

Sample
John

INTERACTIVE HEALTH SOLUTIONS, INC.

John Sample
3800 N. Wilke Rd.
Suite 155222
Arlington Heights, IL 60004

Health Evaluation Results Enclosed



Care for *Your Health*

PERSONAL HEALTH EVALUATION

JOHN SAMPLE

SEPTEMBER 29, 2010



John Sample
3800 N. Wilke Rd.
Suite 155222
Arlington Heights, IL 60004

WU3DPT8 - 6073

Dear Mr. Sample:

Thank you for participating in our Health Evaluation Program. We hope that you have found the experience rewarding.

Regular health screenings are important because they help in checking whether you are healthy or if you are developing or suffering from an illness. The most commonly performed blood tests are the blood chemistry panel and the complete blood count (CBC), both of which were included in your Interactive Health Solutions screening. This analysis consists of 34 different tests, in various combinations, that a physician can use to evaluate the current state of your health. In healthy people, the blood levels of chemical substances and cells fall into a certain range called the 'normal range'. If a test result falls outside of this range, either above or below, a doctor will draw conclusions which will help him/her to make a certain diagnosis. Often a combination of abnormal test results can lead to a specific diagnosis. Sometimes even healthy people may have a test result slightly outside the normal range, a condition which may be entirely normal for a given person. Very abnormal test results often are a signal that a health problem exists. It is important to remember, however, that on any specific lab result, IHS is not making a diagnosis. For a diagnosis, you must review these results with your personal physician.

After reviewing your medical records, we found the following:

The PSA (prostate-specific antigen) test along with the DRE (digital rectal exam) is used to help detect prostate cancer in men. It is normal for men to have low levels of PSA in their blood, but as they age both benign (non-cancerous) prostate conditions and prostate cancer become more frequent and may increase PSA levels. The most common non-cancerous conditions are prostatitis, which is inflammation of the prostate, and benign prostatic hyperplasia (BPH), which is enlargement of the prostate. The National Cancer Institutes' (NCI) guidelines for PSA levels have been updated. These guidelines are more general than in the past and as you can see there is no specific normal or abnormal PSA level, however, the higher the PSA the more likely that cancer is present. Many doctors are now using the following ranges:

- 0 to 2.5 ng/ml is low.
- 2.6 to 10 ng/ml is slightly to moderately elevated.
- 10 to 19.9 ng/ml is moderately elevated.
- 20 ng/ml or more is significantly elevated.

We recommend that you schedule an appointment and follow-up with your primary care physician. Your physician will consider your risk factors such as: age, family history, race, weight, annual PSA growth rate, and your current PSA level to determine if any follow up testing is necessary.

Your TSH (Thyroid Stimulating Hormone) was normal. TSH, produced in the pituitary gland, stimulates the thyroid to do its job. The thyroid's job is to regulate metabolism – a task that gives it powers over almost every cell in the body. The hormones it pumps into the bloodstream set the heart's tempo, prod muscles and bones to grow, even determine how quickly electrical impulses speed along the nerves. Also, because the brain is full of thyroid receptors, thyroid hormones affect mood and memory. When the thyroid is working perfectly every organ in your body can function as it should. It is estimated that ten percent of all Americans will eventually develop a thyroid abnormality by the age of fifty. Therefore we recommend periodic thyroid testing in the future.

Your blood test revealed elevated levels of liver enzymes which indicates liver inflammation. These enzymes are a part of liver biochemistry, however they are not always specific for liver disease. Abnormally high values for these enzymes can indicate anything from normal variants to the asymptomatic phase of a significant illness. Almost any medication, infection, or amount of alcohol intake can strongly influence the level of liver enzymes. A proper evaluation for why you have elevated liver enzymes should include a diagnostic work-up by your personal physician. Therefore, we recommend that you review your test results with your physician.

Your blood test shows a moderately elevated glucose (sugar) level. Blood glucose levels of 100 to 125 are considered "pre-diabetic". It is very important to manage your glucose now so that you can delay or prevent Type 2 diabetes from ever developing. It is very likely that you can reduce your glucose level to less than 100 by eating a more healthy diet and increasing your weekly exercise routine. We suggest that you review your options with your personal physician.

Your HDL cholesterol is very good. HDL cholesterol protects against disease by helping remove excess cholesterol deposited in the arteries. The more HDL in your blood, the lower your risk for heart disease. It is important to remember, however that even though you have a good HDL total, you should still keep your other cholesterol levels within recommended ranges.

Your white blood cell count (WBC) is mildly elevated. Blood contains a variety of white blood cells. Their main function is defense against infections and cleansing of areas of injuries and inflammation. Elevations of the WBC are seen in many conditions such as infections, injuries, after surgery, steroid usage or other more serious conditions. We suggest that consult your private physician for further evaluation.

We recorded a very elevated blood pressure reading during your screening. High blood pressure can be potentially harmful if left untreated. You have indicated that you are currently taking blood pressure medication. You should continue with your present medication and treatment plan as instructed by your physician, however, you may need an adjustment to the medication. We recommend that you have your blood pressure re-tested soon, and that if it continues to be high, follow-up with your personal physician. This is an important issue. Even moderately elevated blood pressure can damage your arteries. Research has shown that your risk of heart attack and stroke doubles for every 20/10 mmHg rise in blood pressure above 115/75.

Your screening indicates that **you may** have a disease state called "Metabolic Syndrome". Metabolic syndrome is a collection of health risks that, when seen in combination, increase your chance of developing heart disease, stroke, and diabetes. There are five risk factors that are used to determine metabolic syndrome: large waist measurement, elevated triglycerides, low levels of HDL cholesterol, elevated blood pressure, and elevated glucose. Most researchers believe it is caused by a combination of your genetic makeup and lifestyle choices including the types of food you eat and your level of physical activity. If you have metabolic syndrome, your body experiences a series of biochemical changes. Over time, these changes lead to the development of one or more associated medical conditions. Please review the information sheet provided in this packet and discuss ways to lower your risks with your personal physician.



We show that you are a current tobacco user. Smoking and tobacco use is the single most preventable cause of serious illness and contributes to many deaths every day. We urge you to consider quitting. No matter how many times you may have tried to quit in the past, you should not give up trying to become one of the millions of ex-smokers and tobacco users. There is more support today than ever before to assist you. If you would like support in quitting use of tobacco products, please call 1-800-QUITNOW, or log onto www.quitnet.org.

We would like to take a moment to introduce a new way of looking at your preventative health. The service is called IHI (Interactive Health Index), and is designed to help you understand where you stand for future risk of coronary heart disease and diabetes, leading causes of premature death and disability in the United States. The index is comprised of five modifiable risk factors: smoking, glucose, blood pressure, triglycerides and LDL cholesterol – all potential causes of serious future health problems. The IHI has been established to help you easily identify medical risks that you can improve, therefore increasing your chances of a healthy future.

Your IHI Total Score is 55. Please refer to the following page. The back of the page will explain how your IHI was calculated.

The right-hand column highlights your risk factors and point reductions that you should focus on during this year. We have also calculated an achievable goal by your next screening. We recognize that changing lifestyle can be confusing and challenging, so feel free to get assistance from our staff if the need arises. Please refer to the enclosed HealthFocus brochure. Taking steps now will prevent future issues. We look forward to working with you.

All the rest of your blood tests were normal.

