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Overall Wellness

Congratulations, Alfredo. You took an important first step in managing your health when you completed a Personal Health Assessment (PHA). Now, here are your results—presented in the form of a Personal Health Assessment report.* This information is provided to help you achieve a healthier way of life.

You can read your report now or you can return to the website and view it at another time. You can view, save, print or e-mail the results to yourself or others such as your spouse and/or physician.

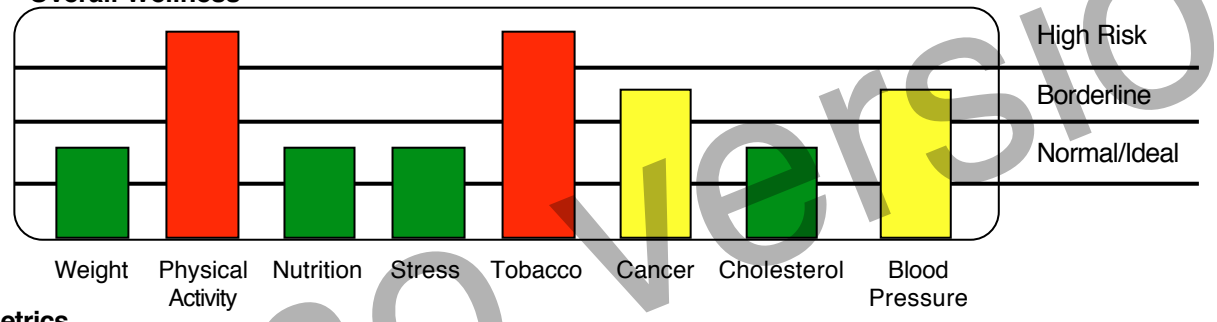
Your Overall Wellness Score is 68

Your overall wellness score is based on how you responded to questions about your normal habits and behaviors in your daily life that you control. An overall score of 80 or above indicates your lifestyle is on the right track. A score below 80 means that you can be at risk for developing certain diseases or health conditions.

This report will provide you with information and suggestions on how you can strengthen your healthy behaviors while working to change your unhealthy habits. The chart below shows how your various health habits contribute to your overall wellness score.

As you read through this report, pay special attention to the next few pages. These pages will contain information and suggestions related to the areas of your health where you show the highest level of risk.

Overall Wellness



Biometrics

Weight	= 143 lbs.	Total Cholesterol	= 200 mg/dL	Triglycerides	= 150 mg/dL
Height	= 67 in.	HDL	= 87 mg/dL	Glucose	= 90 mg/dL
BMI	= 22.5	LDL	= 50 mg/dL	A1c	= 5 %
Blood Pressure	= 120/70 mm Hg	TC/HDL (Ratio)	= 2.299		

Normal / Ideal Ranges:

Blood Pressure: less than 120/80 mm Hg
Cholesterol: below 200 mg/dL
HDL: 60 mg/dL or higher
LDL: below 130 mg/dL
Triglycerides: below 150 mg/dL
Glucose (fasting): 70-99 mg/dL
A1c < 5.7%
BMI: 18.5 - 24.9

My Healthy Habits

-No immediate risk for alcoholism
-Minimal stress
-No immediate risk for diabetes
-Ideal nutrition
-Ideal cholesterol

Things to Work On

-Get a personal physician
-Increase physical activity
-Quit tobacco
-Reduce depression
-At risk for cancer
-Lower your blood pressure

**This report is intended to provide important health and wellness education information and to present potential health threats or risks that were identified based on the answers provided on your PHA. It is not a replacement for the relationship you have with your physician or other healthcare provider(s). Information revealed in this report is not a diagnosis or a confirmation of a disease or illness or the absence of one.*

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A Starting Point

- Physical activity need not be strenuous to achieve health benefits.
- Men and women of all ages benefit from a moderate amount of daily physical activity.
- Additional health benefits can be gained through greater amounts of physical activity.
- Sedentary people who begin physical activity programs should start with short sessions (5-10 minutes) of physical activity and gradually build up to the desired level.
- Adults with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these problems should first consult a physician before starting a new program of physical activity.

Fitness Facts

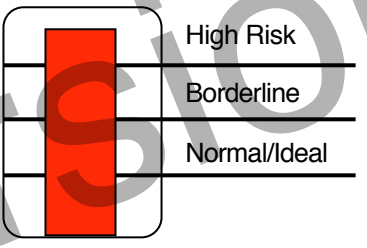
- More than 60% of adults in the United States do not engage in the recommended amount of activity.
- Approximately 25 percent of U.S. adults are not active at all.
- Physical activity is less common among:
  - Women than men
  - African American and Hispanics than Caucasians
  - Older than younger adults
  - Less affluent than more affluent people
- Avoid inactivity - Some physical activity is better than none, and adults who participate in any amount of physical activity gain health benefits.
- For substantial health benefits - Each week, do at least 150 minutes of moderately intense aerobic activity or 75 minutes of vigorously intense aerobic activity. (Note that you can break up your exercise into smaller intervals, as long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.)
- Strength training provides additional health benefits - Adults should add moderate- or high-intensity strength training involving all major muscle groups, two or more days a week.
- Read more about these guidelines at: http://www.health.gov/paguidelines/guidelines/summary.aspx

