



SAMPLE
COMPANY LIMITED

Health Assessment Report

CONFIDENTIAL

Roger Test Person

30 Apr 2019



Company:	Demo Client	Gender:	Male
Date of birth:	17/01/1970	Height:	177cm
Unique reference:	230-106968	Weight:	78kg
Carried out by:	Lemon Admin		

Thank you for participating in your health assessment. Your results are displayed using a traffic light system of green, amber and red and all results are measured against UK guidelines/normative values which is how the different risk categories have been determined. You will notice we have added these guidelines as small grey numbers above each bar graph.

Your Assessment

All content within your health assessment is provided for general information only and should not be treated as a substitute for medical advice of your own doctor or healthcare professional. The information provided is not used to prescribe, diagnose or treat a health problem or disease and we always recommend that you consult your GP if you are concerned about your health.

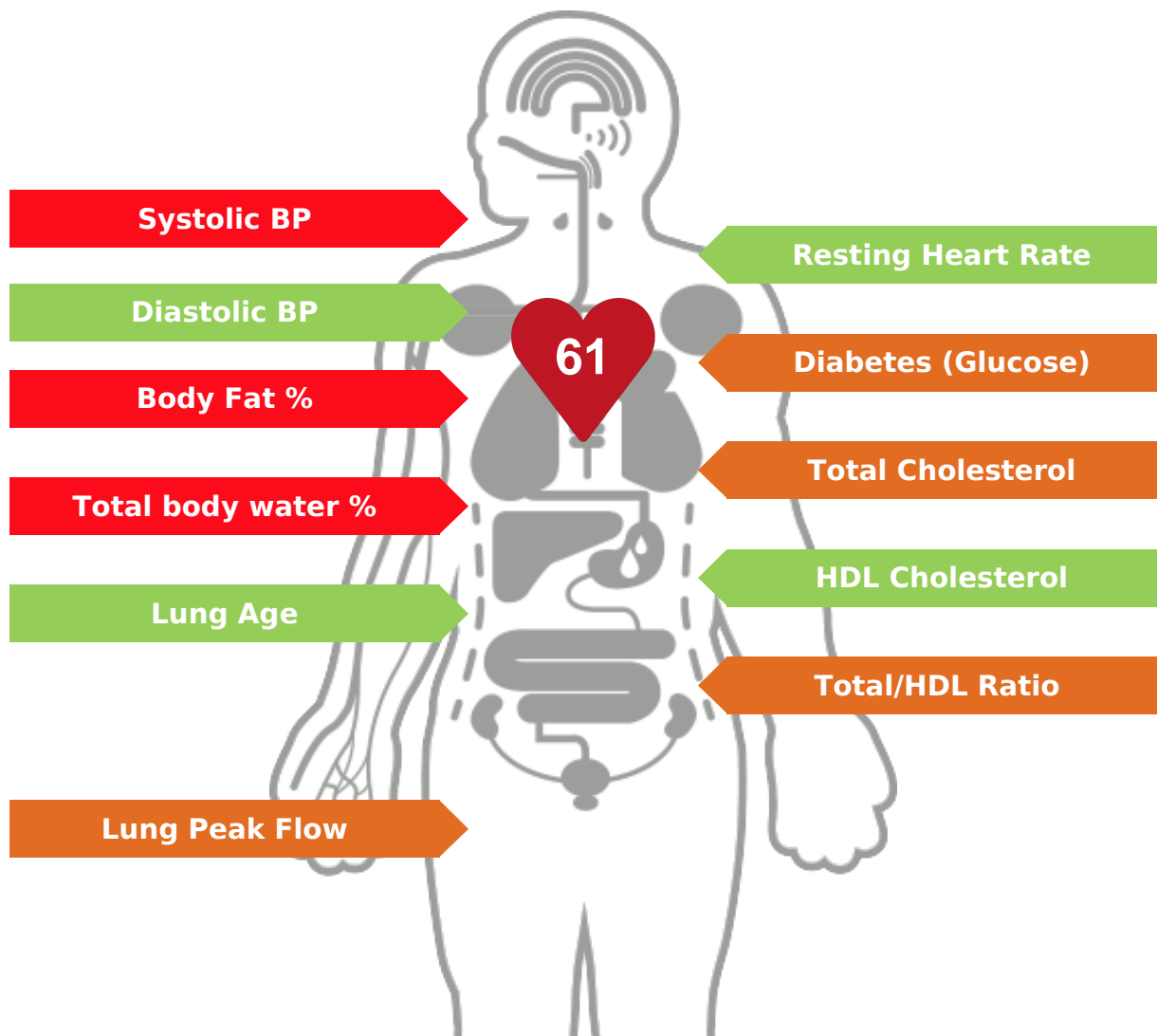
Your Data - how we store and use it

We use your data to produce your personalised health report and in the future we can also provide you with comparison results which is great for motivation. We may also provide anonymised aggregated data trends to your organisation however this will never identify your details.

