



202Test User 4400114
6021 N. Park Blvd & 3rd
(Rear)
Apt: 4D
New Maple, NH 70893

Dear 202Test,

Congratulations! You have completed MyHealthProfile. We are excited to present your results in this confidential report.

Participation in this program can help you improve your health. To gain the most from this program, follow these simple steps:

- Review the results of this report.
- Learn about your individual health risk factors.
- Take a look at the report's healthy suggestions for improving your score over the next few months.
- If you have any concerns about your results or receive a noted "alert" in your report, share the results with your health care provider.

Your MyHealthProfile Report

Your MyHealthProfile Report provides information about *your* health, along with a simple way to monitor changes in your risk profile. You may not be aware of any health risk changes because many are "silent" or without symptoms. This report is intended to make you more aware of potential risks you may have, so you can take a more active role in managing your health to avoid common conditions like heart disease, diabetes, hypertension (high blood pressure) and certain cancers.

Your MyHealthProfile Risk Score

Your MyHealthProfile Risk Score is based on certain lifestyle and health conditions you reported when you completed MyHealthProfile. These risk factors are associated with premature illness, high health care costs and lost work days. The scoring system is based on research published by the University of Michigan's Health Management Research Center. Your goal should be to achieve or maintain a "low" risk score in order to lower the likelihood of developing these conditions.

Based on the scoring chart below, your MyHealthProfile Risk Score qualifies as **High Risk**.

Low Risk Fewer than 3	Medium Risk 3 - 4	High Risk 5 or more
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Pregnancy

Your answer on the MyHealthProfile report indicates that you are pregnant. Pregnancy involves several physiological changes which are often reflected within the MyHealthProfile Risk Score.

During the term of pregnancy, it is common to see increases in body mass index and body fat. Other measurements that may be affected include but are not limited to blood pressure, glucose and cholesterol. Because all females respond to pregnancy differently, myhealthIQ can not accurately rate the risk of elevated biometric or lab values. All categorizations of risk have been made using the same ranges of non-pregnant individuals. It is important that you consult the physician associated with your prenatal care. Only they will be able to distinguish if the physiological changes you're experiencing are of a healthy nature.

Should you have additional questions regarding your report, please contact the myhealthIQ support line at (866) 449-9705.

Next Steps

After reviewing your MyHealthProfile Report, we encourage you to:

1. Make positive changes in your life that will decrease your overall health risks.
2. Talk to your health care provider about these risks, if needed.

If you follow these steps, you will be on your way to improving your MyHealthProfile Risk Score and your future health.

If after reviewing your results you have any questions, please contact Healthways Customer Service at (866) 449-9705 Monday-Friday, 9:00 a.m.-5:00 p.m. Central Time.

Thank you for participating.
To your good health,

The myhealthIQ team at Healthways, Inc.

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High
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MyHealthProfile >







202TEST USER 4400114

The outcome of your Health Risk Assessment indicates that you are at a High Risk status for development of lifestyle related diseases and conditions. Please review your report to better understand the lifestyle behaviors you'll want to monitor or change to insure your continual good health.

HEALTH RISK ASSESSMENT SUMMARY

The following information is generated from your Health Risk Assessment answers. You may learn about the areas of your health that you are managing well. You may also discover unknown risk factors and uncover areas of your lifestyle that can be improved. Please look at this report carefully. You may also want to discuss it with your doctor or health care provider to determine what aspects of your lifestyle you can change to improve your overall health.

	Minimal Risk	Moderate Risk	Medium Risk	High Risk	Extreme Risk
Blood Pressure					
Emotional Health					
HDL (Good) Cholesterol					
Health Related Fitness					
LDL (Bad) Cholesterol					
Physical Health					
Safety					
Tobacco Use					
Total Cholesterol					
Total Cholesterol / HDL Ratio					
Work and Family					

Safe Sex	
Body Mass Index	
Alcohol & Substance Abuse	
Women's Health	
Printed Date:7/13/2007 4:12:07 PM	Scored Date:5/21/2007 8:58:18 AM

BLOOD PRESSURE

Extreme	High	Medium	Moderate	Minimal
According to the information you provided on the Health Risk Assessment, you do not know your current blood pressure. Knowing your actual blood pressure provides awareness on your current health status and can help identify ways in which to improve your health.				