Physical Activity

Alfredo, you are contributing to a healthy lifestyle by including some physical activity in your daily life. However, engaging in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity every week plus muscle-strengthening activities on 2 or more days a week will have a substantial impact on your well-being and reduce your health risks. This type of regular physical fitness will directly impact:

- Disease prevention
- Better quality of life
- Reduced stress
- Good heart health
- Increased energy
- Improved self-esteem

Your Overall Physical Activity Health



How Physical Activity Benefits You

- It reduces the risk of developing coronary heart disease and of developing high blood pressure, colon cancer and diabetes.
- It can help reduce blood pressure in some people with hypertension.
- It helps maintain healthy bones, muscles, and joints.
- It reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- It helps control weight, develop lean muscle, and reduce body fat.

Take Action

- Develop an exercise program that fits into your schedule and lifestyle
- Engage in activities that are enjoyable and add variety to your workout routine
- When you exercise, always begin with a 5 minute warm-up followed by 10-30 minutes of exercise that really gets your heart pumping
- Find an exercise buddy to keep you motivated
- Visit www.h2u.com, www.cdc.gov, www.hhs.gov

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Tobacco

Alfredo, you indicated on your Personal Health Assessment that you currently use tobacco. Did you know that tobacco use is the number one preventable cause of death in the United States? Each year, tobacco kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides and fires combined! Quitting smoking will be one of the single most important decisions you will make for your health. By making this decision, you will dramatically increase your chance of a longer, healthier life.

Your Tobacco Risk



Impact of Tobacco Use

- Smoking-related diseases claim an estimated 438,000 American lives each year.
- Smoking costs the United States approximately $193 billion each year in healthcare costs and lost productivity.
- For every person who dies of smoking, there are 20 more who suffer from at least one serious illness associated with smoking.
- Smoking is directly responsible for 90% of lung cancer cases and causes most cases of emphysema and chronic bronchitis.

Top 10 Reasons to Quit Smoking

1. You will reduce your chances of having a heart attack or stroke.
2. You will reduce your chances of getting lung cancer, emphysema, and other lung diseases.
3. You will have better smelling clothes, hair, breath and car.
4. You will be able to climb stairs and walk without getting out of breath.
5. You will have fewer wrinkles.
6. You will be free of your morning cough.
7. You will reduce the number of coughs, colds and earaches your children will have.
8. You will have more energy to pursue physical activities you enjoy.
9. You will be able to treat yourself to new books or music with all the money you save from not buying cigarettes.
10. You will have more control of your life!

Tips for Recent Quitters:

- Find non-smoking sources of fun.
- Stay positive about quitting. All quitters will have their ups and downs. Through the downs don't forget how important not smoking is to your general state of health.
- Keep Active. Regular exercise increases your chances of success.
- Learn to manage your stress and emotions without cigarettes.

Take Action

- Make a list of your reasons for quitting and read it often.
- Ask your doctor whether using a nicotine replacement product is right for you.
- Set a "quit date" and tell everyone you are going to quit.
- Don't empty your ashtrays or containers that you spit in. This will remind you how much you have used each day, and the sight and smell will be very unpleasant.
- Increase your daily exercise. This will help you feel great and will give you something to do when the urge to use tobacco hits.
- Make a written plan for what you will do when the urge hits. For example, take deep breaths, get up and walk around, call a friend for help, or keep your hands busy. Keep the plan with you at all times.
- Practice going without tobacco for short periods of time.
- Don't dwell on the fact that you will never use tobacco again. Think of being tobacco-free one day at a time.
- Remember the urge passes in just a few minutes whether you smoke or not.
- Use your plan and supports to be successful.
- For more help planning to quit, visit www.cancer.org, www.cancer.gov or www.lungusa.org.
- Visit www.h2u.com for more infomation on smoking cessation.

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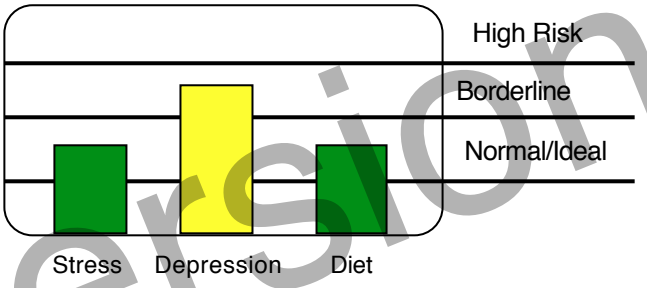
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Depression

Depression is one of the world's oldest and most common ailments. It can have both physical and psychological symptoms. Millions of Americans are estimated to suffer from depression, a condition so widespread that it has been dubbed "the common cold of mental illness".

Even so, depression is widely misunderstood. The chart below represents your depression risk and shows lifestyle factors that increase your risk of becoming depressed, such as high levels of stress. Some research indicates that lack of key nutrients in the diet can affect mood.

Your Depression Risk



What Causes Depression?

The causes of depression are not entirely clear. Some who suffer with depression say their illness was triggered by events or changes in life. The role of events in depression does not end with the event that brought on the depression. Events can build on each other.

There is also evidence that genetic and biochemical factors may play a role in the development of depression; however, the specifics are still not clear.

