

Personal Wellness Guide Prepared For:

**John Doe**

01-01-14

## Healthy Projections™

This review of your physical health is based on information you provided during your health assessment interview and results of your blood work. Your personal health information is completely confidential and will not be shared with your employer. This personal health report is not a substitute for a medical exam, or medical diagnosis, advice, or treatment for specific medical conditions. This report is not necessarily comprehensive and may contain errors. The information provided in this report is intended for your general knowledge and is not meant to take the place of health care or services you may need. Health information should always be carefully reviewed with your health care provider. If you have any health concerns or if the report raises questions, before taking any action based on the report, please consult your health care provider to review the results with you. Catapult Health will not be held responsible for misuse of information or any adverse effects of recommendations stated in these resources.

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HEALTH<sup>SM</sup>  
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## BLOOD PRESSURE

Systolic	YOUR NUMBERS	 NORMAL	
	119		
Diastolic	YOUR NUMBERS	 AT RISK	
	87		

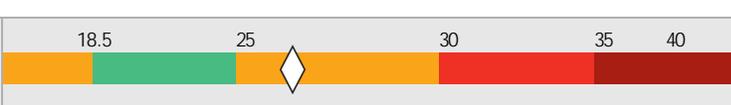
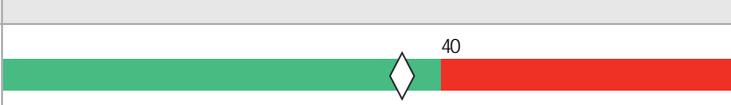
## BLOOD SUGAR TESTS

Glucose	YOUR NUMBERS	 AT RISK	
	102		

## HEART HEALTH BLOOD TESTS

Total Cholesterol	YOUR NUMBERS	 NORMAL	
	179		
HDL Cholesterol	YOUR NUMBERS	 NORMAL	
	45		
LDL Cholesterol	YOUR NUMBERS	 NORMAL	
	117		
Triglycerides	YOUR NUMBERS	 NORMAL	
	82		

## BODY COMPOSITION

Body Mass Index	YOUR NUMBERS	 AT RISK	
	26.4		
Waist Circumference	YOUR NUMBERS	 NORMAL	
	37		

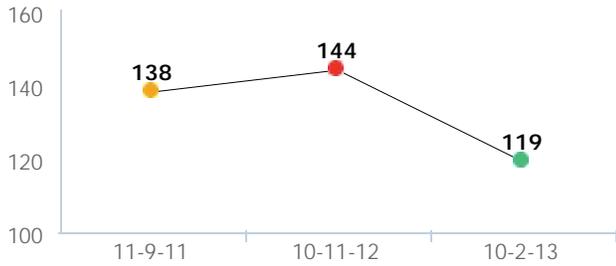
## LIFESTYLE

Physical Activity	YOUR NUMBERS	 GOOD	<p>Congratulations on your active lifestyle.</p>
	adequate		
Smoking	YOUR NUMBERS	 GOOD	<p>Congratulations on quitting smoking.</p>
	non-smoker		