EMOTIONAL HEALTH

Very poor	Poor	Fair	Good	Excellent
<p>From your self-assessment results, your risk score in the area of emotional health and stress is in the high to extreme range, based on the stressors and concerns you report. You have indicated that stress has had a major and unpleasant impact in your life, affecting your health, mood, ability to do your job, or perhaps all of these. You are experiencing the warning signs of excessive stress, such as changes in sleeping habits, feelings that seem out of control, or difficulties getting along with those around you. If high levels of stress are not managed, other physical and mental health consequences can occur.</p> <p>Everyone can benefit from support at times when life's demands upset the normal balance. In fact, coping with what life brings is a skill, one that we all can continue to develop and refine as life's demands change over time.</p> <p>Based on the level of risk you experience, it is important that you consider taking steps now to reduce stress and get support to improve your satisfaction with life. Although it is often hard to take the first step, you can make progress by contacting your health care provider, health plan, mental health provider, or other support programs to learn about making positive changes. People who experience this level of risk often recover from difficult symptoms and unpleasant emotions, and go on to achieve a more balanced and satisfying life.</p> <p>Here are some simple steps you can take:</p> <ul style="list-style-type: none">• Discuss your concerns with your health care provider who can provide additional information on emotional health issues and, if appropriate, refer you to other resources.• Call your health plan's customer service number to request information about other resources that may be available to you.• Arrange an appointment with an emotional health counselor. The counselor can help you identify the problems you need immediate assistance with and can arrange additional services and treatment that fits your needs.• Attend a meeting of a self-help organization in your area. Groups offer support and encouragement from people who have made significant positive changes in their lives. Information about self-help and support groups is available through the National Mental Health Association.• If you are experiencing abuse from a member of your family, you can find immediate assistance and make plans to improve your personal safety and the safety of your loved ones: Help in dealing with domestic abuse, and information about a safe shelter near you is available by calling this number: National domestic violence Hotline 1-800-787-3224. <p>Effectively managing stress means setting aside time for regular relaxation, physical activity, talking with friends, and/or social activities.</p> <p>You answered that you don't effectively practice stress management right now, but you are ready to within the next 30 days. That means that you're in the Preparation stage.</p> <p>This is a great place to start! One of the best strategies you can use in this stage is to <u>change your environment</u>. Doing this can help you be ready to take action and start relying on healthy strategies to manage stress. Here are</p>				

some changes you could try.

- Make a checklist of five different healthy, enjoyable activities you could do when you're having a stressful day.
- Avoid stressful situations when possible.
- Keep a list of phone numbers of friends handy so you can call them when you are stressed.
- Put pictures of peaceful scenes in your home or office.

Small changes in your environment can lead to great results! What other small changes can you make to help you regularly manage stress?

Depression is not just "feeling blue" or "down in the dumps." Symptoms of depression include sadness, trouble concentrating, low energy, changes in sleep or appetite, and loss of pleasure in activities you once enjoyed.

Your answers show that you may be experiencing symptoms of depression. Using effective methods to prevent depression can help you improve your mood and sense of well-being.

Effective methods for preventing depression include:

1. Controlling negative thinking every day
2. Engaging in healthy, pleasant activities on most days
3. Practicing stress management on most days
4. Exercising for 30 minutes or more on most days
5. Getting professional help when needed.

Which of these methods are you currently using? Are there any methods that you could use more often?

HDL (GOOD) CHOLESTEROL

Extreme	High	Medium	Moderate	Minimal
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According to the information you provided on the Health Risk Assessment, you do not know your current HDL Cholesterol. Knowing your actual HDL provides awareness on your current health status and can help identify ways in which to improve your health.

HEALTH RELATED FITNESS

Very poor	Poor	Fair	Good	Excellent
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Your self-assessment of your participation in routine fitness activities is Very Poor.

Health-related fitness helps you feel your best and reduces the risk of heart attack, colon cancer, diabetes, and high blood pressure. Being fit gives you more energy throughout the workday and also for your leisure time.

Your fitness rating is based on an evaluation of two areas of fitness: Aerobic Fitness and Muscular Fitness. You should incorporate both types of Fitness into your workout regime.