Many experts believe that depression grows out of a combination of factors. They say that the body chemistry of some people gives them the tendency toward depression, and then something in the life situation happens to trigger that depression. This triggering event is different for different people, but often linked to some kind of loss, such as a loss of a loved one or of a job, or the loss of roots when people move or leave home.

Signs of Depression

All of us feel blue from time to time, but if you have some, all or most of these symptoms persistently over a period of days or weeks, you may be showing signs of depression.

- Appearance - Sad face, slow movements, unkempt look
- Unhappy feelings - Feeling sad, hopeless, discouraged, or listless
- Negative thoughts - "I'm a failure," "I'm no good," "No one cares about me"
- Reduced activity - "I just sit around and mope," "Doing anything is just too much of an effort"
- Reduced concentration
- People problems - "I don't want anybody to see me," "I feel so lonely"
- Guilt and low self-esteem - "It's all my fault," "I should be punished"
- Physical problems - Sleeping problems, weight loss or gain, decreased sexual interest or headaches
- Suicidal thoughts - "I'd be better off dead," "I wonder if it hurts to die"

Taking Care of Depression

In those cases where a difficult life situation has led to depression, self-help steps can be taken to control it.

Face up to Depression

Guilt and denial waste energy and do not help solve the problem. Acceptance of the depression relieves pressure.

Recognize the Problem

If your depression is the result of a loss, try to identify the exact time when the loss and feelings of depression began. What was the cause? Why did this happen? What do you need to do now?

Take Action

- Get busy doing things you previously enjoyed. Don't cut yourself off from family and friends. Attend activities with others even if you don't feel like talking.
- Stay Active. Counteract the physical slowdown of depression by exercising.
- Watch your diet. Include raw vegetables and fruits to increase your energy level.
- Talk with a physician if symptoms persist.
- Visit www.nimh.nih.gov and www.h2u.com for more information.

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Blood Pressure

Understanding Your Blood Pressure

Blood pressure is a measurement of the force created by blood being pumped to all parts of your body. Blood pressure has two numbers. The systolic (higher number) measures the force while the heart pumps. The diastolic (lower number) measures the force while your heart is at rest, in between pumps. The chart below helps you understand your blood pressure. Take it with you the next time you visit your doctor and be sure to ask what your blood pressure reading is.

Your Blood Pressure is: 120/70		
Blood Pressure Level (mm Hg)		
Category	**Systolic**	**Diastolic**
Normal/Ideal *	< 120	< 80
Borderline	120-139	80-89
High Risk	>= 140	>= 90
Stages of High Blood Pressure		
Stage 1 Hypertension	140 - 159	90 - 99
Stage 2 Hypertension	>= 160	>= 100

* Ideal blood pressure with respect to heart disease risk is below 120/80 mm Hg. However, unusually low readings should be evaluated.

Alcohol, Caffeine and Smoking

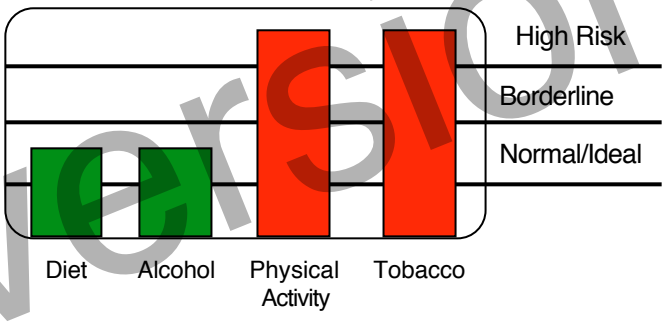
An estimated 10% of high blood pressure cases are caused by alcohol abuse -- three alcoholic drinks a day or more. In one study, binge-drinkers had even higher blood pressure than people who drank regularly. High blood pressure levels linked with alcohol abuse appear to remain elevated even after a reduction in alcohol intake.

Caffeine causes a temporary increase in blood pressure. This has been thought to be harmless in people with normal blood pressure. Yet, evidence shows that regular intake of coffee has a harmful effect on blood pressure in people with existing high blood pressure and may even increase their risk for stroke. Drinking coffee increases depletion of calcium, which also may affect blood pressure. (Anyone who drinks coffee should maintain adequate calcium intake.)

The dangers of caffeine on blood pressure, however, pale in comparison to the risks from smoking. One study reported that smokers have blood pressures up to 10 points higher than nonsmokers. Although cigar smoking does not appear to cause coronary artery disease, it can double the risk of death from cardiomyopathy and hypertension.

Alfredo, according to your Personal Health Assessment, your lab values indicated that your blood pressure is borderline. It is recommended that you consult your primary care physician to discuss your blood pressure and monitor it closely. Now is the best time to manage your lifestyle to keep your blood pressure under control. High blood pressure can create lifelong health problems. For optimal health, strength training exercises should be performed at least two times a week along with the recommended levels of aerobic activity. Consult with your physician regarding your exercise regimen. Your health practices in the areas shown in the chart below can impact your blood pressure risk. Pay close attention to any areas that are borderline or high risk.