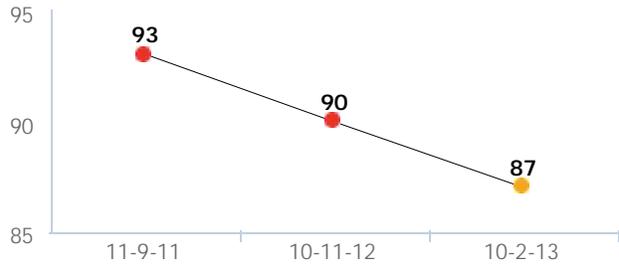
# MY CATAPULT TRACK RECORD

Healthy Projections

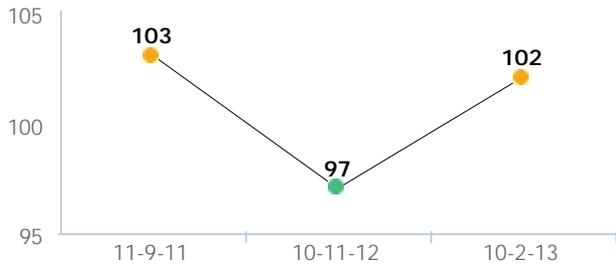
## BLOOD PRESSURE: SYSTOLIC



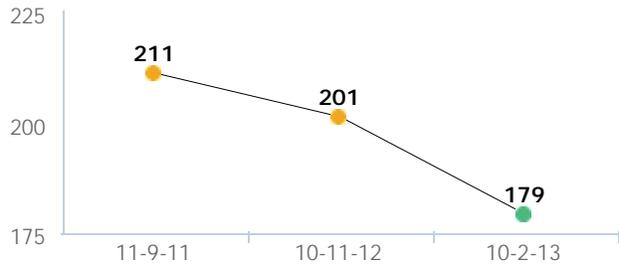
## BLOOD PRESSURE: DIASTOLIC



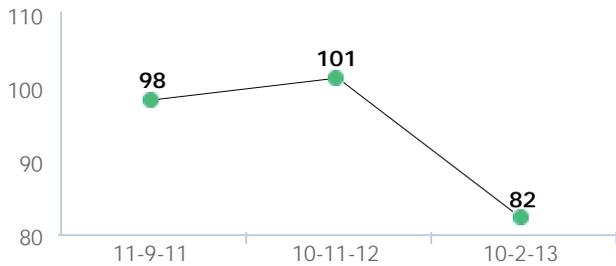
## BLOOD SUGAR: GLUCOSE



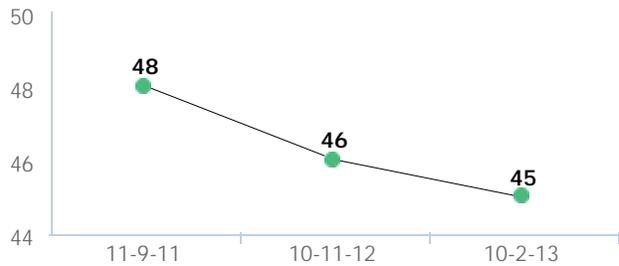
## TOTAL CHOLESTEROL



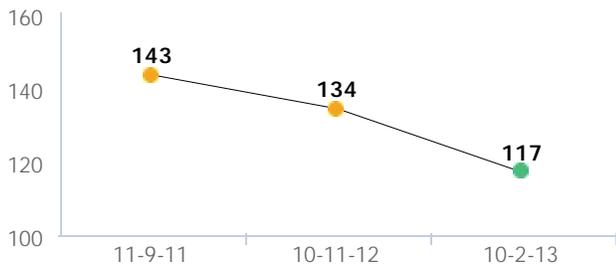
## TRIGLYCERIDES



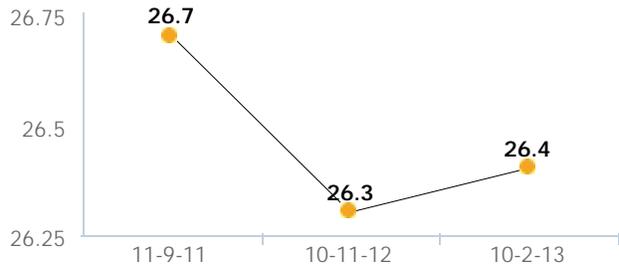
## HDL CHOLESTEROL



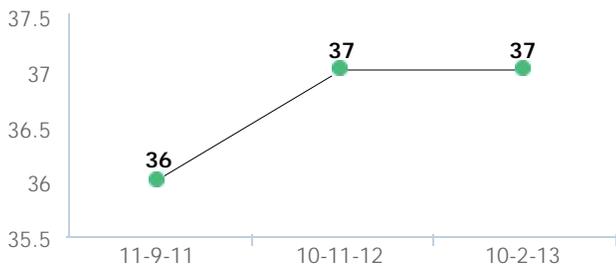
## LDL CHOLESTEROL



## BODY MASS INDEX



## WAIST CIRCUMFERENCE



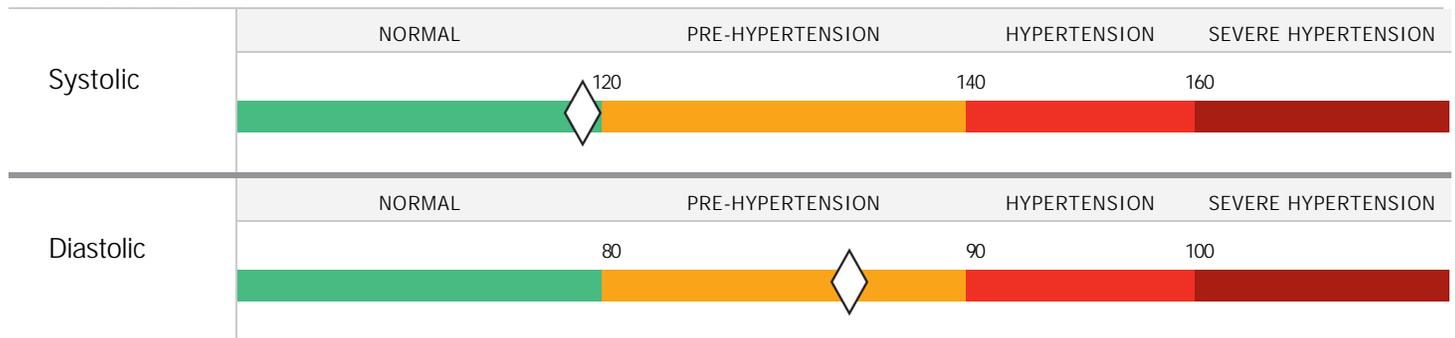
John, did you know that High Blood Pressure is called the "silent killer"? This is because it often has no warning signs or symptoms, and many people do not realize they have it. That is why it is important to get your blood pressure checked regularly.

Blood pressure is the force of blood against the artery walls as it flows through your body. It is normal for blood pressure to go up and down throughout the day, however, if it stays high for too long that can

cause health problems such as heart disease and stroke.