1. Aerobic (cardio-respiratory) fitness is the body's ability to use oxygen efficiently and depends upon the condition of your heart, lungs, and muscles. This type of fitness increases the amount of oxygen that is delivered to your muscles, which allows them to work longer. Experts recommend activity at moderate intensity (equal to a brisk walk) for 30 minutes a day, 5 days a week or more to start with, and building up to vigorous exercise for 20 minutes a day, 3 times a week or more. (Vigorous exercise is done at a pace

that increases your heart rate to 70% or more of your maximum heart rate. Your maximum heart rate is the fastest your heart can beat at a maximum activity level. To find your target heart for exercising, use the target heart rate calculator.)

2. Muscular fitness includes building stronger muscles and increasing how long you can use them (endurance). Resistance training through weight lifting and body movements such as push-ups can improve muscular fitness.

Keep in mind that you may be fairly fit in one area (perhaps aerobic fitness) but just getting started with another (muscle strengthening). To get the best benefits of exercise, it is important that you include both types of exercise in your regular exercise program.

You're in **Preparation**, the third stage of change, for regular moderate exercise. This means you're ready to exercise 30 minutes a day, 5 to 7 times a week within the next month. This is a good place to start.

A helpful strategy in this stage is to **make a commitment** to exercise regularly. Here are some steps that can help you start.

- Tell others about your plan.
- Pick a date to start exercising regularly.
- Write down your commitment to exercise and place it in a spot you see every day, like your mirror.

These kinds of small changes will help you get even closer to making exercise a regular part of your life.

LDL (BAD) CHOLESTEROL

Extreme	High	Medium	Moderate	Minimal
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According to the information you provided on the Health Risk Assessment, you do not know your current LDL Cholesterol. Knowing your actual LDL provides awareness on your current health status and can help identify ways in which to improve your health.

PHYSICAL HEALTH

Very poor	Poor	Fair	Good	Excellent
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Your self-assessment of your physical health is Very Poor.

Keeping a positive outlook on your health helps you remain healthy. Every day you make decisions that affect your health and well-being: what you eat, what company you keep, what risks you take, what you do for exercise. These decisions often lead to habits that stay with you throughout your life.

This Health Risk Assessment is designed to help you improve your health by identifying your individual risk areas, providing information, and encouraging you to consider the benefits of preventive care, timely treatment, and perhaps changing some behaviors to decrease your risk of illness or injury. Individuals who protect their health have a better chance of remaining healthy and productive throughout their lives.

If you are concerned about your physical health, contact your health care provider to discuss your concerns. He/she can help you evaluate your risks and create a plan to improve your health to a state you can be happy with.

You responded that you have seen a dentist within the past 12 months.

The American Dental Association recommends having your teeth cleaned and an oral exam performed at least twice a year. Although you may properly brush and floss every day, small amounts of minerals and plaque remain that require professional cleaning. Routine oral exams are used to check for tooth decay and periodontal (gum) disease.

Recent studies suggest that periodontal (gum) disease increases the risk of heart attack, stroke, diabetes and other systemic conditions.

For more information, visit Basic Dental Care

Speak to your health care provider about aspirin

Studies show that taking a daily dose of aspirin may reduce your risk of a cardiovascular event such as a heart attack or stroke. Aspirin therapy has been proven to greatly benefit individuals diagnosed with cardiovascular disease (CVD) and may benefit those with no previous diagnosis of CVD but who are at high risk for developing coronary heart disease.

Aspirin therapy, even at low doses, can increase your risks of gastrointestinal bleeding (bleeding in your stomach) and hemorrhagic stroke (bruising or swelling of the brain). Because of the possible side effects of this medication, it is important to first consult your health care provider prior to its daily use.

SAFETY

Very poor

Excellent

You responded that you wear seat belts less than 100% of the time.

Motor vehicle accidents are a leading cause of death in the U.S., accounting for more than 40,000 fatalities each year. Wearing your seat belt 100% of the time while driving or riding in a vehicle has tremendous potential for preventing injuries, saving lives, and reducing costs associated with accidents. Lap and shoulder belts have been shown, when properly fastened, to prevent passengers from being thrown around or outside of the vehicle and from being launched through the windshield. Although injuries are still possible, wearing your seat belt can potentially save your life. More than two-thirds of all accidents and fatalities can be prevented by abiding by posted speed limits, avoiding excessive lane changes, stopping at yellow lights, and keeping a safe distance between you and the vehicle in front of you. Also remember to avoid driving when you are drowsy and never drive while under the influence of alcohol or drugs.