Your Blood Pressure Risk Factors



Take Action

- Monitor your blood pressure and report changes to your doctor.
- If prescribed, take medications regularly.
- Start a regular exercise program.
- Reduce sodium in your diet.
- Quit smoking.
- Reduce alcohol and caffeine intake.
- Make time to relax or meditate everyday.
- Visit the National Heart, Lung and Blood Institute's National High Blood Pressure Education Program at www.nhlbi.nih.gov/about/nhbpep/index.htm.
- Visit the H2U online health library at www.h2u.com to learn more about the causes, impacts, symptoms and treatment of high blood pressure. You can also search the H2U health library to read recent articles related to this condition.

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Stress Management

Stress is a normal part of life. Quite simply, it's the way you react--physically and emotionally--to change. It can be positive or negative. Stress may be the focus you feel when faced with a challenging situation or a vague sense of anxiety after "one of those days!" In any case, you can learn to manage stress so that you can be in control.

Identify Stress

Alfredo, coping with stress is a personal journey. Since it affects each person differently, it's important to identify your own stressors. By doing this, you will be better able to manage your own stress.

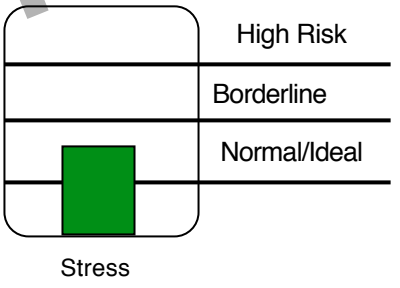
1. Make a list of things that trigger stress for you. Think deep and include things that may be underlying issues, as well as the little things like misplacing your keys or searching for the right size bolt to fix something. Expect things you missed to crop up and be sure to add them to your list.
2. Consider how stress has hurt you. Has it affected your health or work or the way you treat others?
3. Determine if you are under more stress now than a year or two ago. If so, have the pressures changed, or just your attitude toward them?
4. For underlying or larger issues (like addiction, anger, divorce, job loss, etc.), consider seeking advice from an outside professional on identifying and managing stress amidst those types of challenges.

Learn to Handle Stress

Alfredo, now you can begin to control stress. This will be a gradual process because it involves learning good habits and doing away with bad ones.

1. Talk about your problems with someone you can be open and honest with.
2. Learn to recognize your stress signals. It might be a tightening of the neck or shoulder muscles, queasiness or frowning. When you learn these signals, respond by consciously relaxing.
3. When under stress, evaluate the cause. Is it something minor? Something you can't control such as prices or weather? Is the stress causing more harm than the problem itself? A sense of humor is often the best defense.
4. Break major problems into small parts. For example, for a home needing lots of repairs, pick one job and finish it. Then pick another, etc. Gradually, the problem will feel manageable.
5. Schedule time realistically. Don't try to squeeze more into a day than you can complete. Leave room for the unexpected. For example, traffic that could make you late and increase your stress.
6. Learn how to relax. One way is to practice doing certain things slowly (eating or walking, for example). Another is to just sit back in a chair and concentrate on relaxing your muscles.

Your Stress Risk



Take Action

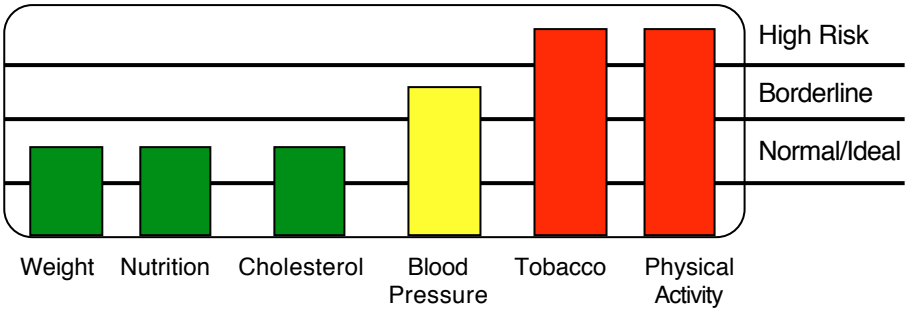
- Take a break from stressful activities, both at work and home. A few minutes of relaxation works wonders.
- Learn how to relax! Practice deep breathing from your diaphragm; hold each breath for a moment and then exhale slowly. Learn muscle relaxation techniques by reading or working with a pro. Massage your neck and rotate your shoulders to loosen the muscles. Listen to relaxation tapes or music.
- Get enough sleep, exercise regularly and eat well to bolster reserves needed for unavoidable stress.
- Talk about emotionally upsetting things with friends or a counselor. This can significantly reduce stress.
- Visit www.h2u.com for more information on stress.

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Heart Health

Your Heart Health Risk Factors



Here's How Your Heart Health Measures Up

Your Blood Pressure is: 120/70

Normal/Ideal: Below 120/80
Borderline: 120/80 - 139/89
High Risk: 140/90 or higher

Your BMI: 22.5

Underweight: 18.49 or lower
Normal/Ideal: 18.5-24.9 BMI
Overweight: 25-29.9 BMI
Obese: 30-39.9 BMI
Morbidly Obese: 40 or higher BMI

What are Your Risk Factors for Heart Disease?

