



**YOUR WEIGHT PROFILE**

See a Doctor About Your Unexplained Weight Loss

**IMPACT OF WEIGHT ON QUALITY OF LIFE**

Severe QoL impact

**WEIGHT-RELATED HEALTH CONCERNS**

You have 5 important health concerns

**Unexplained weight loss can have many causes. In some cases, it's due to a serious health condition.**

See a health care professional to figure out why you've lost more than 29 pounds in the past 6 months.

- Losing weight without wanting to or trying to isn't usually a medical emergency. But it's very important to see a doctor to determine the reason for weight loss.
- Only a health care professional can determine your ideal weight. Talk to a health care professional about the ways your weight impacts the quality of your life.
- Smokers have a higher risk of several important health problems. Programs to quit smoking should also include weight management support.

**The Healthy Weight Range**

The "healthy" weight range shown in the table is based on height alone.

**Your Ideal Weight**

Only a health care provider can determine the ideal weight for you.

In order to determine your ideal weight, a health care professional takes into account waist measurement, age, sex, mobility level, activity level, body shape, amount of muscle (versus fat), ethnicity, health history, and other important health concerns.

**Small Changes = Big Results**

By losing just five to ten pounds, people who are overweight can lower their blood pressure. High blood pressure is an important risk factor for heart disease and stroke.

With a few more pounds of weight loss (about 14 or so), some people have been able to cut their risk of developing type 2 diabetes in half.

Weight loss, like weight gain, happens one pound at a time. Help is available for people who are ready to make a change.

BMI Weight Categories	Weight Ranges for people 5'11" tall
<b>Underweight</b> (BMI under 18.5)	132 lbs. or less
<b>Healthy</b> (BMI 18.5 to 24.9)	133 to 178 lbs.
<b>Overweight</b> (BMI 25.0 to 29.9)	179 to 214 lbs.
<b>Obesity</b> (BMI over 29.9)	215 lbs. or more

Areas of Life Impacted by Current Weight*	You Reported
Physical	Yes
Emotional	Yes
Social	Yes
Other	No

\*See Report Page 3 for details.

## Results

Your weight profile shows your current body mass index (BMI) weight category.

### Body Mass Index (BMI)

Body mass index is a calculation that uses height to determine weight category. BMI is *not* a personalized recommendation of your ideal weight. In fact, your ideal weight may not fall within the calculated healthy weight range.

BMI is an easy way to estimate body fat. It's also used to help determine the risk for developing weight-related diseases. The main BMI weight categories are underweight, healthy weight, overweight, and obesity.

BMI is one of 3 ways that weight-related health risks are measured. The other ways are waist circumference and certain health risk factors.

### Waist Circumference

When most body fat is around the waist rather than at the hips, people are at a higher risk for heart disease and type 2 diabetes. The following waist measurements increase health risks, no matter how much people weigh:

- 40 inches or more in non-Asian men
- 35 inches or more in non-Asian women and Asian men
- 31 inches or more in Asian women

### Health Risk Factors

Certain weight-related health concerns can increase the risk for heart disease and other serious health conditions.

### YOUR WEIGHT PROFILE

**Current: Obesity**  
**Healthy: Under 179 lbs.**

Based on widely-accepted guidelines, weight loss is recommended for you.

You're 16 pounds away from the overweight range and 52 pounds away from the healthy weight range.

Factors for Weight-Loss Recommendation	Your Numbers
Current weight	230 lbs.
Height	5 ft. 11 in.
Body mass Index (BMI)	32
Waist circumference	40 in. or more
Number of health concerns	5

### About this Assessment

The weight-loss recommendation is from the 2013 AHA/ACC/TOS clinical practice guidelines.<sup>1</sup> The waist circumference cutpoints come from a 2005 AHA/NHLBI scientific statement paper that stratifies atherosclerotic cardiovascular disease (ASCVD) risk related to abdominal girth by gender and ethnicity.<sup>2</sup>

1. Jensen MD, Ryan DH, Apovian CM, Ard JD, Comuzzie AG, Donato KA, et. al. 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation*. 2013;00.000-000. DOI: <http://dx.doi.org/10.1161/01.cir.0000437739.71477.ee>
2. Grundy SM, Cleeman JI, Daniels SR, et al. Diagnosis and management of the metabolic syndrome: an American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. *Circulation*. 2005;112:2735-2752.

