

YOUR WEIGHT PROFILE

**Currently in the
healthy weight range**

**IMPACT OF WEIGHT ON
QUALITY OF LIFE**

No QoL impact

**WEIGHT-RELATED
HEALTH CONCERNS**

**You have 1 unknown
health concern**

You're in the healthy weight range.

Even so, some weight-related health concerns can improve with a change in weight.

- Based on widely-accepted guidelines, weight loss is not recommended.
- Staying at a healthy weight is one of the best things you can do for your health. People in the healthy weight range live 8 to 10 years longer than people with obesity.
- Work with a health care professional to improve your other health risk factor(s).

The Healthy Weight Range

The "healthy" weight range shown in the table is based on height alone.

Your Ideal Weight

Only a health care provider can determine the ideal weight for you.

In order to determine your ideal weight, a health care professional takes into account waist measurement, age, sex, mobility level, activity level, body shape, amount of muscle (versus fat), ethnicity, health history, and other important health concerns.

Small Changes = Big Results

By losing just five to ten pounds, people who are overweight can lower their blood pressure. High blood pressure is an important risk factor for heart disease and stroke.

With a few more pounds of weight loss (about 14 or so), some people have been able to cut their risk of developing type 2 diabetes in half.

Weight loss, like weight gain, happens one pound at a time. Help is available for people who are ready to make a change.

BMI Weight Categories	Weight Ranges for people 6'1" tall
Underweight (BMI under 18.5)	139 lbs. or less
Healthy (BMI 18.5 to 24.9)	140 to 189 lbs.
Overweight (BMI 25.0 to 29.9)	190 to 226 lbs.
Obesity (BMI over 29.9)	227 lbs. or more
Areas of Life Impacted by Current Weight*	You Reported
Physical	No
Emotional	No
Social	No
Other	No

*See Report Page 3 for details.

Results

Your weight profile shows your current body mass index (BMI) weight category.

Body Mass Index (BMI)

Body mass index is a calculation that uses height to determine weight category. BMI is not a personalized recommendation of your ideal weight. In fact, your ideal weight may not fall within the calculated healthy weight range.

BMI is an easy way to estimate body fat. It's also used to help determine the risk for developing weight-related diseases. The main BMI weight categories are underweight, healthy weight, overweight, and obesity.

BMI is one of 3 ways that weight-related health risks are measured. The other ways are waist circumference and certain health risk factors.

Waist Circumference

When most body fat is around the waist rather than at the hips, people are at a higher risk for heart disease and type 2 diabetes. The following waist measurements increase health risks, no matter how much people weigh:

- 40 inches or more in non-Asian men
- 35 inches or more in non-Asian women and Asian men
- 31 inches or more in Asian women

Health Risk Factors

Certain weight-related health concerns can increase the risk for heart disease and other serious health conditions.

YOUR WEIGHT PROFILE

**Currently in the
healthy weight range**

Based on widely-accepted guidelines,
weight loss is not recommended.

You're in the healthy weight range.

Factors for Weight-Loss Recommendation	Your Numbers
Current weight	180 lbs.
Height	6 ft. 1 in.
Body mass Index (BMI)	23.7
Waist circumference	Less than 40 in.
Number of health concerns	1 unknowns

About This Assessment

The weight-loss recommendation is from the 2013 AHA/ACC/TOS clinical practice guidelines.¹ The waist circumference cutpoints come from a 2005 AHA/NHLBI scientific statement paper that stratifies atherosclerotic cardiovascular disease (ASCVD) risk related to abdominal girth by gender and ethnicity²

1. Jensen MD, Ryan DH, Apovian CM, Ard JD, Comuzzie AG, Donato KA, et. al. 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation*. 2013;00.000-000. DOI: <http://dx.doi.org/10.1161/01.cir.0000437739.71477.ee>
2. Grundy SM, Cleeman JJ, Daniels SR, et al. Diagnosis and management of the metabolic syndrome: an American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. *Circulation*. 2005;112:2735-2752

Impact of Weight on Quality of Life

Determining the Ideal Weight for You

Only a health care professional can determine your ideal weight based on many different factors.

No matter what weight category you're in, if your weight bothers you or affects the quality of your life, it's OK to ask for professional help.

Is Your Weight Weighing You Down?

For many people, being overweight impacts their overall quality of life (QoL), not just their health.

The table to the right lists some of the ways weight can negatively affect people's lives. Consider how your current weight impacts your ability to do the things you need or want to do.

