

TestWell.org  
**Health Risk Appraisal**

ID=57734228 DATE=2007-09-04>

### Vital Information

Please make sure that the vital information below is accurate (age, race, sex, height, and weight).  
Any errors in this information can invalidate the results of your HRA.

Age: **27**

Height: **5 feet 4 inches**

Race: **White**

Weight: **135**

Sex: **female**

### Positive Areas of Your LifeStyle

- Non Smoker
- Seatbelt Almost Always Used
- No Drunk Trips
- Moderate or Non-Drinker
- Yearly Papsmeear

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### General Results

Although your present age is 27, your appraised health age is 26. This means that based upon the answers you gave, your estimated risk of dying within the next 10 years is the same as if you were the average 26 year old female. **CONGRATULATIONS** - You are obviously making lifestyle choices which will improve both the quantity and quality of your life.

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### Nutrition Results

Medical experts have not been able to compile nutritional data in a manner that indicates risk. However, we feel that it is an important health factor that deserves everyone's attention. Therefore, we have analyzed your data to provide you with a score that can be compared with future scores and show improvement as your nutritional habits improve.

Your nutrition score is 94 out of 100.

### Height and Weight Results

For a height of 64 inches and a small frame, 135 lbs. is approximately 9% overweight.  
 Your desirable weight range is: 117 - 130.

### A Ranking of Your Top 10 Causes of Death

| Cause of Death         | How Your Risk Compares to the Average 27 Year Old female | Chances per 100,000 of death from this cause during the next 10 years. |         |            |
|------------------------|--|--|---------|------------|
|                        |  | Yours  | Average | Achievable |
| 1.Other Causes         | Average  | 232  | 232     | 232        |
| 2.Motor Vehicle Injury | 24% Below Average  | 70   | 92      | 70         |
| 3.Homicide/Assault     | Average  | 64   | 64      | 64         |
| 4.Suicide              | Average  | 61   | 61      | 61         |
| 5.Heart Attack         | 161% Above Average                                       | 47   | 18      | 24         |
| 6.HIV                  | Average  | 35   | 35      | 35         |
| 7.Breast Cancer        | 45% Below Average  | 27   | 49      | 27         |
| 8.Unintentional Causes | Average  | 25   | 25      | 25         |
| 9.Poisoning            | Average  | 19   | 19      | 19         |

8/26/2009

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|                    |                      |    |    |    |
|--------------------|----------------------|----|----|----|
| 10.Liver Cirrohsis | 22% Below<br>Average | 18 | 23 | 18 |
|--------------------|----------------------|----|----|----|

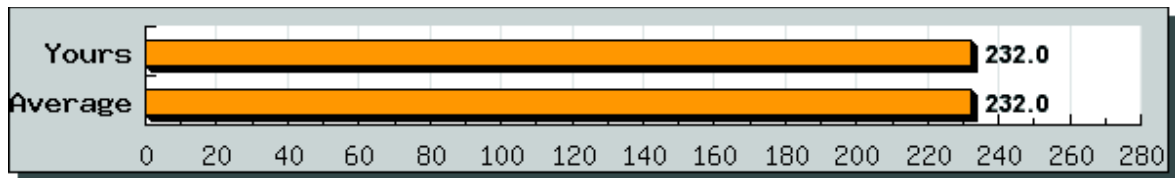
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Listed below are your top ten causes of death. Suggestions are made that will enable you to reduce your chances of death.

## Risk of Death

Chances per 100,000  
deaths from this cause  
during the next 10 years

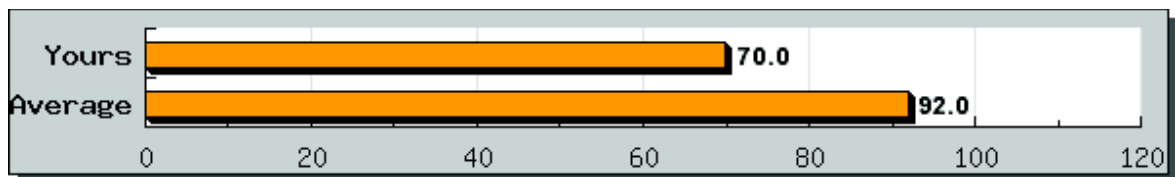
### Other Causes



The risk of dying from Other Causes of a group of people like you is Average.

You can reduce your risk if you:

### Motor Vehicle Injury



The risk of dying from Motor Vehicle Injury of a group of people like you is 24% Below Average.