## Impact of Weight on Quality of Life

### Determining the Ideal Weight for You

Only a health care professional can determine your ideal weight based on many different factors.

No matter what weight category you're in, if your weight bothers you or affects the quality of your life, it's OK to ask for professional help.

### Is Your Weight Weighing You Down?

For many people, being overweight impacts their overall quality of life (QoL), not just their health.

The table to the right lists some of the ways weight can negatively affect people's lives. Consider how your current weight impacts your ability to do the things you need or want to do.

### Get Help from a Professional

It's time to talk to a health care professional when weight stops people from living the life they want.

Together they can find the best treatment for whatever is causing the weight problem or concern.

### IMPACT OF WEIGHT ON QUALITY OF LIFE

**Severe QoL impact**

Physical Issues Related to Your Weight	You Reported
Daily activities (walking, housework, child care)	Yes
Strenuous activities (yardwork, working out)	No
Ability to work	No
Vitality (tiredness, energy level)	No
Bodily pain	No
General health	No
Emotional Issues Related to Your Weight	You Reported
Emotional well-being	Yes
Mood	No
Self-confidence	No
Self-esteem	No
Social Issues Related to Your Weight	You Reported
Hobbies or pastimes	Yes
Travel (car, bus, air)	Yes
Socializing	No
Personal or intimate relationships	Yes
Other Issue Related to Your Weight	You Reported
Other issue(s) not listed here	No

## Weight-Related Health Concerns

### Benefits of Staying at a Healthy Weight

Staying at a healthy weight is one of the best things you can do for your health.

People in the healthy weight range live 8 to 10 years longer than people with obesity.

### Weight-Related Health Concerns

The health impact of obesity (weighing 20% more than recommended) is the same as being a life-long smoker.

People who need to lose weight for health reasons should talk to a health care professional about a treatment plan.

Several health conditions can get better or go away with weight loss. The table to the right lists many weight-related health concerns.

### Lose Weight and Keep It Off

There's no guaranteed way to lose weight and keep it off.

The best weight management plans focus on healthful eating for the rest of your life. Plans can also include staying active, lowering stress, taking medication, having surgery, or a combination of these.

Treating overweight and obesity early may prevent other health problems. Always talk to a health care professional before beginning a weight management program.

### WEIGHT-RELATED HEALTH CONCERNS

**You have 5 important health concerns**

Existing Health Conditions	You Reported
Heart disease	Yes
Heart attack	No
Heart failure	No
Stroke	No
Angina or chest pain	No
Peripheral artery disease	No
Existing Weight-Related Conditions	You Reported
Shortness of breath	No
Osteoarthritis	Yes
Acid reflux (GERD)	No
Sleep apnea	No
Accidental urine leaks	No
Type 2 diabetes or prediabetes	Yes
Other Health Risk Factors	You Reported
Larger waist circumference	Yes
High blood pressure or blood pressure meds	Yes
Abnormal cholesterol or cholesterol meds	Yes
High blood sugar or diabetes meds	No

*You haven't had your blood pressure, cholesterol, and blood sugar checked at your current weight.*

## Lifestyle Risk Factors

High blood pressure is an important health risk factor. High blood pressure is called the silent killer because it usually has no symptoms.

A target blood pressure below 120/80 mm Hg is recommended to otherwise healthy people.

Some people can control their blood pressure by keeping their weight in the healthy range and enjoying regular physical activity. Other people need medication to reach their goals.

### BLOOD PRESSURE

Current

Taking medication to control  
**Increased Risk**

Recommended Goal

Within recommended ranges  
**Average Risk**

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease.

There are no symptoms for abnormal cholesterol. The "normal" ranges for total, HDL, and LDL cholesterol are listed to the right.

Some people can control their cholesterol by maintaining a healthy weight, being physically active, and eating a healthful diet. Other people need medication to reach their goals.

