



SAMPLE
COMPANY LIMITED

Health Assessment Report

CONFIDENTIAL

David Test Person

26 Apr 2019



Company:	Demo Client	Gender:	Male
Date of birth:	01/01/1978	Height:	178cm
Unique reference:	230-106957	Weight:	89kg
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.

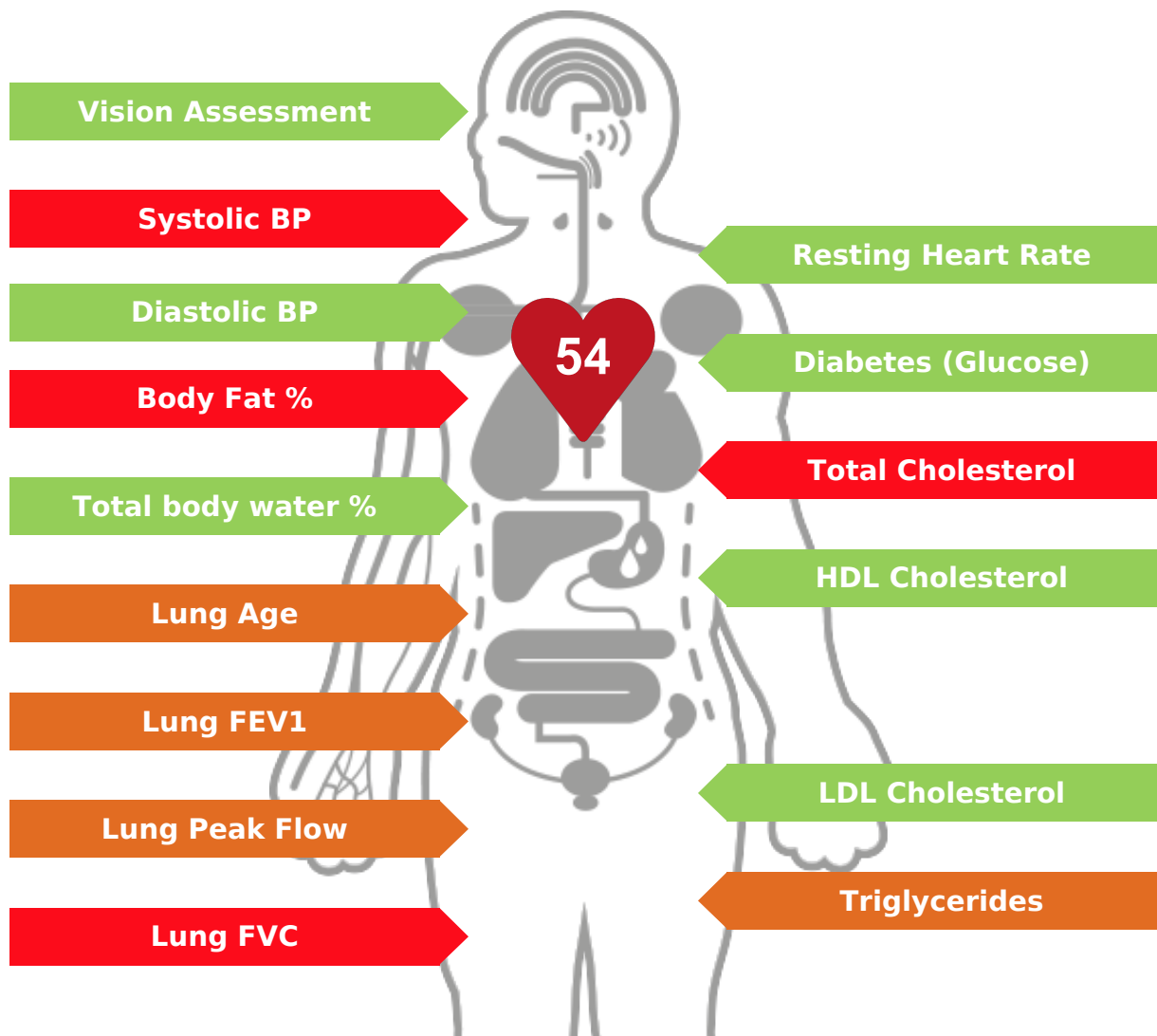
Your Data - how we store and use it

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



Your biggest health and lifestyle concern is Sleep

You may not be getting the recommended amount of quality sleep at the moment. Initially think about assessing and creating an ideal [sleep environment](#) to help you each night.

