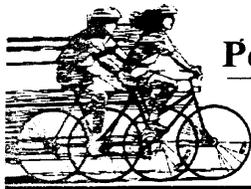


## Personal Health Risk Report—Sample Copy



### Personal Health Risk Report

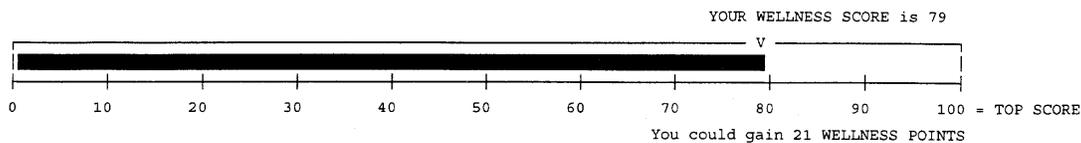
*This is the only copy of your personal and confidential health risk report.*



123123123 Female Age 34

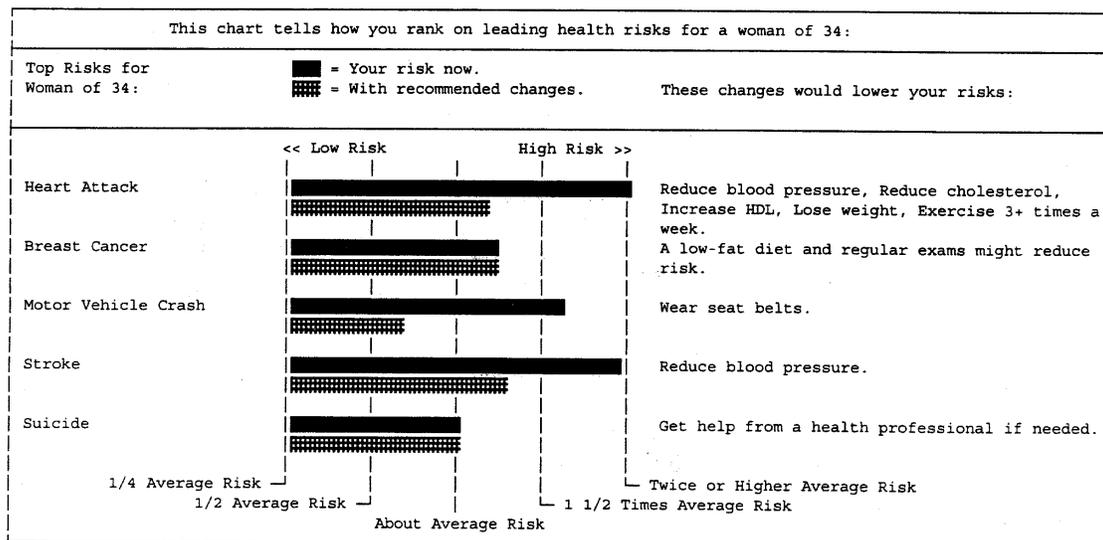
October 27, 1995

There are some factors affecting your health that you can't change - like your sex and age. Other factors are under your control. This report stresses those things that **YOU CAN DO** to protect your health.



Based on your answers to the PRA Risk questionnaire, your Wellness Score is 79. By making the recommended changes, you can increase your score to a maximum of 100 points.

GOOD HABITS	TO IMPROVE YOUR RISK PROFILE:	WELLNESS POINTS TO GAIN:
+ Low alcohol risk	- Exercise 3 or more times a week	6
+ Safe driving speed	- Lower blood pressure from 156/94 to under 138/88	5
+ You don't use smokeless tobacco	- Always wear your seat belts	5
+ You don't smoke	- Improve your HDL level	2
	- Lower cholesterol from 210 to under 200	1
	- Get regular pap tests	1
	- Reduce your weight (target range: 112-124)	1





---

## Personal Health Risk Report—Sample Copy (continued)

---

123123123 Female Age 34

Page 3

October 27, 1995

**PAP TEST:**

It is in your best interest to have a periodic Pap Test. Remember, cervical cancer is curable if found early. Don't delay in making an appointment.

**MAMMOGRAM:**

It is recommended that you get a baseline mammogram between the ages of 35 and 40.