### CHOLESTEROL

Current

Taking medication to control  
**Increased Risk**

Recommended Goal

Within recommended ranges  
**Average Risk**

"NORMAL" CHOLESTEROL RANGES  
Total cholesterol = Less than 200 mg/dL  
HDL "good" cholesterol (men) = 40 mg/dL or higher  
HDL "good" cholesterol (women) = 50 mg/dL or higher  
LDL "bad" cholesterol = Less than 100 mg/dL  
Triglycerides = Less than 150 mg/dL

High blood sugar damages blood vessels. It's a major risk factor for heart and blood vessel disease. Fasting blood sugar (FBS) is your blood sugar level after not eating.

A fasting blood sugar of 126 mg/dL or higher indicates diabetes. A fasting blood sugar of 100 mg/dL to 125 mg/dL is called prediabetes.

In some people, fasting blood sugar may be lowered by losing a few pounds.

### BLOOD SUGAR

Current

Within recommended range  
**Average Risk**

Recommended Goal

Within recommended range  
**Average Risk**

**NOTICE:** Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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Name: \_\_\_\_\_ mm-dd-yyyy

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**Mt. General Memorial Clinic**

5431 Lake Drive, Minneapolis MN 55401  
1-877-555-0000

**OUR HOSPITALS**

Mt. General Memorial Hospital  
2928 Fifth Ave. SW, Edina, MN 53802  
(555) 555-1100

**Mt. General Memorial Regional Medical Center**

982 West Poplar Drive, St. Paul, MN 50013  
(555) 555-2100

**Mt. General Memorial Community Hospital**

4110 South Virago Parkway, Rush City, MN 59545  
(555) 555-3100

**Mt. General Memorial North Franklinburg Hospital**

890 SE 57th St., Franklinburg, MN 56782  
(555) 555-4100

**Mt. General Memorial Lakeport Hospital**

524 SW Monarch St., Lakeport, MN 57653  
(555) 555-5100

Text/Charts

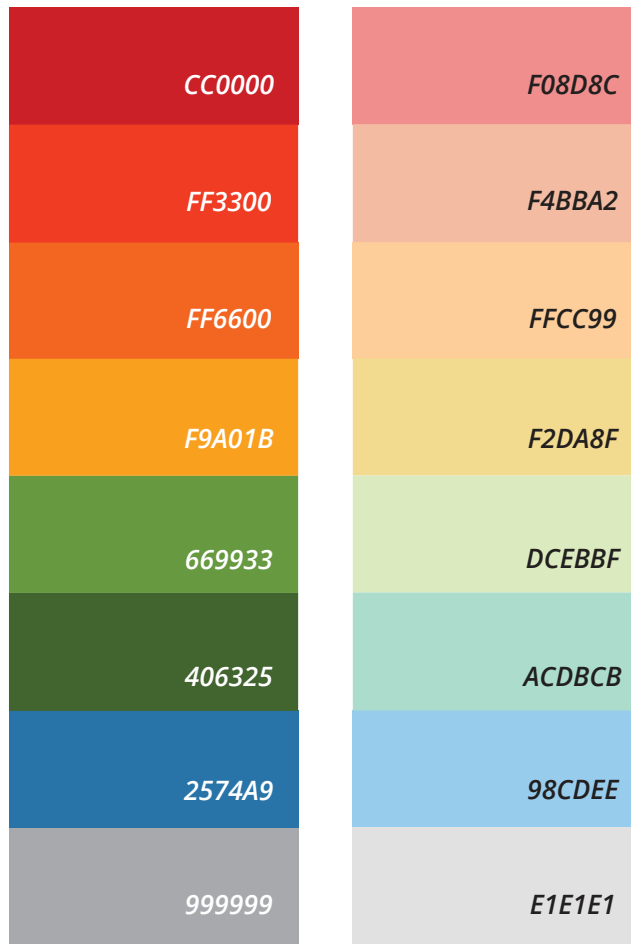
Badges

All Reports

Non-ADA

ADA

- Severe** ■ CD2026
- Increased to High** ■ E72329
- Moderate to Severe** ■ 804028
- Mild/Moderate** ■ AA5D00
- Low to Mild** ■ 448700
- Reduced to Low** ■ 114C2A
- Average** ■ 2574A9
- Unknown** ■ 777777