Research has found that lap/shoulder seat belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45% and light truck occupants by 60%.

Resource:
National Highway Traffic Safety Administration - Research - Fatality Reduction by Safety Belts for Front-Seat Occupants of Cars and Light Trucks

Additional information on this topic can be found at
<http://www.nsc.org/issues/drivsafe.htm>

TOBACCO USE

Extreme

High

Medium

Moderate

Minimal

Still Smoke

You indicated on your Health Risk Assessment that you currently smoke cigarettes.

More than 430,000 people die each year from tobacco-related diseases, and cigarette smoking is the number one preventable cause of death in the United States. Quitting smoking is the most important thing you can do to improve your own health. It's never too late to quit.

If you quit smoking-no matter how old you are or how long you've been smoking-you will decrease your risk for:

- Heart attacks and strokes. Smoking only a few cigarettes a day (1 to 4) increases your risk for coronary artery disease. If a person who smokes has a heart attack, his or her risk for sudden death is twice as great as the risk for a person who does not smoke.
 - During the first year after you quit, your risk for heart attack is reduced by 50%.
 - Within 5 years after quitting, your additional risk is almost gone.
 - If you already have coronary artery disease, you can reduce your risk of a second heart attack and possibly sudden death by quitting smoking.
- Lung cancer and other lung diseases.
- Other cancers. Smoking can lead to cancer of the voice box (larynx), mouth, throat, esophagus, intestines, bladder, kidney, and pancreas. After you quit, your risk of developing these cancers gradually declines.
- Ulcers. Smoking can lead to the development of stomach ulcers. Smoking also makes some ulcer medications less effective. If you have an ulcer and quit smoking, your ulcer will heal faster and you will reduce the risk of developing another one.
- Impotence and fertility problems.
- Gum disease and other dental problems. Smoking can lead to gum (peridontal) disease. People who smoke are twice as likely to lose teeth as people who do not smoke.
- Early death.

Some people use smokeless tobacco because they believe it is less harmful than smoking. However, there are many health risks related to smokeless tobacco. Smokeless tobacco causes white, leathery patches or lesions (leukoplakia) to form on the cheek or gum after 3 to 5 years of use. These white lesions can eventually develop into cancer of the mouth (oral cancer), which may involve the lip, tongue, or cheek.

The increased risks for heart disease and high blood pressure are about the same for people who smoke as for users of smokeless tobacco. People who use smokeless tobacco have 2 to 3 times more cases of gum disease and other severe dental problems than people who do not smoke or use smokeless tobacco.

TOTAL CHOLESTEROL

Extreme	High	Medium	Moderate	Minimal
According to the information you provided on the Health Risk Assessment, you do not know your current Total Cholesterol. Knowing your actual Total Cholesterol provides awareness on your current health status and can help identify ways in which to improve your health.				

TOTAL CHOLESTEROL / HDL RATIO

Extreme	High	Medium	Moderate	Minimal
According to the information you provided on the Health Risk Assessment, you do not know your current Total Cholesterol/HDL ratio. Knowing your actual Total Cholesterol/HDL ratio provides awareness on your current health status and can help identify ways in which to improve your health.				

WORK AND FAMILY

Very poor

Poor

Fair

Good

Excellent

Your self-assessment of the balance you have between your personal and work life is **Very Poor**.

People increasingly manage a wide range of activities, interests, and relationships in their personal lives while striving to meet the increasing demands of the workplace. However, each of us has only a limited amount of time and energy. Having your personal and work life out of balance can hurt you, your family, and your work. Finding the right balance for you can reduce stress, increase productivity, and improve quality of life.