**BREAST EXAM:**

You can take precautions against breast cancer. By practicing breast self-examination every month, your chances of discovering a problem early (while it can be treated effectively) are greatly increased. Additionally, you should get a clinical breast exam by a doctor or a nurse every year.

**A SPECIAL MESSAGE FOR WOMEN:**

Because you are a woman, you are at risk for developing brittle bones (osteoporosis). Your best defense is to eat a balanced diet with enough calcium, get regular exercise, and don't smoke. Osteoporosis is a preventable disease.

Remember that early and frequent prenatal care is important for both mothers and babies. If you become pregnant -- get medical care early, avoid tobacco and alcohol, and eat a balanced, healthy diet.

**OCCASIONAL SEAT BELT USE:**

Each year automobile accidents kill and cripple tens of thousands of people. It is the number-one cause of death for people under 40. By wearing seatbelts all the time you will greatly decrease your chance of serious injury or death.

**DIETARY FATS:**

You reported that you eat foods like fatty meats and eggs every day. At any age, eating a lot of food high in saturated fat is risky. It can lead to problems like hardening of the arteries (arteriosclerosis) and obesity. You can help by eating less fried foods, meat, cheese, and whole milk.

**DIETARY FIBER:**

You reported that you don't eat high-fiber foods on a daily basis. Eating high fiber foods reduces your risk of certain cancers. Fiber should be part of any balanced diet. Examples of high fiber foods include: whole grain cereals and breads, fruits, and some vegetables like peas and beans.

**YOUR ALCOHOL USE, 5 DRINKS PER WEEK, IS MODERATE:**

By keeping your alcohol consumption at a moderate or low level, you help protect your health, your family, and your career.

**IF YOU ARE SEXUALLY ACTIVE:**

You can prevent sexually transmitted diseases, including AIDS, as well as preventing unwanted pregnancies, by safe sex practices such as the use of condoms. For more information, contact your local health care provider. For specific information on AIDS, call the national AIDS hotline at 1-800-342-AIDS (2437).

# Module 2

---

## Personal Health Risk Report—Sample Copy (continued)

---

123123123 Female Age 34

Page 4

October 27, 1995

\*\*\*\*\*

This Health Risk Appraisal is different from an examination by a doctor or other health care provider. It can't diagnose illness or identify medical problems. It **does** identify areas of risk that you can improve by making lifestyle changes. Build a plan of action, get help if you need it... and make changes gradually. If you have lots of changes, it's best to tackle a few at a time. Whether it's a little weight you want to lose, a cigarette habit that needs to go, or just remembering to fasten your seat belt every time you drive, you **CAN** succeed. You'll feel better and improve your odds for a long and healthier life if you do. Good Luck!

This sample report provided by Eris Survey Systems, Inc.

## Personal Health Risk Report—Sample Copy (continued)



**Eris** SURVEY SYSTEMS, INC.

*Graphic Group Report*

### The Personal Risk Analysis Group Risk Summary Report

Data from Personal Risk Analysis surveys are combined to provide a Graphic Group Report for your organization. The report reflects your company's unique risk concerns for identifying preventable disease indicators. Employers can use the aggregate information from the Graphic Group Report in setting organizational goals used to plan health promotion programs.

The risk factors included in this report are easily and visually depicted in graph form. Basic to all reports are the following graphs: **Health Risk Status of Your Group, Demographics — Age Groups by Sex, Risk Factors that Contribute to Preventable Deaths in Your Group, and Preventable Deaths by Disease Category.** The risk factors included were chosen because of their clear, quantifiable contribution to death and disability.

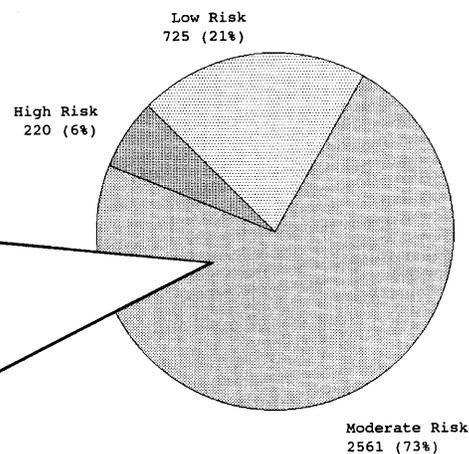
*For maximum results, identify high risk, high impact areas in your group, then develop targeted health promotion programs.*

### Health Risk Status of Your Group

This graph summarizes the overall risk profile for your group. It identifies the number and percentage of your group that are at "high risk" for early death from disease or accidents. The graph also shows the size of the "low risk" and "medium risk" groups.