If the quality of your sleep is causing you health concerns or you are worried you may have a [sleep related condition](#) so please visit your GP to discuss further.

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.



Well done on quitting smoking. You have reduced your risk of smoking-related diseases. After 3-9 months, coughs, wheezing and breathing problems will improve as lung function increases by up to 10%. After 12 months your risk of heart disease will be halved. Keep up the good work!



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.



It seems you are really struggling to sleep for the recommended 7-9 hours. Adults who regularly sleep for less than 6 hours per day are at an increased risk of cardiovascular disease and type 2 diabetes so if you feel your sleep is severely impacting your health and wellbeing, please speak with your GP. Keeping your bedroom dark and cool is ideal as a lack of light releases the sleep hormone melatonin and a drop in your body temperature close to bed helps to initiate sleep more easily. The body loves routine so try to go to bed and get up the same time every day.



You have rated your overall dietary habits in a positive way and are eating the recommended amount of fruit and vegetables. To improve things even further, and if you are not doing so already, try to eat a wide variety of different coloured fruits and vegetables for the maximum health benefits. You are probably eating a few too many foods high in sugar and fat and probably not quite as hydrated as you think. Reducing the amount of high fat and sugar foods will keep your blood glucose and cholesterol under more control and drinking a little more fluid will help to maintain your energy levels.



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. You are however achieving the recommended amount of strength/resistance activity which will be having a positive impact on your health.

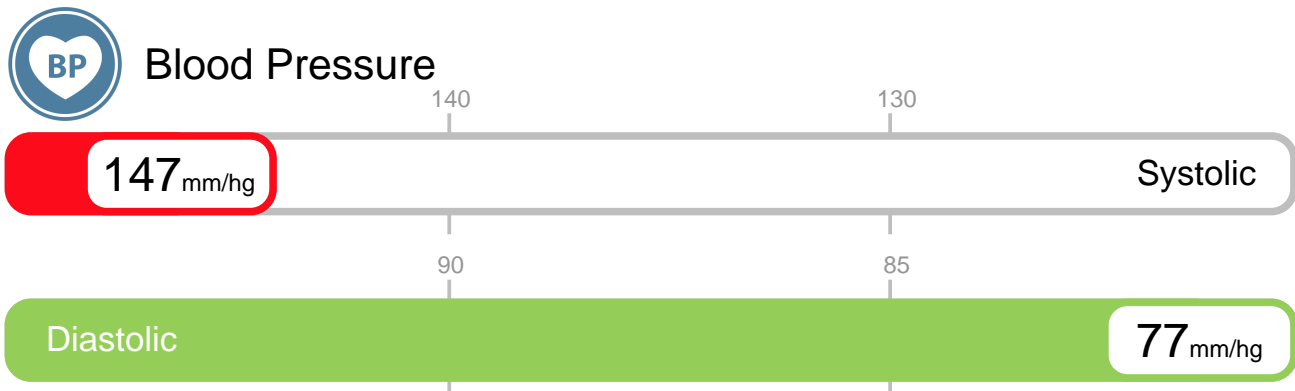


It seems you could be moving a little more throughout the day to benefit your health. Low intensity activities such as walking are great but perhaps think about walking a little quicker when you get the opportunity to supercharge your health. By sitting for less than 4 hours each day you are reducing 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.



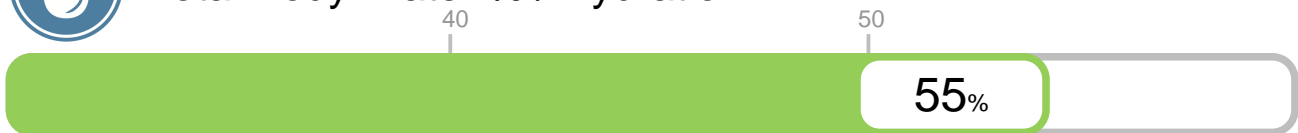
Body Fat %



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 indicates a desirable 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 will help maintain a normal TBW %.



BMR Basal Metabolic Rate

1427kcal

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

1998kcal

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

439.57 (LLN)

558.97 (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.