Risk factors for heart disease fall into two categories, controllable and uncontrollable. Controllable risk factors are the choices you make in your life that can lead to heart disease. These include smoking, weight, diet, exercise, and stress. Uncontrollable risk factors are conditions you cannot change with behavior modification such as age, family history, and gender. For optimal health, strength training exercises should be performed at least two times a week along with the recommended levels of aerobic activity. Consult with your physician regarding your exercise regimen.

By focusing on positive lifestyle changes, you can significantly impact your risk for heart disease.

Recognize the symptoms of a heart attack early:

- A feeling of pressure, squeezing, pain, fullness or other discomfort in the center of the chest, under the sternum, or in the mid-back.
- The pain or pressure may come and go, especially in women.
- Pain may radiate from chest to shoulders, neck, jaw, arms, or back.
- A profuse cold, clammy sweat on the upper body.
- Shortness of breath that feels like a tight rope around the chest.
- Heartburn, nausea, or vomiting - especially when it doesn't seem related to anything you ate.
- A lightheaded or weak feeling, especially when you stand up. This feeling is often accompanied by one or more of the symptoms listed above.
- Anxiety or a feeling of doom.
- Changes in skin color to pale or gray.
- Unusual and unexplained fatigue, especially in women.

If you or someone you know are experiencing symptoms of a heart attack, SEEK MEDICAL ATTENTION IMMEDIATELY. Do not delay, regardless of the results of your Personal Health Assessment.

Take Action

- Take steps to maintain a healthy weight. If you are overweight, your heart has to work harder to pump blood through your arteries. This can increase blood pressure and place unnecessary burden on your heart.
- Exercise. Regular aerobic exercise 3 to 4 times per week reduces risk of heart disease. Exercise helps your heart pump more blood with less effort.
- Salt reduction. Salt makes your body retain water, increasing the volume of blood in your arteries, and raising blood pressure in some people. Avoid salty foods like ham and potato chips.
- Medications. If you have high blood pressure your doctor may prescribe an antihypertensive. Many types are available. They work in a variety of ways.
- Visit the American Heart Association (AHA) www.americanheart.org and www.h2u.com for more heart-healthy information.

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Cholesterol

Cholesterol is a soft, waxy substance found among fats circulating in the bloodstream and in the body's cells. Our bodies make some cholesterol and the rest comes from animal products we eat—things like meat, poultry, eggs, butter, cheese and non-skim milk.

Lifestyle choices are typically the main culprits of high cholesterol; however, it often runs in families. There are no symptoms or signs of high cholesterol so the American Heart Association (AHA) recommends adults have their cholesterol levels tested every five years.

The good and the bad

There are two types of cholesterol:

- HDL - high-density lipoprotein or "good" cholesterol, aids in the removal of cholesterol that can block arteries and reduce blood flow. With HDL, a higher number is better—an HDL of 60 mg/dL or higher gives some protection against heart disease.
- LDL - low-density lipoprotein or "bad" cholesterol levels are associated with an increased risk for heart disease. With LDL, a lower number is better: 100 mg/dL or below is optimal.

Know your numbers*

When your cholesterol is checked, you get individual numbers for HDL and LDL as well as your "total cholesterol" level. A total cholesterol level of 200 mg/dL or less is recommended; those with levels of 240+ double their risk for coronary heart disease.

Blood tests will also measure the amount of triglycerides in your blood. High triglycerides and too much bad cholesterol can slowly build up in the walls of the arteries in your heart and brain, forming plaque. If a blood clot forms and blocks an artery narrowed by plaque, you could have a heart attack or stroke.

*** Because there are multiple factors to consider, including unique family history and personal health history, recommended levels and ranges can vary by individual. That's why it's important for you to talk with your physician about what cholesterol level and ratio is appropriate for you.**

What do ratios mean?

Most people should keep a total cholesterol to HDL cholesterol ratio at or below 5:1, with an ideal ratio of 3.5:1. To find your cholesterol ratio, divide the total cholesterol number by the HDL number.

Keep in mind, the American Heart Association suggests it's more important to know your "total cholesterol" level rather than your ratio when it comes to determining appropriate treatment to reduce the risk of heart disease.

Risk Factors

There are several factors that contribute to high cholesterol—some are controllable (like diet, weight, smoking and physical activity), while others are not. Uncontrollable risk factors include:

- Gender: after menopause, a woman's LDL level goes up and so does her risk for heart disease
- Age: Men 45+ and women 55+ are at increased risk
- Family history: risk increases if you have a parent or sibling affected by early heart disease.

Blood pressure greater than or equal to 140/90 also increases your risk.

Take Action

There are ways to manage cholesterol levels:

- Screenings and meds — talk with your physician about how often you should have screenings and if needed, take medications as prescribed
- In with the good, out with the bad — lower bad cholesterol (LDL) by choosing monounsaturated fats like tuna, salmon, nuts and avocados high with Omega 3 and 6 fatty acids. Reduce intake of foods high in saturated and trans fats.
- Know your fat intake — A fat gram has nine calories compared to four in protein and carbohydrates. Limit calories from fat to 25-35% per day.
- Up your fiber intake — consume at least 24-30 grams dietary fiber per day. Soluble fiber like oatmeal, beans, peas, barley, citrus fruits and cruciferous vegetables help lower blood cholesterol.
- Maintain a healthy weight — being overweight can increase LDL levels, lower HDL levels and increase total cholesterol level
- Kick the habit — smoking injures blood vessels and speeds up the process of hardening of the arteries, increasing your risk for heart disease and stroke
- Get smart — visit these sites for more information on cholesterol, diet, exercise and eating right: webmd.com; americanheart.org; h2u.com; eatright.org; weightwatchers.com; www.smallstep.gov

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Personal Care and Safety

Driving Safety Tips

Alfredo, remember when driving be cautious, aware and responsible. Someone is killed in a crash every 13 minutes. However, seat belts can make a difference-in 2008 alone, seat belts saved an estimated 13,250 lives.

