivation can lead to accidents and injuries

ANTIBIOTICS & RXS

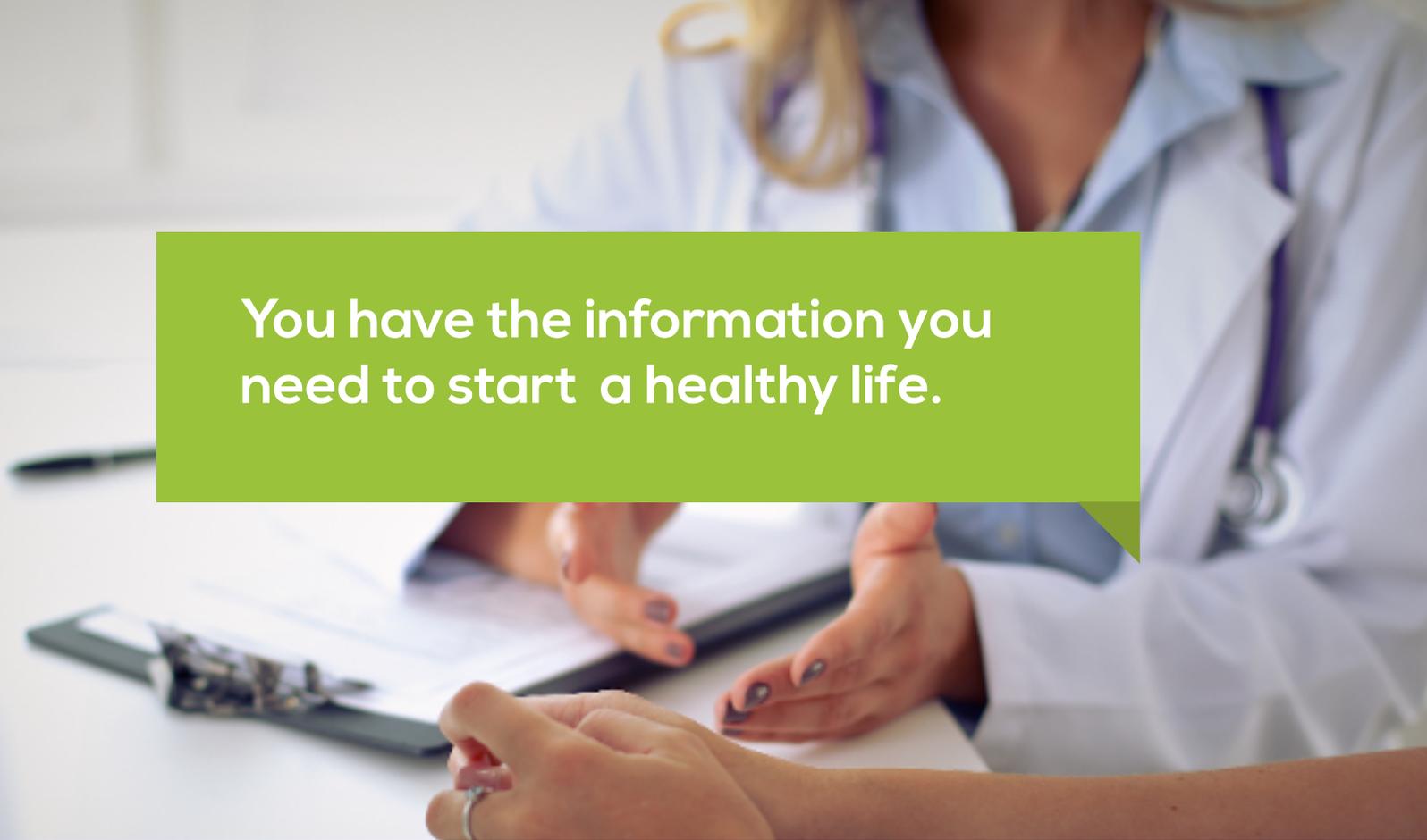
- You should always finish taking antibiotics as prescribed (until none remain), even if you are feeling well.
- People should never share prescription drugs - allergies, side effects, harmful doses and fatalities are just a few of the risks.

FITNESS POWER TIPS

TAKE IT EASY

- Always check with a doctor before you begin a new exercise program
- Exercise aerobically 3-5 or more times each week - involve family and friends.
- Spend the first 2-5 minutes stretching. Move slowly to warm up.
- Work out for at least 15-30 min. You should be able to talk and workout at the same time. Out of breath, you're working too hard!
- Gradually slow/cool down to reduce your heart rate
- Take it easy for the first 3-4 weeks of a new exercise routine





You have the information you
need to start a healthy life.

