

PWP Advantage Trend Report

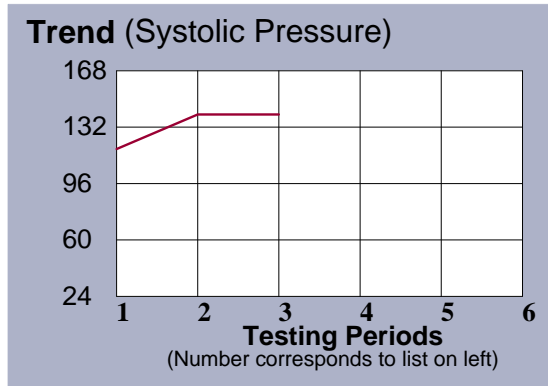
Profile for: Joe Sample

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Date 12-13-2007

Blood Pressure Your systolic blood pressure is 140

	Date	Systolic Pressure	Diastolic Pressure
	m-d-y	Goal is less than 120	Goal is less than 80
1	2/17/2006	118	85
2	2/9/2007	140	81
3	12/4/2007	140	90
4			
5			
6			

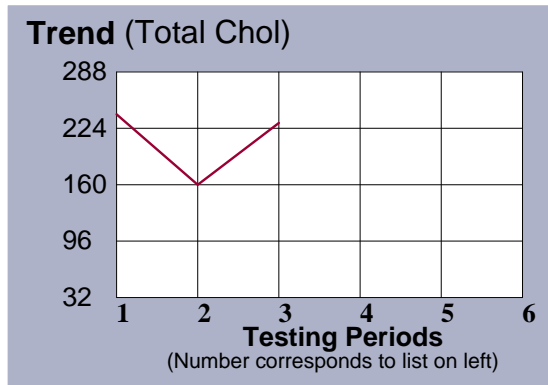
Progress: You've lowered your systolic blood pressure by 0
Note: Keeping your blood pressure under control is a key factor in reducing the risk for heart disease.



Cholesterol Your present cholesterol is 230

	Date	Total Chol	LDL Chol	HDL Chol
	m-d-y	Goal <200	Goal <130	45+M, 55+F
1	2/17/2006	240	138	67
2	2/9/2007	160	99	45
3	12/4/2007	230	135	38
4				
5				
6				

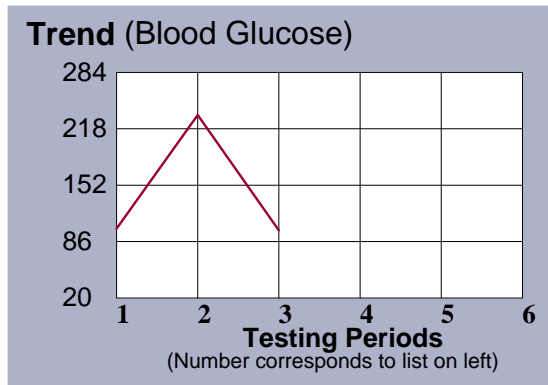
Progress: You've lowered your cholesterol by 10.00
Note: Reducing total & LDL cholesterol levels is an important step in reducing the risk of heart attack. A 1% drop in cholesterol reduces heart attack risk by 2%.



Lab Tests Your blood glucose level is 99

	Date	Blood Glucose	HbA1c
	m-d-y	Goal less than 100	Goal less than 5%
1	2/17/2006	101	---
2	2/9/2007	234	7.8
3	12/4/2007	99	7.5
4			
5			
6			

Progress: You've lowered your glucose by 2.00
Note: To maintain a healthy glucose level, maintain a healthy weight, get regular exercise, and eat unrefined foods higher in dietary fiber.