Any questions?

We hope that your experience with us has been really positive and always welcome feedback to improve our service. Should you have any questions please contact our team on info@welltechsolutions.co.uk where we will be more than happy to help.

My Health



Lifestyle Review



Although you are having 6 non-drinking days per week, the amount that you are drinking takes your alcohol intake over the recommended weekly level and falls into the binge drinking category. This is high risk behaviour and long term puts you at higher risk of developing liver disease, heart disease, various cancers and personal injury. It is strongly advised that you reduce the amount of alcohol you consume on this day and aim for a total of below 14 units per week.



Every time you smoke you increase your risk of heart disease and cancer. There is no such thing as low-risk smoking. Nicotine and carbon monoxide remain in your body for 48 hours after smoking. Aim to become smoke free.



You have stated that your stress levels have recently been moderate. Being under the right amount of pressure can help us to work more productively in all aspects of life however, it's important to recognise your triggers when things become stretched. It generally seems that you are in control of things and managing your life demands effectively without any detriment to your health. Remember if something is bothering you, it's always good to speak with a friend or family member.



Your responses show you are not quite achieving enough cardiovascular activity to benefit your health. 150 minutes is the recommended weekly target and any activity that gets you out of breath for at least 10 minutes will count towards your weekly goal. An additional weight based session each week such as Yoga, Pilates or body weight exercises would mean you are also achieving the recommended guidelines, which could benefit your long term health.

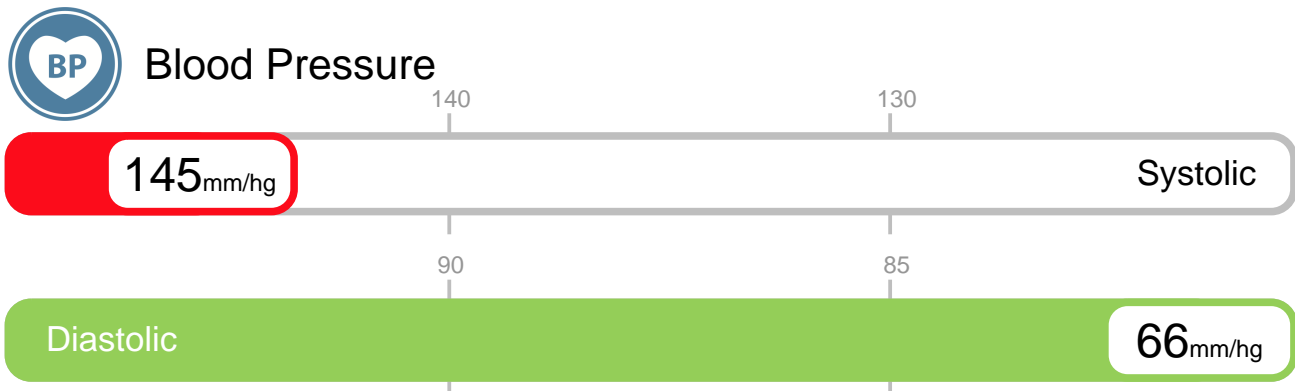


It seems you could be moving a little more throughout the day to benefit your health. Low intensity activities such as walking are great but perhaps think about walking a little quicker when you get the opportunity to supercharge your health. By sitting for less than 4 hours each day you are reducing your risk of heart disease, diabetes and some cancers but if you feel you could reduce this time further then great!

Health Assessment Results

Blood pressure is measured as it is a good indicator of overall cardiovascular health. Systolic blood pressure (SBP) represents the force of blood pushing against the artery walls when your heart contracts and Diastolic blood pressure (DBP) represents the force of blood pushing against the blood vessel walls when your heart is resting between beats.

Blood pressure is not fixed, it rises and falls throughout the day in response to what you are doing. Many factors affect the readings, including physical activity, fitness level, obesity, alcohol, stress, smoking, sleep, illness, medication and salt intake.