Use the following guidelines to help reduce your risks on the road:

- Use caution at intersections.
- Yield the right of way as often as possible.
- Get a good night's sleep before long drives.
- Drive with a companion on long trips. Be sure to schedule breaks or switch drivers every few hours or when needed.
- Drive defensively.
- Driving too fast or too slow can increase the likelihood of collisions.
- On long trips, stop every 100 miles or two hours to get out of the car and walk around to help combat fatigue.
- Pull over in a safe area to make cell phone calls: 25% of accidents are caused by distractions.
- Don't text while driving: you are 23 times more likely to have an accident if texting while driving.

Drinking and Driving

- Don't drink and drive or ride with a driver who has been drinking.
- Alcohol severely impairs your driving ability; alcohol also acts as a depressant. Just one drink can induce fatigue.
- About 1.4 million arrests are made annually for driving under the influence of alcohol or narcotics.
- An alcohol-related motor vehicle crash kills someone every 40 minutes.
- Alcohol-related traffic accidents in 2007 accounted for nearly 13,000 American deaths. The national economic loss is estimated at more than $50 billion every year.
- More than 70% of drivers convicted of driving while impaired are either frequent heavy drinkers or alcoholics.

Sleep

At least 40 million Americans suffer from chronic, long-term sleep disorders each year, and 20 million have occasional sleeping problems. These disorders interfere with work, driving and social activities. Try the following tips for getting a better night's sleep:

- Go to sleep and get up at the same time each day even on the weekends and holidays.
- Limit the amount of alcohol you drink in the evening, don't eat large, heavy snacks and avoid caffeine for at least two hours before bedtime.
- If sleeping problems persist, see your physician for possible medical conditions affecting your quantity or quality of sleep.

Sun Protection

Prolonged exposure to the sun is the number one risk factor for skin damage and melanoma skin cancer.

- Use sunscreen and lip balm with a SPF of 15 or more when spending time outdoors.
- Avoid being out doors for extended periods of time, especially in the middle of the day when UV rays are most intense.
- Wear sunglasses with 99-100% UV absorption.
- Schedule a yearly appointment to have skin checked for signs of sun damage and skin cancer.

Motorcycle Safety Tips

Alfredo, according to the National Health and Transportation Safety Administration, an unhelmeted motorcyclist is 40% more likely to suffer a fatal head injury, and 15% more likely to suffer a nonfatal injury than a helmeted motorcyclist involved in a crash. Studies show that the head, arms and legs are most often injured in a crash. Protective clothing and equipment, including color or reflective material serve a three-fold purpose for motorcyclists:

- Comfort
- Protection from the elements
- Protection against severe injury
- **Never ride without a certified motorcycle helmet and eye protection.**

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Men's Health

Did you know that in 1920, the American male and female life expectancies were about the same? Today, the average American male lives approximately seven years less than the American female. One reason may be:

> Women visit the doctor 150% as often as men. This allows early detection of common problems, increasing the chances for effective treatment. Men are reluctant to visit their health center or physician for regular screening examinations for a variety of reasons including fear, lack of information, and cost factors.

While attitudes are perpetuated in our society, it is important for men to begin to change their beliefs and behaviors in regards to health. Their lives depend on it!

Cancers

There are three leading cancers, aside from non-melanoma skin cancer, that men should be particularly concerned about: testicular, prostate and colon cancer.

Testicular:

Testicular cancer is the most common form of cancer among white males ages 20-34 years old and the second most common for men ages 35-39. It is 4.5 times more common among white men than black men, with intermediate incidence rates for Hispanics, American Indians, and Asians.

Prostate:

Although 80% of prostate cancer cases occur in men over 65, there is reason to be concerned. Prostate cancer affects one in five men, taking the lives of nearly 30,000 men each year. Prostate cancer death is highest among African-American men. The cause of this cancer is unknown.

A Digital Rectal Exam and Prostate-Specific Antigen (PSA) tests are recommended at the age of 40 for detection of prostate cancer. If you have a family history, you may want to discuss the possibility of having these tests earlier.

Colon:

Colon cancer affects both men and women equally. This disease is often caused by many controllable factors. Factors that can contribute to the risk for colorectal cancer include low fruit and vegetable intake, a low-fiber and high-fat diet, obesity, alcohol consumption, and tobacco use. Lack of physical activity can also contribute to this cancer.

A fecal occult blood test (FOBT) and a flexible sigmoidoscopy are common screenings used to detect colon and rectal cancers. These should be considered at the age of 50. If you have a family history of this disease, you may want to discuss having these screenings at an earlier age.

