

Healthy Life HRA



This report explains your health risks as a 76 year old male.

Current Age

76

Risk Age

77.5

Target Age

75.8

Your risk age compares you to other people your age and sex for all causes of death

Your target age is what your risk age could be if you made changes to your lifestyle.

Your answers show very good health and suggest there might be a few ways for you to lower your risks even more. Making lifestyle changes can reduce your risk age by 1.7 years.

What you can do to lower your risk age:



- lower blood pressure
- lower total cholesterol
- get colon cancer screening
- lose weight
- never drive distracted

Guidelines for good health:

- A good systolic blood pressure is less than 130.
- A good total cholesterol is less than 200.
- Colon cancer screening greatly reduces your risk of dying of colon cancer. Talk to your doctor about options at your next appointment.
- Consider losing 10 pounds over the next 12 months.
- You can wait, never drive distracted.
- Read reference information for interpreting this report [here](#).

Compare to opportunities from your prior report:



- lower blood pressure
- quit cigarettes
- lose weight
- lower total cholesterol
- reduce alcohol use

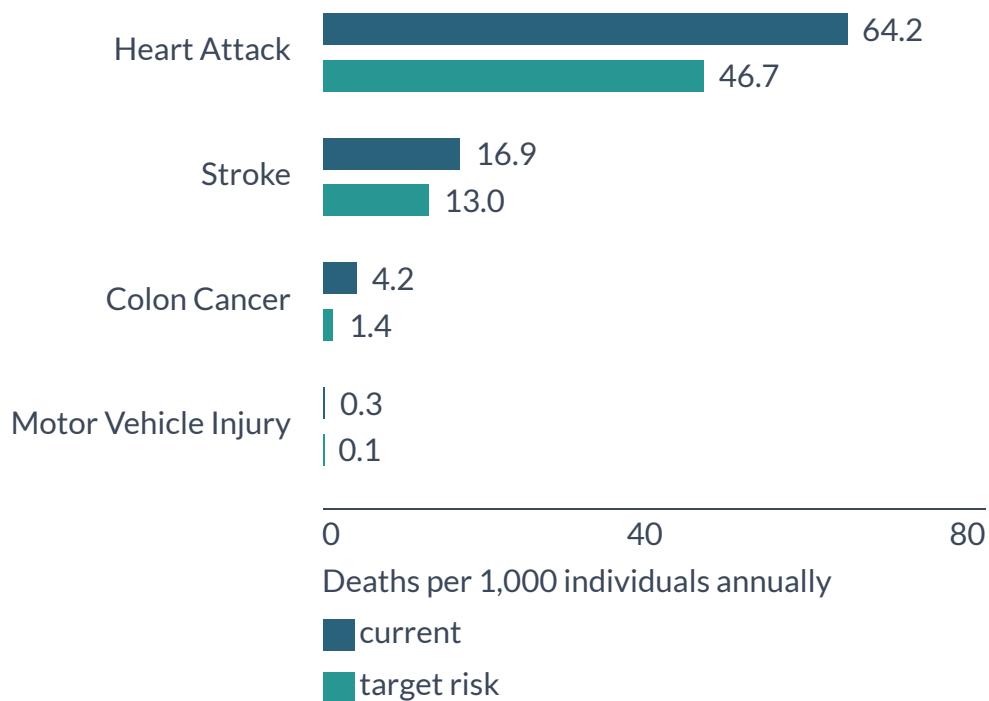
Routine preventative services recommended for men your age:

- Get a flu shot every year.
- Have your cholesterol and blood pressure checked.
- Get a dental exam regularly.
- All adults should get tested for HIV at least once as part of routine health care.
- See your doctor for colorectal screening.
- Adults born between 1945 and 1965 should be screened once for HCV infection.

General recommendations for everyone:

- Exercise briskly for 20-60 minutes at least three times per week
- Choose a variety of foods that are low in fat and high in fiber

Mortality Risks of the most common causes of death:



How to lower your risks:

Heart Attack and Stroke: Avoid all tobacco products, maintain a healthy weight, and keep healthy blood pressure and cholesterol levels.

Motor Vehicle Injury: Drive the speed limit, wear your seat belt, and don't drink and drive.

Diabetes Mellitus: Control your weight and follow your doctor's advice.

Lung Cancer: Avoid all tobacco products.

Stress Risk



You are currently at a slightly higher than average level of stress. It is important for you to

- (1) Identify your sources of stress
- (2) Reduce your exposure to stress if you can
- (3) Do things that help you feel better. These could include exercise, eating healthy, getting enough rest and sleep and finding a coping mechanism that works well for you (e.g. meditation, breathing exercises, prayer).

Sleep Risk



You are currently at a higher level of risk due to poor sleep quality than most people. It is important for you to

- Keep a consistent sleep schedule
- Get close to 7 hours of sleep per night
- Avoid screen time (phone, tablet, or TV) just before bedtime

If these strategies are not effective at helping with sleep, talk to your doctor.

Nutrition Risk



You are doing a few good things with your diet. Keep that up and try to work on the things that put you at a higher risk than most people. Think about talking with your doctor soon about seeing a nutritionist and making changes to what you eat and drink. It can be helpful to start with small changes. Some options to consider are:

- Eating 1 more healthy food each day
- Eat 1 fewer unhealthy food each day
- Replace one sweetened drink with an unsweetened or lightly sweetened drink each day
- Replace a snack or desert with a piece of fruit or handful

Burnout Risk

Your responses indicate no risk of burnout

Mental Health

Depression Risk



Your answers show no sign of depression. This is a good sign for your overall mental health.