Family Health History: A recently revised Federal Government regulation, the Genetic Information Non-Discrimination Act (GINA), prohibits certain types of health risk assessments from collecting and using medical Family History Information. Therefore, IHS has deleted medical family history data from all of our assessments. We recommend that you share your medical Family History with your physician in all cases and especially if you have a parent, brother or sister who has a history of Diabetes, Cancer, Heart Disease or Stroke before age 65, as these may have a bearing on your current and future health.

Important Note: As a member of *interactivehs.com*, you can receive an in-depth analysis of your lab results. Simply log in using your User Name and Password, and your latest test results will be automatically linked to your records. If you forgot your User Name or Password, you may retrieve them by clicking where indicated, below the password field, and following the instructions on the screen, or by calling us at (800) 840-6100. Your membership also entitles members of your family to register at no additional cost. They can register themselves on *interactivehs.com* by entering **WU3DPT8** when prompted for a Patient Code. *interactivehs.com* will help you and your family better monitor and manage your health through the use of a powerful data base of medical information and innovative interactive tools...all in a secure and confidential environment.

Thank you again for participating. We look forward to seeing you again next year.

A handwritten signature in black ink, reading 'L. Nelkovski, MD'.

Lidia Nelkovski, MD
Medical Director
Interactive Health Solutions

LabCorp Lab Report

Name..... SAMPLE, JOHN Sex..... Male
 Drawn Date..... 02/19/2010 12:00 Age..... 55
 Received Date.. 02/19/2010 12:00 Patient Code... L9XEZ6J
 Report Date.... 02/20/2010 12:00 Specimen..... 999999904

Test Name	Results		Unit Of Measure	Reference Range
	In-Rng	Out-Rng		
Glucose, Serum		105 H	mg/dL	65-99
Uric Acid, Serum	6.5		mg/dL	2.4-8.2
BUN	10		mg/dL	5-26
Creatinine, Serum	1.00		mg/dL	0.76-1.27
Glom Filt Rate, Est	>59		mL/min/1.73	>59
If African-American	>59		mL/min/1.73	>59

Note: Persistent reduction for 3 months or more in an eGFR <60 mL/min/1.73 m2 defines CKD. Patients with eGFR values >/=60 mL/min/1.73 m2 may also have CKD if evidence of persistent proteinuria is present. Additional information may be found at www.kdoqi.org.

BUN/Creatinine Ratio	10			8-27
Sodium, Serum	140		mmol/L	135-145
Potassium, Serum	4.4		mmol/L	3.5-5.2
Chloride, Serum	97		mmol/L	97-108
Calcium, Serum	9.5		mg/dL	8.5-10.6
Phosphorus, Serum	2.5		mg/dL	2.5-4.5
Protein, Total, Serum	7.7		g/dL	6.0-8.5
Albumin, Serum	4.8		g/dL	3.5-5.5
Globulin, Total	2.9		g/dL	1.5-4.5
A/G Ratio	1.7			1.1-2.5
Bilirubin, Total	0.8		mg/dL	0.1-1.2
Bilirubin, Direct	0.29		mg/dL	0.00-0.40
Alkaline Phosphatase, S	88		IU/L	25-150
LDH	213		IU/L	100-250
AST (SGOT)		70 H	IU/L	0-40
ALT (SGPT)		107 H	IU/L	0-55
GGT		314 H	IU/L	0-65
Iron, Serum	109		ug/dL	40-155
Cholesterol, Total	167		mg/dL	100-199
Triglycerides	103		mg/dL	0-149
HDL Cholesterol	56		mg/dL	>39

According to ATP-III Guidelines, HDL-C >59 mg/dL is considered a negative risk factor for CHD.

VLDL Cholesterol Cal	21		mg/dL	5-40
LDL Cholesterol Calc	90		mg/dL	0-99
T. Chol/HDL Ratio	3.0		ratio units	0.0-5.0
WBC		11.5 H	x10E3/uL	4.0-10.5
RBC	4.93		x10E6/uL	4.10-5.60
Hemoglobin	15.8		g/dL	12.5-17.0

LabCorp Lab Report

Name..... SAMPLE, JOHN Sex..... Male
 Drawn Date..... 02/19/2010 12:00 Age..... 55
 Received Date.. 02/19/2010 12:00 Patient Code... L9XEZ6J
 Report Date.... 02/20/2010 12:00 Specimen..... 999999904

Test Name	Results		Unit Of Measure	Reference Range
	In-Rng	Out-Rng		
Hematocrit	46.5		%	36.0-50.0
MCV	94		fL	80-98
MCH	32.1		pg	27.0-34.0
MCHC	34.1		g/dL	32.0-36.0
RDW	12.7		%	11.7-15.0
Platelets	234		x10E3/uL	140-415
Hematology Comments:	N/A			
Prostate Specific Ag, Serum	2.4		ng/mL	0.0-4.0

Roche ECLIA methodology.

According to the American Urological Association, PSA should be undetectable after radical prostatectomy. A PSA of less than 0.5 ng/mL (or undetectable) is not likely to be associated with disease recurrence within five years of treatment. Values obtained with different assay methods or kits cannot be used interchangeably. Results cannot be interpreted as absolute evidence of the presence or absence of malignant disease.

TSH	2.150	uIU/mL	0.450-4.500
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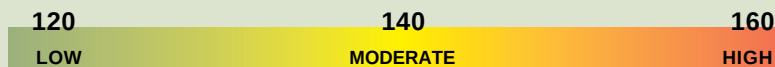
Watch How Life Gets Better

Interactive Health Index For

John Sample

September 29, 2010

Blood Pressure Systolic



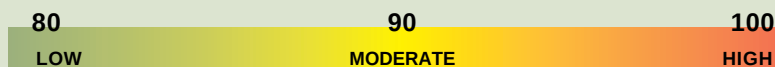
▲
Your BP Systolic is 152

**IHI
Points**

13

You are 13 units above your target of 139, which adds 13 points to your Interactive Health Index.

Blood Pressure Diastolic

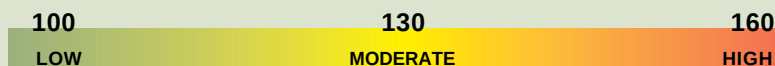


▲
Your BP Diastolic is 95

6

You are 6 units above your target of 89, which adds 6 points to your Interactive Health Index.

LDL Cholesterol

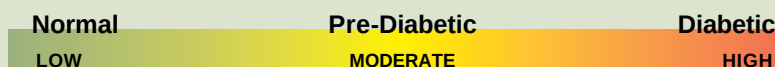


▲
Your LDL is 90

-5

Your LDL value is equal to or lower than your target of 129! Congratulations! You have earned a 5-point credit toward your Interactive Health Index!

Glucose

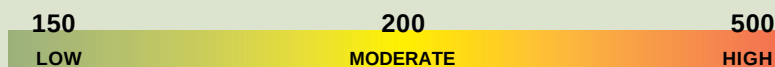


▲
Your Glucose is 105

6

You are 6 units above your target of 99, which adds 6 points to your Interactive Health Index.

Triglycerides



▲
Your Triglycerides are 103

-5

Your Triglyceride value is equal to or lower than your target of 149! Congratulations! You have earned a 5-point credit toward your Interactive Health Index!

Tobacco Use (Includes cigarettes, cigar, pipe, chew or dip.)



40

Quitting smoking will reduce your Interactive Health Index by 40 points.

Your IHI Goal is to reduce your IHI Total Score 33 points by your next screening.

Total 55

(Over)

What is IHI?