Heart Disease in Men

Heart disease is the number one killer among American men. Over 356,000 men die from this disease each year. The National Institutes of Health found that 75% of all heart disease is related to controllable factors. Three risk factors which strongly contribute to the development of heart disease include tobacco use, lack of physical activity and poor nutrition. Men have a tendency to use tobacco more often than women and men are usually not as concerned about their diet. If your lifestyle does not include healthy behaviors in these areas, you are increasing your chances of developing this disease.

Take Action

- If you smoke, make a plan to quit.
- Eat a healthy diet.
- Set up an exerise program that you enjoy.
- Work on reducing stress in your life.
- Strive to get a substantial night's sleep every night.
- Stay up to date with your annual physician check-up.
- Visit www.cancer.org and www.americanheart.org for more information.
- Visit www.h2u.com for a comprehensive quick reference guide to men's health conditions and medical procedures.

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Disease Prevention

The day-to-day choices we make impact our lives and our health. We need to remember that the foods we eat, the amount of exercise we get, how we manage our stress, and a variety of other lifestyle choices affect our health. Maintaining your health is important, but you also need to monitor it.

Regular screenings can help detect illnesses in the early stages, when they can best be treated. The first step in disease prevention is knowing when and how often to be checked by a doctor. This page outlines the most common preventative screening services recommended by doctors. If you are unclear as to the last time you were checked for a specific disease or condition, please consult with your personal physician.

- Blood Pressure tests check two kinds of pressure within the blood vessels. High blood pressure is a disease with no symptoms and it can lead to a heart attack and/or a stroke.
- Clinical Breast exams are done by a physician or nurse to examine the breasts for lumps or signs of abnormalities.
- Mammography is an X-ray that detects breast tumors or problems.
- Cholesterol Blood tests check the level of fatty deposits in the blood. High cholesterol levels are linked to heart disease.
- Prostate/Digital Rectal exams check for early signs of colorectal and/or prostate abnormalities including cancer.
- Glaucoma screenings check for increased pressure in the eyes. Glaucoma can lead to blindness if not treated.
- Pap Smears are used to detect early signs of cervical and uterine cancers.
- A Sigmoidoscopy checks for early signs of colorectal abnormalities and cancer.
- Stool Blood tests check for early signs of colorectal abnormalities including cancer.
- Vision exams check for marked changes or degeneration of eye functioning.

Are Your Screenings Up to Date?	
Prostate/Digital Rectal Exam	*
Testicular Exam	☹

☹ You may not be up to date with your screenings

✓ You are up to date with your screenings

* Discuss with Doctor

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Preventative Screening Schedule by Age

* Not Recommended

Health Test	20-29	30-39	40-49	50 +
Blood Pressure	Yearly	Yearly	Yearly	Yearly
Breast Self-Exam	Monthly	Monthly	Monthly	Monthly
Clinical Breast Exam	Every 5 yrs.	Every 3 yrs.	Yearly	Yearly
Mammogram	*	*	1-2 yrs.	Yearly
Cholesterol	3-5 yrs.	3-5 yrs.	3-5 yrs.	3-5 yrs.
Diabetes	*	*	3-5 yrs.	3-5 yrs.
Prostate / Digital Rectal Exam	*	*	Discuss w/Doctor	Discuss w/Doctor
Glaucoma Screening	*	*	*	2-3 yrs.
Pap Smear	1-2 yrs.	1-2 yrs.	1-2 yrs.	1-2 yrs.
Physical Exam	2-3 yrs.	2-3 yrs.	2-3 yrs.	1-2 yrs.
Regular Dental Exam	Yearly	Yearly	Yearly	Yearly
Sigmoidoscopy	*	*	*	3-5 yrs.
Colonoscopy	*	*	*	10 yrs.
Stool Blood	*	*	*	Yearly
Vision Exam	2-3 yrs.	2-3 yrs.	2-3 yrs.	2-3 yrs.

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Weight Management

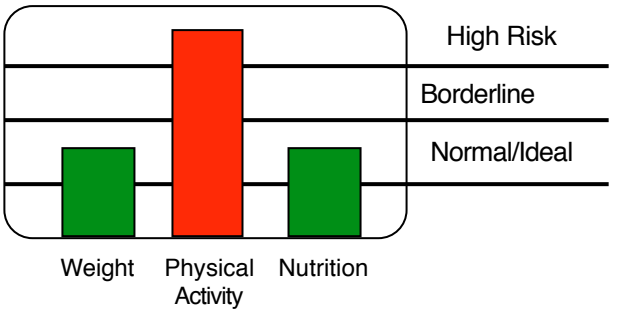
Sixty-four percent of Americans are considered overweight or obese and the number is rising. A key to determining if someone is overweight is Body Mass Index (BMI). The BMI ranges are based on the effect body weight has on disease and death.

Your BMI is: 22.5. Compare your BMI to the BMI ranges in the table below.

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 39.9	Obese
40.0 and above	Morbidly Obese

Congratulations, Alfredo, your BMI is in the healthy range!

Your Weight Management Health



Focus on fruits and vegetables

· A minimum of five servings of fruits and vegetables a day is a must, Alfredo. Fruits and vegetables are low-calorie options and eating more can help decrease high-calorie food choices.
· Try to eat a rainbow of colored fruits and vegetables for a variety of nutrients.
· Keep containers of already cleaned and prepared fruits and vegetables in the fridge to make it easier to eat them.