Your blood pressure today was elevated and above the recommended range, which could increase your risk of heart disease and stroke. Leading a healthy lifestyle is the best way to improve blood pressure. Consider adapting the factors mentioned above if any apply but other risk factors such as age, ethnicity, family history and other medical conditions need to be considered. We recommend having your blood pressure rechecked.



Your resting heart rate (RHR) is the number of times your heart beats within one minute. Normal RHR varies from person to person and can be affected by factors such as physical activity, fitness level, emotions, stress, medication, caffeine and alcohol. Knowing your RHR can help you monitor fitness levels as well as be an important indicator of your cardiovascular health. Today your reading was normal.



Waist/hip ratio



This is a calculation using your waist and hip measurements. An increase in circumference around the waist means more abdominal (visceral) fat and puts you at higher risk of cardiovascular disease and type II diabetes. Your waist-to-hip ratio puts you into the moderate risk range so we recommend making sure you take regular exercise and maintain a healthy and balanced diet.



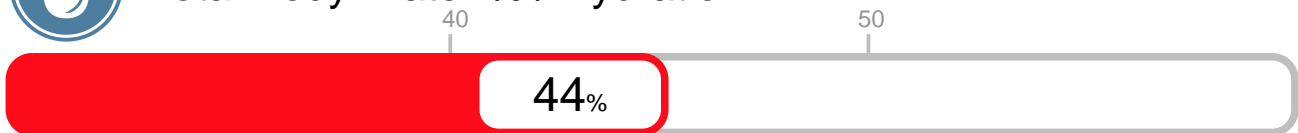
Body Fat %



Body fat percentage is a much better predictor of health risk than weight alone or body mass index (BMI). A technique called bioelectrical impedance estimates what percentage of your weight is fat. Your current level of body fat is in the higher risk range for your age and therefore could increase your risk of cardiovascular disease, type II diabetes and some cancers. Keeping physically active (both cardiovascular exercise and strength exercises), along with a healthy balanced diet, helps maintain a healthy body composition.



Total Body Water % / Hydration



Total Body Water percentage (TBW) is the total amount of fluid in the body and your result is lower than the recommended level. Changes in your body composition will affect your TBW because the lean (muscle) component comprises of a much higher volume of water than fat mass. Your hydration status is also important and consuming adequate amounts of fluid (at least 8 glasses of water each day) to replace daily losses.



Basal Metabolic Rate

1313kcal

Basal Metabolic Rate (BMR) is an estimate of the amount of energy required for your body to function when at complete rest to perform essential activity such as breathing, circulation, body temperature regulation and cell growth. BMR affects the rate at which you burn calories and generally declines with age as well as with a decrease in lean body mass. Increasing muscle through resistance (strength) type exercises can increase BMR and therefore help weight management.



Estimated Daily Calories

1970kcal

Estimated Daily Calories (EDC) is an estimation of the number of calories you need each day. It is calculated by multiplying your Basal Metabolic Rate (BMR) by an activity factor. Approximately 70% of your daily calorie requirements come from BMR, 20% from physical activity and 10% from the thermic effect of food. If weight loss is required, reducing calorie intake below your EDC would be necessary. As a guide, to lose 1lb of weight per week, you would need to reduce your EDC by around 500 kcal per day. For specific nutritional and weight management advice we recommend you consult a health professional.



Peak Flow

415.25 (LLN)

534.65 (Predicted norm)

456l/min

Peak Flow is the maximum speed of expiration and can be used to assess and monitor lung conditions such as asthma. Your result is slightly below the predicted norm for your age, height and gender, however it is above the Lower Limit Norm (LLN). If you have asthma and know your expected results are normally higher please follow this up with your asthma nurse. To help maintain healthy lungs we advise you to keep fit and active, maintain a healthy weight, engage in breathing exercises, eat healthily, stay hydrated and, of course, not smoke.



Lung Age

61

50

44years

Your lung age is calculated using your FEV1 score (air exhaled in 1 second) and represents a percentage of the predicted values for your age, height, gender and ethnicity. You achieved a value equal to or greater than the predicted norm, meaning your lung age is that of your actual age. To help maintain healthy lungs we advise you to keep fit and active, maintain a healthy weight, engage in breathing exercises, eat healthily, stay hydrated and, of course, not smoke.