The Interactive Health Index (IHI) was developed in conjunction with physicians and other healthcare professionals. It is a composite of indicators, under your control, that help to determine your health. The index is comprised of five life style risk factors: glucose, LDL cholesterol, triglycerides, blood pressure and tobacco use. Your personalized IHI Score was computed based on your screening results and reflects the state of your health as determined by those controllable factors. Your ability to improve on this score is an indicator of your personal engagement and commitment to your health.

You can achieve your IHI goal through the care of your physician and through lifestyle changes that include diet and exercise. Accordingly, you will be given a goal to achieve each year when you participate in the health evaluation. Your objective will be to reduce your IHI score to reach that goal and in so doing reduce your risk of heart disease, diabetes and stroke. If your employer/sponsor is offering an incentive program, achieving your goal may also qualify you for a reward.

How is my IHI score calculated?

Blood Pressure: 1 point per BP unit above 139/89 (Systolic/Diastolic). A 5-point credit can be earned if both systolic and diastolic blood pressure values are below 140/90.

LDL Cholesterol: 1 point per unit above your personal LDL target level of 99, 129 or 159 mg/dl. You will earn a 5-point credit against your IHI score if you are at or below your LDL target level (see reverse side).

Glucose: 1 point per Glucose unit above 99. You will earn a 5-point credit against your IHI score if your Glucose is at or below your target of 99.

Triglycerides: 1 point per 10 Triglyceride units above 149. You will earn a 5-point credit against your IHI score if your Triglycerides are at or below your target of 149.

Tobacco Use: 40 points for using tobacco.

How is my IHI goal for next year set?

1. If your current score is -20 to zero your goal will be to remain in that range.
2. If your current score is between 1 and 25, your goal will be zero (or less).
3. If your current score is above 25, your goal will be a 60% improvement.

What happens if I have a medical condition that might prevent me from reaching my goal?

The goal of this program is to recognize individuals for healthy life styles and engagement in their health.

In rare circumstances participants may have a medical condition that prevents them from pursuing and achieving their goal. If you believe that this applies to you, please call IHS and we will review in detail your individual situation.

- Call Nancy Brantner at (800) 840-6100. She will provide you with a form that must be completed by your personal physician.

New LDL Cholesterol Target Guidelines

Your target LDL Cholesterol was computed based on standards adopted by the National Cholesterol Education Program Adult Treatment Panel III (NCEP ATP III) in 2002. These standards continue to be widely endorsed by the health care community and have proven to be very effective in identifying the risks of heart disease, stroke and diabetes as a basis for health improvement.

However, with the advent of new drugs and more effective treatments to reduce LDL levels, researchers are taking a closer look at the beneficial effects of reducing LDL cholesterol levels below those levels traditionally recommended, especially among at-risk patients - reducing LDL cholesterol levels below original guidelines seems to significantly reduce the risk of death and cardiovascular events. In response, the NCEP recommended new guidelines that, while upholding the standards applicable to the great majority of the population, redefine LDL goals for those at greater risk of heart disease as shown in the table below:

Condition	10-year Risk of Cardiac Event	Standard Target	Consider Lowering to:
High-Risk	Greater than 20%	Less than 100 mg/dL	Less than 70 mg/dL
Moderate-High-Risk	Between 10% & 20%	Less than 130 mg/dL	Less than 100 mg/dL
Moderate-Risk	Between 1% and 10%	Less than 130 mg/dL	No change
Low-Risk	Less than 1%	Less than 160 mg/dL	No change

See your enclosed Coronary Risk Assessment for your 10-year risk. The LDL Target level included in your IHI score and in your Coronary Risk Assessment is accurate and in compliance with current NCEP standards, however, if you fall in the High or Moderate--High Risk categories you should consult with your physician and consider the new tighter guidelines listed in the above table.

Additional notes about your IHI Score

- LDL targets are set based on your overall risk for heart disease. LDL Cholesterol cannot be calculated if your Triglycerides are ≥ 400 . If your Triglycerides are greater than or equal to 400, your IHI score will be calculated without an LDL score. Please be aware that should your Triglycerides decrease below 400 in the following year, your new LDL score may raise your IHI score. We recommend that you re-check your LDL/Triglyceride levels during the year and take corrective action as necessary to ensure that you hit your IHI goal.

- The IHI score is based on Interactive Health Solutions or designee testing only. We cannot accept lab or blood pressure readings from any third party. All tests are final and cannot be repeated. The IHI Score is a measure of coronary risk factors; however, it does not confirm nor negate the presence of underlying heart disease or other medical conditions. LDL Cholesterol and Triglyceride standards are from the National Cholesterol Education Program (NCEP). Blood Pressure guidelines are from the National High Blood Pressure Education Program (NHLBI). Glucose standards are from the American Diabetes Association (ADA).

IHI

I N T E R A C T I V E H E A L T H I N D E X

Coronary Risk Analysis

Framingham Heart Study Analysis

This analysis identifies the risk of developing Coronary Heart Disease (CHD) over the course of 10 years. This study has been acknowledged by the medical community as being an effective predictor of certain types of heart events that include angina pectoris, myocardial infarction, and death.

Risk Factors	Results	Desirable Range	Very Low	Low	Moderate	High	Very High
Gender	Male	-					
Age	55	-					
Total Cholesterol	167 mg/dl	Less than 200 mg/dl					
HDL Cholesterol	56.0 mg/dl	More than 50 mg/dl					
Smoking and Tobacco Use	Smoker or Tobacco User	No Tobacco use at all					
Blood Pressure	152/95 mmHg	Less than 140/90 mmHg					
Diabetes (Glucose)	105 mg/dl	Less than 100 mg/dl					
Summary	Results	Desirable	Very Low	Low	Moderate	High	Very High
Your 10-year risk of heart attack and death	16%	< 7%					
10-year risk for healthy person of same age and sex	7%						

Based on the above criteria, your risk of having a heart attack within the next ten years is 2.3 times more than that of the average healthy 55 year-old man who is a non-smoker with normal cholesterol, blood pressure and glucose levels.

The presence of any CHD factor requires appropriate attention, because a single risk factor may confer a high risk for CHD in the long run, even if the 10-year risk does not appear to be high. High individual risk factors, such as "exercise", if neglected, will eventually put you at high risk for CHD.

Other Risk Factors

A recently revised government regulation (GINA) prohibits certain types of health risk assessments from collecting and using medical Family History information. Therefore, IHS has deleted medical family history data from our coronary risk assessment. If you have a Family History of CHD you should inform your physician when evaluating this report. The following additional factors, not considered in the Framingham Analysis, may also be important predictors of CHD. Any of these listed at high risk levels, may also elevate your overall risk of CHD.

Factor/Test	Result	Desirable	Low	Moderate	High
History of CHD	None	No history of CHD			
Body Mass Index (BMI)	32.6	At or below 30			
Exercise	Active	5 days moderate or 3 days vigorous			
hs-CRP (inflammation)	n/a	< 0.7 - lowest risk			

Low Density Lipoprotein

Reducing the risk of CHD is frequently accomplished by reducing your LDL ("bad cholesterol") levels. The following table shows your current and target LDL levels, and the recommended LDL treatment protocol as recently defined by the Expert Panel of the National Cholesterol Education Program (NCEP).

Your LDL	Target LDL	Prescription Medication for LDL
90 mg/dl	< 130 mg/dl	Not recommended within NCEP guidelines.

Source: NCEP Adult Treatment Panel III Report 2001 NHLBI - Framingham Heart Study. - Estimating Coronary Heart Disease (CHD) Risk Using Framingham Heart Study Prediction Score Sheets 2002.