You can reduce your risk if you:

- Continue to use your seatbelt all the time.
- Drive within posted speed limits.
- Drive defensively - obey speed limits - always wear a seat belt.
- Never drink and drive or ride with someone who has been drinking.



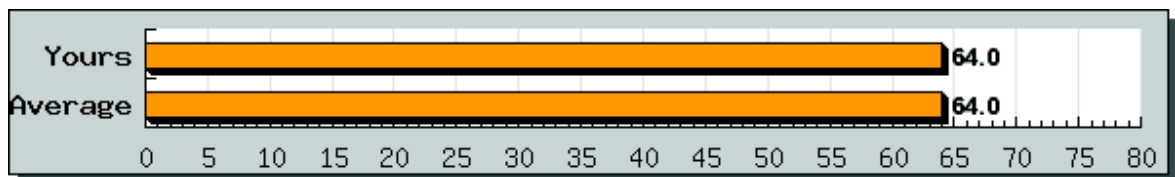
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## Risk of Death

Chances per 100,000  
deaths from this cause  
during the next 10 years

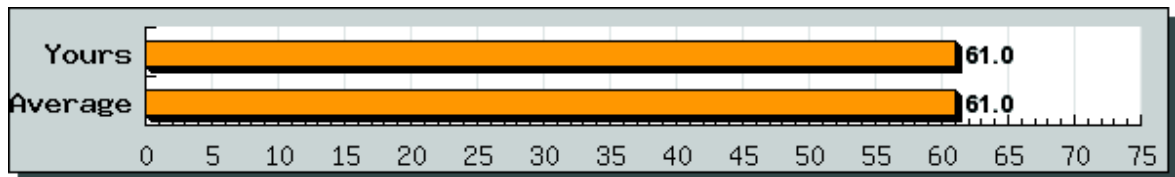
### Homicide/Assault



The risk of dying from Homicide/Assault of a group of people like you is Average.

You can reduce your risk if you:

### Suicide



The risk of dying from Suicide of a group of people like you is Average.

You can reduce your risk if you:

- If you feel depressed or suicidal - please seek help.

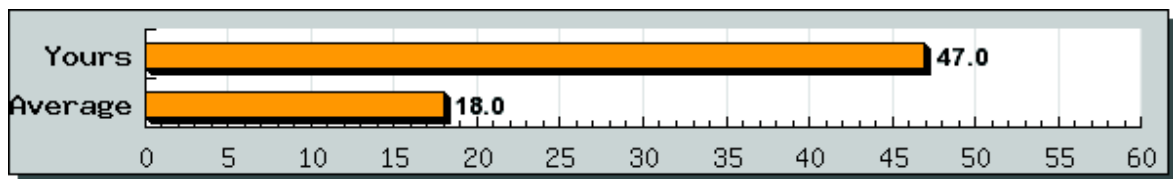
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## Risk of Death

Chances per 100,000  
deaths from this cause  
during the next 10 years

### Heart Attack

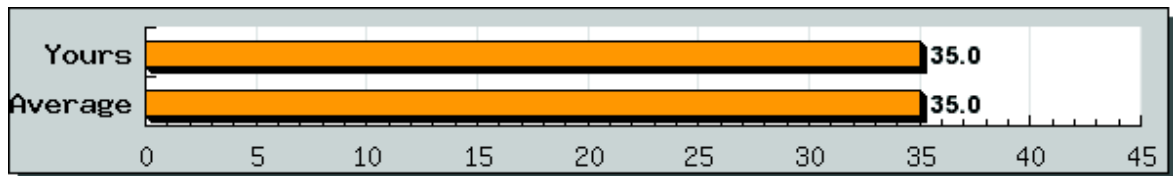


The risk of dying from Heart Attack of a group of people like you is  
**161% Above Average.**

You can reduce your risk if you:

- Know your cholesterol level and normalize if necessary.
- Learn your blood pressure and normalize if necessary.
- Bring your weight within the range recommended by this appraisal.
- Reduce fat intake and maintain proper weight.
- Avoid tobacco smoke and minimize sodium intake.

### HIV



The risk of dying from HIV of a group of people like you is **Average.**

You can reduce your risk if you:

- Consider HIV testing.