Blood pressure is written as two numbers. The first number (systolic blood pressure) is the pressure when the heart beats. The second number (diastolic blood pressure) is the pressure when the heart is resting between beats. A healthy blood pressure is when the first number is less than 120 mmHg, and the second number is less than 80 mmHg.

## BLOOD PRESSURE



**AT RISK**

**119/87**

### MY NUMBER

Your **blood pressure** is **119/87**.

This means your **Blood Pressure** is in the **Pre-Hypertension** range.

When blood pressure is slightly higher than normal, it is called pre-hypertension. People with slightly higher than normal blood pressure are more likely to develop high blood pressure than are people with normal blood pressure levels.

## Blood Sugar:

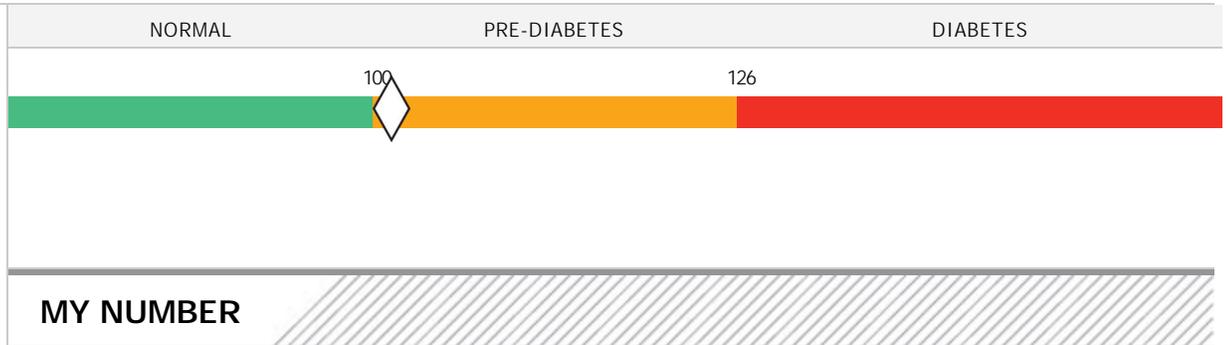
When you eat, your body breaks food down into glucose (or sugar). This sugar acts as a major source of energy for the body. However, high blood sugar can lead to serious health problems, including diabetes.

### GLUCOSE



AT RISK

102



### MY NUMBER

Your **Blood Sugar** level is **102 mg/dL** which is in the **Pre-Diabetes** range.