It is challenging to always maintain the right balance between personal and work life, but using the following steps can help you:

- **Become aware of where your time is going** - Keep track of your time for at least a week. Write down how much time you spend on the phone, watching TV, shopping, cleaning, taking breaks at work, etc. Once you have this list completed, analyze it and work on possible changes.
- **Delegate your work** - If you are overwhelmed with all your responsibilities let your co-workers, boss, or family members know and ask them to assist you.
- **Set priorities and stay focused on them** - Use the "ABC Method" to make a to-do list of all the things that need to get done. You categorize each task as either A, B, or C.
 - A= absolutely must get done today
 - B= should get done today, but could wait
 - C= would be nice to get to today, but doesn't really matter
 - Then you rank the tasks in priority for each category (e.g. A1, A2, B1, B2) and get to work. Even if you only get to one of the items on your list, you still took care of the most essential items.
- **Stop Procrastinating** - Procrastination is a huge time and energy drainer.
- **Automate Tasks** - There are a lot of administrative tasks that you can automate (e.g. automatic bill payment, auto deposit, using a cleaning service, etc.).
- **Set Strong Boundaries** - Take responsibility for creating stronger boundaries with your family members and co-workers. Set guidelines for when you can and cannot be interrupted. Communicate your policy to others and then stick to it.
- **Do Not Over-Commit** - Learn to say NO, with a smile and a firm conviction. Make sure you have plenty of time to get your work done first and that whatever you commit to is within your physical and emotional abilities. Then if you can spare some time to help others, that's fine.
- **Schedule Time by Blocks rather than Tasks** - Simply allot a given amount of time to a specific task, then move on to the next task. This ensures that you will make measurable progress on each assignment without getting stressed out.
- **Be Patient with Yourself** - Incorporating these new methods requires constant practice. Even if things don't go the way you desire, recognize it and work on doing it better the next time. Everything happens in little steps, one after the other, over and over, through time.

SAFE SEX

High

Minimal

You responded that you practice **safe sex** less than 100% of the time.

Unprotected sexual activity poses a risk for acquiring a Sexually Transmitted Disease (STD)/Sexually Transmitted Infection (STI).

Many individuals may not have symptoms of an STD/STI but are still able to spread an infection.

Completely avoiding sexual activity is the only certain method for preventing an infection.

Preventing a Sexually Transmitted Disease (STD)/Sexually Transmitted Infection (STI) is easier than treating it once an infection occurs.

STDs/STIs refer to a variety of bacterial, viral and parasitic infections that are acquired through sexual activity.

STDs/STIs affect individuals of all ages, backgrounds, and socioeconomic levels. According to the American Social Health Association, approximately 19 million new cases of STDs/STIs occur each year in the United States. At least one-fourth occur among individuals between the ages of 15 and 24. More than one half of all sexually active individuals will be infected with an STD/STI at some point in their life.

The most common STDs/STIs in the US are Chlamydia, Genital Herpes, Gonorrhea, Human Papilloma Virus/Genital Warts, Syphilis, Hepatitis B and HIV

For additional information on STDs/STIs, click on <http://www.cdc.gov/std/default.htm>

BODY MASS INDEX

Extreme	High	Medium	Moderate	Minimal
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Using your self-reported height and weight, your Body Mass Index (BMI) calculation equals 29.4. This puts you at Medium Risk.

IMPORTANT: Due to your self-reported response of being pregnant, your BMI will probably be higher than normal. This is due to the normal changes in pregnancy including an increase in weight and an increase in fat tissue. Therefore, BMI cannot be used during pregnancy to evaluate women for weight and body composition. Although we report this information to you even if you are pregnant, these measurements will NOT impact your ability to receive your company's incentive - if one is offered to you. It is important you do not take any action based on your BMI during your pregnancy. Please contact your health care provider if you have questions about exercising, nutrition or your weight during pregnancy.

What is BMI?

Body Mass Index determines if you are at a healthy weight for your height and gender. It is calculated by taking your height and your weight, and gives you information about how your weight compares to others at the same height and who are the same gender. The BMI reference ranges come from the Centers for Disease Control and Prevention guidelines.

An elevated BMI may put you at risk for certain diseases--such as heart disease, high blood pressure, stroke, cancer, and type 2 diabetes. Improving your BMI can improve your health and help prevent disease.

In some cases, extremely active individuals will have an artificially high BMI. Active individuals tend to be more muscular, and since muscle weighs more than other body tissues, these individuals will have a higher weight compared to others at their same height (which will give them a higher BMI). This will make them seem like they are at more risk, but they are actually considered healthy.

How Can I Improve my BMI?