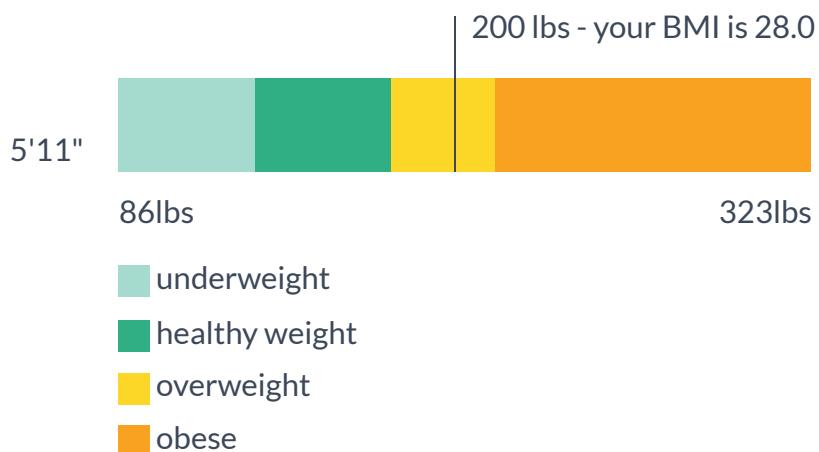
Anxiety Risk



Contact your health care provider or a counselor. Your answers show signs of moderate to severe anxiety. Anxiety can be the result of physical, mental, or social conditions -- and it can be treated. Try to eat in social settings. Reduce or eliminate alcoholic beverages. Following your health care provider's advice on the proper use of medicines will reduce the risk of anxiety as a side effect.

Physical Health

Body Weight Risk



Your BMI is 28.0, indicating your weight is in the overweight category for adults of your height.

For your height, a normal weight range would be from 132 to 178 pounds.

People who are overweight or obese are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol.

Cardiorespiratory Fitness Risk



Very High Risk: You have a much higher than average mortality risk based upon your cardiorespiratory fitness. You may be able to improve by exercising more often at a level that increases your heart rate. Talk to your doctor

about beginning what exercise is right for you. For many people a good way to start exercising is to go for a regular walk. You can make exercise more fun by bringing a friend or a pet.

Action Plan

Print and complete this personal action plan with your healthcare provider. Keep it in your home to remind you of your commitment to living a healthy life.

My Health Goals

- Eat Healthy
- Lose Weight
- Keep Exercising

- Lower Blood Pressure

Specific Actions

<input type="checkbox"/> Eat some fruits and vegetables every day	<input type="checkbox"/> Avoid sodas and other sweetened beverages	<input type="checkbox"/> Limit my intake of fast food
<input type="checkbox"/> Take the stairs instead of the elevator	<input type="checkbox"/> Ride my bike or walk instead of driving	<input type="checkbox"/> Do some light exercise every day
<input type="checkbox"/> Replace high fat foods with leaner options	<input type="checkbox"/> Lower my sodium (salt) intake	<input type="checkbox"/> Always use a seat belt
<input type="checkbox"/> Drive within 5mph of the speed limit	<input type="checkbox"/> Never drink and drive or drive with a drunk person	<input type="checkbox"/> Wear my helmet while riding a bike
<input type="checkbox"/> Have my feet checked by my doctor	<input type="checkbox"/> Have an eye exam	<input type="checkbox"/> Complete an annual wellness visit
<input type="checkbox"/> Review my list of medicines with my doctor	<input type="checkbox"/> Get a cholesterol test	<input type="checkbox"/> Have my blood pressure checked
<input type="checkbox"/> Take my medicines as prescribed	<input type="checkbox"/> Get a flu shot	<input type="checkbox"/> Get a good night's sleep every night

Deaths per 100,000 men over the next 5 years

This table shows the chances of you dying from different causes. The risk numbers are created by combining your answers with the results of scientific research. Higher numbers mean greater risk, and lower numbers mean lower risk.

Cause of death	Men on average	Men like you	Men like you who live healthy
1. Heart Attack	4712	6420	4665
2. Lung Cancer	1240	960	960
3. Stroke	1181	1690	1300
4. Diabetes Mellitus	1019	1019	1019
5. Emphysema/Bronchitis	920	184	184
6. Prostatic Cancer	687	687	687
7. Stomach Cancer	670	670	670
8. Influenza/Pneumonia	510	482	482
9. Alzheimers	455	455	455
10. Colon Cancer	416	416	137
11. Pancreatic Cancer	349	320	320
12. Liver Cirrhosis	329	227	227
13. Leukemia	322	322	322
14. All Other Unintentional Injury	305	305	305
15. Lymphoma	251	251	251

Provider Report

Your provider should discuss the information below with you:

Cardiovascular

Indicators	Risk Level	Assessed Values	Units
Weight	Average	200	lbs
BMI	Average	28.0	kg/m ²
Blood Pressure		no	
Medication			
Total Cholesterol	Average	225	mg/dl

Personal Risk Factors

Indicators	Risk Level	Assessed Values	Units
Drunk Driving	Low	0	Trips/Month
Alcohol Use	Low	6	Drinks/Week
Depression Screen (PHQ)	Low	3	
Anxiety Screen (GAD)	Average	10	
VO ₂ max	Average	31.4	
ASCVD Risk			

Preventative Service Risks

Indicators	Risk Level	Assessed Values	Units
Last Colorectal Screening			

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