

SUMMARY OF YOUR TEST RESULTS:

Your Health Risk Index 1 / 3
 Your Insurance Premium \$123.50
 Your Plan PPO Employee + Family

BMI Category Overweight
 Metabolic Syndrome Yes
 Diabetes Unable to Determine

The Health Risk Index is a 2-number score comprised of two variables: Body Mass Index and Metabolic Syndrome. The lowest risk score is 0 / 0. The highest risk score is 3 / 5.

Your Body Mass Index (BMI)

- Your BMI of 27.9 places you in the Overweight category.
- For the Health Risk Index, Your BMI gives you a "1."
- To reach the Healthy Weight category, you need to weigh less than 168 pounds.

Weight Category	BMI Range	HRI Score	YOUR Weight Ranges	YOU
Underweight	< 18.5	-1	< 124	
Healthy Weight	18.5 - 24.9	0	125 - 168	
Overweight	25.0 - 29.9	1	169 - 202	
Obese	30.0 - 39.9	2	203 - 270	
Morbidly Obese	> 40.0	3	> 270	

Your BMI:

Height: 5' 9"

Weight: 188.8

BMI: 27.9

BMI Score:

1

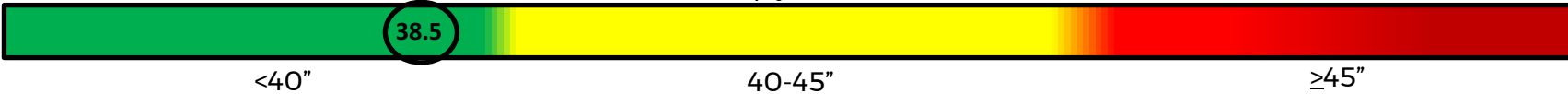
Your Metabolic Syndrome (MetS)

- Metabolic Syndrome consists of five risk factors. If you have any three of the risk factors, you have MetS.
- Each factor has a threshold. You either have the factor, or you do not. You want to be in the GREEN.
- For the Health Risk Index, you have THREE MetS factors, so your score is "3"



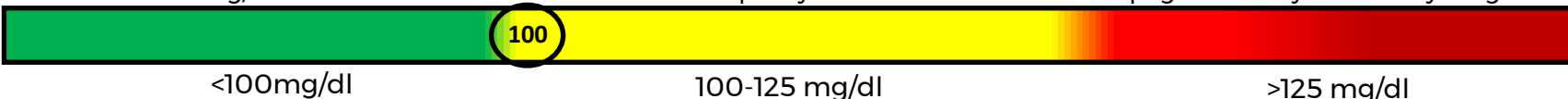
Waist Circumference (W.C.)

Your W.C. of 38.5 inches does not count as a MetS factor. Keep your W.C. less than 40 inches.



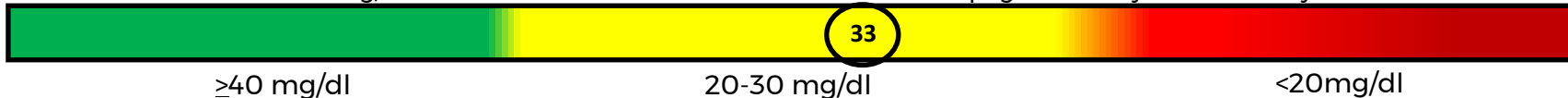
Blood Glucose (GLU)

Your GLU is 100 mg/dl. GLU over 100 is a MetS risk factor and puts you at risk for diabetes. See page 2 for ways to lower your glucose.



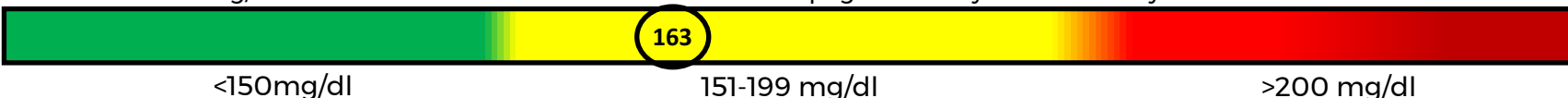
HDL Cholesterol (HDL)

Your HDL Cholesterol is 33 mg/dl. HDL levels under 40 is a MetS risk factor. See page 2 for ways to increase your HDL.