**PAGE 1 - PARTS**

*This entire column is ALWAYS static.*

BMI Weight Categories	Weight Ranges for people 5'11" tall
<b>Underweight</b> (BMI under 18.5)	132 lbs. or less 'underweight'
<b>Healthy</b> (BMI 18.5 to 24.9)	133 to 178 lbs. 'normal'
<b>Overweight</b> (BMI 25.0 to 29.9)	179 to 214 lbs. 'overweight'
<b>Obesity</b> (BMI over 29.9)	215 lbs. or more 'obese'
Areas of Life Impacted by Current Weight*	You Reported
Physical	Yes
Emotional	Yes
Social	Yes
Other	No

**DYNAMIC TEXT:** Show height in feet and inches  
(as input by user, not the 'height' variable)

*This is dynamic;  
numbers change with user's height*

Show {(BMI=18.5) - (1 pound)}

Show {(BMI=18.5) to ((BMI=25.0) - [1 pound])}

Show {(BMI=25.0) to ((BMI=30.0) - [1 pound])}

Show {(BMI=30.0)}

If qollssuesPhysical\_none = 0, show Yes; else show No

If qollssuesMental\_none = 0, show Yes; else show No

If qollssuesSocial\_none = 0, show Yes; else show No

If qollssuesOtherNotListed\_none = 0, show Yes; else show No



**PAGE 2 - PARTS**

Based on widely-accepted guidelines, weight loss is recommended for you.

Show 'bullet1'

You're 16 pounds away from the overweight range and 52 pounds away from the healthy weight range.

Show "Pounds to Lose"

See Pounds to Lose Message Formatter in LC:  
<https://www.lucidchart.com/documents/edit/a2e53e6a-3988-4c14-b5f8-57e6b0ddc74a/15>

<i>This column is static</i> Factors for Weight-Loss Recommendation	<i>This is dynamic:</i> Your Numbers	
Current weight	230 lbs.	Show 'weight'
Height	5 ft. 11 in.	Show height in feet and inches as input by user (not the 'height' variable)
Body mass Index (BMI)	32	Show 'bmi'
Waist circumference	40 in. or more	Show the user-facing 'waistMeasurement' option that was selected in the app (not the '*_range' variable); if 'na', show Unknown
Number of health concerns	3 unknown	If 'heathConcernsCount' >0, show healthConcernsCount; if healthConcernsCount = 0 AND unknownConcernsCount > 0, show "# unknown" else show 0

**PAGE 3 - PARTS**

<b>Physical Issues</b> Related to Your Weight		<b>You Reported</b>	
qollIssuesPhysical_dailyActivity	Daily activities (walking, housework, child care)	Yes	(if = 1) -> Yes, else -> No
qollIssuesPhysical_strenuousActivity	Strenuous activities (yardwork, working out)	No	(if = 1) -> Yes, else -> No
qollIssuesPhysical_work	Ability to work	No	(if = 1) -> Yes, else -> No
qollIssuesPhysical_vitality	Vitality (tiredness, energy level)	No	(if = 1) -> Yes, else -> No
qollIssuesPhysical_pain	Bodily pain	No	(if = 1) -> Yes, else -> No
qollIssuesPhysical_health	General health	No	(if = 1) -> Yes, else -> No
<b>Emotional Issues</b> Related to Your Weight		<b>You Reported</b>	
qollIssuesMental_emotionalWellBeing	Emotional well-being	Yes	(if = 1) -> Yes, else -> No
qollIssuesMental_mood	Mood	No	(if = 1) -> Yes, else -> No
qollIssuesMental_confidence	Self-confidence	No	(if = 1) -> Yes, else -> No
qollIssuesMental_esteem	Self-esteem	No	(if = 1) -> Yes, else -> No
<b>Social Issues</b> Related to Your Weight		<b>You Reported</b>	
qollIssuesSocial_hobbies	Hobbies or pastimes	Yes	(if = 1) -> Yes, else -> No
qollIssuesSocial_travel	Travel (car, bus, air)	Yes	(if = 1) -> Yes, else -> No
qollIssuesSocial_socializing	Socializing	No	(if = 1) -> Yes, else -> No
qollIssuesSocial_relationships	Personal or intimate relationships	Yes	(if = 1) -> Yes, else -> No
<b>Other Issue</b> Related to Your Weight		<b>You Reported</b>	
qollIssuesOtherNotListed	Other issue(s) not listed here	No	(if = yes) -> Yes, else -> No

