1. What is a Health Evaluation?
A convenient, comprehensive and confidential state of the art blood screening that includes, and is not limited to, cardiovascular disease risks (high cholesterol, high blood pressure, etc.), diabetes, and much more!

2. What is a Personal Health Score and a Personal Health Goal?
Interactive Health uses their proprietary Interactive Health Index (IHI) to create a personal health score and a personal health goal for every member. When you complete the health evaluation you will be given an Personal Health Score. The score was designed to help you understand your future risk for certain health conditions. The index is comprised of five life style risk factors: glucose, LDL cholesterol, triglycerides, blood pressure, and tobacco use. You will also be given personal health goal. Your goal is based on these modifiable areas which can be improved by diet, exercise and/or seeing your physician for treatment. You will be given a new IHI score and goal each year when you participate in the Blue4U program.

The Personal Health Score and Goal is based on Interactive Health testing only. We cannot accept readings from any third party. The personal health score is a measure of coronary risk factors; however, it does not confirm nor negate the presence of underlying heart disease or other medical conditions. LDL Cholesterol and triglyceride standards are from the National Cholesterol Education Program (NCEP). Blood Pressure guidelines are from the National High Blood Pressure Education Program (NHLBI). Glucose standards are from the American Diabetes Association (ADA).

3. How is my Personal Health Score calculated?
**Blood Pressure:** 1 point per BP unit above 139/89 (Systolic/Diastolic). A 5-point credit can be earned if both systolic and diastolic blood pressure values are below 140/90.

**LDL Cholesterol:** 1 point per unit above your personal LDL target level of 99, 129, or 159 mg/dl. You will earn a 5-point credit against your IHI score if you are at or below your LDL target level.

**Glucose:** 1 point per Glucose unit above 99. You will earn a 5-point credit against your IHI score if your Glucose is at or below your target of 99.

**Triglycerides:** 1 point per 10 Triglyceride units above 149. You will earn a 5-point credit against your IHI score if your triglycerides are at or below your target of 149.

**Smoking:** 40 points for using any form of tobacco.
4. How is the Personal Health Goal set?
   - If your current score is –20 to zero, your goal will be to remain in that range.
   - If your current score is between 1 and 25, your goal will be zero (or less).
   - If your current score is above 25, your goal will be to make a 60% improvement.

5. How does my goal affect me?
Your company may have an incentive program based on your participation and/or meeting your goal.

6. What happens if I have a medical condition that might prevent me from reaching my goal?
HIPAA allows reasonable alternative standards to individuals for whom it may be unreasonably difficult to satisfy their goal due to a medical condition or it is medically inadvisable to try and meet their goals as outlined by their program. Medical conditions may include but are not limited to: pregnancy, cancer, an inability to take statin drugs due to adverse events/adverse reactions, or other illnesses which result in an inability to maintain normal blood pressure, blood glucose, LDL cholesterol, or triglyceride levels. Call Blue4U at 1-866-270-5441 to speak with a member of the health management staff to discuss the circumstances one-on-one and the alternative standard processes.

7. Now that I have completed the evaluation, how do I keep an eye on my health?
Your participation in the Blue4U program gives you access to...
   - excellusbcbs.com/blue4u – a member’s only medical website
   - Current Health Newsletters
   - Medical drug database including information on symptoms, diseases, treatments, on-line health consultations and more!
   - Personal Health Report
   - HealthFocus Courses – one-on-one telephonic coaching with Masters Degreed Health Professionals.
     - Smoke-Free free for Life
     - Diabetes Prevention and Control
     - Lifestyles for Successful Weight Loss
     - Managing Cholesterol Levels
     - Managing High Blood Pressure
     - Better Nutrition
     - Personalized Fitness
     - Managing Stress
8. How do I know if I am on the right track?

6 months after your initial screening, you will receive a post card communication advising that you are eligible for a FREE 6 month Quick Check. You can call Blue4U at 1-866-270-5441 to request a Quick Check packet. Interactive Health will send information to your home mailing address which will contain an introduction letter, instructions, Medical History form, return envelope, HIPAA letter, a Test Requisition form, and the participating testing center(s) closest to your home (and work). You can go to one of listed lab(s) at your convenience. Once completed, you will receive a lab report looking at your fasting glucose, total cholesterol, triglycerides, HDL cholesterol, and LDL cholesterol. You will NOT receive a new IHI score or goal. This is an opportunity to check your lab values against your previous results to see how you are trending.
Health Evaluation Results Enclosed
Personal Health Evaluation Report

Created for:

JOHN SAMPLE

MARCH 8, 2013
Dear Mr. Sample:

Thank you for participating in our Health Evaluation Program.

Regular health screenings are important because they help in checking whether you are healthy or if you are developing or suffering from an illness. The results presented here reflect routine tests that were administered for you based on generally accepted screening guidelines published by highly credentialed health research organizations. The resulting information will be invaluable in assisting you and your physician in evaluating your health status and defining steps you should take to assure your continued good health. It is important to remember, however, that on any specific lab result, Interactive Health is not making a diagnosis. For a diagnosis, you must review these results with your personal physician.

After reviewing your medical records, we found the following:

Your responses on the behavioral health section of your medical history indicate a significant level of emotional distress. Your distress and specific symptoms may be a result of life crises or high levels of overall life stress. Physical responses to emotional distress can raise blood pressure, contribute to cardiovascular disease and gastrointestinal disorders, weaken the immune system, and worsen existing medical conditions. Emotional distress can also cause sleep disturbances, muscle tension, headaches, irritability, and may interfere with interpersonal relationships and job performance. We encourage you to review the enclosed Behavioral Health Risk Analysis report and consider the recommendations contained therein. In addition, and more importantly, we do recommend that you discuss your symptoms with your personal physician for a detailed assessment and plan to help you successfully address your emotional distress and symptoms.

