

"Getting my lifelong weight struggle under control has come from a process of treating myself as well as I treat others in every way."

Oprah Winfrey



Demographics

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1. What is your gender?

Male
 Female

2. When were you born?

Year
 Month
 Day

3. What is your height without shoes?

feet
 inches

feet / inches
 meters / centimetres
[explain measurement option](#)

4. What is your weight without shoes?

pounds

7	8	9
4	5	6
1	2	3
C	0	.
explain keypad		

pounds
 kilograms
[explain measurement option](#)

5. What is your waist circumference?

To determine your Waist Circumference, locate the upper hip bone and place a measuring tape around the abdomen (ensuring that the tape measure is horizontal). The tape measure should be snug but should not cause compressions on the skin. [explain](#)

inches

7	8	9
4	5	6
1	2	3
C	0	.
explain keypad		

inches
 centimeters
[explain measurement option](#)

6. Are you considering losing weight?

- No, I do not intend to change my weight.
- Yes, I am considering changes to lose weight in the next 6 months.
- Yes, I plan to lose weight starting in the next 30 days.
- Yes, I recently made changes to some of my habits to lose weight.

7. Which category best describes your race?

"Safeguard the health both of body and soul."

Cleobulus, circa 500 B.C.



Mental Health

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DEMOGRAPHICS NUTRITION PHYSICAL ACTIVITY SMOKING ALCOHOL PREVENTION **MENTAL HEALTH** HEALTH STATUS SAFETY WORK FOLLOW-UP

1. In general how satisfied are you with your life?

- Completely satisfied
- Mostly satisfied
- Partially satisfied
- Not satisfied

2. How would you describe the strength of your social ties?

- Very strong
- About average
- Weaker than average
- Not sure

3. How many hours of sleep do you get in the typical night?

- 5 or less
- 6
- 7
- 8
- 9
- More than 9

4. How often is too much stress a problem for you?

- Never
- Rarely
- Sometimes
- Often
- Always

5. During the past 30 days, have you felt nervous, anxious or on edge?

- None of the time

- A little of the time

- CURRENT HRA
- PERSONAL REPORT
- EMPLOYEE ASSISTANCE
- WELLNESS PORTAL



HRA Personal Report

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AGE: 31
 GENDER: Female
 DATE OF HRA: 03/21/13

Overall Score: 82



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Your score of **82** is out of 100 and puts you in a **low risk** category. **This is a good place to be, you are taking care of yourself and leading a healthy lifestyle.**

Based on your responses to the Health Risk Appraisal there are;

- 2 areas where you are at high risk
- 3 areas where you are at moderate risk
- 4 lifestyle areas where you are doing very well or excellent

Safety 29/100 **HIGH RISKS**

Nutrition 55/100

Mental Health 63/100 **MODERATE RISKS**

Alcohol 65/100

Prevention 67/100

Tobacco 81/100 **LOW RISKS**

Physical Activity 100/100

Weight 100/100

Disease Risk 100/100

Each of the areas above is scored out of 100. The higher your score, the healthier is your lifestyle. People with higher scores will tend to live longer, and have fewer health problems.

The pages of this report provide information on your score, and allow you to see your areas of strength and areas where you can reduce your health risk by making changes. This report is not intended to

Next Steps

- Make a commitment to improve your health, and know you can make personal changes
- Identify health risk areas where you are interested in changing and capable of changing
- Set goals and write them down
- Talk with other people with the same life challenges
- Learn about your condition, and understand the challenges and benefits of making changes to your life
- Talk with health professionals
- Join a support group
- Track your progress, and setbacks, on your path to improved health
- Reward yourself for achieving your goals

Resources

- Your Online Health Portal**
- Corporate EAP
- Your Employee Wellness Coordinator
- Learn about resource in your community, through recreation centers or health units
- Get information from national organizations or associations
- Talk with your doctor, or other health professional
- Get help from your family and friends

Your Overall Wellness Score, and each of the key risk indicators, is based on the responses you provided to the health risk appraisal, and scored out of 100.

HRA History

Date	Score
03/21/13	82
01/13/12	72
02/22/11	76

- [CURRENT HRA](#)
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Weight

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WEIGHT: 145 pounds
 HEIGHT: 5' 7"
 BMI: 22.71

Weight Score: 100



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Your weight score of 100 out of 100 is a **great score**. You are at a healthy weight, which reduces your risk of some of the most common diseases, including heart disease, stroke, high blood pressure, diabetes, and even some cancers.

Body Mass Index (BMI)

Body Mass Index (BMI) is a measure based on height and weight that evaluates your body compared to a standard range of BMI scores. Your BMI is 22.71, this identifies you as **having a Healthy Weight**. BMI is a good general measure, but can score muscular people high. To check if you are over-fat or over-muscular pinch your abdomen, if you can pinch an inch you are probably over-fat.