In general, exercise and dietary changes are needed to improve BMI. Exercise should include aerobic activities such as walking or swimming and weight training exercises such as lifting free weights or using weight machines. Aerobic activities are generally best at helping you lose weight and improving your BMI. Weight training exercises are generally best at increasing your amount of lean muscle tissue compared to your fat tissue.

Dietary changes can also improve your BMI. By taking in fewer calories every day, your weight - and therefore your BMI - will decrease. The best way to improve your BMI is to improve your diet and also increase your physical activity or exercise.

Remember: Before you start any exercise program or change your diet, it is important to talk to your health care provider. He or she may have specific restrictions on exercise and/or diet based on your health history - or may even have suggestions to help you.

ALCOHOL & SUBSTANCE ABUSE

Extreme	High	Medium	Moderate	Minimal
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Your risk score in the area of alcohol and drug use is in the minimal to low range.

You most likely avoid the serious consequences and risks associated with the use of alcohol and drugs. If you use alcohol, such use does not cause you significant problems with your family, friends, or co-workers and has little impact on the quality of your life.

People who want to maintain a healthy and satisfying life can monitor their behavior and the risks associated with it. With accurate information and on-going support, even people who experience minimal or low risk can strengthen their ability to cope with life's difficulties. They can take steps to:

- Learn new ways to relax and reduce stress
- Improve their skills of communication and self-management skills
- Maintain good networks of support during stressful times
- Learn more about the long-term impact of alcohol use
- Review their company benefits plan for confidential resources such as your health plan or mental health provider to find assistance to deal with the normal difficulties that life presents

Information about the long-term effects of alcohol and drug use is available at:

Alcohol: <http://www.niaaa.nih.gov/FAQs/General-English/default.htm>

Other Drugs: <http://www.drugabuse.gov/Infofacts/index.html>

Information about self-help groups in your area is available at:

Check your local telephone directory under Alcoholics Anonymous <http://www.alcoholics-anonymous.org/?Media=PlayFlash>

Alcoholics Anonymous Site Call 1-800-4AL-ANON <http://www.al-anon.org/>

WOMEN'S HEALTH

Extreme	High	Medium	Moderate	Minimal
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Following the routine screening guidelines listed below allows you and your health care provider to identify potential health issues or conditions earlier in their progression, begin treatment quicker, and improve your chances of successful treatment.

Use the graph below to determine which routine screenings are appropriate for you. Please also discuss routine screenings with your physician to determine if you have different needs due to family or personal health history.

Test Name	Purpose	Recommendations
Mammography	To screen for potential breast cancer.	Yearly mammograms often are recommended for women older than age 40 and for women who have a strong family history of breast cancer, even if they are younger than 40.
Colorectal Screening	To screen for potential colon cancer.	Routine screening is often recommended for women who are older than age 50. You may need to begin screening earlier if you have Crohn's disease or ulcerative colitis. The frequency of screening depends on the type of test you receive. Discuss how often you should have a colorectal screening with your doctor or health care provider.
Pap Smear	To screen for potential cervical	The frequency for having Pap tests depends on your age and risk factors for cervical cancer. Testing should start within 3 years of a woman beginning sexual intercourse, whatever age that may be, but no later than

cancer. 21 years of age. Women younger than 30 years old should have yearly Pap tests. Talk to your health care provider if you are older than 30 because screening recommendations are based on your risk factors. You should continue to have regular Pap tests until you have had 3 normal Pap tests within the last 10 years and you are at least 65 to 70 years of age.

Pregnancy

Being of child bearing age, it is important to consider your health and lifestyle habits whenever the possibility of becoming pregnant exists. Many women don't realize they are pregnant for several weeks after conception; during this time the brain, heart and other organs start to develop within the fetus. Exposure to tobacco, alcohol and some drugs along with your current health condition may directly affect fetal development.