We would like to take a moment to introduce your personal health score based on the Interactive Health Index. Your score is designed to help you understand where you stand for future risk of coronary heart disease and diabetes, leading causes of premature death and disability in the United States. The score is comprised of five modifiable risk factors: smoking, glucose, blood pressure, triglycerides and LDL cholesterol – all potential causes of serious health problems. Your personal health score has been established to help you easily identify medical risks that you can improve, therefore increasing your chances of a healthy future.

Your long-term objective is to keep your personal health score between 0 and -20 (the lower your score, the better).

Congratulations, your personal health score this year is -20. Your goal for your next health evaluation is to keep your score between 0 and -20.

Please refer to the enclosed Personal Health Scorecard which is located directly behind your lab report. The scorecard will explain how your score was calculated. Pay particular attention to any “positive” points in the right-hand column. Positive points give a heads-up to areas that need improvement.
We would like to direct your attention to the Out of Range column in your lab report. There are one or more tests that printed in this column and were not mentioned above. These may be a normal variant or they could represent a medical problem. While slightly out of range conditions are typically not a problem, without knowing your complete medical history and current medications, we feel that your personal physician should be involved in making the determination if further action is necessary. Therefore, please review with your physician.

Thank you again for participating. We look forward to seeing you next year.

Lidia Nelkovski, MD
Medical Director
Interactive Health
### LabCorp Lab Report

**Name**........... SAMPLE, JOHN  
**Sex**............ Male  
**Drawn Date**.... 03/08/2013 12:00  
**Birth Date**.... 06/09/1980  
**Received Date**.. 03/20/2031 12:00  
**Patient Code**.... K3JZTV8  
**Report Date**.... 03/09/2013 12:00  
**Specimen**....... 35649901620

<table>
<thead>
<tr>
<th>Test Name</th>
<th>Results</th>
<th>Unit Of Measure</th>
<th>Reference Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol, Total</td>
<td>218 H</td>
<td>mg/dL</td>
<td>100-199</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>128</td>
<td>mg/dL</td>
<td>0-149</td>
</tr>
<tr>
<td>HDL Cholesterol</td>
<td>71</td>
<td>mg/dL</td>
<td>&gt;39</td>
</tr>
</tbody>
</table>

According to ATP-III Guidelines, HDL-C >59 mg/dL is considered a negative risk factor for CHD.

<table>
<thead>
<tr>
<th>Test Name</th>
<th>Results</th>
<th>Unit Of Measure</th>
<th>Reference Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>VLDL Cholesterol Cal</td>
<td>26</td>
<td>mg/dL</td>
<td>5-40</td>
</tr>
<tr>
<td>LDL Cholesterol Calc</td>
<td>121 H</td>
<td>mg/dL</td>
<td>0-99</td>
</tr>
<tr>
<td>T. Chol/HDL Ratio</td>
<td>3.1</td>
<td>ratio units</td>
<td>0.0-5.0</td>
</tr>
<tr>
<td>Glucose, Serum</td>
<td>81</td>
<td>mg/dL</td>
<td>65-99</td>
</tr>
</tbody>
</table>
Get a mammogram. Do it for yourself.
Do it for your family.

Am I at risk for breast cancer?
We are all at risk for breast cancer regardless of race, age, breast size, or family history. Our risk for breast cancer increases as we get older and will continue to rise until at least age 85.

What are the chances a woman in the United States might get breast cancer? Age is the most important risk factor for breast cancer. The older a woman is, the greater her chance of developing breast cancer.

A woman’s chance of ever getting breast cancer is: 1 out of 8*

Why have a mammogram?
Mammograms can find a tumor years before you can. It can find a tumor this small ●. If the tumor is cancerous, it is much better to find it early, while it is still in one spot. The majority of cancers found at an early stage are successfully treated.

Early detection may also reduce the extent of surgery needed. For example, early stages of cancer can often be treated with a lumpectomy (removal of only the lump and surrounding tissue) instead of a mastectomy (removal of the entire breast).

What is a mammogram?
A mammogram is a low-dose X-ray picture of the breast that is used to detect breast cancer. It can find tumors years before they can be found by an examination. A mammogram does not cause cancer. With today’s machines, the level of radiation is very low and studies have shown that mammograms are not harmful.

What happens during a mammogram?
A mammogram is a simple exam. When you go for a mammogram, the person taking the picture will place your breast between two X-ray panels. The panels will push your breast between them to get as clear a picture as possible. You may feel a little bit of discomfort, but the entire process takes less than 15 minutes.

Who should get a mammogram?
Women age 40 and older should have mammograms every one to two years.

Is my mammogram covered?
In most cases, mammograms are covered benefits. A copayment may be required.

The information contained in this brochure is not intended to provide medical advice or to take the place of medical care. Any questions you have should be brought to the attention of your physician.

Colorectal Cancer – What you should know

Colon cancer is the second leading cancer killer in both men and women in the United States. Fortunately, there are tests available to detect and possibly prevent colon cancer. Colorectal cancer is a “silent” disease, because many people do not develop symptoms, such as bleeding or abdominal pain until the cancer is advanced and difficult to cure.

Colon cancer, if found and treated early before symptoms, has a high cure rate. Most colon cancers start as non-cancerous growths called polyps. If polyps are removed, cancer may be prevented.

Who Gets Colorectal Cancer?
- Both men and women can get colorectal cancer.
- Colorectal cancer is most often found in people 50 or older.
- The risk for getting colorectal cancer increases with age.

Are You at High Risk
Your risk for colorectal cancer may be higher than average if:
- You are age 50 or older
- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease

What is Screening?
Screening tests are used to spot a disease early, before you have symptoms. If everyone aged 50 years or older had regular screening tests, at least 60 percent of the deaths from this cancer could be avoided.