A Smarter Way to *Better Health*



HealthFocus Courses:

- For all employees who participate in the IHS Health Evaluation
- Talk confidentially to your own Masters degreed health coach by telephone
- Course materials sent to assist you in making lasting healthy changes
- Choose phone appointments according to your schedule- days, nights, or weekends
- Call 1-800-840-6100 to register for a HealthFocus course

Smoke-Free For Life

By exploring different quit techniques, learn to apply the best option for you. Special emphasis is placed on cessation aids and relapse prevention. Work with an experienced professional who has helped many others to quit smoking successfully. Receive the support you need and become smoke-free for life!

Diabetes Prevention and Control

If you have diabetes, or have been diagnosed at risk, learn to make the right choices for control or prevention. You may also be required to be working with your doctor. Nutritional and exercise options are reviewed in a personalized approach to help you make the right choices to improve your health.

Lifestyles for Successful Weight Loss

Weekly telephone sessions with a professional experienced in helping people to lose weight and keep it off. Learn a permanent new way of eating that emphasizes a balanced, non-diet approach. This course will guide you to reshape your habits while reshaping yourself and feeling great!

Managing Cholesterol Levels

Develop an individual plan for lowering bad LDL cholesterol, raising the good HDL, and/or lowering triglycerides. Medication from your physician may still be required, but it may be reduced or avoided with the correct diet and exercise choices.

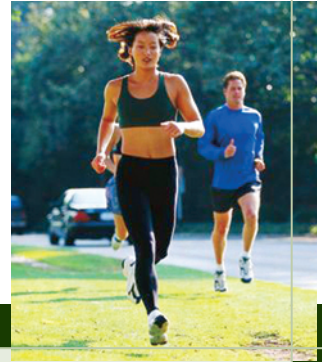
Managing and Preventing High Blood Pressure

Learn the latest proven methods for reducing blood pressure through lifestyle changes. Medication from your physician may still be required, but it may be reduced or avoided with the correct diet and exercise choices.

HealthFocus courses are included with the IHS Health Evaluation—at no cost to you. (over)

Call 1-800-840-6100 to register

Tell the Customer Service Representative that you want to enroll in a HealthFocus course.



Better Nutrition

Evaluate your current eating habits and set nutritional goals. You will learn strategies for meal planning, eating out, eating healthy on the road and/or cooking for a family. Enjoy the benefits of more energy and better health for life.

Controlling Your Asthma

With the help of a professional, you will receive the information, guidance and support you need to; control your symptoms, prevent most acute asthma attacks and maintain your desired activity level. You are required to also be working with your doctor.

Personalized Fitness

A professional will help you design and monitor a fitness routine to help you get and stay fit. Address issues such as finding time to exercise and staying motivated. No matter what your current fitness level, you will feel great and become healthier!

Preventing and Managing Back Pain

This course will answer many of your questions about what causes back pain. Includes specific information on prevention of pain, proper physical activity and strengthening your back. You may be required to also be working with your doctor.

Achieving Balance

The behavioral change techniques learned will help you reduce stress, achieve balance and improve the quality of your life. Your personal coach will help you assess areas of need, and provide simple techniques to ease stress and make lasting positive changes.

HealthFocus courses are included with the IHS Health Evaluation—at no cost to you.



ihs
A Smarter Way to Better Health



Prepared for:
John Sample
September 29, 2010

General Health Risk Analysis

This report contains an assessment of your current status for each major health risk area covered in our questionnaire. Its purpose is to help you to understand your current health profile and to promote health building actions that can help you take better charge of your health and lower your risk of preventable illnesses. We urge you to review each section and the associated references and carefully consider the recommendations contained therein.

Clinical Factors	Result	Analysis/Comments
Age	55	Your risk of coronary heart disease, cancer, diabetes and other diseases increases gradually with age, particularly after the age of 40. Pay special attention to reducing/controlling those factors that increase your risk of cancer, heart disease and diabetes. Stay physically active and continue to get regular checkups.
Blood Chemistry	See Current Laboratory Report	Blood Pressure - High Please refer to your test results review letter. Glucose - Borderline High Please refer to your test results review letter. Liver Disease Your blood test revealed elevated levels of liver enzymes that screen for possible liver damage. Metabolic Syndrome Please refer to your test results review letter. Smoker Please refer to your test results review letter. WBC - Mildly Elevated Please refer to your test results review letter.
Body Mass Indicator (Weight/Height Ratio)	32.6	Excessively Overweight See your physician about beginning a supervised weight loss program.
Blood Pressure	152/95 mmHg	Seriously High Blood Pressure Have your blood pressure tested as soon as possible, and if it remains high, consult with your physician about the effectiveness of your current blood pressure medication.
Self-Reported Medical Conditions	Result	
Current	Allergies - Environmental Irritable Bowel Syndrome (IBS)	
History	High Blood Pressure - On Medication	
Flu Shot	Result	
	YES	Congratulations on getting your annual Flu Shot! Don't forget to re-immunize next season.

Lifestyle	Result	Analysis/Comments
Exercise	Moderate: 0 d/wk Vigorous: 6 d/wk	
Alcohol Consumption	None or casual consumption of alcohol	
Smoking and Tobacco Use	Smoker or Tobacco User	Subject to illnesses related to Smoking and other Tobacco use Smoking and tobacco use is the single most preventable cause of illness and contributes to many deaths everyday. Smoking is the biggest risk factor for sudden cardiac death and smokers who have a heart attack are more likely to die suddenly than nonsmokers. Tobacco usage also increases your risk of gum disease, cancer and emphysema. Quitting smoking and the use of tobacco is one of the most important thing you can do for your own health and the health of those around you. Please review the enclosed information sheet on Quitting Smoking.

ALLERGY AND ASTHMA

What do allergies and asthma have in common?

You may or may not be surprised to learn that allergies and asthma have quite a bit in common and are often related. Allergies are diseases of the immune system that cause an overreaction in response to particular substances (allergens), such as dust mites, mold, pet dander, pollen, and some foods. In some people, the allergic reaction also causes asthma, a condition in which the lung airways become blocked or narrowed making it difficult to breathe. There are two types of asthma: allergic and non-allergic. Allergic asthma is the most common type of asthma and many people who suffer from hay fever also have asthma. There is no cure for asthma, but with proper management and prevention, it can be well controlled so that symptoms do not interfere with living a healthy active life.

What are symptoms of allergic asthma?

The symptoms of allergic and non-allergic asthma are mostly the same. They include: coughing, wheezing, shortness of breath, rapid breathing, and tightness in the chest. The main difference between the two types is that allergic asthma is brought on by exposure to allergens while non-allergic asthma is brought on by other factors such as stress, physical activity, cold or dry air, and anxiety. Non-allergic asthma does not involve the immune system. Allergic asthma comes about through a complex process, in which the allergens cause inflammation and swelling in the airways of the lungs causing an obstruction of the airways.

How can symptoms be managed?

Symptom management is dependent on the individual. It's important for those who suffer from allergic asthma to understand the allergens that cause the allergic asthma response. Treating the allergy with medication and avoiding the allergen as much as possible can both help to minimize the occurrence of asthma symptoms and reduce the severity. Some medications are helpful for both the allergy and the asthma, while others work on only one or the other. Doctors may use a variety of tests to diagnose asthma.