Your tests suggest blood sugar control is a problem. You are at increased risk for diabetes. Speak with your doctor about further assessment and a plan to better control your blood sugar levels.

## CHOLESTEROL

Cholesterol is a waxy, fat-like substance found in your body. It is also found in many foods. Your body needs cholesterol to work properly, and it naturally makes all that it needs. Too much cholesterol can build up in your arteries depending on the type of foods you eat. Over time, build up of cholesterol causes the arteries to get blocked which can cause a heart attack or stroke.

## What are the Healthy Values for cholesterol?

Desirable Cholesterol Levels	
Total cholesterol	Less than 200 mg/dl
LDL ("bad" cholesterol)	Less than 100 mg/dl
HDL ("good" cholesterol)	40 mg/dl or higher
Triglycerides	Less than 150 mg/dl

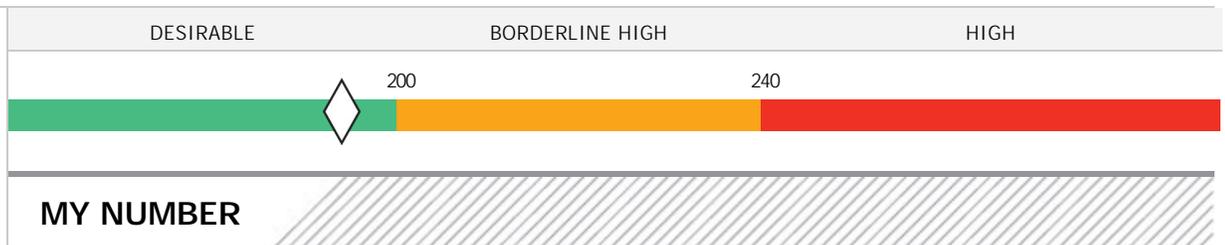
## TOTAL CHOLESTEROL

Total Cholesterol measures all of the cholesterol in the blood.



NORMAL

179



MY NUMBER

### CONGRATULATIONS!

Your **Total Cholesterol** is **179** mg/dL.

This means your **Total Cholesterol** is within the Desirable range.

Share the good news with your doctor, and together, create a personalized plan to keep your cholesterol levels healthy. Keep up the good work! Your heart will thank you for it!

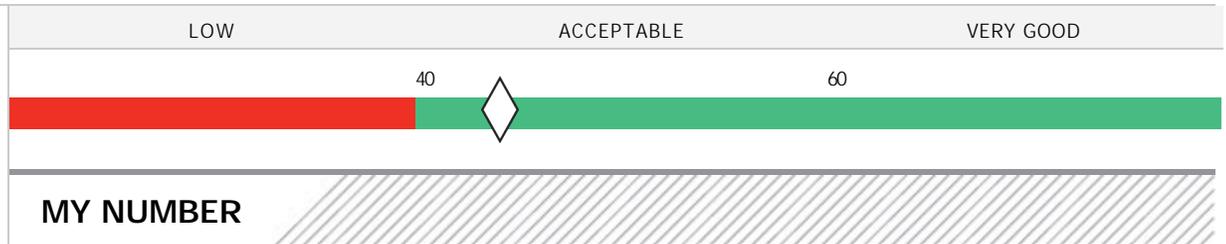
## HIGH-DENSITY LIPOPROTEINS (HDL) CHOLESTEROL

HDL is the "good" cholesterol. It helps clean out build-up in the arteries. High levels of HDL reduce the risk for a heart attack or stroke. The higher your HDL, the better!



ACCEPTABLE

45



Your **HDL Cholesterol** is **45** mg/dL.

This means your **HDL Cholesterol** is within the **Acceptable** range.

Share this result with your doctor, and together, create a personalized plan to maintain or even increase your HDL cholesterol levels. Consider making a change. Lifestyle changes, such as eating better and being more active, can increase HDL. Small changes can make a big difference, and help prevent heart disease and stroke.