Talk with your Doctor
You and your doctor can work together to maintain your good health. Your chances of staying healthy increase if you take care of yourself, visit your doctor regularly and talk to him or her about any symptoms that may signal medical problems. It’s always better to prevent illness than to treat it. If you haven’t seen your doctor in the last year or two, call today to schedule a visit and discuss which test would be right for you.

Is Testing Covered?
Depending on your plan, some or all of these screening tests are likely to be covered benefits. A copayment may be required. If you have questions about your coverage, please call our Customer Service Department at the phone number listed on your member identification card.

Types of Colorectal Cancer Screening Tests
- High-Sensitivity FOBT (Stool Test)
- Flexible Sigmoidoscopy
- Colonoscopy
John Sample   March 8, 2013

**Blood Pressure Systolic**

<table>
<thead>
<tr>
<th></th>
<th>120</th>
<th>140</th>
<th>160</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW</td>
<td></td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>MODERATE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIGH</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your BP Systolic is 130

**Blood Pressure Diastolic**

<table>
<thead>
<tr>
<th></th>
<th>80</th>
<th>90</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW</td>
<td></td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>MODERATE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIGH</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your BP Diastolic is 70

**LDL Cholesterol**

<table>
<thead>
<tr>
<th></th>
<th>130</th>
<th>160</th>
<th>190</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW</td>
<td></td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>MODERATE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIGH</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your LDL is 121

**Glucose**

Normal | Pre-Diabetic | Diabetic

| LOW |   | ▲ |
| MODERATE |   |   |
| HIGH |   |   |

Your Glucose is 81

**Triglycerides**

<table>
<thead>
<tr>
<th></th>
<th>150</th>
<th>200</th>
<th>500</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW</td>
<td></td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>MODERATE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIGH</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your Triglycerides are 128

**Tobacco Use** *(Includes cigarettes, cigar, pipe, chew or dip.)*

<table>
<thead>
<tr>
<th>NON-USER</th>
<th>USER</th>
</tr>
</thead>
<tbody>
<tr>
<td>▲</td>
<td></td>
</tr>
</tbody>
</table>

Congratulations! You achieved your personal health goal. Your goal is to stay between 0 and -20

Total -20 (Over)
What is my personal health score?

Your personal health score is based on the Interactive Health Index (IHI) that was designed by physicians and other health care professionals with targets based on national medical guidelines. Your personal health score is comprised of several key health risk factors (blood pressure, LDL cholesterol, glucose, triglycerides and tobacco use) for heart disease, diabetes and stroke. These risk factors are modifiable by lifestyle changes such as diet, exercise and medications when necessary.

Each year you participate in a Health Evaluation you will be provided a personal health score and goal based on your results. We recommend that you work closely with your physician and follow his/her guidance to help you meet your personal health goal for the next Health Evaluation. Interactive Health offers lifestyle courses and a variety of online tools at www.interactivehs.com that will provide you with support and education to help you improve your health. Please refer to the enclosed Resources Sheet to learn more about the variety of courses and tools we offer.

How is my personal health score calculated?

Blood Pressure: 1 point is added per BP unit above 139/89 (Systolic/Diastolic). A credit of 5 points can be earned if both systolic and diastolic blood pressure values are below 140/90.

LDL Cholesterol: 1 IHI point is added per LDL unit above your personal LDL target level of 99 mg/dl, 129 mg/dl or 159 mg/dl. A credit of 5 points can be earned if you are at or below your LDL target. Your LDL target is calculated based on your personal risk factors and can change from year to year, the more risk factors you have the lower your target will be. Risk factors include but are not limited to: tobacco use, diabetes, high blood pressure, age (men ≥ 45 years; women ≥ 55 years), Body Mass Index (BMI) and physical activity patterns. Enclosed is a customized Coronary Risk Assessment that provides you information about your personal risk factors and target.

Glucose: 1 point is added per Glucose unit above 99 mg/dl. A credit of 5 points can be earned if Glucose is at or below 99 mg/dl.

Triglycerides: 1 point is added per 10 Triglyceride units above 149 mg/dl. A credit of 5 points can be earned if Triglycerides are at or below 149 mg/dl.

Tobacco Use: 40 points are added for using any tobacco product.

How is my personal health goal set?

1. If your current score is –20 to zero, your goal will be to remain in this range
2. If your current score is 1 to 25, your goal will be –20 to zero
3. If your current score is above 25, your goal will be to improve by 60%

Additional notes about your personal health score

Your personal health score is based on testing performed by Interactive Health or designees. We cannot accept lab results from any third party. All tests are final and cannot be repeated. Your score is a measure of coronary risk factors; however, it does not confirm or negate the presence of underlying heart disease or other medical conditions. LDL Cholesterol and Triglyceride standards are from the National Cholesterol Education Program (NCEP). Blood Pressure guidelines are from the National High Blood Pressure Education Program and National Heart Lung Blood Institute (NHLBI). Glucose standards are from the American Diabetes Association (ADA).

What if I have a medical condition that might prevent me from reaching my goal?

The goal of this program is to recognize individuals for healthy lifestyles and engagement in their health. Under certain circumstances, participants may have a medical condition that makes it unreasonably difficult, or medically inadvisable, for them to pursue or achieve their goal. If you believe that this applies to you, please call Interactive Health and speak with one of our Health Management Specialists at 1-800-840-6100 to discuss your individual situation and the possible use of a medical waiver. This waiver form will need to be completed by your personal physician and returned to Interactive Health for review.
Coronary Risk Analysis

Framingham Heart Study Analysis
This analysis identifies the risk of developing Coronary Heart Disease (CHD) over the course of 10 years. This study has been acknowledged by the medical community as being an effective predictor of certain types of heart events that include angina pectoris, myocardial infarction, and death.