*Risk reduction programs save lives and money.*

**Health Risk Status of Your Group**



**Example:**

"Moderate Risk" refers to U.S. averages — not ideals. On the average, too many Americans smoke, don't get enough exercise, eat too much fat, and are overweight. People in the moderate risk category could benefit from health promotion programs that move them to low risk.

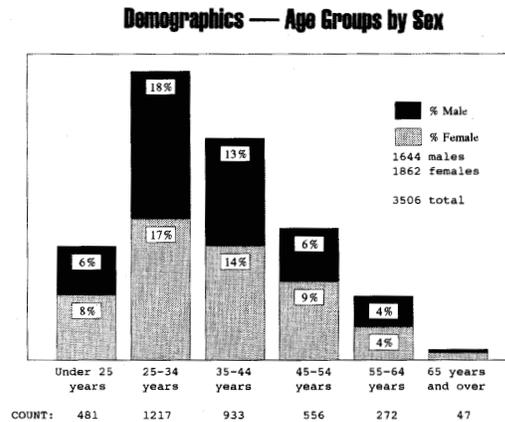
# Module 2

## Personal Health Risk Report—Sample Copy (continued)

### Demographics — Age Groups by Sex

This graph breaks down your group by age and sex subgroups. Although older people face increasingly higher risks of death and disease, young people are also affected by smoking, diet, and safety practices.

*Health promotion programs make sense — for people of both sexes and all ages.*

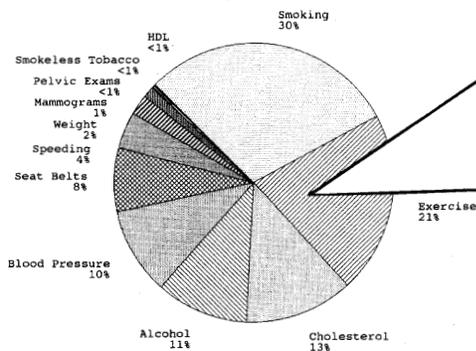


### Risk Factors that Contribute to Preventable Deaths in Your Group

Risk factors are conditions that shape the odds for early death and disability. They include habits such as smoking and lack of exercise, and clinical measures, such as blood pressure and cholesterol.

*Nearly half of the 2.15 million deaths in the U.S. in 1990 could have been prevented through behavioral changes.*

**Risk Factors that Contribute to Preventable Deaths in Your Group**



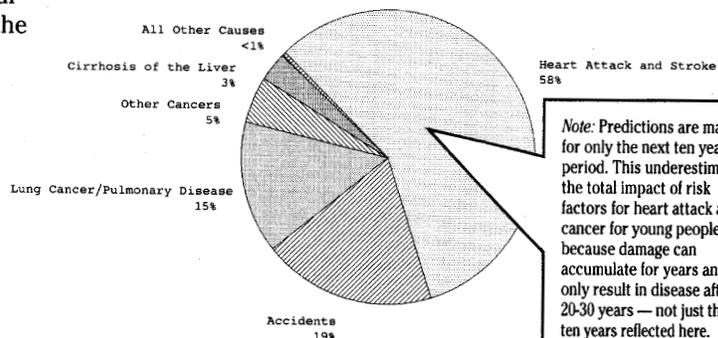
The graph shows how each of the risk factors measured by the questionnaire contributes to preventable deaths in your group. These estimates use an algorithm which compares respondents' risk profiles with a national database of people with similar risk profiles.

### Preventable Deaths by Disease Category

This graph predicts the relative rank of several major causes of deaths in your group. Predictions are made based on the likelihood of preventable deaths over the next ten years.

*Healthy behavior changes made now will reap an even bigger benefit in the years to come.*

**Preventable Deaths by Disease Category**



*Note: Predictions are made for only the next ten year period. This underestimates the total impact of risk factors for heart attack and cancer for young people, because damage can accumulate for years and only result in disease after 20-30 years — not just the ten years reflected here.*