Forced Vital Capacity (FVC)

3.85 (LLN)

4.85 (Predicted norm)

3.76L

Forced Vital Capacity (FVC) represents your lung size by measuring how much air can be forcibly exhaled following maximum inhalation. It can be used to help determine the presence and severity of various lung conditions. Your lung volume is below the Lower Limit Norm (LLN) for your age, height, gender and ethnicity, which may represent some restriction within the airways of your lungs. You should seek further advice from your GP, particularly if you are experiencing any wheezing, chest tightness, coughing or shortness of breath.



Forced Expiratory Volume (FEV1)

3.14 (LLN)

3.98

3.44L

Forced Expiratory Volume (FEV1) is a measure of how much air can be exhaled in the first second of forced expiration and can be used to determine the presence and severity of

lung conditions. Your result is slightly below the predicted norm for your age, height, gender and ethnicity, however it is above the Lower Limit Norm (LLN), which represents a sufficient volume for normal lung function. 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.



Forced Expiratory Ratio (FER %)



Forced Expiratory Ratio (FER%) is the percentage of your lung volume that is exhaled in the first second of a forced expiration, and it can be used to determine the presence and severity of lung conditions. Your ratio is within the predicted norm for your age, height, gender and ethnicity.



Lung Age



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 that was less than the predicted norm, meaning your lung age is slightly older than your actual age. However, it is essential to gain more than the Lower Limit Norm (LLN) and, despite your older lung age, you do meet this minimum requirement. 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



Your blood glucose level (also known as blood sugar), is within the recommended range. To maintain optimum blood glucose levels, it is recommended to lead a healthy lifestyle through activity and nutrition. Both of these will have a positive effect on your levels and lower your risk of type II diabetes in the future.



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 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!



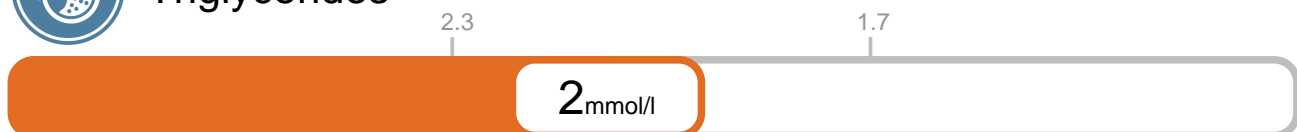
LDL Cholesterol



LDL cholesterol is often referred to as bad cholesterol. Whilst it has an important role within the body, high amounts of LDL can build up within the arteries (atherosclerosis), causing damage that can lead to cardiovascular disease. Your result is within the recommended range and can be maintained through healthy eating, being active and having a healthy weight.



Triglycerides



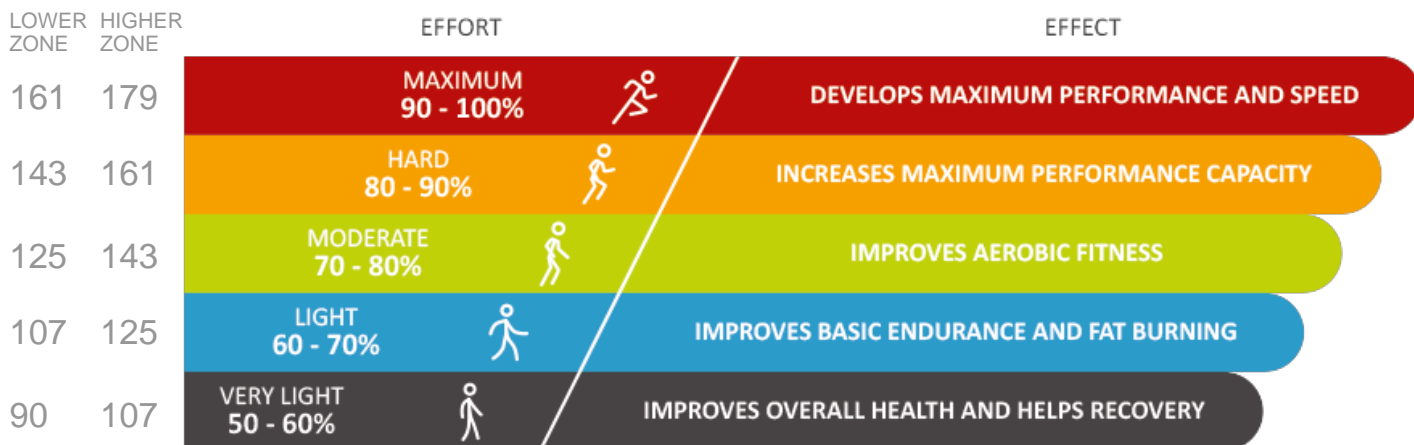
Triglycerides are a type of fat (lipid) found in your blood. After eating your body converts the calories it doesn't need for energy into triglycerides, which are stored in fat cells. Your result today was slightly above the recommended range, which could cause an increased risk in cardiovascular disease. The same lifestyle choices that promote overall good health