PAGE 4 - PARTS

Existing Health Conditions		You Reported	
healthHistoryCvd_heartDisease	Heart disease	Yes	(if = 1) -> Yes, else -> No
healthHistoryCvd_heartAttack	Heart attack	No	(if = 1) -> Yes, else -> No
healthHistoryCvd_heartFailure	Heart failure	No	(if = 1) -> Yes, else -> No
healthHistoryCvd_stroke	Stroke	No	(if = 1) -> Yes, else -> No
healthHistoryCvd_angina	Angina or chest pain	No	(if = 1) -> Yes, else -> No
healthHistoryCvd_pad	Peripheral artery disease	No	(if = 1) -> Yes, else -> No
Existing Weight-Related Conditions		You Reported	
healthHistoryOther_breath	Shortness of breath	No	(if = 1) -> Yes, else -> No
healthHistoryOther_arthritis	Osteoarthritis	Yes	(if = 1) -> Yes, else -> No
healthHistoryOther_gerd	Acid reflux (GERD)	No	(if = 1) -> Yes, else -> No
healthHistoryOther_sleepApnea	Sleep apnea	No	(if = 1) -> Yes, else -> No
healthHistoryOther_incontinence	Accidental urine leaks	No	(if = 1) -> Yes, else -> No
diabetes	Type 2 diabetes or prediabetes or meds	Yes	(if = pre OR type2) -> Yes, else -> No
Other Health Risk Factors		You Reported	
waistMeasurement	Larger waist circumference	Yes	(if = above_range) -> Yes, (if = 'na') -> Unknown; else -> No
bloodPressureRisk	High blood pressure or blood pressure meds	Unknown	(if = 'increased_*) -> Yes, (if = 'unknown') -> Unknown, else -- No
cholesterolRisk	Abnormal cholesterol or cholesterol meds	Yes	(if = 'increased_*) -> Yes, (if = 'unknown') -> Unknown, else --> No
bloodSugarRisk	High blood sugar or diabetes meds	Not Applicable	(if = 'increased_*) -> Yes, (if = 'unknown') -> Unknown, (if - not_applicable) -> Not Applicable, else --> No

*You haven't had your blood pressure, cholesterol, and blood sugar checked at your current weight.*

SHOW CONDITIONALLY IF:  
currentWeightBioCheck = 'no'

PAGE 1 RESULTS BADGES

**YOUR WEIGHT PROFILE**  
weightProfile

See a doctor about your unexplained weight loss	'unexplainedWeightLoss'
Current: Obesity Healthy: Under ### lbs.	'obese_loseWeight'
Current: Overweight Healthy: Under ### lbs.	'overweight_loseWeight'
Currently in the overweight range	'overweight_maintainWeight'
Currently in the healthy weight range	'normal_maintainWeight'
Currently in the underweight range	'underweight_gainWeight'

**IMPACT OF WEIGHT ON QUALITY OF LIFE**  
qolCategory

Severe QoL impact	'severe'
Moderate QoL impact	'moderate'
Mild QoL impact	'mild'
No QoL impact	'none'