PWP Advantage Trend Report

Profile for: Joe Sample

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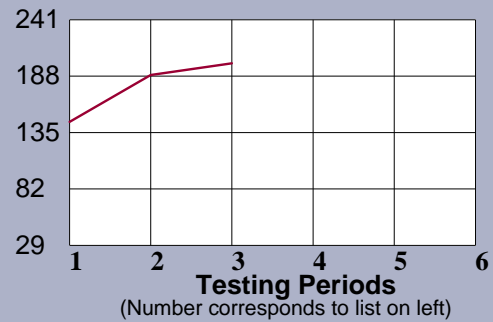
Weight Your present weight is 200

	Date	Weight	Body Mass Index
	m-d-y	---	Goal less than 25
1	2/17/2006	145	23.4
2	2/9/2007	189	30.5
3	12/4/2007	200	32.3
4			
5			
6			

Progress: You've reduced your weight by 0

Note: To keep down the risk for diabetes, heart disease and cancer, it is best to keep your weight in the healthy weight.

Trend (Weight)



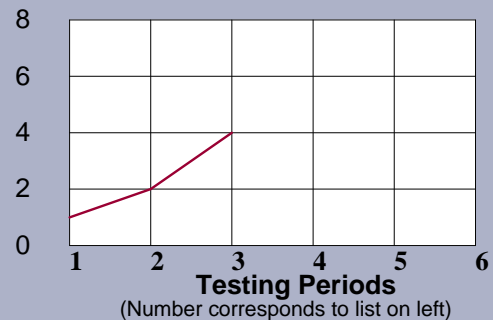
Physical Activity Days/week your physically active is 4

	Date	Active days/week	Strength exercises
	m-d-y	Goal is 5+	Goal is 2+/week
1	2/17/2006	1	1
2	2/9/2007	2	1
3	12/4/2007	4	2
4			
5			
6			

Progress: You've increased your active days/week by 3.00

Note: Physical activity has many benefits. It helps reduce the risk of over weight, diabetes, and heart disease. Maintain your physical activities most days of the week.

Trend (Active days/week)



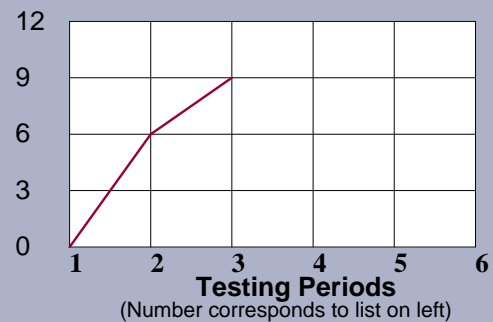
Smoking/Alcohol Your smoking score is 9

	Date	Smoking score	Alcohol score
	m-d-y	Goal is 6-9 points	Goal is 4-5 points
1	2/17/2006	---	5
2	2/9/2007	6	4
3	12/4/2007	9	4
4			
5			
6			

Progress: You've increased your score by 9.00

Note: Smoking is the greatest risk factor for increased disease in many countries. Smoking increases the risk for lung cancer, emphysema, and heart disease.

Trend (Smoking score)



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Profile for: Joe Sample

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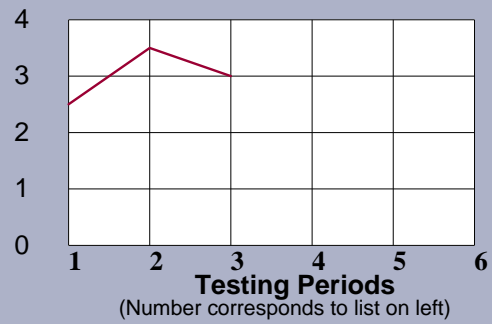
Fruits/Vegetables Your fruit/vegetable servings/day is 3

	Date	Fruit & Vegetable servings/day
	m-d-y	Goal is 5+ servings/day
1	2/17/2006	2.5
2	2/9/2007	3.5
3	12/4/2007	3
4		
5		
6		

Progress: You've increased your number of servings by 0.50

Note: Fruits and vegetables have been shown to be protective against some cancers and heart disease. They contain fiber, antioxidants, vitamins and minerals for health.