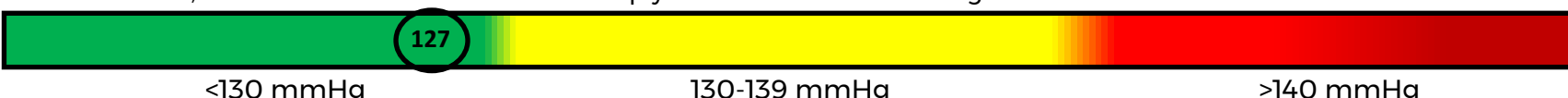
Triglycerides (TG)

Your TG are 163 mg/dl. TG levels over 150 is a MetS risk factor. See page 2 for ways to decrease your TG levels.



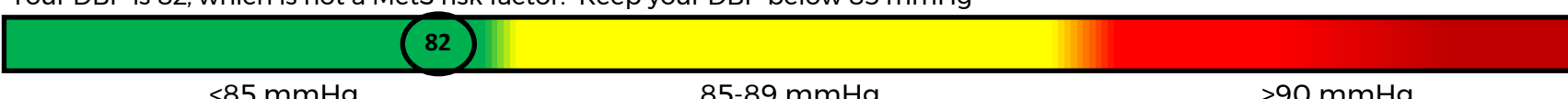
Systolic Blood Pressure (SBP)

Your SBP is 127, which is not a MetS risk factor. Keep your SBP below 130 mmHg.



Diastolic Blood Pressure (DBP)

Your DBP is 82, which is not a MetS risk factor. Keep your DBP below 85 mmHg.



Your MetS:

Waist: 38.5"

Glucose: 100

HDL: 33

TG: 163

BP: 127/82

MetS Score:

3

Your Wellness Diagnosis

- Your overall WDS Score is: 1 / 3
- Your BMI places you in the "Overweight" category.
- To reach the "Healthy Weight" category, you need to weigh 168 pounds.
- You have three positive Metabolic Syndrome factors, therefore you have Metabolic Syndrome.
- Your Diabetes status: Unable to Determine

Your Wellness Prescription

Triglycerides

- You have high triglycerides, defined as a value greater than 150 mg/dl. High triglycerides may contribute to hardening of the arteries or thickening of the artery walls (atherosclerosis) which increases the risk of stroke, heart attack and heart disease.
- Diet and lifestyle changes to help lower your triglycerides.
 - Lose weight and stay at a healthy weight.
 - Limit saturated fats, sugars, and simple carbohydrates in your diet. Simple carbohydrates are the "white" foods such as white rice, white bread, regular potatoes and pasta.
 - Replace simple carbohydrates with complex carbohydrates and fiber such as brown rice, whole grain bread, sweet potatoes, and whole wheat pasta.
 - Increasing your physical activity can lower your triglycerides. Benefits can be seen with as little as 60 minutes of moderate-intensity aerobic exercise a week.
 - Quit smoking.
 - Eliminate your consumption of alcohol.
- You also may need medicine to help lower your triglycerides. Consult with your doctor.

HDL

- HDL (High Density Lipoprotein) is the 'good' cholesterol. Higher levels of HDL is favorable to your health. You have low HDL, defined as a value less than 40 mg/dl for men and 50 mg/dl for women. A low level of HDL is thought to accelerate the development of coronary heart disease, vascular disease and atherosclerosis. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can result in lower HDL cholesterol.
- Diet and lifestyle changes can increase HDL levels.
 - Lose weight and stay at a healthy weight.
 - Quit smoking
 - Increasing your physical activity can increase your HDL levels. Benefits can be seen with as little as 60 minutes of moderate-intensity aerobic exercise a week.
 - Avoid trans fats, as they can increase LDL cholesterol and lower HDL cholesterol levels. Foods prepared with shortening, such as cakes and cookies, often contain trans fats, as do most fried foods and some margarines.
 - Moderate use of alcohol has been linked with higher levels of HDL cholesterol. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a

day for men age 65 and younger. Don't go overboard! Too much alcohol can cause weight gain, and may increase your blood pressure and triglyceride levels.