**WEIGHT-RELATED HEALTH CONCERNS**  
Health Concerns Badge Formatter

# = healthConcernsCount\_knowns

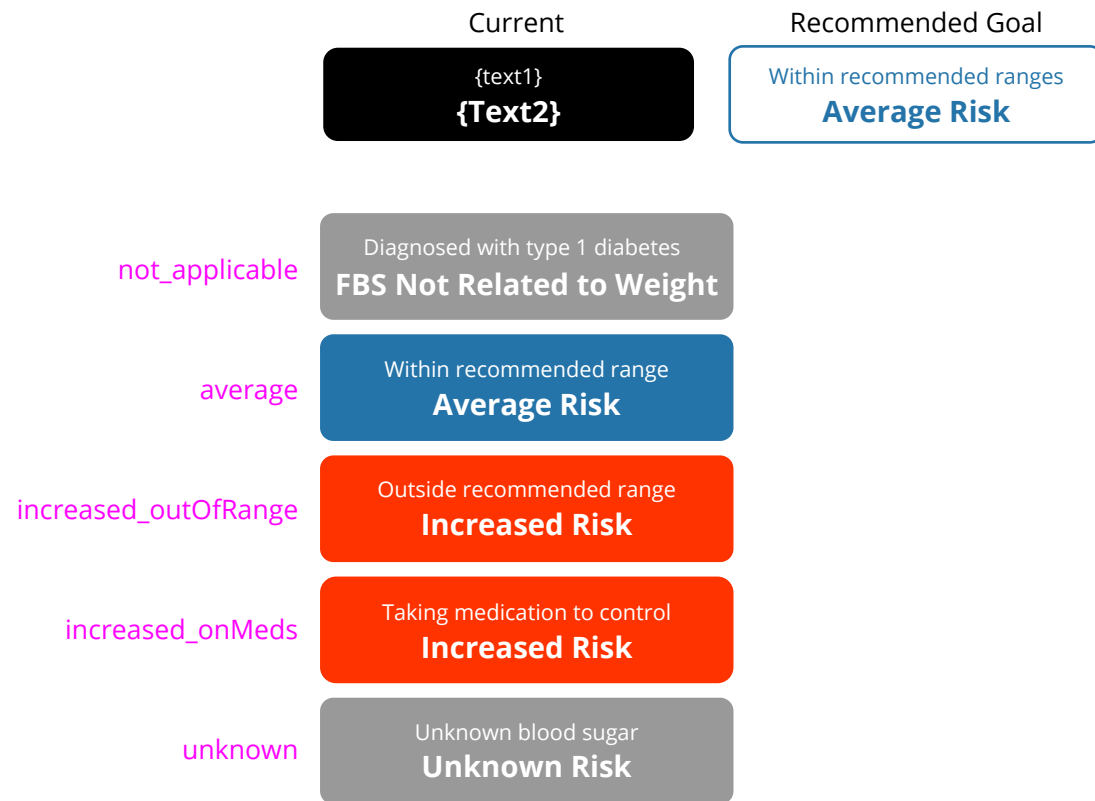
You have {#} important health concerns	'hasKnowns'
--	-------------

x = healthConcernsCount\_unknowns

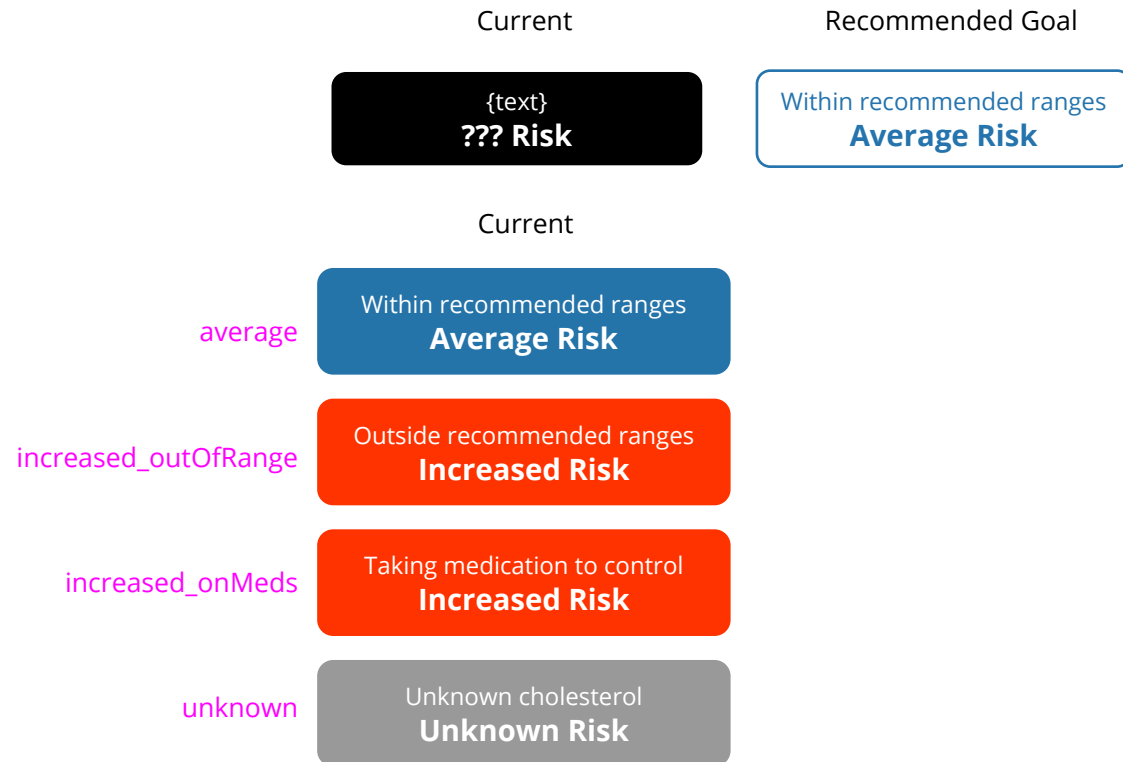
You have {x} unknown health concerns	'hasUnknowns'
--------------------------------------	---------------