Trend (Fruit & Vegetable servings/day)



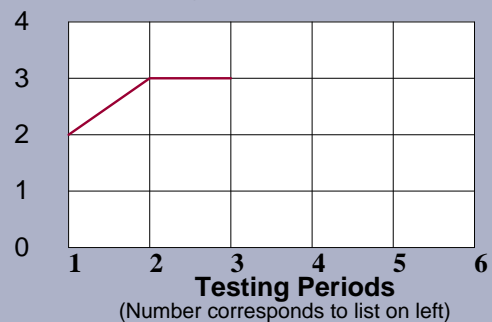
Whole grains & Nuts Your whole grain serv/day is 3

	Date	Whole grain foods	Nuts
	m-d-y	Goal is 3+ serv/day	Goal is 5+ serv/week
1	2/17/2006	2	2
2	2/9/2007	3	4
3	12/4/2007	3	4
4			
5			
6			

Progress: You've increased your whole grain servings by 1.00

Note: Whole grain foods like whole wheat bread, oats, and barley, are loaded with more fiber, antioxidants, vitamins and minerals than refined flour foods. They help reduce the risk for heart attack.

Trend (Whole grain foods)



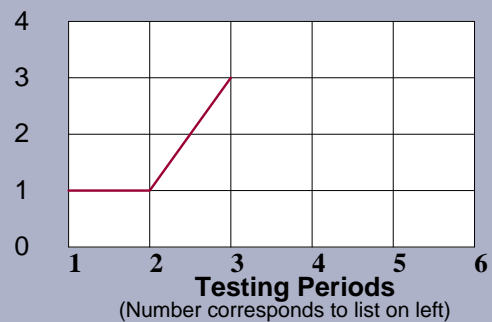
Stress & Happiness Your stress coping score is 3

	Date	Stress Coping	Happiness
	m-d-y	Goal score of 4-5	Goal is answer 3
1	2/17/2006	1	3
2	2/9/2007	1	2
3	12/4/2007	3	2
4			
5			
6			

Progress: You've increased your stress coping score by 2.00

Note: Life seems to be fast paced and full of stressful challenges. Learning how to cope with stressful situations without being over stressed is a very important part of a healthy lifestyle.

Trend (Stress Coping)



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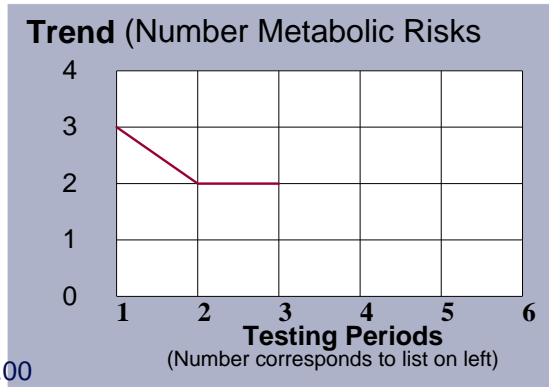
Profile for: Joe Sample

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Metabolic Syndrome risks Your number is 2

	Date	Number Metabolic Risks
	m-d-y	Ideal is 0, & below 3 recommended
1	2/17/2006	3
2	2/9/2007	2
3	12/4/2007	2
4		
5		
6		

Progress: You've reduced your metabolic syndrome risks by 1.00
Note: As the number of Metabolic syndrome risk factors increase above 3, so does the risk for heart disease. These risks are a high glucose, waist girth, triglycerides, blood pressure, or low HDL.



Overall Wellness Score Your Overall score is 41

	Date	Overall Wellness Score
	m-d-y	Goal is 60+
1	2/17/2006	47
2	2/9/2007	33
3	12/4/2007	41
4		
5		
6		

Progress: You've increased your Overall Wellness score by 0
Note: The Overall Wellness score is based on the number of key wellness indicators you currently meet. Points for each modifiable wellness factor make up your total score, with 100 points possible.