- Some medications, like steroids and progestin's, may decrease HDL and increase LDL.
- HDL levels are sometimes improved by drugs used to lower LDL and triglyceride levels.

Blood Glucose

- Your fasting blood glucose level is between 100 to 125 mg/dl, which is over the 100 mg/dl upper limit for 'normal' fasting glucose. At this point, you have impaired fasting glucose and can be classified as pre-diabetic. Simply put, you are at high risk for developing Type 2 Diabetes if you don't make some changes in your diet and lifestyle.
- Consult with your physician and health coach.
- The good news is that this may be reversible with lifestyle and diet modifications.
 - Consult with your physician.
 - Lose 7% of your body weight, losing even 10-15 pounds can make a huge difference.
 - Learn about carbohydrate counting and portion size.
 - Make every meal well-balanced.
 - Avoid sugar sweetened beverages.
 - Hydrate. The more water you drink, the better. Drink at least two glasses of water, one right after the other. Water helps flush out your system and stabilize the glucose in the bloodstream.
 - Exercise moderately (such as brisk walking) 30 minutes a day, 7 days a week.
 - Eat a protein-packed snack. Protein acts as a blood sugar stabilizer and can slow the absorption rate of glucose.

HDL and Blood Glucose

- Because you have two Metabolic Syndrome factors, low HDL and high blood glucose, this combination can increase your risk of developing Type 2 Diabetes.
- Consult with your physician and health coach regarding your risk for lifestyle disease.
- High density lipoprotein cholesterol (HDL), the so-called "good" cholesterol improves blood glucose levels by enhancing skeletal muscle function and reducing adiposity.
- A low plasma level of HDL cholesterol is an atherosclerotic risk factor; however, emerging evidence suggests that low HDL levels might also contribute to the pathophysiology of type 2 diabetes through direct effects on plasma glucose.
- Pay careful attention to the points above on how to increase HDL!
- Incorporate the strategies above to help lower blood glucose.

HDL and Triglycerides

- Because you have two Metabolic Syndrome factors, low HDL and high triglycerides, you have a blood lipid profile that increases your risk for heart disease.
- Consult with your physician and health coach regarding your risk for lifestyle disease.
- In addition to the information about HDL and triglycerides above, here is some additional information:
- High triglycerides and low HDL increase your risk for heart disease. Low levels of HDL and raised triglycerides, affecting millions, are strongly linked to significantly increased risk of coronary heart disease even in those who achieve or surpass current low density lipoprotein cholesterol (LDL-C) targets.

- Triglycerides and HDL appear to act synergistically with the impact of triglycerides increasing when HDL is low and the impact of HDL increasing when triglycerides levels are high.
- Increasing your physical activity can lower your triglycerides while increasing your HDL levels. Benefits can be seen with as little as 60 minutes of moderate-intensity aerobic exercise a week.

Blood Glucose and Triglycerides

- Because you have two Metabolic Syndrome factors, high blood glucose and high triglycerides, here are some additional things to be aware of:
- High triglycerides don't cause diabetes. Instead, their levels indicate that your system for turning food into energy isn't working properly.
- A common cause of high triglycerides is insulin resistance. Insulin resistance is when your cells don't respond to insulin and have diminished ability to let glucose inside your cells. As a result, both glucose and triglycerides build up in your blood.
- Consult with your physician and health coach regarding your risk for lifestyle disease.

HDL, Triglycerides and Blood Glucose

- You have three positive Metabolic Syndrome factors, low HDL, high triglycerides, and high blood glucose. Because you have three factors, you have Metabolic Syndrome.
- Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have.
- It is possible to prevent or delay metabolic syndrome, mainly with lifestyle changes. A healthy lifestyle is a lifelong commitment. Successfully controlling metabolic syndrome requires long-term effort and teamwork with your health care providers.
- The first line treatment is lifestyle change. However, if efforts at reversing risk factors don't work, then drug treatment may be required.
- Low HDL, high triglycerides, and high blood glucose are often seen together. People with chronic high blood glucose or Type 2 diabetes tend to exhibit lower HDL. When there is something wrong with insulin, it's likely that cholesterol and triglycerides will also be affected, not just glucose. Diabetes lowers the amount of "good cholesterol," or HDL that sweeps through the blood and vacuums up excess fat.
- When HDL levels are lowered, the "bad cholesterol," or LDL increases, as do the triglycerides. Low HDL levels paired with high triglycerides result in increased plaque buildup in artery walls, the blockages that lead to heart attacks and strokes. In fact, the American Diabetes Association reports that more than 65% of diabetics die from either heart attacks or strokes.
- Review the points under HDL, triglycerides, and blood glucose above.
- Consult with your physician and health coach immediately regarding your risk for lifestyle disease.