can help to lower Triglycerides. This includes regular exercise, reducing refined sugars, swapping saturated fats for healthier monounsaturated and omega 3 fats, limiting alcohol and losing weight if applicable.



Maximum Heart Rate

179bpm



Heart Rate Training is a well-known method for exercising effectively. The key to making progress is to elevate your heart rate into the correct training zone, so your effort matches your goals. There are 5 main training zones all of which are based on your maximum working heart rate (an age-based calculation*) and suitable for different levels of fitness and all exercise goals.

We have calculated the heart rate range for each of your training zones (to the left of the image above). The blue zone which is ideal for basic endurance and fat burning. The green zone is great for those wanting to start jogging/cycling/swimming as at this level you improve your aerobic fitness. If you don't regularly exercise you should build up your fitness before completing sessions in the red zone. Always consult your doctor before starting any new exercise program. (*Please note there are individual variations, and this is to be used as a guide only).

My Cardiovascular Risk Score (QRisk*)

My healthy heart age:

54
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:

2.76%

Age	41
Smoking Status	Ex < 12m
Blood Pressure (Systolic)	147
Total Cholesterol/HDL Ratio	6
Weight	89

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:

2.01%

Age	41
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, **3** 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

GP Referral

As discussed in your assessment we strongly recommend that you arrange a GP appointment in the **next 24-48 hours** to discuss your results.

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>.

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>

Increasing HDL Cholesterol Levels

Increasing your HDL or 'good' cholesterol can help lower your risk of heart disease. Its main role is to help remove unwanted fats (including LDL - bad cholesterol) from the blood stream, reducing the chances of a build up of plaque in the arteries. HDL also helps to reduce inflammation of your blood vessel walls keeping them healthier. To boost your HDL or 'good' cholesterol:

- **Increase your intake of unsaturated fats such as Oily Fish** - aim for twice a week (salmon, mackerel, tuna, sardines). Also **Nuts, Seeds and Avocados** in small, regular portions over the week.
- **Increase your aerobic activity levels** - aim to be active every day!
- **Achieve a healthy weight** (particularly body fat %)
- **Quit smoking** - as smoking can reduce your HDL level

Blood Pressure

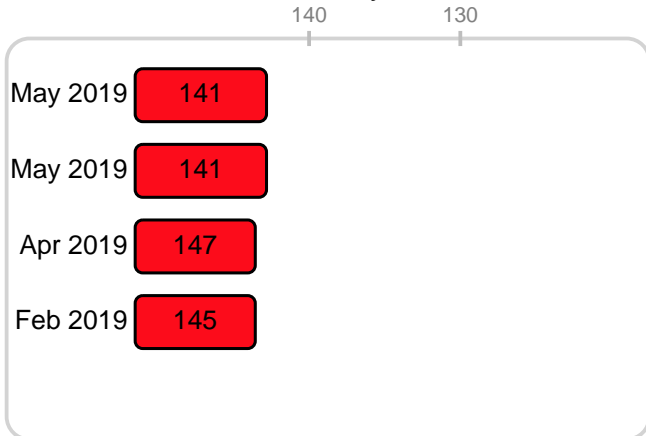
Having high blood pressure can be hard to recognise as there are very few easily identifiable signs and symptoms. To find out what you can do to maintain a healthy blood pressure please [click here](#) for our blood pressure guide.