Here are some quick tips to help you maintain a healthy weight:

Try to control your environment

· Shop well. Eat a healthy snack before going to the grocery store so you are not shopping while hungry.
· Stock your home with fruits, veggies, water bottles and low calorie snacks
· Share your weight management plans with friends and family and ask for their support.

Understand why you eat

Alfredo, eating for reasons other than hunger such as to celebrate, to boost your mood, to combat boredom, or just because the food is there when you're not hungry can lead to a lot of extra calories.

· Consider keeping a food journal for a few days. Write down what you eat over the course of the day and how you felt when choosing certain foods; you may learn a lot about the reasons behind your food choices.
· Find alternatives to eating. If you're bored, go for a walk, read a book, or call a friend. If you're tired, exercise. If you can't resist food at a buffet, chew gum or keep a glass of water or iced tea in your hand.

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Ergonomics and Musculoskeletal Disorders

Musculoskeletal disorders involve the nerves, tendons, muscles, and supporting structures such as intervertebral discs. Musculoskeletal disorders represent a wide range of disorders, which can differ in severity from mild periodic symptoms to severe chronic and debilitating conditions.

Musculoskeletal conditions caused by (non-accidental) physical work activities include inflammation, degeneration, and physiological disruption of muscles, tendons, ligaments, nerves, and limb and trunk cartilage. Common terms for these conditions are: Carpal Tunnel Syndrome, Tenosynovitis, Tension Neck Syndrome, and Low Back Pain. No matter what your job, ergonomics—the study of how to reduce fatigue and discomfort in relation to work demands—plays an important role in preventing injury and illness. This often involves manipulating work areas to better fit the workers. Here are some tips to help you with your workstation:

Computer Eye Strain

Alfredo, if you get headaches when using your computer, or experience soreness in your neck shoulders or back, it could be the result of a poor ergonomic setup. According to the National Institute of Occupational Safety and Health (NIOSH), computer users should have an eye exam before starting to work on a computer and once a year thereafter. To help reduce computer eye strain:

- Place your monitor directly in front of you and approximately 20-30 inches away from you.
- Make sure your monitor is neither too high nor too low; the top part of the screen should be just at eye height.
- Maintain good posture at your desk: keep your back straight and your shoulders back.
- Look away from your computer screen every 30 minutes, and focus for 5-10 seconds on a distant object outside or down the hallway.

Prolonged Sitting, Standing and Unvaried Keyboard Tasks

Fatigue occurs more often in muscles that hold body parts in position for long periods. To reduce muscle fatigue:

- Keep your keyboard at elbow height or slightly lower.
- Periodically check your shoulders. If they are tense, consciously relax them.
- Vary your tasks. Whenever you can, take a 30 second to 1 minute micro break at your workstation to do some gentle stretches.
- Position your mouse and keyboard comfortably close to your body so that you are not reaching for them.
- Try to avoid periods of prolonged sitting. Periodically stand up, perhaps while on the phone.
- Stand tall; try not to let your back sag.
- Wear shock absorbing shoe insoles.

Lifting

Lifting objects with a rounded back can put excessive pressure on discs. To avoid this, keep your back straight and lift with your knees bent. Incorrect lifting techniques can cause damage or severe back pain. Here are some tips to use when lifting heavy objects:

- Stand close to the object(s); have firm footing and a wide stance.
- Bend your knees to lower yourself and keep your back straight.
- Secure your grip and hold the object(s) close to you.
- Make sure you are using the strength of your leg muscles and not your back as you exert to lift the object.
- Lean back to maintain balance and lift by straightening the knees.
- Keep steady during the lift; do not jerk.

Take Action

- Do an ergonomic assessment of your workstation.
- Have a yearly eye exam. If you wear glasses or contacts, make sure the correction is right for computer work.
- Install an anti-glare screen on your monitor.
- Blink more often. It re-wets your eyes to avoid dryness and irritation.
- Stand up and move about, exercising your arms, legs, back, neck, and shoulders frequently.
- Break up repetitious work.
- Visit www.h2u.com

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Personal Action Plan

Planning how you are going to achieve a healthy habit is the best way to actually getting the results you want. Use this page to plan your healthy changes. Remember... be realistic! Do not set yourself up for failure. Take time to think about each step carefully. Also, make sure you reward yourself with something healthy or positive! Feel free to copy this page for as many personal goals as you want to set for yourself. Soon you will be on your way to a very healthy life. Good Luck!

My personal goal is: _____

I will accomplish this goal by: _____

The steps I am going to take to achieve my goal: Date Accomplished

1. _____
2. _____
3. _____
4. _____
5. _____

Barriers

The barriers I have to reaching my goal include:

1. _____
2. _____
3. _____
4. _____
5. _____

Overcoming Barriers

The ways that I can overcome my barriers include:

1. _____
2. _____
3. _____
4. _____
5. _____

I will reward myself for accomplishing my goal by:

_____

_____

_____

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Certificate of Completion

This is to certify that

Alfredo Petroni

completed a Personal Health Assessment on March 20, 2012.

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