Get Help from a Professional

It's time to talk to a health care professional when weight stops people from living the life they want.

Together they can find the best treatment for whatever is causing the weight problem or concern.

IMPACT OF WEIGHT ON QUALITY OF LIFE

No QoL impact

Physical Issues Related to Your Weight	You Reported
Daily activities (walking, housework, child care)	No
Strenuous activities (yardwork, working out)	No
Ability to work	No
Vitality (tiredness, energy level)	No
Bodily pain	No
General health	No
Emotional Issues Related to Your Weight	You Reported
Emotional well-being	No
Mood	No
Self-confidence	No
Self-esteem	No
Social Issues Related to Your Weight	You Reported
Hobbies or pastimes	No
Travel (car, bus, air)	No
Socializing	No
Personal or intimate relationships	No
Other Issues Related to Your Weight	You Reported
Other issue(s) not listed here	No

Weight-Related Health Concerns

Benefits of Staying at a Healthy Weight

Staying at a healthy weight is one of the best things you can do for your health.

People in the healthy weight range live 8 to 10 years longer than people with obesity.

Weight-Related Health Concerns

The health impact of obesity (weighing 20% more than recommended) is the same as being a life-long smoker.

People who need to lose weight for health reasons should talk to a health care professional about a treatment plan.

Several health conditions can get better or go away with weight loss. The table to the right lists many weight-related health concerns.

Lose Weight and Keep It Off

There's no guaranteed way to lose weight and keep it off.

The best weight management plans focus on healthful eating for the rest of your life. Plans can also include staying active, lowering stress, taking medication, having surgery, or a combination of these.

Treating overweight and obesity early may prevent other health problems. Always talk to a health care professional before beginning a weight management program.

WEIGHT-RELATED HEALTH CONCERNS

**You have 1 unknown
health concern**

Existing Health Conditions	You Reported
Heart disease	No
Heart attack	No
Heart failure	No
Stroke	No
Angina or chest pain	No
Peripheral artery disease	No
Existing Weight-Related Conditions	You Reported
Shortness of breath	No
Osteoarthritis	No
Acid reflux (GERD)	No
Sleep apnea	No
Accidental urine leaks	No
Type 2 diabetes or prediabetes	No
Other Health Risk Factors	You Reported
Larger waist circumference	No
High blood pressure or blood pressure meds	No
Abnormal cholesterol or cholesterol meds	No
High blood sugar or diabetes meds	Unknown

Lifestyle Risk Factors

High blood pressure is an important health risk factor. High blood pressure is called the silent killer because it usually has no symptoms.

A target blood pressure below 120/80 mm Hg is recommended to otherwise healthy people.

Some people can control their blood pressure by keeping their weight in the healthy range and enjoying regular physical activity. Other people need medication to reach their goals.

BLOOD PRESSURE

Current

Within recommended ranges
Average Risk

Recommended Goal

Within recommended ranges
Average Risk

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease.

There are no symptoms for abnormal cholesterol. The "normal" ranges for total, HDL, and LDL cholesterol are listed to the right.

Some people can control their cholesterol by maintaining a healthy weight, being physically active, and eating a healthful diet. Other

CHOLESTEROL

Current

Within recommended ranges
Average Risk

Recommended Goal

Within recommended ranges
Average Risk

"NORMAL" CHOLESTEROL RANGES

Total cholesterol = Less than 200 mg/dL

HDL "good" cholesterol (men) = 40 mg/dL or higher

HDL "good" cholesterol (women) = 50 mg/dL or higher

LDL "bad" cholesterol = Less than 100 mg/dL

High blood sugar damages blood vessels. It's a major risk factor for heart and blood vessel disease. Fasting blood sugar (FBS) is your blood sugar level after not eating.

A fasting blood sugar of 126 mg/dL or higher indicates diabetes. A fasting blood sugar of 100 mg/dL to 125 mg/dL is called prediabetes.

In some people, fasting blood sugar may be lowered by losing a few pounds.

BLOOD SUGAR

Current

Unknown blood sugar
Unknown Risk

Recommended Goal

Within recommended ranges
Average Risk

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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Name: _____

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PAGE 6 OF 6

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(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013

(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545

(555) 555-3100

Mt. General Memorial North Franklinburg Hospital

890 SE 57th St., Franklinburg, MN 56782

(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653

(555) 555-5100