When planning a pregnancy, it is important to schedule a pre-pregnancy checkup with your health care provider to discuss your medical and family history, current medications and lifestyle habits. For more information on these topics, go to

http://www.acog.org/publications/patient_education/ab012.cfm?printerFriendly=yes

<http://www.marchofdimes.com/pnhec/173.asp>

Blood Pressure and Pregnancy

Elevated blood pressure during pregnancy requires close monitoring by your physician for signs of complications. Hypertension may limit blood oxygen supply to the fetus resulting in development of the fetus and possible premature birth. Uncontrolled high blood pressure may also result in Preeclampsia which is a life-threatening condition for both the mother and unborn child. For more information on this topic, go to

Blood Pressure

<http://www.marchofdimes.com/pnhec/188.asp>

http://www.acog.org/publications/patient_education/bp034.cfm

Weight Control and Pregnancy

Because all females respond to pregnancy differently, Healthways can not accurately rate the risk of elevated body mass index and body fat. Classification of risk has been made using the same ranges of non-pregnant individuals. It is important that you consult the physician associated with your prenatal care. Only they will be able to distinguish if the physiological changes you're experiencing are of a healthy nature. For more information on this topic, go to

<http://www.marchofdimes.com/pnhec/159.asp>

Glucose and Pregnancy

Elevated glucose may be a sign of Gestational Diabetes which may affect fetal development and may cause problems during childbirth. It is highly recommended that you share these results with your health care provider. For more information on this topic, go to

Glucose

http://www.acog.org/publications/patient_education/bp051.cfm

<http://www.marchofdimes.com/pnhec/188.asp>

Smoking and Pregnancy

Smoking while pregnant does not only hurt you, it may also cause complications during your pregnancy and for the entire life of your child. Possible birth defects include low birth weight, premature birth, stillbirths, cleft lip/palate, cerebral palsy, mental retardation and learning difficulties to name a few. For more information on this topic, go to

http://www.marchofdimes.com/pnhec/159_155.asp

EATING HABITS

If you feel that your diet needs improvement, we recommend that you consult with a dietician to learn how your diet directly affects the way you feel and perform and can decrease your risk of illness. A good dietician can quickly make recommendations that will allow you to enjoy the foods you like, improve your consumption of healthier foods, and change your diet based on your current health needs.

Some ideas to stay healthy, avoid disease, and prevent weight gain include:

- Eat a diet rich in fruits, vegetables, whole grains, and nonfat dairy products
- Watch how many calories you eat
- Pay attention to serving size
- Limit alcohol
- Cut back on foods high in salt, saturated fat, trans-fat, cholesterol, and added sugars.

Healthy Eating means doing both of the following:

- Eating a diet that is low in fat
- Eating the number of calories that allows you to reach and maintain a healthy weight.

You are in the **Preparation** stage for healthy eating. This means that in the next month, you are intending to eat the appropriate number of calories and to eat a diet that is low in fat.

You have probably made some changes to the way you eat already. That's great!

In the Preparation stage it's time to **take control** of your environment. This means making small changes to your surroundings to make it easier to maintain a healthy diet. Think about when you are most tempted to eat high calorie, high fat foods. Is it when you are stressed? Busy? Bored? Here are some strategies others have found helpful:

- Keep healthy snacks on hand.
- Only shop on a full stomach.
- Remind yourself of your promise to eat a healthy diet.
- Eat only at restaurants with reasonable portion sizes and healthy options.
- Remove high-fat, high-calorie foods from the house if you can't eat them in small amounts.

Taking steps like these will help prepare you to take action and make healthy eating a part of your life. You can do it!

IMMUNIZATIONS

Recommended Adult Immunization Schedule for common wellness-related vaccines¹.

Vaccine	For Whom	How Often
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Everyone	Booster every 10 years
Influenza (flu)	Everyone age 50 and over should get a flu shot every year. Others may reduce their risk of getting the flu by getting vaccinated against influenza every year.	Annually
Pneumonia	Everyone age 65 and over. Recommended for some individuals less than 65 years of age with certain chronic medical conditions, weak immune system and/or other risk factors.	One (1) dose may be readministered after 5 years to individuals with certain chronic medical conditions and to those vaccinated before age 65.
Measles, mumps, rubella (MMR)--Rubella (German measles)	Females of childbearing age and an uncertain history of childhood immunizations, regardless of birth year, should consult their personal physician.	Women 50 and over should receive 1 dose if certain risk factors are

component		present.
Human papillomavirus (HPV)	HPV vaccination is recommended for all women aged <=26 years who have not completed the vaccine series.	

¹The above is general information based on recommendations by the Advisory Committee on Immunization Practices (ACIP). Please consult a physician familiar with your medical history and current medical conditions for personalized immunization advice.

HEALTH CARE RESOURCES