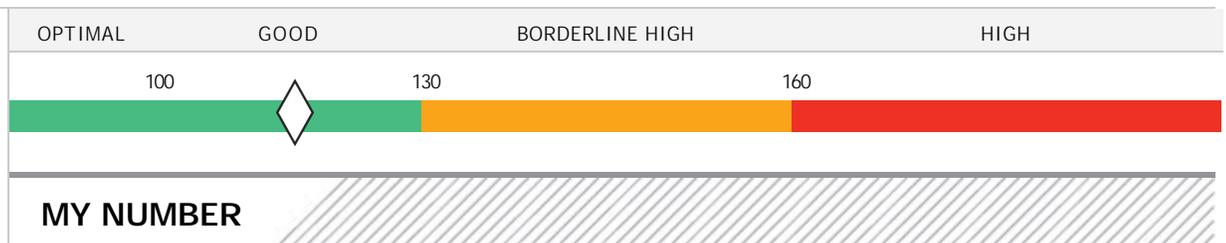
## LOW-DENSITY LIPOPROTEINS (LDL) CHOLESTEROL

LDL is the "bad" cholesterol. It makes up most of the body's cholesterol. Too much LDL can cause blocked arteries and lead to a heart attack or stroke. The lower your LDL, the better!



NORMAL

117



Your **LDL Cholesterol** is **117** mg/dL.

This means your **LDL Cholesterol** is within the **Good** range.

People with lower LDL levels have lower risk for heart disease and stroke.

You already have another risk factor for heart disease, man aged 45 or older. That is another reason for keeping your LDL below 160 mg/dL. Increased LDL is a risk factor for heart disease and stroke. Lower levels of LDL are better.

## TRIGLYCERIDES

Triglycerides are a type of fat that is found in the blood. Your body changes any unused calories into Triglycerides for future energy needs. When your Triglycerides are too high, they are stored as fat. When Triglycerides are too high it leads to hardening of the arteries and to heart disease.



NORMAL

82



### MY NUMBER

Your **Triglycerides** are **82** mg/dl.

This means your **Triglycerides** are within the **Normal** range.

People with lower Triglyceride levels have lower risk for heart disease and stroke.

There are two ways to determine whether you are at a healthy weight:

## BMI (Body Mass Index) and Waist Circumference

### Body Mass Index (BMI)

This is a measure of body fat based on your height and weight. It is calculated using a formula.

$$\text{BMI} = \frac{\text{Weight}(\text{lbs.}) \times 703}{\text{Height}(\text{inches}) \times \text{Height}(\text{inches})}$$

Everyone should try to keep their weight in the Healthy range. A BMI that is too low or too high can lead to health problems.

A high BMI is linked to many health problems, including heart disease, high blood pressure, diabetes, and certain cancers.

The BMI value falls into one of the following categories:

BMI	Category
< 18.5	"Underweight" range
18.5-24.9	"Normal" or "Healthy" range
25.0-29.9	"Overweight" range
30.0-39.9	"Obese" range
40.0 and higher	"Extremely Obese" range

## BODY MASS INDEX



AT RISK

26.4



### MY NUMBERS

Your **BMI** of **26.4** (6 feet 1 inches & 200 lbs.) is in the **Overweight** range.

Your **recommended weight range** for your height is **141 lbs.** and **189 lbs.**

Small amounts of weight loss (even as little as 5 lbs) can have a considerable impact on improving your health.

There are times when a higher BMI does not suggest increased health risk. In some athletic individuals with a muscular build, BMI can overestimate the amount of fat. If you are muscular, your BMI may not be increasing your health risk at all.

## WAIST CIRCUMFERENCE

Another way to tell if your weight is healthy is to measure your waist size. Waist Circumference is a measure of "belly fat". Carrying more weight in your stomach area is linked to many health problems, including diabetes, high blood pressure, high cholesterol, and heart disease.

To measure Waist Circumference, place a tape measure around your bare stomach just above your hip bone. The tape should be snug. It should not press into your skin, and should be parallel to the floor. The most accurate way to measure your waist is to have someone else do it for you.