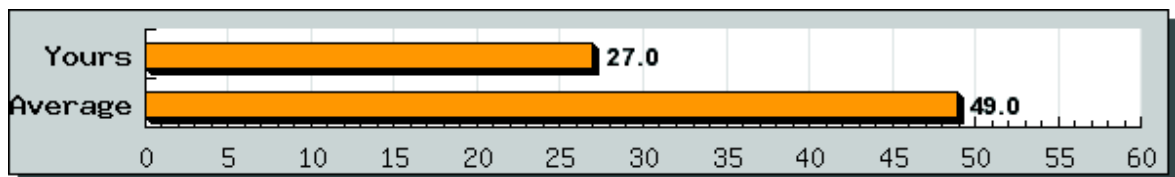
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## Risk of Death

Chances per 100,000  
deaths from this cause  
during the next 10 years

### Breast Cancer

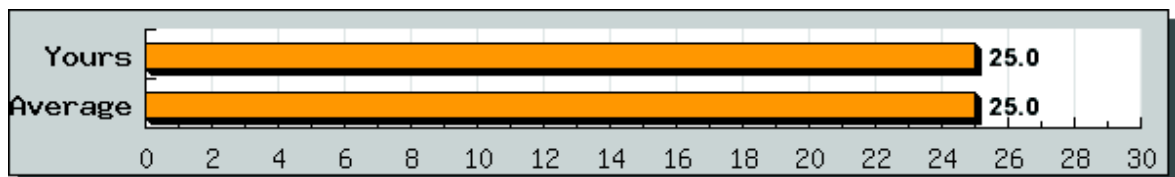


The risk of dying from Breast Cancer of a group of people like you is  
**45% Below Average.**

You can reduce your risk if you:

- Perform monthly self exams and be examined by a doctor every year.

### Unintentional Causes



The risk of dying from Unintentional Causes of a group of people like  
you is **Average.**

You can reduce your risk if you:



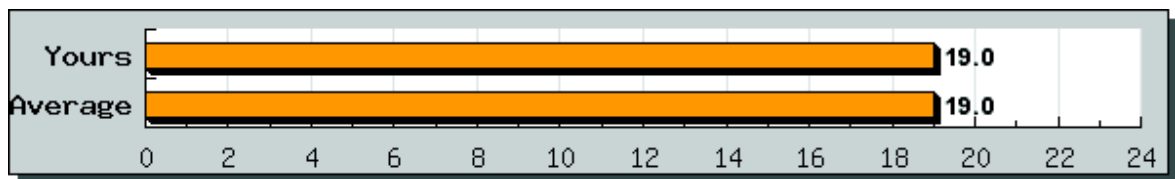
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## Risk of Death

Chances per 100,000  
deaths from this cause  
during the next 10 years

### Poisoning

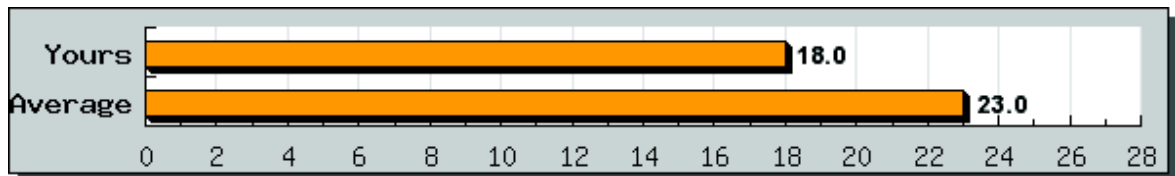


The risk of dying from Poisoning of a group of people like you is  
Average.

You can reduce your risk if you:

- Discard products according to safety instructions.

### Liver Cirrohsis



The risk of dying from Liver Cirrohsis of a group of people like you is  
22% Below Average.

You can reduce your risk if you:

- Eat foods high in zinc. (Whole grains-lean meats-seafood)
- Eat foods high in vitamin C. (Oranges-tangerines-grapefruit)
- Eat foods high in B vitamins. (Vegetables-lean meats-whole grain breads)
- Reduce or eliminate alcohol intake.

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**When Questions are not answered, the program uses average values. For your appraisal, average values were used for:**

**Blood Pressure;  
Cholesterol;  
HDL Cholesterol;**

**We recommend that you consult with your physician to determine how your actual values compare to the healthy ranges for your age.**

### **Warning**

**This printout is an estimate based on group data and national norms. Pre-existing disease or other variables may invalidate your results. This appraisal is not meant to replace medical care. You may wish to share your results with your healthcare provider. You can be a better consumer of medical care if insure that the top ten causes of death you face are considered at the time of routine examinations.**

**This HRA has not computed your risk of AIDS. Many people are concerned about the risk of AIDS. A general risk appraisal rarely asks the very personal questions that are necessary to accurately predict the chances of acquiring AIDS.**

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