STRESS & RESILIENCE POWER TIPS

WEAVE HEALTHY, ENERGIZING LIFESTYLE CHOICES INTO EACH DAY

- Walks and stretch breaks
- Good nutrition/eating smart.
- The company of supportive friends and wise others.
- Known and fine-tune your values and beliefs-they drive your goals and decisions.
- Reflection, quiet time, meditation, prayer.

LEARN TO LET GO OF:

- More commitments on an already busy calendar
- Past mistakes - By self & others. Forgiveness heals.
- Bitterness, hostility and destructive thoughts.
- "Friends" who are not true friends.
- Too much TV, noise and 10¢ issues.
- Destructive situations.

STRESS = ENERGY

- Stress - like energy in life - needs to be managed
- Becoming a better energy/life manager depends on what you learn through life and apply in everyday decisions.
- Enjoying more of life can come from developing a healthy sense of humor, counting your blessings each day, taking time to "smell the roses," maintain caring relationships with others, helping those i need, and performing random acts of kindness.
- Many changes are likely and predictable - it's best to anticipate, and prepare for, these in advance while you're calm and less distracted.
- Role models can be incredibly powerful throughout each person's life. Family, friends, co-workers, kids, adults, historical figures, spiritual leaders, even movie characters can be role models to any of us.

NUTRITION POWER TIPS

EAT LESS FAT!

- Eat less: Foods loaded with grease, oil, margarine, butter and foods that are fried or deep fried.
- Eat Less: Fats that are solid at room temp like butter/margarine.
- Eat Less: Fatty red meats, egg yolks and skin from chicken
- Eat Less: High-fat dressings, mayo, snack foods, coconut and palm oils.

IMPROVE YOUR TIMING!

- Try not to snack between meals. If you do, eat fruits, nuts and vegetables.
- Try not to eat a large meal within 3 hours of going to bed.
- Drink a large glass of water 15 minutes before eating a meal.
- Eat a high-quality breakfast everyday. Your body will better use the calories throughout the day instead of storing them.

EAT MORE FIBER & PLANT FOODS

At Meals be sure at least 75% of your plate is complex carbohydrate foods such as...

- Fruits, vegetables, potatoes and legumes (e.g., peas & beans).
- Add fiber to pancakes, waffles, meat loafs, etc.

These vegetables may lower certain cancer risks:

- Broccoli, Cauliflower, Cabbage, Carrots & Squash, Kohlrabi, Brussels Sprouts, Red Sweet Peppers, Tomatoes

EMPOWER HEALTH SERVICES

TAP INTO THE POWER

To improve your Empower Health Scores, use the resources on this page. They can help you succeed in enhancing your health.

BOOKS

Use a Healthwise Handbook for guidelines on:

- Early detection
- Immunizations AND
- Many prevention guidelines to improve your score

Consider other books and resources for healthful living, better health care & healing, such as:

- Survival Guide for Better Health Care You
- Scriptures of your faith

ONLINE SUPPORT

www.empowerhealthservices.info

At this secure web site:

- You have confidential access to your personal screening results with very helpful links for follow-up and to improve your score (available for 12 months from the date of your report).
- PLUS you have 24/7 year-round access to information and tools on over 5,000 health topics, disease, tests and treatment options for better health and health care.
- PLUS you can learn what extra support may be available from your health benefit plans for:
- Asthma, Diabetes and Heart Disease

Thank you for participating in the Empower Health Services screening program.

- Early detection screening is an important step in staying healthy. Annual screening is just the first step in the process. Following up on your results and learning more about health takes time and focus. You are worth it!

YOUR PRIMARY DOCTOR

Call or see your doctor to discuss screening results that you have a concern about. On the next visit to your family doctor, bring this entire report.

PROFESSIONALS

Here are some of the professionals who can help you solve problems quicker and more effectively:

Body & Physical Health

- Physicians & Nurses
- Health Education Specialists
- Physical Therapists
- Registered Dietician
- Exercise Physiologists

Mind, Relationships & Spirit

- Psychologists
- Psychiatrists (M.D.'s)
- Social Workers
- Pastoral Counselors
- Marital/Family Therapists

For More Information, Follow-up and Greater Success

MOVIES

Here are some movies focusing on health, resilience, common cautions, relationships, compassion, problem-solving and/or outreach:

- Invincible (2006)
- Wall-e
- Sandlot
- Pursuit of Happiness
- What about Bob?
- Proof
- A Beautiful Mind
- Chocolat (2000)
- and many more!

PERSONAL SUPPORT

Check with your employer, health benefit plan, local hospitals, faith community and other community resources for other available support.