Blood Glucose

7.0

6.0

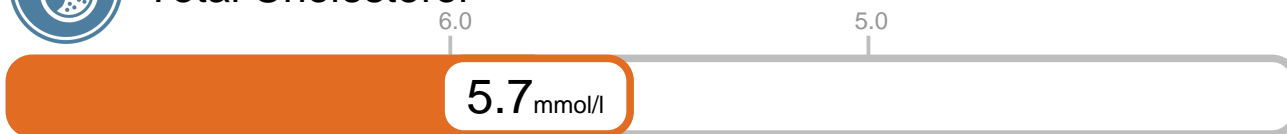
6mmol/l

Your blood glucose level (also known as blood sugar), is slightly above the recommended range. This could be for several reasons and it is normal for blood glucose levels to fluctuate throughout the day around what you have eaten. It is important to maintain

healthy glucose levels through an active lifestyle, balanced diet low in refined sugars and weight management to lower your risk of diabetes.



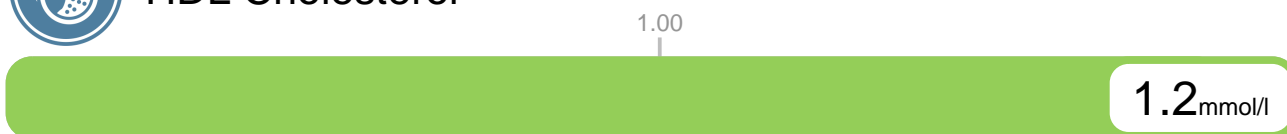
Total Cholesterol



Cholesterol is vital for normal functioning of the body, however too much of the wrong kind of cholesterol in the blood can increase your risk of cardiovascular disease. Your result today was above the recommended range, however until the HDL (good) cholesterol is known, the overall cardiovascular risk from your result cannot be fully evaluated. A healthy cholesterol level can be achieved by being physically active, having a healthy diet (low in bad fats, but high in good fats) and normal body fat levels. Family history and genetics can also influence cholesterol so you may wish to discuss your result with your GP for further advice.



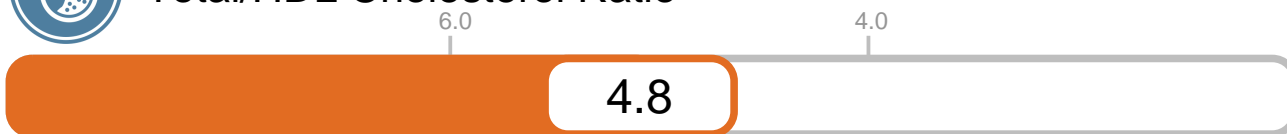
HDL Cholesterol



HDL cholesterol is often referred to as the 'good' cholesterol as it removes any harmful cholesterol from the blood and provides other functions to protect against cardiovascular disease. A higher number represents increased protection and you currently have a good HDL level. Well done, keep up the good work!



Total/HDL Cholesterol Ratio



The ratio of total cholesterol to HDL is a good way to assess if your cholesterol is healthy. Your result is slightly above the recommended level and therefore could increase your cardiovascular risk. To improve the ratio, increasing the HDL (good) cholesterol and reducing the LDL (bad) cholesterol is required.

My Cardiovascular Risk Score (QRisk*)

My healthy heart age:

61
years

My current Cardiovascular Risk

The likelihood of having a heart attack/stroke in the next 10 years, using your age, gender, some medical history and health data is:

8.95%

Age	49
Smoking Status	Social smoker
Blood Pressure (Systolic)	145
Total Cholesterol/HDL Ratio	4.8
Weight	78

How do I compare?

Compare your risk to a healthy person of your age, gender and ethnicity with no adverse clinical indicators, theirs would be:

4.51%

Age	49
Smoking Status	Non smoker
Blood Pressure (Systolic)	125
Total Cholesterol/HDL Ratio	4.0
Weight	BMI 25

What does my Cardiovascular Risk & Heart Age mean?

- Of 100 people with the same risk factor as you, **9** are likely to have a heart attack/stroke within the next 10 years
- Your risk is **LOW**, it is **HIGHER than** the age related norms.
- Your **QRISK® Heart Age** is the age at which a healthy person of your gender and ethnicity has your 10-year **QRISK®2** score.

*Please note your score is an estimate and should only be interpreted with clinical judgement. QRISK®2 is only suitable for individuals who do not already have a diagnosis of heart disease (such as angina or previous heart attack) or those who have had a stroke.