- **Track Symptoms:** Keep a log of symptoms to learn what triggers asthma. Review the symptoms diary with a doctor to help find the right treatment plan. Record increased shortness of breath or wheezing; sleep disruptions due to shortness of breath, coughing or wheezing; increased asthma symptoms during physical activity; chest tightness or pain; anything that seems to trigger asthma flare-ups (eg: pollutants, tobacco smoke).
- **Know Early Warning Signs:** Tracking symptoms can also help to understand the early warning signs of asthma so that action can be taken to prevent an attack. Early warning signs may be similar to symptoms but weaker, such as: slight tightening of chest; difficulty sleeping; coughing; feeling weak or tired while being active; and having signs of an allergy.
- **Stay Healthy:** Upper respiratory infections, colds and the flu wreak havoc for those with asthma. It's important to pay close attention to changes in breathing capacity when sick, and to seek medical attention when necessary. The best thing to do is prevent illness and stay healthy as much as possible by: being physically active on a regular basis; washing hands often; avoiding touching eyes, nose and mouth; having an annual vaccine for the flu.
- **Control Home Environment:** This is an important part of managing allergies and asthma. Reduce or remove known allergens that trigger asthma and allergies. Use and maintain air filters and air conditioners if possible. Try to reduce dust mites, particularly in the bedroom. Use a vacuum that has good filtration.

For more information:

Interactive Health Solutions: www.interactivehs.com

American Academy of Allergy, Asthma, and Immunology: www.aaaai.org

Allergy and Asthma Foundation of America: www.aafa.org

American Lung Association: www.lungusa.org

CANCER RISKS

Cancer is a term to describe diseases in which cells do not function properly. Old cells don't die when they should and new cells are formed when they're not needed. The build up of extra cells forms a mass or tumor. There are over 100 types of cancer, named for the type of cell and location in the body they start. Some cancers are life-threatening and can spread to invade other parts of the body, while others are not. Research shows that some people have a greater risk for certain cancers than others, and much of that risk can be avoided. Prevention is the first step in the fight against cancer.

What are the risk factors?

Behavioral factors are ones we can control. They account for nearly 50 - 70% of all cancer related deaths and include tobacco use, poor diet, physical inactivity and over exposure to direct sunlight.

Environmental factors include exposures to second hand smoke and chemical exposure. Chemicals that are known to increase the risk for cancer include pesticides and dioxins.

Uncontrollable factors include increasing age, genetics, and ethnic background.

Cancer warning signs:

- Change in bladder or bowel habits
- Unusual bleeding or discharge
- Lump or thickening in the breast, joint areas, or elsewhere
- A sore that does not heal
- Cough or hoarseness that persists
- Change in a mole or wart

How do I prevent cancer?

Consult with your doctor about which screenings (tests for early detection) you need to have and schedule them accordingly. This is especially important if your history of screenings and tests as you responded in your assessment are inconsistent with the schedule below. Understanding the risks for different cancers will help you and your physician make an informed decision. Age is the most important risk factor for many cancers. Listed below is a recommended timetable for some common cancer screenings:

SCREENING or TEST	RECOMMENDED SCREENING GUIDELINES
Cancer-related checkup	Initial doctor visit and periodically for people ages 20 +. Follow your doctor's recommendations.
Clinical Breast Exam	Every 3 years for women 20-39; yearly for women ages 40 and older.
Cervical Cancer Screening (Pap test)	Begin 3 years after first sexual activity or by age 21 which ever occurs first. Women younger than 30 years should have a Pap test every year 1-2 years depending on type of Pap test technique used. If you are age 30 or older and have had three normal Pap tests in a row you may need a Pap test only every 2-3 years. Consult your physician.
Mammography (Breast Cancer)	Yearly for women ages 40 + Women at high risk should consult with their physician
Colonoscopy (Colon Cancer)	Follow up to positive colorectal tests; every 10 years for people ages 50 + or more frequently if necessary; before age 50 if specific risk factors.
Prostate cancer screening	Start discussion with your doctor regarding screening benefits and risks. Consider screening starting at age 50; ages 40+ for men with specific risk factors/concerns. Consult with your doctor regarding frequency of testing.

The American Cancer Society encourages healthy lifestyle choices to help prevent cancer. These recommendations include maintaining a healthy body weight, being physically active, consuming a healthy diet with an emphasis on plant sources, limiting alcohol use, avoiding exposure to tobacco products and protecting yourself against sunlight.

For more information:

Interactive Health Solutions www.interactivehs.com

National Cancer Institute www.cancer.gov

American Cancer Society www.cancer.org

DIABETES

Diabetes is a disease in which the body is not producing enough insulin, or is not using insulin properly. When insulin is not working properly, sugar (glucose) accumulates in the bloodstream because the cells cannot absorb it. If blood glucose remains high over a long period of time serious complications can occur. Type 2 diabetes is the most common form of diabetes, usually occurring in adults over the age of 40. Type 2 diabetes usually develops over a long period of time; symptoms are initially difficult to identify.

What is insulin?

Insulin is a hormone produced by the pancreas. Insulin takes sugar out of your blood, and puts it into your cells, so it can be used as energy for the body.

What makes blood sugar go up?

Foods called carbohydrates will increase your blood sugar. Carbohydrates include sucrose (table sugar), starches (such as bread, rice, pasta and potatoes), fructose (fruit / fruit juice) and also lactose (milk and yogurt). Foods high in table sugar (sucrose), such as cakes, candy, cookies, pie, and soda may increase your blood sugar more quickly. Other factors, such as stress, illness, infection and some medications can raise your blood sugar.

Should I completely avoid those foods?

Carbohydrates are an important part of your diet. Your body still needs them for energy, but the amount (portion size) you eat needs to be controlled. Choosing carbohydrates high in fiber (whole grains, fresh fruit and vegetables) will have the best effect on blood glucose control.

What increases my risk for diabetes?

- Family history
- Obesity (being over weight)
- Being inactive
- Age
- Having diabetes during pregnancy

What are the symptoms of Diabetes?

- Increased thirst and urination
- Increased hunger
- Fatigue
- Blurred vision
- Numbness or tingling in your fingers or toes
- Cuts or bruises that are slow to heal

How can I treat this?

Diabetes is treated with diet, exercise and in some cases medication to help control blood glucose levels. It is important to bring any elevated blood sugar reading to your doctor, or let your doctor know if you have any symptoms associated with high blood sugar so they can recommend the best treatment option for you. It also may be beneficial to work with a Registered Dietitian or Certified Diabetes Educator to develop a carbohydrate controlled diet.

For More Information:

IHS HealthFocus Diabetes Prevention and Control Course - to enroll call 1-800-840-6100

Interactive Health Solutions: www.interactivehs.com

American Diabetes Association: www.diabetes.org

National Diabetes Education Program <http://ndep.nih.gov>

DIETARY GUIDELINES

Healthy eating can actually help you lower your risk for disease. The next time you eat a meal, keep in mind that food does much more than just taste good and satisfy hunger. You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to stay healthy. The Dietary Guidelines for Americans, 2005 make specific recommendations to help you stay healthy.