Metabolic Syndrome

- You have three positive Metabolic Syndrome factors, therefore you have Metabolic Syndrome.
- Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have.
- It is possible to prevent or delay metabolic syndrome, mainly with lifestyle changes. A healthy lifestyle is a lifelong commitment. Successfully controlling metabolic syndrome requires long-term effort and teamwork with your health care providers.
- The first line treatment is lifestyle change. However, if efforts at reversing risk factors don't work, then drug treatment may be required.

- Consult with your physician and health coach immediately regarding your risk for lifestyle disease.
- Below are some important points that relate to the combination of factors you have:
 - Diet. It cannot be emphasized enough. Metabolic Syndrome is a chronic condition that can potentially be reversed by adhering to healthy diet guidelines. By changing your diet, you can lose weight, lower your blood pressure, lower your bad cholesterol and triglyceride levels.
 - Increase your magnesium intake. New studies now show that adequate magnesium intake can reduce diabetes risk by as much as 34 percent. Adequate magnesium intake can also help manage high blood pressure. Eat foods rich in magnesium, such as pumpkin seeds, spinach, chard, sunflower seeds, and navy beans.
 - Eat more low-glycemic fiber. People who have problems with blood sugar control and/or weight typically eat the foods that have very low fiber content. Fiber, found in whole grains and unprocessed foods, can be very effective in stabilizing blood sugar levels.
 - Increase the amount of nutrient-dense, low-glycemic foods in your diet, such as dark green, leafy vegetables, whole fruits, and sprouted nuts and seeds.
 - Increase your omega-3 intake.
 - Toss out the low-fat diet. Not all fats are bad, and in fact, some fats are essential for good nutrition. A healthy balance of good fats is more important than eliminating ALL fats.
 - Exercise. Like diet, exercise is an essential part of the treatment plan for Metabolic Syndrome. Exercise helps control weight, helps control blood sugar levels more effectively, helps reduce high blood pressure, and strengthens the heart muscle. These are all essential in reversing Metabolic Syndrome.
 - Sleep well. Chronic sleep deprivation can alter hormone levels and slow metabolism.
 - Avoid hydrogenated or partially hydrogenated oils found in many processed foods, deep-fried foods, fast foods, and junk food.
 - Caffeine intake after a meal surges blood sugar levels, making blood sugar control more difficult.
 - Smoking. A recent study links smoking to increased diabetes risk.
 - Avoid all simple or refined carbohydrates (white flour, white rice, white bread, pasta, cookies, cakes, crackers, processed snack foods, starchy vegetables that grow underground such as potatoes, beets, peanuts.)
 - Avoid refined sugar or artificial sugar-substitutes.
 - Avoid alcoholic beverages, which can rapidly spike blood sugar levels.
- In addition to these points, please review the specific points listed under your factors.
- Consult with your physician and health coach immediately regarding your risk for lifestyle disease.

Medication Adherence

- You are currently taking medication prescribed by a physician.
- Poor medication adherence, or non-adherence, increases the likelihood of hospitalizations, avoidable doctor and emergency room visits, and other problems arising from poor health, which can significantly increase costs.
- At least 125,000 Americans die annually due to poor medication adherence.
- Follow medication directions as prescribed by your physician. If you are experiencing any difficulties using or obtaining your prescription medication, please contact your physician.
- Do not discontinue use of your medications without advising your physician.

Resources

- Our Resources - Matthew Cormier, DO & Brenda Ellingson, Nurse Practitioner (217) 214-6300

- General Health - <https://cdc.gov/HealthyLiving>
- Fitness App - <https://myfitnesspal.com>
- Health Coaching - Carrie Company (217) 430-6020 / carrie@wellnessdatasolutions.com



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