What you can do to improve your score

Leading a healthy lifestyle is the best way to achieve a low cardiovascular risk. This includes:

- Eating healthier
- Moving more
- Sleeping better
- Reducing stress
- Stopping smoking
- Reducing alcohol intake

Recommendations

Be More Active

We are not designed to be static so having a sedentary job could be putting your health at risk. Some research suggests that sitting for too long is bad for your health regardless of how much 'actual exercise' you do. A simple rule is we need to move more and taking practical steps to reduce your sitting time could include:

- stand on the train or bus
- take the stairs and walk up escalators
- set a reminder to get up every 30 minutes
- alternate working while seated and standing
- getting off the bus early and walking the rest of the way home or to work
- taking that lunch break and stretching your legs for 10 minutes
- get fit with Fido - walk yours or the neighbour's dog!

Whatever you do, being more active and sitting less will have a very positive impact on your overall health and wellbeing. The benefits include increased metabolism (which burns more fat and improves weight loss) regulated blood sugar levels and preventing diabetes, improved energy levels, reduced stress and creating a healthy mind.

<http://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-guides.aspx>

<http://www.nhs.uk/livewell/loseweight/pages/10000stepschallenge.aspx>

Improve Fitness levels

To increase your fitness levels and gain additional health benefits, the recommendations are to aim for at least 45 minutes of moderate to vigorous intensity exercise 3 times per week, along with normal day to day activities. So you could go running, swimming, cycling, dance/aerobics but remember to do activities you enjoy to help you maintain motivation. Also try exercising with a friend, or consider an event or competition as a short-term goal. If you are new to running this is great: <http://www.nhs.uk/Livewell/c25k/Pages/get-running-with-couch-to-5k.aspx>

Improving Muscular Strength (Resistance Training)

A well rounded fitness program providing the most benefits to your health and wellbeing not only includes aerobic activity (for the heart and lungs) but also strength training and flexibility/balance. Current guidelines recommend two resistance / strength training sessions per week for all muscle groups and examples include performing body weight exercises (squats, press ups, sit ups) or lifting weights.

Health benefits include improved muscle strength and tone, protecting joints from injury, better bone density (reducing risk osteoporosis), increased muscle to fat body composition (which results in increased metabolism and better weight management), improved self-esteem and wellbeing. For further information and advice we suggest you contact a fitness

professional for further advice and support.

Healthy Eating

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. When it comes to a healthy diet, balance is key. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve or maintain a healthy weight. You can improve much of what you eat by making small simple changes and the following links are really helpful.

<http://www.nhs.uk/Change4Life/Pages/healthy-eating.aspx>

<http://www.nhs.uk/LiveWell/Goodfood/Pages/goodfoodhome.aspx>

Reducing Alcohol

The benefits of cutting down on the amount of alcohol you drink include, lower risk of heart and liver disease, lowered blood pressure and risk of stroke, prevention of cancers and diabetes, improved sleep, reduced stress and better energy levels, plus weight loss and a slimmer waist line. Top tips are:

- Limit the alcohol in one session
- Drink slower & alternate with soft drinks / water
- Ditch the rounds on nights out!
- Cut down together - make a commitment with friends & family
- <http://www.drinkaware.co.uk/make-a-change/how-to-cut-down>.

Do you know how much you really drink? Find out by using this great unit and calorie calculator <http://www.drinkaware.co.uk/understand-your-drinking/unit-calculator>.

Alcohol Calories

Calories from alcohol are 'empty calories' with no nutritional value. Alcoholic drinks are made by fermenting and distilling natural starch and sugar. Although you may not be exceeding the recommended guidelines of units of alcohol even just a few drinks a week can add up to A LOT of calories. Remember your body gets rid of alcohol first and this reduces the amount of fat your body burns for energy! Here are some examples:

- 2 Bottles of 12% white wine is around 1110 calories, this is about the same amount of calories that's in 4 burgers (which would require nearly 2 hours of running to burn off).
- 2 Bottles of 5% beer (330 ml) is about 275 calories, that's the same as a sirloin steak! Do you know how much you really drink? Find out by using this great unit and calorie calculator <http://www.drinkaware.co.uk/understand-your-drinking/unit-calculator>

Reduce Caffeine

Caffeine has its perks, but can pose problems too. Heavy daily caffeine use (more than 500-600 mg day) may cause side effects such as restlessness, irritability, stomach upset, increased heart rate and disturbed sleep. Some research suggests up to 400 mg of caffeine a day appears to be safe for most healthy adults (but not for children / pregnant women) although some people are more sensitive to caffeine than others. Top tips are:

- **Gradually** reduce your intake - it's more achievable
- **Keep Tabs** - pay attention to caffeine in food & drink

- **Replace** - Go for decaf or herbal teas
- **Limit** - reduce the amount you have in the evening

1 mug of instant coffee = 100 mg or 1 mug of filter coffee = 140 mg

1 mug of tea = 75 mg / 1 can of coke = 40 mg

One 50 g milk chocolate: most products in the UK contain less than 10 mg (Sourced from NHS)

5 A Day

There are lots of Ideas of how to include more fruit and vegetable into your diet to achieve the guidelines of at least 5 x 80 gram portions a day. Remember they are full of vitamins & minerals, an excellent source of dietary fibre and low in fat. They can be fresh, frozen, canned or dried (but potatoes don't count as they are mainly starch).

- Add fruit to cereal / low fat yogurt for breakfast, try berries or chopped banana
- Add grilled mushrooms or tomatoes to scrambled egg
- Have sticks of cucumber, carrot or pepper with low fat humus dip as a snack
- Add chopped veg to your favourite meals, like carrots in bolognese or peas in mash
- Add beans into salads
- Choose vegetable or tomato based sauce over creamy alternatives
- Have an extra portion of veg with dinner

Lots more useful information can be found at

<http://www.nhs.uk/Livewell/5ADAY/Pages/5ADAYhome.aspx>

Blood Pressure

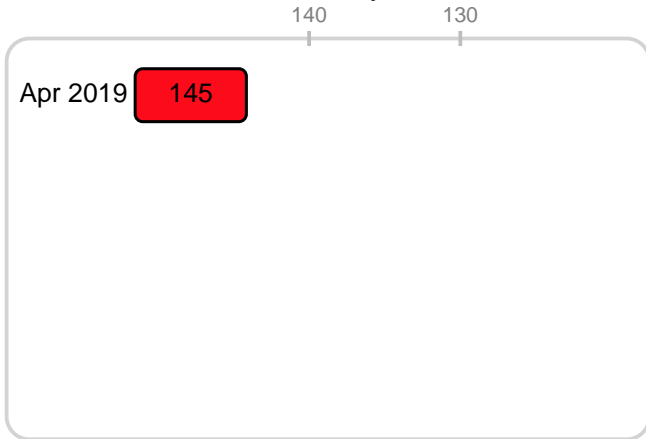
Having high blood pressure can be hard to recognise as there are very few easily identifiable signs and symptoms. To find out what you can do to maintain a healthy blood pressure please [click here](#) for our blood pressure guide.

Sleep

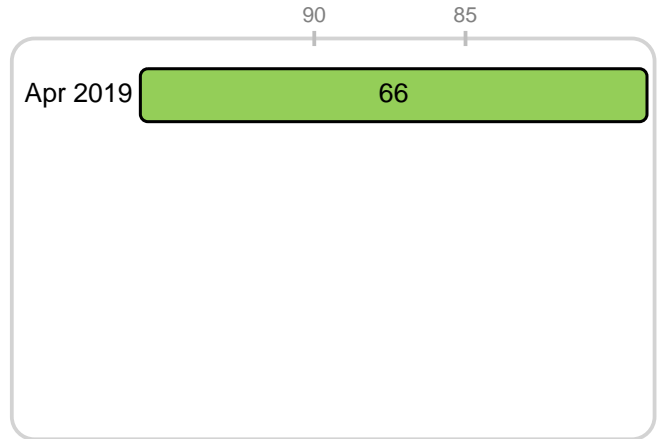
Many people neglect sleep thinking they can get by on very little. However, too little for long periods increases your risk of developing chronic health conditions such as diabetes and some cancers. To find out how to improve the quality and quantity of your sleep please [click here](#) for our top tips.

