

# Personal Wellness Profile

## Confidential Counselor Summary Report

Report For: Joe Concise  
555 Oak St.  
Portland, OR 97015

ID#  
PCP -  
INS -

Profile Date: 4/5/2006  
Phone:

### Wellness Scores



Risks related to costs = 4  
(High risk chol items count once.)

- ✓ = Item in elevated risk range
- \$ = High risk item related to costs
- ♦ = Item of clinical value/interest
- Rx = Taking medication

### Clinical Test Results

- ♦ Desirable, Ht 66 in, Wt 163 lbs, BMI 26.3, %fat 19.0
- ♦ Waist Girth 40.0 (<= 40.0)
- ♦ Recommended wt up to 148 - 165
- ✓ Blood Pressure 129/84 (< 120/80)
- ♦ Total Cholesterol 175 (< 200)
- ♦ HDL Cholesterol 45 (> 45)
- ♦ LDL Cholesterol 129 (< 130)
- ♦ Chol/HDL ratio 3.9 (< 4.0)
- ✓ Triglycerides 140 (< 150)
- ✓ Glucose fasting 108 (< 100)

### Health Information

#### Family Health History

- ✓ Breast cancer
- ✓ Diabetes

#### Personal Health History

- ✓ Asthma
- ✓ Cancer, other than skin (in last 5 yrs)
- Rx High blood pressure (140/90+)
- ✓ Sciatica, chronic back problem

#### Current Symptoms

- ✓ Unusual shortness of breath
- ✓ Trouble sleeping lately

### Health Age

- ✓ Health age: 48.0, potent. added yrs: 2.5  
Practicing 6 of 7 good health habits
- ✓ Work on:  
limit snacking

### Coronary Risk Factors

- ✓ Male, 45+ or Female 55+
- ♦ Elevated/high BP, 129/84 (< 120/80)
- ✓ Elevated glucose 108 (< 100)

### Cancer Risk Factors

- ✓ Personal Hx, other cancer
- ✓ Family Hx.: breast
- ✓ Nutrition: fruit/vegs (rec. 5+)
- ✓ Exams needed: bowel
- ✓ Age 40 plus

### Physical Activity

- ♦ Aerobic exercise: 3 per week
- ♦ Strength exercises: 1 per week
- ♦ Stretching exercises: 1 per week

### Physical Limitations

- ♦ None

### Fitness Testing Results

- ♦ None

### Exercise Preferences

- "Activities I do":  
None
- "Activities I want to do":  
None

### Eating Practices

- ✓ Limit snack foods
- ✓ Eat 5+ fruits and vegetables per day

### Alcohol/Drugs/Smoking

- \$ Frequent medications to relax/sleep

### Stress and Coping

- ✓ Stress signals, 1 out of 6  
Frustrated, impatient, angry much
- ♦ Calm/peaceful - sometimes
- ✓ Depression/anxiety interfering

### Social Health Concerns

- ✓ Physical/emotional health interfering
- ✓ No social support system

### Safety / Work Life

- \$ Dissatisfied with work life

### Medical Care

- ♦ Physical exam within last 2 year(s)
- \$ Perceived overall health: Fair

### Preventive exams not current

- ✓ Bowel or sigmoidoscopy

### Medical Care Usage

- \$ 5+ sick days last year

### Education Issues

- | Health goal            | Stage of change |
|------------------------|-----------------|
| ✓ Physical activity    | Contemplative   |
| ✓ Good eating habits   | Precontemplate  |
| ✓ No smoking/tobacco   | Precontemplate  |
| ✓ Healthy Weight       | Contemplative   |
| ✓ Handling stress      | Precontemplate  |
| ✓ Moderate alcohol     | Precontemplate  |
| ✓ Healthy life overall | Planning        |

- ♦ Interested in:  
None

### Health Status (HSQ)

### Questionnaire Scores

- (100 is ideal, 80+ is desirable)
- ✓ Health perception score - 25
  - ✓ Physical functioning - 66
  - ✓ Limitations due to physical health - 65
  - ♦ Bodily pain - 100
  - ✓ Energy/fatigue - 60
  - ✓ Limitations due to emotional health: 0
  - ✓ Social functioning - 25
  - ✓ Mental health - 73
  - ✓ **Physical Composite Score (PCS) - 47**
  - ✓ **Mental Composite Score (MCS) - 33**
- Note: PCS, MCS score over 50 is desirable