

## Health Risk Assessment Provider Report

Name	Mr. David Abel	HRA Date	Sep-29-2006
Gender	Male	Date of Birth	Jan-28-1950

### General Health

<b>• Overall risk level</b>	Healthy	2 high-risk factors
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### Lifestyle

<b>• Weight</b>	At risk	BMI: 30.2 Height: 5ft 10in Weight: 210lb <hr/> Readiness to change: Currently making changes
<b>• Eating habits</b>	Average	High-fat: Once a day High fiber: Several times a day <hr/> Readiness to change: Currently making changes
<b>• Activity/exercise</b>	At risk	Daily activity: Low Exercise: 1-2 days a week <hr/> Readiness to change: Intends to make changes within 6 months
<b>• Alcohol use</b>	Healthy	Drinks per week: 8-14 drinks Binge drinking: None <hr/> Readiness to change: Satisfied with current situation
<b>• Tobacco use</b>	Average	Smoking history: Ex-smoker Smokeless tobacco: No
<b>• Substance abuse</b>	Healthy	Use: Rarely or never
<b>• Stress</b>	Average	High
<b>• Motor vehicle safety</b>	Healthy	Buckle seatbelt: Always Driving speed: Less than 5mph over Driving under influence: Rarely or never

### Health Status

<b>• General</b>	Self-perceived health status: Good Days sick: 4-6 days Physician visits: 1-3 visits Rx medications: 1-3 medications
<b>• Checkups Due</b>	Physical examination Colonoscopy
<b>• Laboratory Results</b>	Blood pressure: 114/76 mmHg Total cholesterol: 162 mg/dL LDL cholesterol: 99 mg/dL HDL cholesterol: 43 mg/dL Triglycerides: 99 mg/dL Fasting blood sugar: 59 mg/dL

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## Medical History

- Personal History**
  - Exposure to air pollutants: Low
  - Fair (light colored) skin
- Family History**
  - Diabetes
  - High cholesterol
  - Hypertension

## Chronic Conditions