Sleep

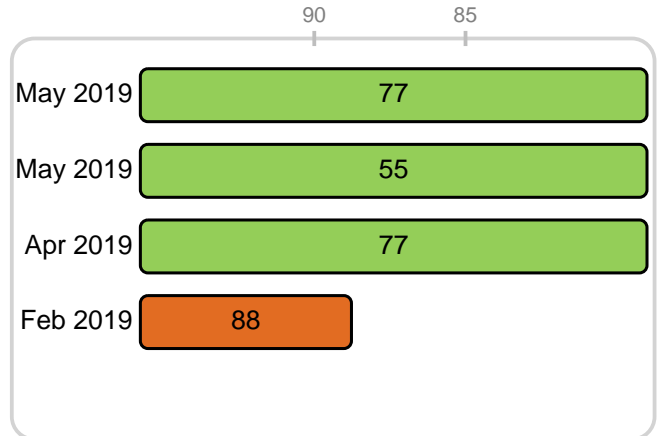
Many people neglect sleep thinking they can get by on very little. However, too little for long periods increases your risk of developing chronic health conditions such as diabetes and some cancers. To find out how to improve the quality and quantity of your sleep please [click here](#) for our top tips.

Annual Comparisons

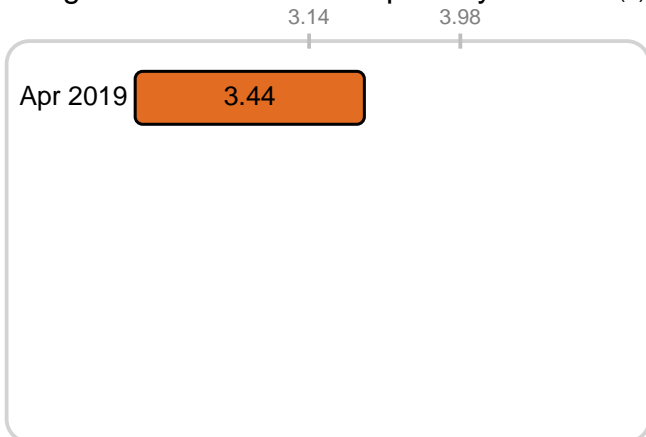
Blood Pressure - Systolic (mm/hg)



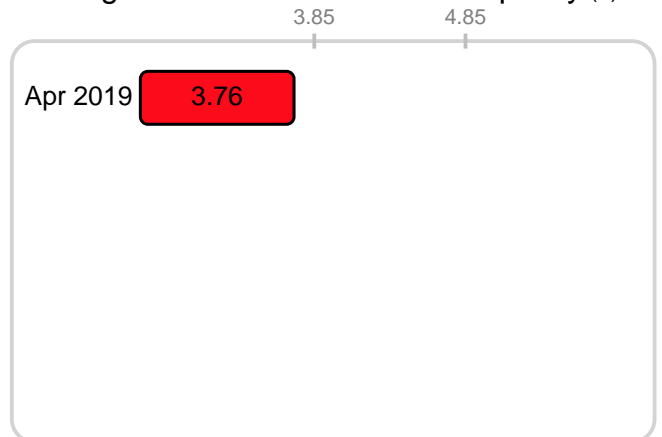
Blood Pressure - Diastolic (mm/hg)



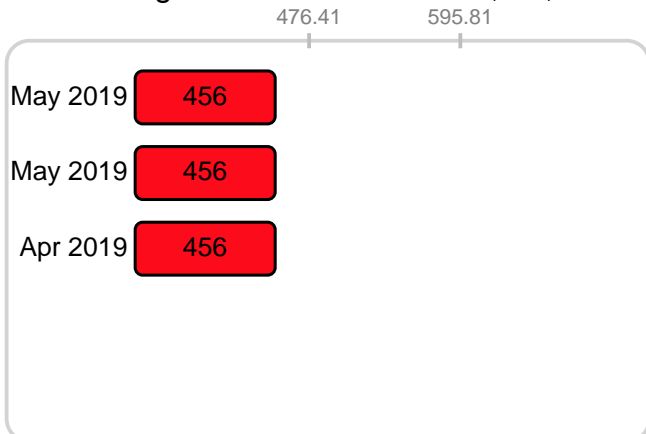
Lung Function - Forced Expiratory Volume (L)



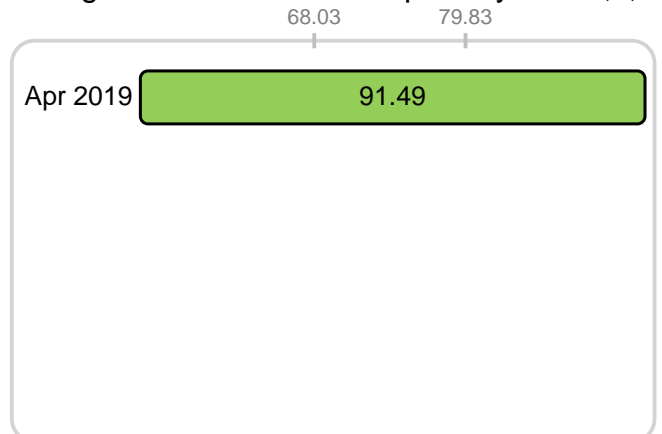
Lung Function - Forced Vital Capacity (L)



