PERSONAL WELLNESS PROFILE™
Advantage

gpr01

Report Date: Jul 18, 2013

Number in Cohort: 10

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The actual number in some categories may vary due to omitted responses.

Percent of Cohort Doing Well

Key Wellness Indicators	Dec 31, 2008		Dec 31, 2009		Improvement
	(n)	(%)	(n)	(%)	(%)
Physically active (120-150+ mins/wk or 4+ days/wk)	3	30	2	20	-33
No tobacco use	5	50	9	90	80
Healthy weight (BMI 18.5 to <25)	1	10	1	10	0
Fruit and vegetable intake good (5+ cups/day)	5	50	2	20	-60
Whole grain intake good (3+ servings/day)	4	40	5	50	25
Saturated fat intake low	2	20	2	20	0
Cholesterol desirable	3	30	5	50	67
Blood pressure normal (less than 120/80)	1	10	2	20	100
Blood glucose normal	1	10	2	20	100
Mental outlook good (positive outlook)	0	0	0	0	--
Sleep in healthy range (7-8 hours/day)	4	40	6	60	50
Coping well with stress	1	10	0	0	-100
Alcohol intake low (none to moderate)	7	70	5	50	-29
Car safety (use seatbelts and don't drink and drive)	0	0	0	0	--
Low sick days (less than 4/year)	5	50	7	70	40
Positive health perception (good to excellent)	6	60	7	70	17
Preventive exams (all current)	4	40	5	50	25

Percent of Cohort Doing Well**

Wellness Overview Scores	Dec 31, 2008		Dec 31, 2009		Improvement
	(n)	(%)	(n)	(%)	(%)
Heart	0	0	0	0	--
Cancer	0	0	0	0	--
Diabetes	0	0	0	0	--
Osteoporosis	3	30	2	20	-33
Nutrition	0	0	1	10	--
Fitness	3	30	2	20	-33
Stress	0	0	1	10	--
Safety	0	0	0	0	--
Weight	1	10	1	10	0
Overall Wellness	0	0	0	0	--

**Criteria for "Doing Well" on Wellness Overview Score:

- Heart: no CHD or diabetes, and <2 major risks
- Cancer: no cancer and <3 major risks
- Diabetes: <3 major risks
- Osteoporosis: <3 major risks
- Nutrition: 10+ good eating indicators

- Fitness: 120-150+ mins/wk or 4+ days/wk
- Stress: 1 or zero stress indicators
- Safety: 6+ good safety indicators
- Weight: BMI 18.5 to <25
- Overall wellness score: 60+

*The actual number in some categories may vary due to omitted responses.

	People who improved	
Improvements in Key Wellness Indicators	(n)	(%)
Increased activity level (30+ min/wk or 1 day/wk)	4	40
Quit smoking	1	10
Lost weight, 2-4 pounds	0	0
5-9 pounds	0	0
10-19 pounds	0	0
20+ pounds	0	0
Lost any weight, at least 2+ pounds (total)	0	0
Ate more fruits and vegetables (1+ servings/day)	3	30
Ate more whole grains (1+ servings/day)	4	40
Ate fewer foods high in saturated fats	7	70
Improved mental outlook	3	30
Started getting more sleep	4	40
Started coping better with stress	2	20
Drank less alcohol (at least 1 fewer drinks/week)	0	0
Improved car safety (seat belts, not drinking and driving)	1	10
Experienced at least 1 fewer sick days/year	5	50
Improved personal health perception	4	40
Had recommended preventive exams	2	20

0 lb

Total weight change for the cohort.

	People who improved**	
Improvements in Risk & Wellness Scores	(n)	(%)
Heart	5	50
Cancer	0	0
Diabetes	6	60
Osteoporosis	2	20
Nutrition	4	40
Fitness	4	40
Stress	6	60
Safety	4	40
Weight	0	0
Health Age†	5	50

Average years added to life expectancy =1.9 years
Total added years for the cohort =18.9 years

Average life expectancy for your cohort 80.3 (+1.90 years)

Life expectancy in United States 78.4 years

**Improved scores by reducing at least 1 risk factor.

†Improved health age by at least 0.5 years.

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1st Period Ending: Dec 31, 2008   2nd Period ending: Dec 31, 2009

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Overall Wellness Score	Dec 31, 2008			Dec 31, 2009		
	(n)	(%)	Average	(n)	(%)	Average
Excellent (score 80-100) ■	0	0		0	0	
Doing well (score 60-79) ■	0	0		0	0	
Needs improving (score 20-59) ■	10	100		10	100	
Caution, high risk (score of 0-19) ■	0	0	44	0	0	47

Your cohort's overall wellness score is 47/100. This puts your cohort in the category: Needs improving

Improvement in Overall Wellness Score	(n)	(%)
1-4 points	2	20
5-9 points	3	30
10-14 points	1	10
15+ points	1	10
Made any improvement (total)	**7**	**70**

70% of your cohort made an improvement
in their overall wellness.

Average Cohort Values

Biometric Comparison	Dec 31, 2008	Dec 31, 2009	% Change*
Body mass index (BMI)	140.7	140.7	0
Systolic/Diastolic blood pressure	137/79	161/92	18/16
LDL cholesterol (mg/dL)	141	139	-1
Non-HDL cholesterol (mg/dL)	106	285	169
Total cholesterol (mg/dL)	186	357	92
HDL cholesterol — men (mg/dL)	89	81	-9
HDL cholesterol — women (mg/dL)	62	53	-15
Triglycerides (mg/dL, fasting)	--	225	--
Triglycerides (mg/dL, non-fasting)	365	368	<1
Glucose (mg/dL, fasting)	--	490	--
Glucose (mg/dL, non-fasting)	260	321	23

* A negative number indicates improvement in all values except HDL cholesterol.

Improvement in Biometrics	People who improved by at least 2%	
	(n)	(%)
Lowered systolic or diastolic blood pressure	7	70
Lowered LDL cholesterol level	5	50
Lowered non-HDL cholesterol level	2	20
Lowered total cholesterol level	3	30
Increased HDL cholesterol level	3	30
Lowered triglyceride level	7	70
Lowered blood sugar level	4	40
Increased aerobic capacity, METs	4	40