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Results</th>
<th>Desirable Range</th>
<th>Very Low</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
<th>Very High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Male</td>
<td>-</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td>32</td>
<td>-</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>218 mg/dl</td>
<td>Less than 200 mg/dl</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDL Cholesterol</td>
<td>71.0 mg/dl</td>
<td>More than 50 mg/dl</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoking and Tobacco Use</td>
<td>Never Used</td>
<td>No Tobacco use at all</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>130/70 mmHg</td>
<td>Less than 140/90 mmHg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes (Glucose)</td>
<td>81 mg/dl</td>
<td>Less than 100 mg/dl</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Summary**

Your 10-year risk of heart attack and death: 2%  
10-year risk for healthy person of same age and sex: 2%

Based on the above criteria, your overall risk of having a heart attack within the next ten years is not significantly different from that of the average healthy 32 year-old man.

The presence of any CHD factor requires appropriate attention, because a single risk factor may confer a high risk for CHD in the long run, even if the 10-year risk does not appear to be high. High individual risk factors, such as "exercise," if neglected, will eventually put you at high risk for CHD.

**Other Risk Factors**

A recently revised government regulation (GINA) prohibits certain types of health risk assessments from collecting and using medical Family History information. Therefore, Interactive Health has deleted medical family history data from our coronary risk assessment. If you have a Family History of CHD you should inform your physician when evaluating this report.

The following additional factors, not considered in the Framingham Analysis, may also be important predictors of CHD. Any of these listed at high risk levels, may also elevate your overall risk of CHD.

<table>
<thead>
<tr>
<th>Factor/Test</th>
<th>Result</th>
<th>Desirable</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of CHD</td>
<td>None</td>
<td>No history of CHD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td>22.0</td>
<td>At or below 27</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td>Active</td>
<td>5 days moderate or 3 days vigorous</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>hs-CRP (inflammation)</td>
<td>n/a</td>
<td>&lt; 0.7 - lowest risk</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Low Density Lipoprotein**

Reducing the risk of CHD is frequently accomplished by reducing your LDL ("bad cholesterol") levels. The following table shows your current and target LDL levels, and the recommended LDL treatment protocol as recently defined by the Expert Panel of the National Cholesterol Education Program (NCEP).

<table>
<thead>
<tr>
<th>Your LDL</th>
<th>Target LDL</th>
<th>Prescription Medication for LDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>121 mg/dl</td>
<td>&lt; 160 mg/dl</td>
<td>Not recommended within NCEP guidelines.</td>
</tr>
</tbody>
</table>

Your Resources

As an Interactive Health wellness program member, you have access to a comprehensive suite of resources to help you manage your health. Your wellness program begins with a comprehensive Health Evaluation (biometric screening and health history). Once you have completed the Health Evaluation, you have access to these resources, available at no cost.

Share Your Results with Your Doctor
Send your physician your personal lab results. Have your results automatically sent by signing the authorization form at the time of your Health Evaluation or send at any time from the member website.

Health Coaching
Personalized coaching by phone with an expert who specializes in your health needs. Your health coach will guide you through lifestyle changes to meet and maintain your personal health goal. See back of page for more details.

Quick Check
Six months after your Health Evaluation, you have the option for an additional no cost biometric screening. You will receive details on how to schedule your follow-up screening.

“Results for Life” Newsletter
A monthly update on the latest wellness trends featuring articles, recipes and fitness tips designed to help you live a healthier lifestyle.

Health Webinars
Live webinars featuring a new health topic every month. Sign up to attend a webinar or view recorded webinars on the member website.

Website
Our personal member website provides the information you need to reach your personal health goals. Access your test results, personal health score, goal, resources to meet your goal, personalized content and a medical encyclopedia. You can also find healthy recipes, create meal plans and design exercise plans.

• Kids Health
Youth focused medical database with sections written for children, teens and parents. All sections feature age-appropriate health related subjects written to the level of the reader.
Coaching Courses

Telephonic HealthFocus courses are confidential and free to anyone who participates in the Health Evaluation.

- Your personal health coach will guide you in making lasting lifestyle changes.
- Course material will be customized to meet your health goals.

Sign up now!
Call (800) 840-6100 to register for a HealthFocus course.

Course Descriptions

**Tobacco-Free for Life**
Learn different quit techniques such as nicotine replacement therapy. Develop strategies for relapse prevention. Work with an experienced professional and live a tobacco-free life!

**Diabetes Prevention and Control**
Your personal health coach will increase your knowledge of diabetes to help empower you to make healthy lifestyle choices. Nutritional and exercise strategies are explored to help you take control of your diabetes, or prevent the development if you're at risk.

**Lifestyles for Successful Weight Loss**
Learn a balanced, non-diet approach to losing weight and keeping it off. Your health coach will individualize a plan to help you meet your goals. This course will help reshape your habits as you reshape yourself.

**Managing Cholesterol Levels**
Develop an individual plan to feed your heart to lower bad LDL cholesterol, raise good HDL cholesterol, and lower triglycerides. By leading a healthy heart lifestyle you may be able to reduce your risk for a heart attack or stroke.

**Managing and Preventing High Blood Pressure**
Lifestyle plays an important role in controlling your blood pressure. Develop strategies to help you successfully reduce your blood pressure with a healthy lifestyle and you may avoid, delay or reduce the need for medication.

**Better Nutrition**
Evaluate current eating habits. Set healthy goals. Discover strategies for meal planning, eating out, nutrition on the run and more. Eating right is energizing!

**Personalized Fitness**
A professional will help you design and monitor a fitness routine to help you achieve your fitness goals. Develop strategies to fit exercise into your busy schedule. Learn tricks to stay motivated and feel energized!

**Achieving Balance**
You’ll work with a life coach to develop behavioral change techniques to reduce stress, achieve balance and improve your quality of life.
This report contains an assessment of your current status for each major health risk area covered in our questionnaire. Its purpose is to help you to understand your current health profile and to promote health building actions that can help you take better charge of your health and lower your risk of preventable illnesses. We urge you to review each section and the associated references and share with your physician for recommendations.