Make Smart Food Choices

- Eat a variety of fruits - whether fresh, frozen, canned or dried. For a 2000 calorie diet you will need 2 cups of fruit each day.
- Vary your vegetables - eat more dark green veggies (broccoli, kale and dark leafy greens), orange veggies (carrots, sweet potatoes and squash), beans and peas (pinto, kidney and split peas). Try to achieve 2 ½ cups or 5 servings, everyday.
- Include calcium-rich foods. Get 3 cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt and /or low-fat cheese everyday. If you cannot consume milk, choose lactose free milk products and/or calcium fortified foods and beverages.
- Make half your grains whole. Eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day. (One ounce is about 1 slice of bread or 1 cup of breakfast cereal or ½ cup of rice or pasta).
- Go lean with protein. Choose lean meats and poultry. Vary your protein choices to include more fish, beans, peas, nuts and seeds.
- Look for foods low in saturated fat, trans fat and cholesterol. Limit total fat intake to 20-35% of your total calories.
- Choose and prepare foods and beverages with little salt (sodium).
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients.
- Check the Nutrition Facts Label to keep sodium, cholesterol, saturated fats, and trans fat low.
- If you drink alcoholic beverages, do so in moderation. Alcohol is high in calories and has almost no nutritional value.

Find your Balance Between Food and Physical Activity

- Physical activity is important to control body weight by balancing calories you take in with food against the calories you expend each day.
- Be physically active for at least 30 minutes of aerobic activity most days of the week.
- About 60 minutes of physical activity per day may be needed to control body weight and prevent weight gain.

Get the Most Nutrition out of your Calories

Determine the right number of calories your body needs based on your height, weight, age and activity. Choose the most nutritionally rich foods you can from each food group each day - those packed with vitamins, minerals, fiber and other nutrients but lower in calories. You can calculate your calorie needs at "The Food Guide Pyramid" (see link below) or on the Interactive Health Solutions Website.

For More Information:

IHS HealthFocus Better Nutrition Course - To sign up call 1-800-840-6100
Interactive Health Solutions www.interactivehs.com
U.S. Department of Agriculture www.healthierus.gov/dietaryguidelines
American Dietetic Association www.eatright.org
The Food Guide Pyramid www.mypyramid.gov

HIGH BLOOD PRESSURE

High blood pressure is when the blood moves through the arteries at a higher pressure than normal. Without treatment, high blood pressure can damage the heart, the brain, kidneys, or eyes and can lead to heart attack, coronary artery disease, stroke, kidney failure and vision loss.

What are the symptoms?

High blood pressure is a "silent disease" usually with no signs or symptoms. It is very important to get your blood pressure checked at each doctor's visit, at least every 2 years or as often as your doctor advises. When blood pressure is high you may experience severe headache, nosebleed, irregular heartbeat, vision changes, ear buzzing, dizziness, chest pain or confusion.

What are the risk factors?	Guidelines
• Strong family history of high blood pressure	Blood Pressure Classification
• Smoking	140/90 or above High
• Race - African Americans are at highest risk	120/80 to 139/89 Prehypertension
• Gender - men are more likely than women to have high blood pressure	119/79 or below Normal
• Increasing age	
• Being inactive	
• Poor nutrition	
• High salt intake for some people	
• Emotional stress	

How is high blood pressure treated?

Treatment for high blood pressure depends on how high your blood pressure is, whether you have other health problems such as diabetes, and whether you have any organs that have already been damaged. Your doctor will also consider how likely you are to develop other diseases, especially heart disease. You can help lower your blood pressure by making healthy lifestyle changes and taking medication as recommended by your physician.

To lower your blood pressure and/or keep it under control follow a healthy lifestyle:

- Maintain a healthy body weight. A healthy weight is a BMI between (18.5-24.9)
- Don't smoke
- Eat less salt - people with HBP should limit sodium intake to no more than 2300mg/day
- Exercise
- Limit alcohol to 2 drinks for men and 1 drink a day for women
- Get 3,500mg of potassium (fruits and vegetables) in your diet each day
- Follow the DASH eating plan (**D**ietary **A**pproaches to **S**top **H**ypertension - See link below). This diet is rich in fruits, vegetables, and low fat dairy.
- Take medication as prescribed by your physician

For More Information:

Interactive Health Solutions www.interactivehs.com

HealthFocus Managing and Preventing High Blood Pressure course - To sign up call 1-800-840-6100

American Heart Association: www.americanheart.org

National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov

National Institute of Health - Dash Eating Plan http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

U.S. Department of Health and Human Services www.health.gov

LIVER DISEASE

The liver is the largest and, in some ways, the most complex organ in the body. It weighs about three pounds and is located on the right side of the body beneath the diaphragm. The liver has a vital role, processing everything that an individual eats, drinks, breathes, or absorbs through the skin. A healthy liver has the ability to regenerate, or grow back, when a portion has been damaged.

Functions of the liver include:

- Processes all of the food and most of the drugs that the body consumes.
- Sugar is stored in the liver as glycogen. It is broken down and released when the body needs glucose for energy. The liver also stores iron reserves as well as vitamins and minerals.
- Manufactures cholesterol used to make bile, which aids in the digestion of food. Cholesterol is needed to make certain hormones and is an important part of every cell membrane.
- Produces proteins, including clotting factors which are needed to help stop bleeding.
- Metabolizes poisonous chemicals, drugs and alcohol, so that they can be excreted from the body.

What causes liver disease?

There are several types of liver disease which can result in damage to the liver, so that it no longer works properly. Fatty liver is the build-up of excess fat in the liver cells caused by consuming excess calories. Viral infections of the liver such as hepatitis A, hepatitis B and hepatitis C can cause liver damage. Drugs, chemicals, poisons and consuming too much alcohol can injure the liver. Some liver disease can be inherited, such as hemochromatosis. Cancer can affect the liver, as can attack from a person's own immune system. Whatever causes the liver disease, the basic risk is that the liver will become so damaged that it will no longer function properly.

The early stage of liver disease involves inflammation of the liver. This inflammation often goes undetected and the individual may not even be aware of it or experience discomfort. Liver inflammation that continues over time can lead to the formation scar tissue which begins to replace the healthy liver tissue. This is known as fibrosis. The scar tissue can not function the way healthy tissue does and the liver has to work harder to compensate for the scarred areas. Left untreated, the scarring can become so severe that it leads to cirrhosis of the liver, when the damage can no longer be reversed.

Signs of liver disease include:

• Skin & eyes take on a yellow appearance	• Bleeding or bruising more easily
• Abdominal swelling or severe abdominal pain	• Chronic fatigue, nausea, loss of appetite
• Dark colored Urine	• Pale, bloody or dark stools
• Skin may itch intensely	• Sleep disturbance, mental confusion, difficulty concentrating, poor memory

Cirrhosis of the liver and hepatitis B are the leading risk factors for primary liver cancer, which is cancer that starts in the liver. Most liver cancer begins in other organ systems and spreads to the liver. Liver failure, often life threatening, occurs when the liver has lost most or all of its function. Most liver failure is chronic, meaning that it has occurred over a long period of time, usually as a result of cirrhosis. Once liver failure has occurred, the treatment options are limited and may involve a liver transplant.

How can you prevent liver disease?

Limit alcohol intake to no more than one drink a day for women and two drinks a day for men. Choose a healthy diet and watch intake of deep-fried and fatty foods. Maintain a health weight. Take medications as directed and only when needed. Avoid mixing prescription and non-prescription medications. Limit exposure to toxic chemicals, insecticides and aerosol cleaner. Consult with a physician about hepatitis vaccination and testing.

For more information:

Interactive Health Solutions: www.interactivehs.com

American Liver Foundation: www.liverfoundation.org

American Association for the Study of Liver Disease: www.aasld.org

National Institute of Diabetes and Digestive and Kidney Diseases: www.digestive.niddk.nih.gov

THE PROSTATE

The prostate is an organ that is part of a man's reproductive system. It is located below the bladder in front of the rectum and it surrounds the urethra, which is the tube through which urine flows. A healthy prostate is about the size of a walnut.