Under weight	Less than 18.5
Healthy weight	18.5 to 24.9
Overweight	25 to 29.9
Obese	30 or higher

Waist Circumference

Waist Circumference is another way to evaluate health risk based on your body shape. Carrying weight on the waist increases your risk for weight related diseases. **Females** are at higher risk at **35 inches** or greater. The waist size you recorded is **30 inches**.

Weight Loss Intention

Congratulations on maintaining a healthy weight

Keep eating a variety of foods daily that are low in fat and sugar, with plenty of servings of fruits, vegetables, whole grains and lean meats to help maintain your weight.

If you eat moderately and exercise regularly, you will have more energy to enjoy life.

Changes to Your Weight

You are at a healthy weight.

Weight Management

Weight management is closely related to physical activity and eating habits. Your score for these two health measures are below.

Exercise Score: 100



Nutrition Score: 55



BMI History

Date	BMI
03/21/13	22.71

Online Weight Management Resources

- [Weight Management](#)
- [Weight Loss Myths](#)
- [Dietary Philosophies](#)



Wellness Factors offers a program for weight loss. The Weight-loss In Supportive Environments, or W.I.S.E., is a science-based program designed to help you achieve and maintain your optimal weight. Check your corporate health portal for more information.

- CURRENT HRA
- PERSONAL REPORT
- EMPLOYEE ASSISTANCE
- WELLNESS PORTAL



Mental Health

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Mental Health Score: 63



- INTRODUCTION
- WEIGHT
- TOBACCO
- ALCOHOL
- DISEASE RISK
- NUTRITION
- MENTAL HEALTH**
- PREVENTION
- SAFETY
- PHYSICAL ACTIVITY

Stress, or difficulty coping with daily challenges, can affect your health and your ability to enjoy life. Your stress and coping score of **63** out of 100 is **fair, but there are areas that could be a concern.**

Below you will find information about your response to each of the questions that make up this score.

Mental Health

Your responses to the Health Risk Appraisal indicate you could be experiencing some feelings of discontent or worry.

Problems and misfortunes are a part of life. Everyone experiences unhappiness, and many people may become depressed, or experience anxiety temporarily when things do not go the way they would like. Such feelings are normal, and they usually pass after a short time.

However, when these feelings are severe, last for several weeks, and begin to interfere with your work and social life, it is a sign of a disorder.

If these feelings continue, you may want to talk with a mental health professional.

There may also be **resources** that can help you on your corporate health portal.

Support and Stress Management

Based on your responses, your current life circumstance are not ideal. If you have events in your life that cause stress, or make you depressed, there is support available to you. You should talk to a health professional about your situation.

There may also be information on your **corporate health portal** of value to you

Life Satisfaction

You reported some dissatisfaction with your life. Your feelings about the events in your life are very important. By understanding your reactions, you may learn to deal with the parts of your life that cause you concern.

Your response to other questions also indicates some emotional challenges. Review the other Mental Health sections to see if there are ways you can improve your overall enjoyment of life.

When a person has these feelings, the best option may be to talk with your doctor or mental health professional.

Sleep

Sleeping less than 7 hours per night is not enough sleep for most people to function normally. If you feel rested in the morning and alert throughout the day, then you may be an exception to this guideline, but if you feel tired or drowsy you may need more sleep.

Sleep problems are common and can be caused by a sleep disorder, a physical illness, or may be related to stress or depression.

There are **resources** on your corporate health portal that may be of value to you. If you need help with your sleep patterns talk with a health professional

Practicing Good Mental Health

Mental health is how we think, feel, and act as we cope with life. It also helps to determine how we handle stress, relate to others, and make choices. Like physical health, mental health is important at every stage of life.

The boundary between everyday emotions and mental illness is like an invisible line. You are often unaware of crossing it, but as symptoms mount, you or a loved one will gradually notice.

Here are the hallmarks of good mental health:

- Practice gratitude and praise. Use positive self-statements.
- Laugh at yourself. A sense of humor is one of the greatest predictors of happiness.
- Take responsibility for your actions in the world.
- Celebrate your and others' successes.
- Know you can be self-reliant but still feel at ease in asking for help when you need it.
- Be resilient by showing how you can bounce back from life's adversity.
- Be yourself: there's only one of you in the entire world!
- Keep growing: attempt new challenges and tasks.
- Know how to regulate both positive and negative emotions.
- Help someone out. We are community. Let's stay connected.
- Criticize only in constructive ways and never to tear down.

Mental Health History

Date	Score
03/21/13	63
01/13/12	54
02/22/11	59

Mental Health Resources

- [Mental-Emotional Health](#)
- [Stress and Anxiety](#)