### General Health Information

#### Clinical Factors

<table>
<thead>
<tr>
<th>Clinical Factors</th>
<th>Result</th>
<th>Analysis/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td>32</td>
<td>Low Risk&lt;br&gt;Develop and maintain a healthy lifestyle now to reduce a normally increased risk of coronary heart disease after age 40. Stay physically active and continue to get regular checkups.</td>
</tr>
<tr>
<td><strong>Blood Chemistry</strong></td>
<td>See Current Laboratory Report</td>
<td></td>
</tr>
<tr>
<td><strong>Body Mass Indicator (Weight/Height Ratio)</strong></td>
<td>22.0</td>
<td><strong>Within Range.</strong></td>
</tr>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>130/70 mmHg</td>
<td><strong>Low Risk for Heart Disease and Stroke</strong></td>
</tr>
<tr>
<td><strong>Flu Shot</strong></td>
<td>NO</td>
<td>You did not indicate that you received a Flu Shot this year. Annual Flu Shots are important to your continued health throughout the year. Please see your health care provider about getting vaccinated against the flu for the remainder of this season and/or for the next flu season.</td>
</tr>
</tbody>
</table>

#### Lifestyle

<table>
<thead>
<tr>
<th>Lifestyle</th>
<th>Result</th>
<th>Analysis/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exercise</strong></td>
<td>Moderate: 2 d/wk&lt;br&gt;Vigorous: 3 d/wk</td>
<td></td>
</tr>
<tr>
<td><strong>Alcohol Consumption</strong></td>
<td>None or casual consumption of alcohol</td>
<td></td>
</tr>
<tr>
<td><strong>Smoking and Tobacco Use</strong></td>
<td>Never Used</td>
<td>Congratulations for not using tobacco products!</td>
</tr>
</tbody>
</table>
Healthy eating can actually help you lower your risk for disease. The next time you eat a meal, keep in mind that food does much more than just taste good and satisfy hunger. You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to stay healthy. The Dietary Guidelines for Americans, 2005 make specific recommendations to help you stay healthy.

Make Smart Food Choices

- Eat a variety of fruits - whether fresh, frozen, canned or dried. For a 2000 calorie diet you will need 2 cups of fruit each day.
- Vary your vegetables - eat more dark green veggies (broccoli, kale and dark leafy greens), orange veggies (carrots, sweet potatoes and squash), beans and peas (pinto, kidney and split peas). Try to achieve 2 ½ cups or 5 servings, everyday.
- Include calcium-rich foods. Get 3 cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt and /or low-fat cheese everyday. If you cannot consume milk, choose lactose free milk products and/or calcium fortified foods and beverages.
- Make half your grains whole. Eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day. (One ounce is about 1 slice of bread or 1 cup of breakfast cereal or ½ cup of rice or pasta).
- Go lean with protein. Choose lean meats and poultry. Vary your protein choices to include more fish, beans, peas, nuts and seeds.
- Look for foods low in saturated fat, trans fat and cholesterol. Limit total fat intake to 20-35% of your total calories.
- Choose and prepare foods and beverages with little salt (sodium).
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients.
- If you drink alcoholic beverages, do so in moderation. Alcohol is high in calories and has almost no nutritional value.

Find your Balance Between Food and Physical Activity

- Physical activity is important to control body weight by balancing calories you take in with food against the calories you expend each day.
- Be physically active for at least 30 minutes of aerobic activity most days of the week.
- About 60 minutes of physical activity per day may be needed to control body weight and prevent weight gain.

Get the Most Nutrition out of your Calories

Determine the right number of calories your body needs based on your height, weight, age and activity. Choose the most nutritionally rich foods you can from each food group each day - those packed with vitamins, minerals, fiber and other nutrients but lower in calories. You can calculate your calorie needs at "The Food Guide Pyramid" (see link below) or on the Interactive Health Website.

For More Information:
Interactive Health HealthFocus Better Nutrition Course - To sign up call 1-800-840-6100
Interactive Health: www.myinteractivehealth.com
U.S. Department of Agriculture www.healthierus.gov/dietaryguidelines
American Dietetic Association www.eatright.org
The Food Guide Pyramid www.mypyramid.gov
BENEFITS OF EXERCISE

Being physically active on a regular basis may be the most important thing we can all do for the health of our bodies and minds. From preventing chronic diseases to improving mood and confidence, the advantages of keeping our bodies tuned up are hard to ignore.

Why is physical activity important?
If you are physically inactive, you are putting yourself in danger of future health problems and disability. Simply getting up and moving your body has been shown to help prevent and control high blood pressure, cholesterol, blood sugars, and weight problems. Exercise plays a major role in preventing heart disease and type 2 diabetes. It also maintains the health of our muscles, bones, and joints, which will help keep us active and independent as we get older.

What if I'm not already physically active?
It's never too late to start being active! Not only will you improve your health by becoming more active, you will improve your level of fitness (heart, lungs, and circulation), performance, and strength simply by doing it on a regular basis. That means that physical activity will get easier for you over time. So don't fret if it's been a while since you've moved your muscles. Start out slowly with 5-10 minutes and gradually increase the time and intensity. It doesn't take much to reap the health benefits of exercise.

What if I don't know how to exercise?
Physical activity is anything that gets your body moving. Beginning an exercise program does not need to be difficult or cost a lot of money. Two key points to remember are: (1) find activities you enjoy and (2) keep your commitment to yourself to be active on most days of the week.