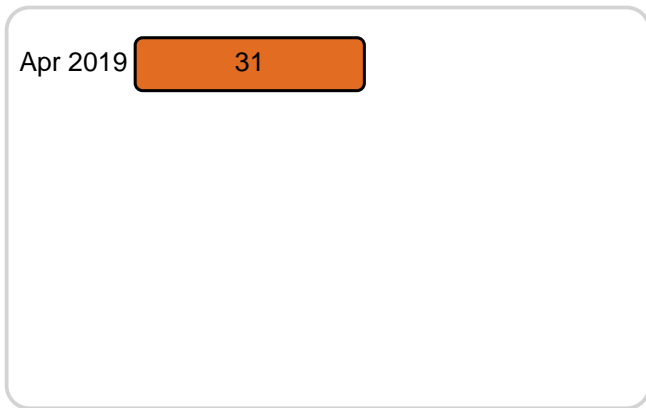
Lung Function - Peak Flow (l/min)



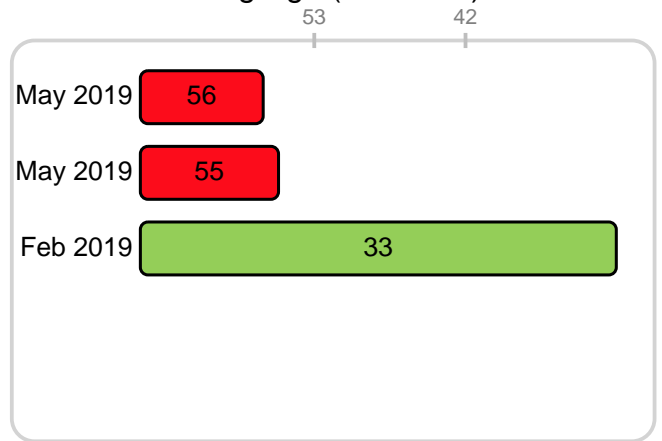
Lung Function - Forced Expiratory Ratio (%)



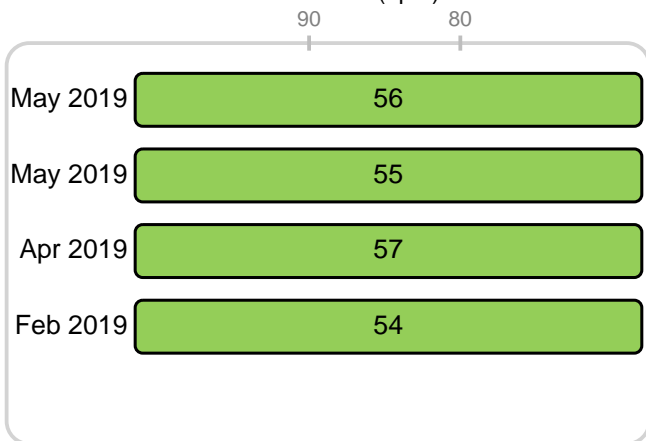
Lung Age



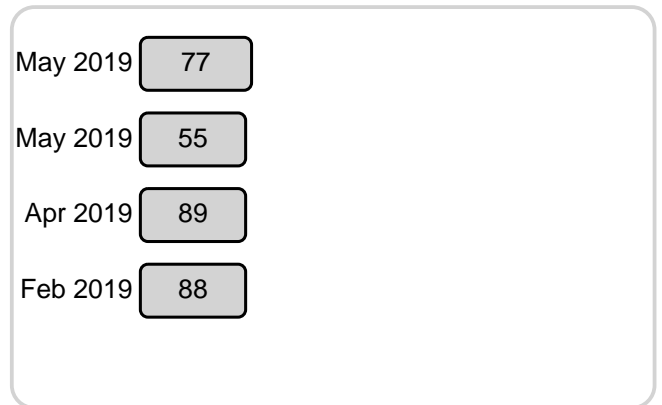
Lung Age (No FEV1)