Annual Comparisons

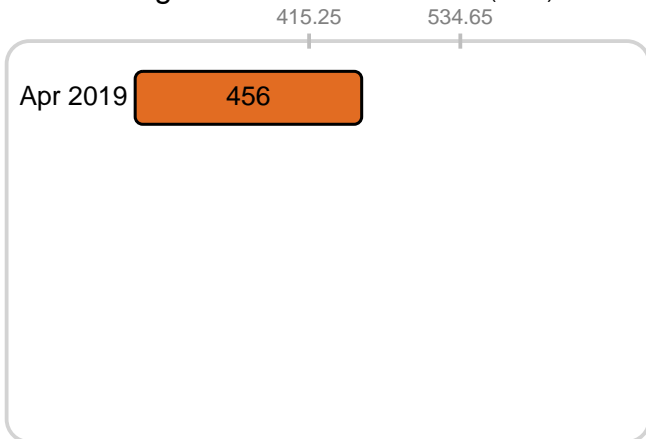
Blood Pressure - Systolic (mm/hg)



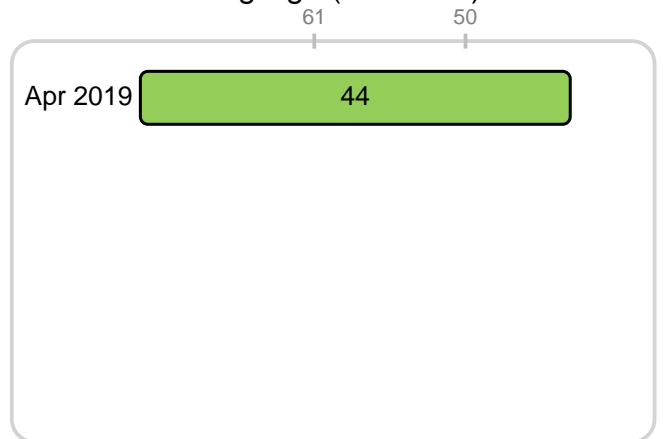
Blood Pressure - Diastolic (mm/hg)



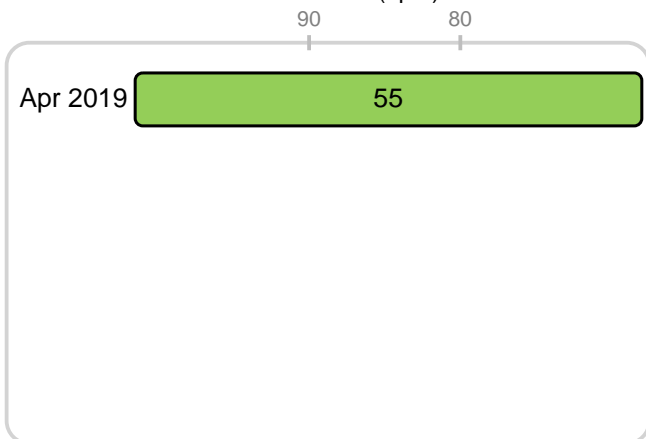
Lung Function - Peak Flow (l/min)



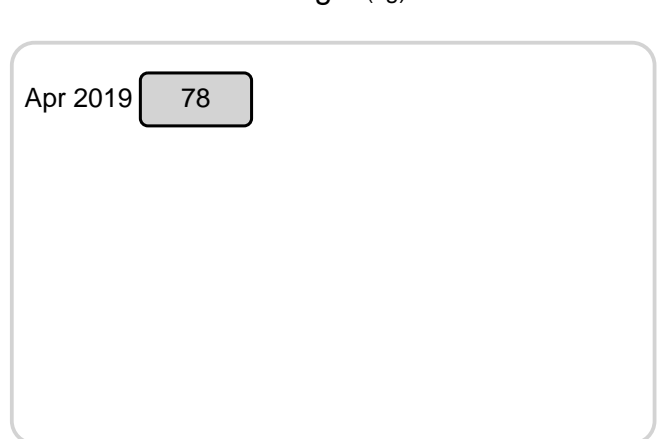
Lung Age (No FEV1)



Heart Rate (bpm)



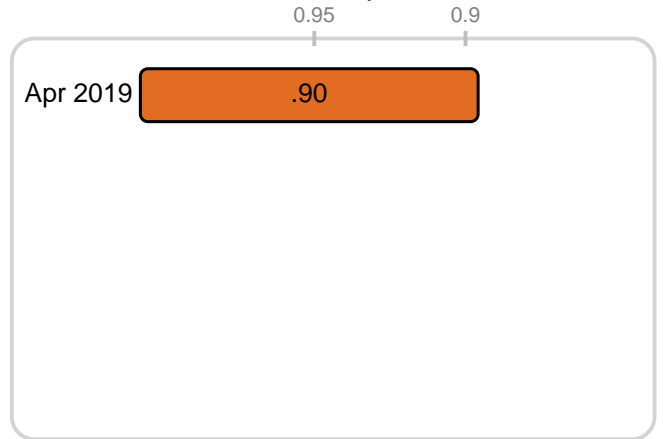
Weight (kg)