You have no reported health concerns	'noneReported'
--------------------------------------	----------------

bloodSugarRisk  
**BLOOD SUGAR**

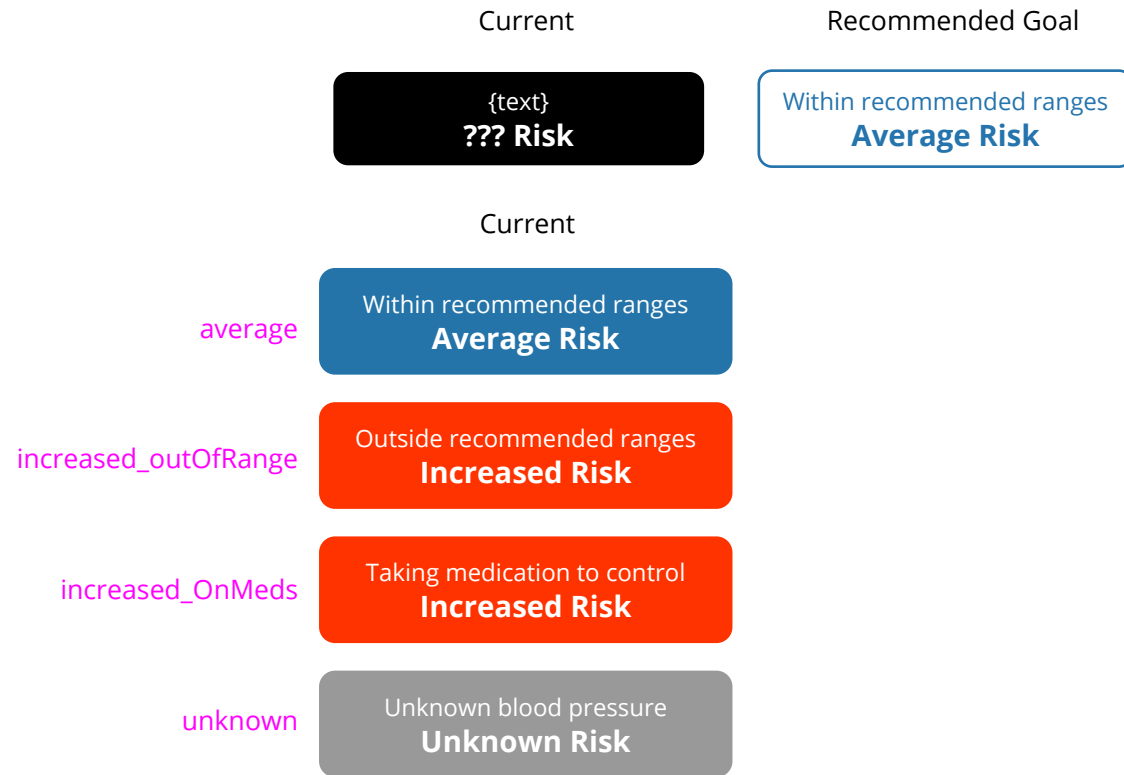


# cholesterolRisk CHOLESTEROL



# bloodPressureRisk

## BLOOD PRESSURE



## **Report Messaging**

Please check Lucidchart for longest version

## **Healthy Weight Messaging**

See LUCIDCHART --> Healthy Weight Range --> **Healthy Weight Range Messaging**  
<https://www.lucidchart.com/documents/edit/f6ff664f-677a-43a6-b07a-9ebfd29d12ae/0>