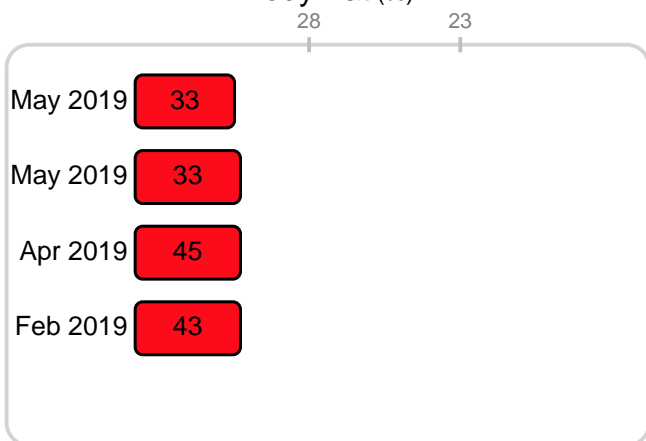
Heart Rate (bpm)



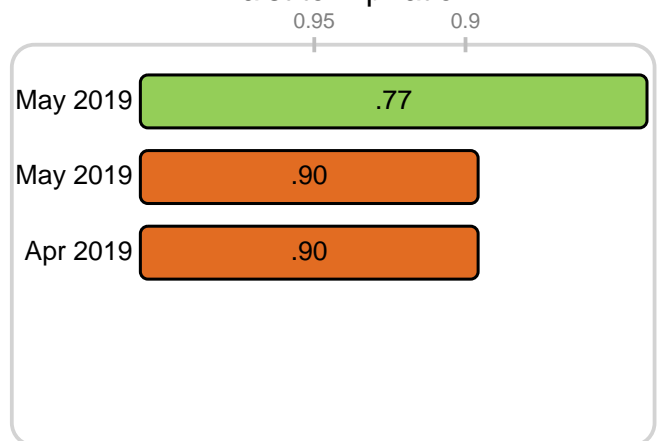
Weight (kg)



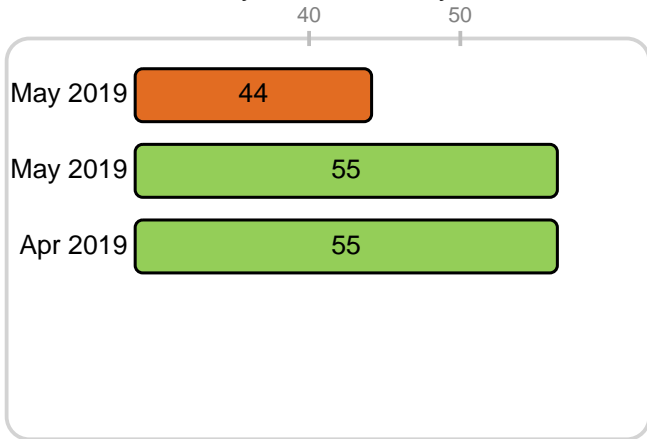
Body Fat (%)