- **Aerobic activities** condition the heart and lungs, and improve circulation. They're one of the best ways to lower blood pressure, manage diabetes, burn calories to lose or maintain weight, and manage stress. Aerobic activities include: brisk walking, jogging, stair climbing, dancing, swimming, biking, and hiking. The greater the intensity, the greater the benefit; but listen to your body. You should be breathing harder than when at rest and will likely be sweating. You should be able to talk and should not be in pain.

- **Strength-building exercises** build and maintain muscle, and increase metabolic rate. They're one of the best ways to fight the aging process. These activities should work the major muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms. To gain the health benefits, do activities that work these muscles until it's hard to continue without help.

- **Flexibility exercises** make it easier to do activities of everyday living. Stretching the major muscles and joints on a regular basis will improve and maintain the range of motion through which they can extend. Stretching is a great way to start the day, or to reduce stress at work. Try stretching your neck and shoulders when you take a break at work. Join a tai chi, yoga, martial arts, or a stretching class to learn more techniques for the whole body.

How much exercise is enough?
To gain the important health benefits, adults need at least 150 minutes of moderate-intensity aerobic activity (e.g. brisk walking), or 75 minutes of vigorous-intensity (e.g. running) activity every week. They should also do muscle-strengthening activities that target all the major muscle groups at least 2 days a week. Activity is best when spread throughout the week, and it can be done is small chunks of time. Try walking for 10 minutes 3 times a day at moderate intensity. Find ways to add activity into your daily routine like taking the stairs, walking or biking when possible, and parking in the farthest spot.

If you have a chronic health condition consult your doctor to find out whether your condition limits the activities you should do. Even an hour a week of moderate-intensity aerobic activity is good for you.

For more information:
Interactive Health: www.myinteractivehealth.com
Centers for Disease Control and Prevention: www.cdc.gov
American Society of Sports Medicine: www.acsm.org
This report contains an analysis of your current status for the symptoms you reported in our Behavioral Health Risk Assessment. Its purpose is to help you understand your behavioral health status and conditions which place you at risk for various medical and behavioral health disorders. Recommendations are provided to promote emotional wellness and to improve your quality of life. The results of your assessment may identify symptoms associated with anxiety, depression, and/or general emotional distress. We urge you to review each section and the associated references and carefully consider any recommendations contained therein.

If you would like a confidential telephone consultation to discuss the results of this report, please call our Director of Behavioral Health, Dr. Daniel Kelley, at (312) 565-1111.

<table>
<thead>
<tr>
<th>Clinical Factors</th>
<th>Result</th>
<th>Analysis/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Mild</td>
<td>You endorsed a mild level of symptoms commonly associated with a depressive disorder.</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Severe</td>
<td>You endorsed a severe level of symptoms commonly associated with an anxiety disorder.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anxiety is a necessary part of life. It is normal to feel anxious at times. Many people who experience persistent anxiety believe &quot;It's just stress&quot;, &quot;I'm just a worrier&quot;, or &quot;I'll snap out of it&quot;. However, anxiety, worry, and fear that are overwhelming, chronic, and unremitting are a sign of an anxiety disorder. Symptoms may include feeling of panic, feeling &quot;jittery&quot; and nervous. Heredity, biological factors, stressful life events, and thinking in a way that exaggerates normal bodily and emotional reactions are all believed to play a role in the onset of various anxiety disorders. <strong>Given the severity of your reported symptoms, you are strongly encouraged to consider a consultation with a mental health specialist.</strong> Anxiety disorders are common and treatable.</td>
</tr>
<tr>
<td>Stress</td>
<td>Not Significant</td>
<td>You reported no significant evidence of tension or stress.</td>
</tr>
</tbody>
</table>

You responded with symptoms commonly associated with an anxiety disorder. However, this is not a psychiatric or psychological diagnosis. **A complete diagnosis can only be made through a more comprehensive clinical evaluation by a qualified health care specialist.** We recommend that you contact a mental health professional or your personal physician for further evaluation. You may specify to your doctor or mental health professional that your assessment indicated the presence of symptoms of an anxiety disorder. Suggestions for finding a mental health professional can be found on the enclosed information sheet. Mental health treatment can help to reduce symptoms and improve your quality of life.
Depression is an illness that causes a person to feel sad and hopeless much of the time. It is different from normal feelings of sadness, grief, or low energy. Anyone can have depression. It often runs in families. But it can also happen to someone who doesn't have a family history of depression. You can have depression one time or many times.

**Symptoms**

If you have depression, you may feel hopeless and sad or stop feeling pleasure from almost everything you do. You may feel down in the dumps, tearful, or discouraged. You may also be irritable or anxious or have low energy levels. The symptoms of depression are often subtle at first. It can be hard to recognize that symptoms may be connected and that you might have depression.

The two most significant symptoms of depression are:

- Sadness or hopelessness.
- Loss of interest in or pleasure from most daily activities.

Other symptoms include:

- Losing or gaining weight because of changes in appetite.
- Sleeping too much or not enough.
- Feeling restless and unable to sit still, or feeling that moving takes a great effort.
- Feeling tired all the time.
- Feeling unworthy or guilty without an obvious reason.
- Having problems concentrating, remembering, or making decisions.
- Thinking often about death or suicide.

If you have at least five of these symptoms for 2 weeks or longer, and one of the symptoms is either sadness or loss of interest, you may be diagnosed with major depression that needs treatment. Even if you have fewer than five symptoms, you may still be depressed and need treatment.

**Causes**

Experts believe genetic traits, along with stressful events, illness, medications, or other factors, can lead to an imbalance of certain brain chemicals called neurotransmitters, causing depression. Your risk of developing depression is up to three times greater than that of the general population if you have a father, mother, or sibling with depression. If you have had depression before, you are much more likely to have depression again.

**Treatment**

Treatment of depression may include antidepressant medication, professional counseling such as cognitive-behavioral therapy, or a combination of the two.

- Professional counseling may be all that you need for mild to moderate depression.
- If your early symptoms are severe, your initial treatment most likely will include both antidepressants and professional counseling.