## HEALTHY WAIST CIRCUMFERENCE RANGES

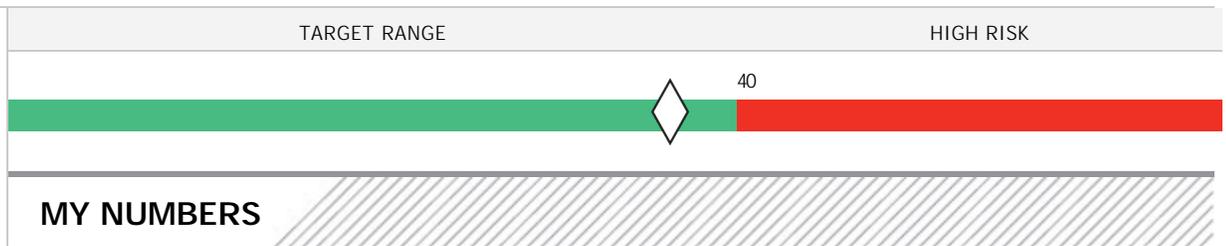
For men: No more than 40 inches

For non-pregnant women: No more than 35 inches



NORMAL

37



### MY NUMBERS

Your **Waist Circumference** of **37 inches** is in the **Healthy** range.

Keep your waist under 40 inches to help stay healthy.

Your **BMI** and **Waist Circumference** puts you at an **Increased Risk** for certain diseases. Consider making a change. Lifestyle changes, such as eating better and being more active, can reduce your health risk.

## PHYSICAL ACTIVITY



NORMAL

ADEQUATE

NORMAL

NOT ENOUGH

**CONGRATULATIONS!**

**You stated that you do 150 minutes or more of moderate-intensity activity, or 75 minutes or more of vigorous-intensity activity per week.**

Your activity level meets the guidelines for general health benefits. Keep up the great work! If you would like to be healthier, add more activity to your life. Add resistance training or weight training, 2 or more days a week, to improve your health.

Physical activity is anything that gets your body moving. Regular physical activity improves your overall health and fitness, and reduces your risk for health problems. You need to do **two types of physical activity** each week to improve your health:

**Aerobic and Muscle-strengthening.**

**Aerobic activity** gets you breathing harder and your heart beating faster.

**Intensity** is how hard your body is working during aerobic activity.

**Moderate-intensity aerobic activity** means you are working hard enough to break a sweat and have your heart beat faster. If you can talk, but not sing, you are at a moderate-intensity.

**Vigorous-intensity activity** means your heart is beating fast and your breathing is hard and fast. At this level, you can only say a few words before having to pause to breathe.

**Muscle-strengthening** works all of the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders and arms).

For **Good General Health**, your goal should be:

- + 150 minutes a week of moderate-intensity aerobic activity.
- + 75 minutes a week of vigorous-intensity aerobic activity.
- + A combination of moderate- and vigorous-intensity aerobic activity.

For **Weight Loss or Weight Management**, your goal should be:

- + 300 minutes a week of moderate-intensity aerobic activity.
- + 150 minutes a week of vigorous-intensity aerobic activity.
- + A combination of moderate- and vigorous-intensity aerobic activity.

It may seem hard at first, but fitting physical activity into your daily life is easier than you think!

SMOKING



NORMAL

NON-SMOKER

NON-SMOKER

SMOKER



**Congratulations on living a smoke free life!** Smoking harms nearly every organ in the body, and causes many health problems. Smoking causes heart disease and cancer. By quitting smoking, you have reduced your risk dramatically.

In addition, smoking does not just hurt smokers. Second-hand smoke is a serious threat to people around the smokers. By quitting smoking, you are protecting your friends and loved ones. They thank you for your triumphal success.

The best plan should be a partnership between you and a team of health care professionals. This team includes a doctor, nurse, nutrition expert, and exercise expert. Below is a list of tips to help you

+ **Share these results with your doctor** at your next visit to discuss your plan of action to maintain or even further improve your health.

- **LDL:** 117 mg/dL
- **Triglycerides:** 82 mg/dL
- **HDL:** 45 mg/dL
- **Total Chol:** 179 mg/dL
- **ALT:** 22 U/L
- **Glucose:** 102 mg/dL
- **Blood Pressure:** 119/87
- **BMI:** 26.4 (6 ft 1 inches, 200 lbs.)
- **Waist Circumference:** 37 inches
- **AST:** 25 U/L

+ **Symptoms:** Cough from blood pressure medications, Kidney problems. **You indicated that in the past you've experienced these conditions or symptoms. If you're still experiencing any of these conditions or symptoms, you should discuss them with you doctor.**

- + **Get your cancer screenings.** Cancer screening exams are medical tests done when you don't have any obvious signs of illness. They may help find cancer at an earlier stage, thus increasing the chances of cure. Based on your gender and age, you should have the following screenings performed:
  - + Colorectal cancer
    - Men and women aged 50 and over should follow ONE of the guidelines below:
      - Get a colonoscopy once every 10 years.
      - Get a virtual colonoscopy once every 5 years.
      - Take a fecal occult blood test every year.
- + If you have a family history of any of the above cancers, or any other risk factors, you should discuss your cancer screening and prevention strategy with your Primary Care Physician.
- + **Discuss with your doctor your medications** and other ways to control your blood pressure.