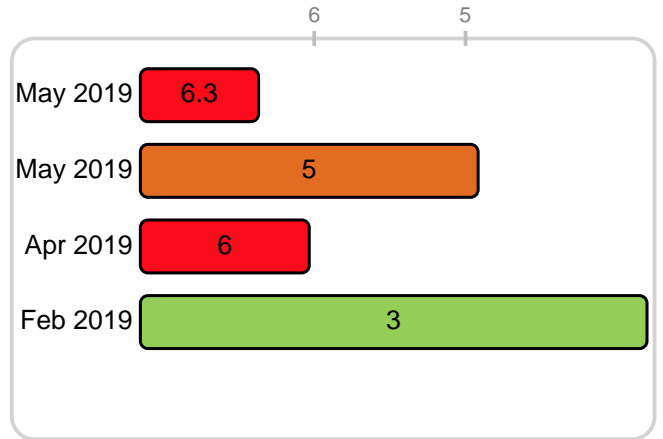
Waist to Hip ratio



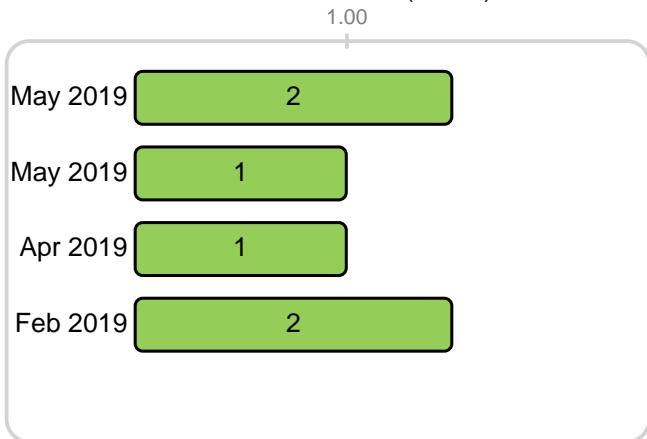
Total Body Water % / Hydration



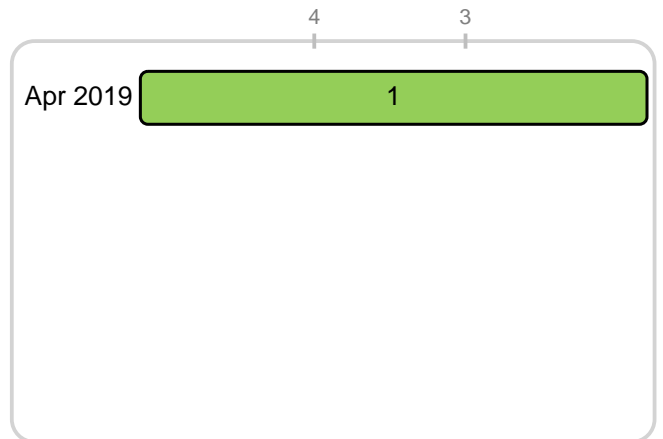
Total Cholesterol (mmol/l)



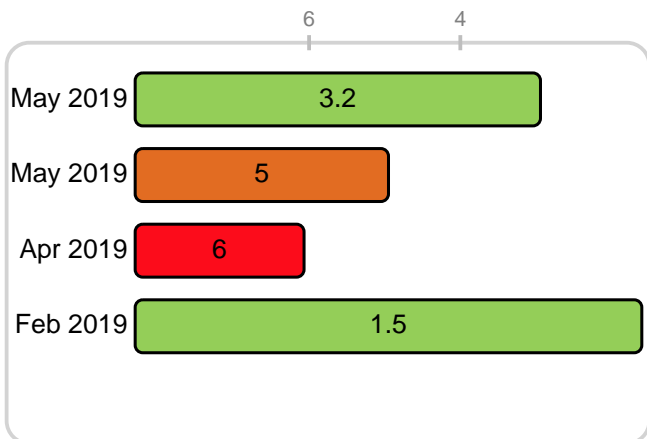
HDL Cholesterol (mmol/l)



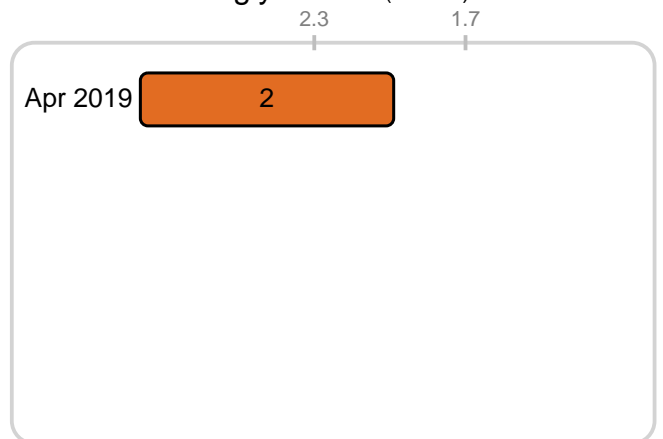
LDL Cholesterol



Total/HDL Cholesterol Ratio



Triglycerides (mmol/l)



Blood Glucose (mmol/l)

May 2019	4 (F)
May 2019	6 (NF)
Apr 2019	5 (NF)

Urinalysis - Blood

Apr 2019	+
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Urinalysis - Protein

Apr 2019	++
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Urinalysis - Nitrite

Apr 2019	++
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Urinalysis - Ketones

Apr 2019	+
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Urinalysis - Specific Gravity

Apr 2019	1.005
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Urinalysis - Leukocytes

Apr 2019

Negative