

Your Health Score Matters!

Optional DO NOT SEND TO RETIREMENT, BENEFITS or HEALTHCARE 21- Understanding your health risks can help you make goals to improve your wellbeing. Talk to your doctor about your results.

For each topic, circle the description (in the green, yellow or red box) that best applies to you. If you are not sure, circle the yellow (Intermediate) choice.

Health Risk	Low	Intermediate	High
Numbers You Should Know	If you don't know these numbers, call your doctor. It takes only a few minutes to learn your numbers!		
Body Mass Index (kg/m²)	My BMI is between 19 and 25.	My BMI is between 26 and 30.	My BMI is over 30 or less than 18.
Blood Pressure	My blood pressure is less than 120/80 (with or without medications).	My blood pressure is between 120/80 and 140/90.	My blood pressure is over 140/90.
Cholesterol: (>) greater than (<) less than	Cholesterol < 200 HDL > 60 LDL < 100 Triglycerides < 150	Cholesterol 200–250 HDL 40–60 LDL 100–130 Triglycerides 150–250	Cholesterol > 250 HDL < 40 LDL > 130 Triglycerides > 250
Diabetes	Blood sugar < 100	Blood sugar 100–125	Blood sugar > 125
Physical Health			
Exercise	I exercise most days of the week with a combination of aerobic and weight/resistance training for > 30 minutes.	I exercise 3 days a week with aerobic training for > 30 minutes.	I am mostly sedentary, only exercising occasionally.
Nutrition	My food choices are primarily vegetables, fruits, lean sources of protein (including meat) and healthy fats with some whole grains.	I eat 4 or less servings of fruits and vegetables a day, fast food or fried foods occasionally, moderate intake of sugar and starch (potato, rice, pasta).	I eat fast food or fried food often, minimal fruits and vegetables, high intake of processed foods, high intake of sugar and starch (potato, rice, pasta).
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Health Risk	Low	Intermediate	High
Well-Being			
Stress Management	I am generally happy and optimistic most of the time. I have good coping strategies for stress.	I currently feel somewhat stressed. I could do better with coping strategies.	I feel down and/or stressed more often than not. I cope poorly with stress.
Tobacco Use	I have never used tobacco or have quit over 1 year ago.	I use tobacco occasionally at events or social gatherings.	I use tobacco at least several times a week in the form of cigarettes or chewing tobacco.
Alcohol Use	I have 1–2 drinks a day or none.	I have 2–4 drinks a day.	I have 5 or more drinks in any one day.
Cancer Risk			
Cancer Risk	I am up-to-date with my recommended cancer screening.	My recommended cancer screening is partially complete.	I have not had my recommended cancer screening.

Now calculate your Health Score:

- Count the circled statements in each column
- Multiply total by the numbers in each box
- Add the 3 sums to get your Health Score

<div style="border: 2px solid green; padding: 5px;"> <p style="text-align: center;">X 10 = </p> <p>Number of circles in green (low risk) column above</p> <p style="text-align: center;">Sum</p> </div>	+	<div style="border: 2px solid yellow; padding: 5px;"> <p style="text-align: center;">X 5 = </p> <p>Number of circles in yellow (int. risk) column above</p> <p style="text-align: center;">Sum</p> </div>	+	<div style="border: 2px solid red; padding: 5px;"> <p style="text-align: center;">X 0 = </p> <p>Number of circles in red (high risk) column above</p> <p style="text-align: center;">Sum</p> </div>	=	<div style="border: 2px solid blue; padding: 5px;"> <p style="text-align: center;">_____</p> <p style="text-align: center;">Your Health Score</p> </div>
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Interpreting your Health Score:

- 81–100** = Keep it up!
- 61–80** = Consider lifestyle change
- < 61** = Initiate lifestyle change