## INDICATOR LEGEND

By carefully following the suggestions in the section below, you can take great steps toward improving your health. These colored symbols indicate which specific risk factors will benefit the most from each recommendation:

**BP**  
Improved  
Blood Pressure

**CHOL**  
Improved  
Blood Cholesterol

**TRI**  
Lower  
Triglycerides

**GLU**  
Lower  
Blood Sugar

**BMI**  
Weight Loss

## + EAT HEALTHY

**TRI | CHOL** + No more than 20-35% of your daily calories should come from fat and keep saturated fat at 7% or less.

- Choose lean meats, poultry, and fish.
- Limit red meats and dairy products.
- Choose fat-free or low-fat dairy products.

**CHOL** + Avoid all trans fats - they are found in fried foods, store-bought baked good, and foods that have "partially hydrogenated oil" on the label.

**CHOL** + Choose healthier fats (monounsaturated fat found in plants such as olive, peanut and canola oils).

**CHOL** + Avoid high cholesterol foods-red meats, egg yolks, and whole milk.

**TRI | CHOL** + Add Omega 3 fatty acids to your healthy meal plan.

- Omega 3 fatty acids are found in fatty fish (salmon, mackerel, tuna) or from fish oil supplements, flaxseeds, and flax seed oil.

**BP | CHOL** + Increase your fiber- oats, fruits and vegetables, dried peas and beans.

**BP | CHOL** + Eat more whole grains.

**BP | CHOL** + Eat more nuts, seeds, and legumes.

**TRI** + Limit added sugar and sweets.

**BP | CHOL** + Limit processed foods.

**BP | CHOL** + Limit white foods like bread and pasta.

**BMI | TRI** + Limit your calories-too many calories can cause weight gain.

**TRI** + Limit your alcohol consumption to two drinks a day.

**BP** + Limit salt intake to 2,300 mg (a teaspoon) a day, which could help control your blood pressure.

**BMI** + Reduce your calories by 300-500 calories a day if you would like to lose weight.

**BMI** + Set a goal of losing 10% of your current weight.

## + STAY ACTIVE BMI | CHOL | BP | GLU

- + Daily physical activity helps keep you healthy.
- + Look for every day opportunities to move your body more:
  - Take the stairs instead of the elevator
  - Park farther out
  - Walk around your workplace during a break
  - Walk your dog.
- + Buddy up!
  - Walking with friends can keep you motivated
- + Short on time?
  - Try more vigorous-intensity activities.
  - Choose 3 times in your day to be active for 10 minutes.
- + Reach a goal of 300 minutes a week of activity, like walking, for even more health benefits!
- + Try lifting weights or use an exercise band-this can help keep "bad" cholesterol low.

## + REDUCE STRESS

- BP + Stress may lead to unhealthy eating, sedentary lifestyle, smoking, and excessive drinking, which then would aggravate stress even further.
- BP + Try deep breathing to help calm your body and mind.
- BP + Tackle one problem at a time.
- BP + Do not try to be perfect.
- BP + Spend time with people you enjoy.
- BP + Physical activity can reduce your stress.
- GLU + Remember! Stress can cause your blood sugar to increase.

## + STRIVE FOR A HEALTHY WEIGHT GLU | CHOL | BP | TRI

- + Follow the tips below:
- + Stay active.
- + Make small changes that you can live with for a long time.
- + Do not be preoccupied with every single daily fluctuation of your weight.
- + Focus on what you can control – Eating and Physical Activity.
- + Small amounts of weight loss (even as little as 5 lbs) can have a considerable impact on improving your health.
- + Remember your healthy weight is below **189 lbs.** corresponding to BMI of 24.9.