Let your doctor know if you believe you are depressed, because depression is often overlooked. If you are diagnosed with depression, you and your doctor can decide on the best treatment.

**Additional Information and Resources**

Interactive Health: www.myinteractivehealth.com
National Institute of Mental Health www.nimh.nih.gov/health/publications/depression
National Mental Health Association http://depression-screening.org
American Psychiatric Association: www.healthyminds.org
American Psychological Association: www.apa.org
Feeling worried or nervous is a normal part of everyday life. Everyone frets or feels anxious from time to time. Mild to moderate anxiety can help you focus your attention, energy, and motivation. If anxiety is severe, you may have feelings of helplessness, confusion, and extreme worry that are out of proportion with the actual seriousness or likelihood of the feared event.

**Symptoms**

Anxiety can cause physical and emotional symptoms.

**Physical symptoms of anxiety include:**
- Trembling, twitching, or shaking.
- Feeling of fullness in the throat or chest.
- Breathlessness or rapid heartbeat.
- Lightheadedness or dizziness.
- Sweating or cold, clammy hands.
- Feeling jumpy.
- Muscle tension, aches, or soreness (myalgias).
- Extreme tiredness.
- Sleep problems, such as the inability to fall asleep or stay asleep, early waking, or restlessness (not feeling rested when you wake up).

Anxiety affects the part of the brain that helps control how you communicate. This makes it more difficult to express yourself creatively or function effectively in relationships. Emotional symptoms of anxiety include:

- Restlessness, irritability, or feeling on edge or keyed up.
- Worrying too much.
- Fearing that something bad is going to happen; feeling doomed.
- Inability to concentrate; feeling like your mind goes blank.

Anxiety disorders interfere with how a person gets along with others and affect daily activities.

**Causes**

Often the cause of anxiety disorders is not known. Many people with an anxiety disorder say they have felt nervous and anxious all their lives. This problem can occur at any age. Women are twice as likely as men to have problems with anxiety disorders.

**Treatment**

Overwhelming anxiety that interferes with daily life is not normal. If anxiety interferes with daily activities, a person may need treatment with medications (such as antidepressants or anti-anxiety medications) and/or professional counseling.

Cognitive-behavioral therapy can help control symptoms of anxiety or panic. Cognitive-behavioral therapy (CBT) is a type of counseling that focuses on modifying certain thoughts and behavior patterns to control the symptoms of a condition. Cognitive-behavioral therapy is used to treat a variety of problems, including stress, depression, anxiety and panic disorders, eating disorders, ongoing (chronic) pain, and chronic fatigue syndrome.

**Additional Information and Resources**

Interactive Health: [www.myinteractivehealth.com](http://www.myinteractivehealth.com)
Anxiety Disorders Association of America [www.adaa.org](http://www.adaa.org)
National Mental Health Association/ Mental Health America: [www.nmha.org](http://www.nmha.org)
American Psychiatric Association: [www.healthyminds.org](http://www.healthyminds.org)
MENTAL HEALTH TREATMENT AND REFERRAL

Choosing a doctor or another type of health professional to help with your health care is very important. Never before have people had so many kinds of doctors and other health professionals to choose from.

Think about the following important considerations when choosing a health professional:

- Is the health professional well-trained and experienced?
- Will the health professional be available when needed?
- Will the health professional work in partnership with you?
- Does your health plan provide coverage for this service?

**Psychological counselors and therapists**
The terms counselor and therapist cover a variety of trained professionals. The differences between therapists, psychologists, psychiatrists, and counselors may not be as important to you as finding someone with whom you are comfortable.

**Psychiatrists** are medical doctors who specialize in the diagnosis and treatment of mental health problems, such as depression. They provide counseling and can prescribe medications to treat mental illness. Psychiatrists may further specialize in specific areas, such as addiction psychiatry, or in treating specific age groups, such as adolescents. Psychiatrists can be board-certified through the Board of Psychiatry and Neurology, which is recognized by the American Board of Medical Specialties.

**Psychologists** are health professionals with training and expertise in human behavior and psychological health. Psychologists are not medical doctors, but they hold a doctor of psychology (PsyD degree) or doctor of philosophy (PhD degree) in clinical psychology, counseling, or school psychology. Psychologists evaluate and treat people who have mental health problems, such as depression. Psychologists also provide counseling and other mental health services. In most states, psychologists do not prescribe medication. However, many states are reviewing prescription-writing privileges for psychologists, and regulations may change. Psychologists are licensed in the state in which they practice.

**Social workers** are health professionals who use counseling to help people function in their environment, improve their relationships with others, and solve personal and family problems. They also help people locate and access appropriate resources for their particular needs. A social worker may work in a hospital, community organization, or private counseling. Most social workers concentrate on a specific area of practice. While many social worker positions, such as a child protective services social worker, require only a bachelor's degree (BSW), most require a master's degree (MSW). All 50 states require licensing, certification, and registration of social workers. Requirements vary from state to state.

**Mental health counselors** provide counseling services for individuals, couples, families, teens, and children. Mental health counselors must earn a master's degree in counseling or a closely related mental health field and complete a minimum of 2 years of clinical work after earning their degree. Most mental health counselors are licensed by the state in which they practice and have passed a state-developed or national licensure or certification exam.

Some insurance plans do not cover all types of therapists. Check with your insurance company for details.

If you go to a therapist and don't like what happens, don't give up on the idea of counseling. Sometimes a different counselor will fit your personality better. Try again with someone new.

**Additional Information and Resources**
Interactive Health: www.myinteractivehealth.com
National Institute of Mental Health: www.nimh.nih.gov
American Psychological Association: www.apa.org
National Mental Health Association/Mental Health America: www.nmha.org
American Psychiatric Association: www.healthyminds.org
Sleep Apnea Risk Analysis

This report summarizes your risk for Sleep Apnea. Risk factors are evaluated using generally accepted national health guidelines. Results are shown in graph form on a scale from ideal to high risk.