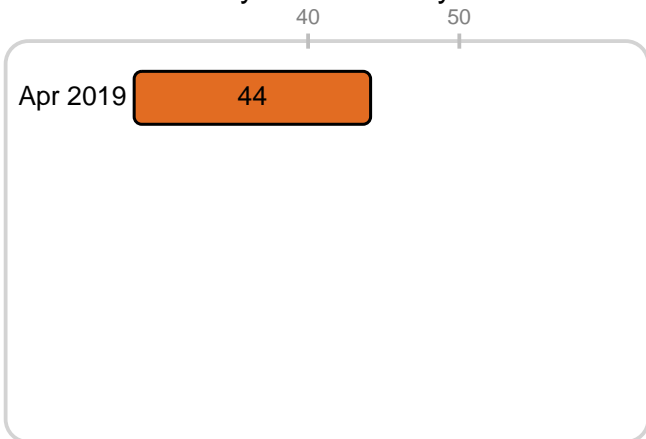
Body Fat (%)



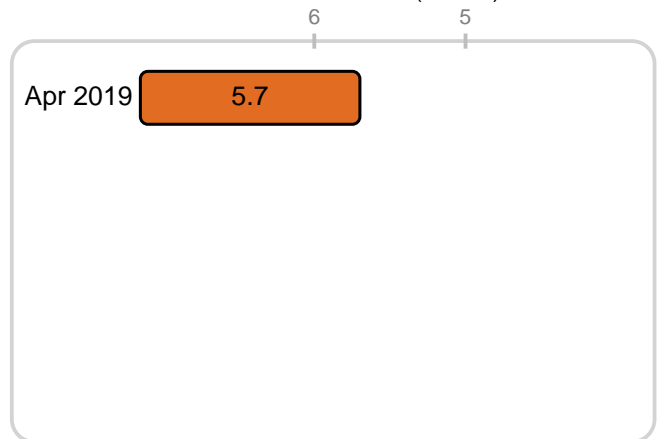
Waist to Hip ratio



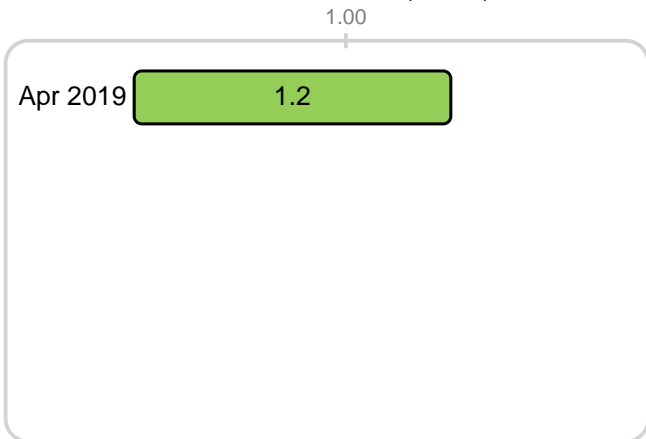
Total Body Water % / Hydration



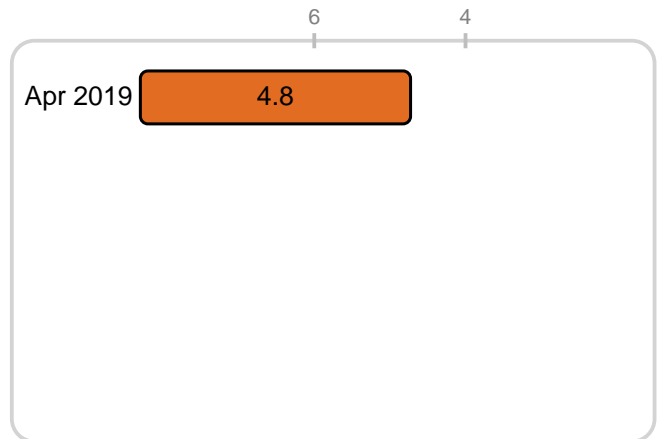
Total Cholesterol (mmol/l)



HDL Cholesterol (mmol/l)



Total/HDL Cholesterol Ratio



Blood Glucose (mmol/l)

Apr 2019

6 (F)