Prostate cancer is the most common type of cancer found in American men, other than skin cancer. It is the second leading cause of cancer death in men, exceeded only by lung cancer.

Most prostate cancer tumors grow very slowly over several years. Many older men who die of other diseases also had prostate cancer that did not cause a problem during their lifetime.

How is prostate cancer found?

There are two tests which help to detect prostate cancer, the DRE (digital rectal exam) and the PSA (prostate specific antigen) blood test. The DRE is a physical examination of the prostate that is performed by a physician. The PSA blood test checks for levels of a protein that is produced by the cells of the prostate. A healthy prostate produces lower levels of PSA. Some of the causes of a higher PSA include:

- Prostatitis - inflammation or infection of the prostate
- Age - PSA levels increase with age, even when cancer may not be present
- Benign Prostatic Hyperplasia (BPH)-enlargement of the prostate that occurs in many men as they get older

When the PSA and /or DRE produce abnormal results, the physician may order an ultrasound of the prostate to check for abnormal areas, or a biopsy of the prostate to check for cancer cells.

What are the risk factors for prostate cancer?

- Age over 65 - this is the main risk factor for prostate cancer
- Family History - there is a higher risk for men with a father, brother or son who had prostate cancer
- Race - African-American men have a greater risk than white or Hispanic men. The incidence is lower for American Indian and Asian men

What are the symptoms of prostate cancer?

Prostate cancer in the early stages may produce no symptoms. Some of the symptoms of more advanced prostate cancer, such as difficulty with urination, may also occur with infection or with benign enlargement of the prostate.

Symptoms of prostate cancer may include:

- Urinary problems such as difficulty starting or stopping the urine flow, frequent urination (especially at night), weak flow of urine, pain or burning with urination
- Blood in the urine or semen
- Difficulty having an erection
- Frequent pain in the lower back, hips, or upper thighs

What is the treatment for prostate cancer?

Treatment depends on a person's age and general health, the grade of the tumor (called a Gleason score), the stage of the cancer, and the symptoms. Options include close monitoring also known as watchful waiting, surgery, and radiation, hormone or chemotherapy. Sometimes a combination of treatments may be necessary.

For more information:

Interactive Health Solutions: www.interactivehs.com

National Cancer Institute: www.cancer.gov

American Cancer Society: www.cancer.org

American Urological Association Foundation: www.AUAnet.org

QUITTING SMOKING

Quitting smoking may be the most important step smokers can take to lengthen and improve the quality of their lives. Smoking and smoking-related health problems are the greatest cause of preventable, premature death and disability in the United States. Although the effects of smoking on health build up over time, quitting has major and immediate benefits for all smokers. Smoking and secondhand smoke significantly increases one's risk of illness including heart attack, cancer, stroke, high blood pressure, cholesterol disorders and lung disease.

What are the benefits of quitting over time?

- Heart rate and blood pressure drop 20 minutes after quitting
- Poisonous carbon monoxide in the blood drops to normal 12 hours after quitting
- Circulation and lung function improve from 2 weeks to 3 months after quitting
- Risk of coronary heart disease is half that of a smoker's 1 year after quitting
- Risk of coronary heart disease is the same as a non-smoker's 15 years after quitting
- Risk of stroke is the same as a non-smoker as early as 5 years after quitting

What are some of the immediate rewards of quitting?

- Breath, clothes, and hair smell better
- Stained teeth become whiter
- Senses become sharper - taste and smell
- Daily activities such as climbing stairs and walking no longer cause shortness of breath
- Potential financial savings
- Become more socially acceptable, set a good example, and reduce secondhand exposure to others

It's important that smokers decide why they want to quit for themselves. It can be helpful to first list all the reasons to continue smoking. This will help to identify what cues and triggers lead to smoking. Effective quitting strategies can then be used for the specific triggers. Then make a list of all the reasons to quit. Once the decision has been made to quit, make a plan, write it down, and tell others.

What are some strategies to quit?

- Cold turkey - Remove all smoking related items; avoid areas where others smoke; find distractions and substitute activities to deal with urges to smoke.
- Phase out - Set goals to cut back on smoking until ready to stop completely. Try smoking slower; putting the cigarette down between puffs; and changing when and where to smoke.
- Talk to a doctor - There are a variety of nicotine replacement treatments that can help withdrawal symptoms. Some are over the counter and others are by prescription and include: gum, patches, inhalers and oral medications. Use all smoking aids only as directed.
- Get support - Tell friends, family, and coworkers that you need their support and encouragement; join a support group; call a Quitline (every state has free telephone smoking cessation counseling).
- Live a healthy lifestyle - Eat nutritious foods (especially fruits & vegetables) at regular times; drink water throughout the day; be physically active (take a walk when craving a cigarette); don't drink alcohol particularly during the first few weeks.
- Alternative habits - Find other ways to relieve stress such as walking, deep breathing (take a deep breath of air instead of smoke), taking a bath, talking to a friend, or reading.

Most smokers try quitting more than once before they remain smoke-free. If you have tried quitting before, think back to what worked and what derailed you. Successful quitting takes a strong personal commitment over a long period, along with a well thought out plan.

For More Information:

Interactive Health Solutions HealthFocus Course Smoke-Free for Life to sign-up call 1-800-840-610

Interactive Health Solutions: www.interactivehs.com

Centers for Disease Control: http://www.cdc.gov/tobacco/quit_smoking/

National Cancer Institute (1-800-784-8669) www.1800quitnow.cancer.gov

American Cancer Society: www.cancer.org/Healthy/StayAwayfromTobacco

WEIGHT CONTROL

Many of the major health problems today are associated with being overweight or obese. Carrying extra fat, especially around the midsection, puts a major strain on the body. Achieving a healthy weight (and even losing 5-10% of one's body weight) can help control existing health problems and prevent long-term chronic conditions.

What health risks are related to being overweight?

- Heart disease
- Hypertension (High Blood Pressure)
- Some cancers
- Type 2 diabetes
- Arthritis

How do I know if I am at a healthy weight?

Body Mass Index (BMI) is one way to determine whether weight is within a healthy range. This weight standard uses a formula based on height and weight. A BMI of 18.5 - 24.9 is considered healthy for most people; 25 - 29.9 is overweight; and a BMI of > 30 is classified as obese. As BMI moves farther outside the healthy range, health risks increase.

What about waist circumference?

Waist circumference is a stronger predictor of health risk, particularly for those with a BMI in the "normal" or "overweight" range. Abdominal or visceral fat is highly correlated with type 2 diabetes, hypertension and cardiovascular disease. Risk is considered "high" for women with waist measurements > 35 inches and for men > 40 inches.

What's the best way to achieve a healthy weight?

Healthy, long-term weight loss takes time. Short-term diets do not work. A commitment to living a healthy lifestyle that includes choosing nutritious foods most often, and being physically active most days will encourage slow, steady weight loss of 0.5 - 2 lbs per week. Weight loss happens when more energy (calories) is used up than consumed. To lose one pound of fat per week you need to expend about 3500 more calories than you consume. Choosing foods naturally lower in calories combined with physical activity is the best way to do this. It's important to note that as we age, we need fewer calories to maintain our body weight.

Tips for losing and maintaining weight...