You Have 4 Sleep Apnea Risk Factors

Sleepy while sitting quietly after a lunch without alcohol
Sleepy in a car while stopped for a few minutes in traffic
Sleepy while sitting and reading
Sleepy while watching television
Sleepy while sitting inactive in a public place
Sleepy as a passenger in a car for an hour without break
Sleepy while lying down to rest in the afternoon
Sleepy while sitting and talking to someone

Your Overall Sleep Apnea Risk is Ideal.

In many instances, snoring is the first indicator of Obstructive Sleep Apnea Syndrome (OSAS), a common disorder resulting in improper breathing during sleep.

OSAS is serious and potentially life threatening.

* 50% of people with hypertension and heart disease also suffer from OSAS
* 77% of male and 64% of female stroke patients have OSAS
* People with OSAS are 7 times more likely to be involved in car accidents
* Many marriages become strained due to severe snoring

OSAS happens when the airway at the back of the mouth and nose closes during sleep. Your tongue and your upper throat meet the soft palate and the uvula in the upper airway. This is a collapsible part of the airway. When these parts touch and vibrate while you breath, the result is snoring. Complete collapse results in obstruction and, if frequent, could result in obstructive sleep apnea syndrome.
The preventive schedule below is based on current recommendations published by leading health organizations to serve as a guide for healthy adults. This schedule does not contain all the criteria to consider in each category. Your case may be different based on your personal health and risk factors, and you may require more/less frequent preventions including types not listed below. Please consult your personal physician to determine the best schedule for you.

<table>
<thead>
<tr>
<th>Screenings</th>
<th>Recommended Frequency</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Physical Exam                           | *Age 18-39: Twice in 20s and then as physician recommends based on findings and risk factors  
*Age 40-64: Every one to five years as recommended by physician  
*Age 65 and older: Annually (May include screen for: diabetes, cholesterol, or other conditions) |                                                                                                                                 |
| Blood Pressure (BP)                     | Start at age 18: every 2 years; every year or more frequently as recommended by your doctor if BP is 120/80 or higher, or you are age 65 and older |                                                                                                                                 |
| Dental Exam                             | Annually or more frequently as recommended by your dentist                               |                                                                                                                                 |
| Eye Exam                                | Every 2 years starting at age 18  
Annually starting at age 61                                                             |                                                                                                                                 |
| Skin Cancer Screen                      | Monthly self-check and by physician at periodic physical examinations  
(frequency determined by risk factors)                                                |                                                                                                                                 |
| Colorectal Cancer Screen                | Start at age 50 or earlier based on risk factors; Includes: colonoscopy every 10 years, sigmoidoscopy or double-contrast barium enema or CT colonography every 5 years, or stool for occult blood annually |                                                                                                                                 |
| Prostate Cancer Screen (PSA and Digital Rectal Exam) | Discuss with your physician: screening benefits and risks  
Consider starting age 50; Age 45 for African Americans; Age 40 and older with specific risk factors (including certain family history criteria) or concerns |                                                                                                                                 |

<table>
<thead>
<tr>
<th>Immunization</th>
<th>Recommended Frequency</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Tetanus/Diphtheria, T-dap               | Starting at age 19: Td Booster every 10 years, (earlier for certain wound injury)  
Tdap: one time dose for ages 19-64; in any age adult (even 65 and older) in close contact with infants younger than 12 months |                                                                                                                                 |
| HPV                                     | Up to age 26 (series of 3 doses)                                                      |                                                                                                                                 |
| Measles Mumps Rubella (MMR)             | Second MMR: If born in 1957 or later and no evidence of immunity by laboratory testing, or if have certain risk factors  
If born before 1957 and have certain risk factors                                         |                                                                                                                                 |
| Varicella (Chicken Pox)                 | If no evidence of immunity                                                            |                                                                                                                                 |
| Herpes Zoster (Shingles)                | Single dose for adults age 60 and older regardless of shingles history                 |                                                                                                                                 |
| Influenza Seasonal                      | Annually (even if healthy)                                                            |                                                                                                                                 |
| Pneumococcal                            | Age 65 and older, or at any age with certain chronic illnesses or if smoker: 1-2 doses as recommended by physician |                                                                                                                                 |
| Hepatitis A*, B*                        | If risk factors present, or if individual desires protection                           |                                                                                                                                 |
| Meningococcal*                          | If risk factors present                                                               |                                                                                                                                 |

* Consult with your physician to determine if you have any risk factors

Schedule sources used but not limited to: the U.S. Preventative Services Task Force (www.ahrq.gov), National Institutes of Health (www.nih.gov), American Cancer Society (www.cancer.org), U.S. Centers for Disease Control and Prevention (www.cdc.gov). This list has been reviewed by Interactive Health physicians.
## Trend Analysis

<table>
<thead>
<tr>
<th>Date</th>
<th>Chol</th>
<th>HDL</th>
<th>LDL</th>
<th>Chol/HDL Ratio</th>
<th>Trig</th>
<th>hs-CRP</th>
<th>Glucose</th>
<th>PSA</th>
<th>TSH</th>
<th>IHI</th>
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</thead>
<tbody>
<tr>
<td>3/8/2013</td>
<td>218</td>
<td>71</td>
<td>121</td>
<td>3.1</td>
<td>128</td>
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<td>81</td>
<td>N/A</td>
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<td>Desirable</td>
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<td>&gt; 50</td>
<td>&lt; 160</td>
<td>&lt; 3.6</td>
<td>&lt; 150</td>
<td>N/A</td>
<td>&lt; 100</td>
<td>N/A</td>
<td>N/A</td>
<td>&lt;= 0</td>
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