- Eat breakfast to rev your metabolic engine...it'll work for you!
- Don't go more than 3-4 hours without eating throughout the day...to keep your metabolism working!
- Listen to your hunger & fullness cues...be mindful of why you eat when not hungry
- Don't drink your calories...liquid calories can really add up, one can of regular soda is about 150 calories
- Eat some lean protein every time you eat...it helps you stay satisfied longer
- Choose these foods most often: whole fruits, vegetables, high fiber whole grains, low-fat or non-fat dairy, and lean protein; choose heart-healthy fats like nuts, avocados, vegetable oils, and fish
- Be physically active every day! About 60 minutes of aerobic physical activity per day may be needed to control body weight and prevent weight gain.

For More Information:

IHS HealthFocus Lifestyles for Successful Weight Loss - To sign up call 1-800-840-6100

Interactive Health Solutions: www.interactivehs.com

Weight Control Information Network: www.win.niddk.nih.gov/

Weight Control Information Network: www.win.niddk.nih.gov

U.S. Department of Health and Human Services/Health Finder: www.healthfinder.gov

The Food Guide Pyramid www.mypyramid.gov



Prepared for:
John Sample
September 29, 2010

Behavioral Health Risk Analysis

This report contains an analysis of your current status for the symptoms you reported in our Behavioral Health Risk Assessment. Its purpose is to help you understand your behavioral health status and conditions which place you at risk for various medical and behavioral health disorders. Recommendations are provided to promote emotional wellness and to improve your quality of life. The results of your assessment may identify symptoms associated with anxiety, depression, and/or general emotional distress. We urge you to review each section and the associated references and carefully consider any recommendations contained therein.

If you would like a confidential telephone consultation to discuss the results of this report, please call our Director of Behavioral Health, Dr. Daniel Kelley, at (312) 565-1111.

Clinical Factors Result		Analysis/Comments
Depression	Not Significant	You reported no significant evidence of emotional distress associated with depressive symptoms.
Anxiety	Not Significant	You reported no significant evidence of emotional distress associated with anxiety.
Stress	Not Significant	You reported no significant evidence of tension or stress.



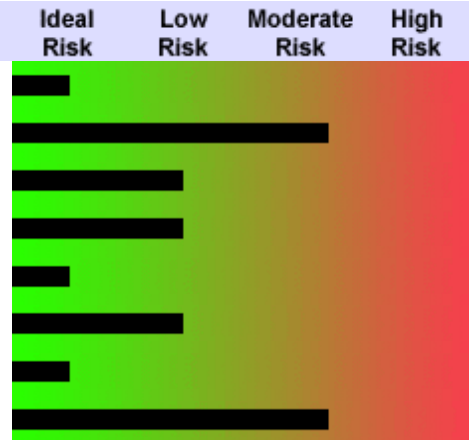
Prepared for:
John Sample
September 29, 2010

Sleep Apnea Risk Analysis

This report summarizes your risk for Sleep Apnea. Risk factors are evaluated using generally accepted national health guidelines. Results are shown in graph form on a scale from ideal to high risk.

You Have 5 [Sleep Apnea Risk Factors](#)

Sleepy while sitting quietly after a lunch without alcohol
Sleepy in a car while stopped for a few minutes in traffic
Sleepy while sitting and reading
Sleepy while watching television
Sleepy while sitting inactive in a public place
Sleepy as a passenger in a car for an hour without break
Sleepy while lying down to rest in the afternoon
Sleepy while sitting and talking to someone



Your Overall Sleep Apnea Risk is Ideal.



In many instances, snoring is the first indicator of Obstructive Sleep Apnea Syndrome (OSAS), a common disorder resulting in improper breathing during sleep.

OSAS is serious and potentially life threatening.

- * 50% of people with hypertension and heart disease also suffer from OSAS
- * 77% of male and 64% of female stroke patients have OSAS
- * People with OSAS are 7 times more likely to be involved in car accidents
- * Many marriages become strained due to severe snoring

OSAS happens when the airway at the back of the mouth and nose closes during sleep. Your tongue and your upper throat meet the soft palate and the uvula in the upper airway. This is a collapsible part of the airway. When these parts touch and vibrate while you breathe, the result is snoring. Complete collapse results in obstruction and, if frequent, could result in obstructive sleep apnea syndrome.



Prepared for:
John Sample
September 29, 2010

Health Care Calendar

The schedule below is based on current recommendations published by leading health organizations to serve as a partial guide for healthy persons. This schedule does not contain all the criteria to consider in each category. Your case may be different based on your personal health and risk factors, and may indicate a need for more/less frequent screenings including screening types not listed below. Please consult your personal physician to determine what is best for you.

Health Evaluation/ Screening	Recommended Frequency	Your Physician:	
		Recommends	Next Scheduled
Physical Exam - includes BMI (Body Mass Index) assessment, blood pressure	*Ages 18-39: Twice in 20's and then as physician recommends based on findings and risk factors. *Age 40-64: Every one to five years as recommended by physician. *Age 65+: Annually. (May include screen for: diabetes, cholesterol, other conditions).		
Blood Pressure (BP)	Start at age 18: every 2 years; every year or more frequently as recommended by your doctor if BP is 120/80 or higher, or you are age 65 and above.		
Dental Exam	Annually or more frequently as recommended by your dentist.		
Eye Exam	Every 2 years starting at age 18. Annually starting at age 61.		
Skin Cancer Screen	Monthly self-check and by physician at each physical examination.		
Colorectal Cancer Screen	Start at age 50 or earlier based on risk factors. Includes: Stool for Occult Blood annually, Colonoscopy every 10 years or Signoidoscopy every 5 years.		
Prostate Cancer Screen (PSA and Digital Rectal Exam)	Discuss with your physician re: screening benefits and risks. Consider starting age 50; at age 45 for African Americans; age 40 and older with specific risk factors (including certain family history criteria) or concerns.		
Immunization Recommendations	Recommended Frequency		
Tetanus/Diphtheria, T-dap	Starting at age 19: Td Booster every 10 years, (and earlier for certain wound injury). Tdap: one time dose for ages 18 - 64.		
HPV	Up to age 26.		
Measles Mumps Rubella (MMR)	If born after 1957 or later, and no evidence of immunity by laboratory testing.		
Varicella (Chicken Pox)	If no evidence of immunity.		
Herpes Zoster	Single dose for adults 60 years or older regardless of shingles history.		
Influenza Seasonal	Annually (even if healthy).		
Pneumococcal	Age 65 or older at any age with certain chronic illnesses: 1-2 doses as recommended by physician.		
Hepatitis A*, B*	If risk factors present; or if individual desires protection.		
Meningococcal*	If risk factors present.		
* Consult with your physician to determine if you have any risk factors.			
Schedule sources used but not limited to: the U.S. Preventative Services Task Force (www.ahrq.gov), National Institutes of Health (www.nih.gov), American Cancer Society (www.cancer.org), U.S. Centers for Disease Control and Prevention (www.cdc.gov). This list has been reviewed by Interactive Health Solutions physicians.			



Prepared for:
John Sample
September 29, 2010

Trend Analysis

Date	Cholesterol	HDL	LDL	Chol/HDL Ratio	Triglycerides	hs- CRP	Glucose	PSA	TSH	IHI
7/30/2008	146	51	67	2.9	140		131	1.5	2.904	39
2/19/2010	167	56	90	3.0	103		105	2.4	2.150	55
Desirable	< 200	> 50	< 130	< 3.6	< 150	< 1.1	< 100	< 4.0	0.4 - 5.0	<= 0