



# UnitedHealthcare

A UnitedHealth Group Company

Name: First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: 56 Female  Male

Company Name: \_\_\_\_\_ Location: \_\_\_\_\_ Zip Code: \_\_\_\_\_

UnitedHealthcare Member?  Yes  No Subscriber ID #: \_\_\_\_\_ Group #: \_\_\_\_\_

Fasting?  No  1-2 hrs  2-8 hrs  8+ hrs Chance of Pregnancy? Yes  No

**AFTER 6 WEEKS**

**Cholesterol: Down 13 points**  
**Blood Sugar: Down 31 points**  
**Body Fat Percent: Down 5.4%**  
**BMI: Down 3.7 Points**  
**Weight: Down 25 lbs**

Do you **now** use tobacco?  Everyday  Some days  Not at all  Social Smoker  
How many days per week do you get at least 20 minutes of moderate activity?  0 days  1-2 days  3-4 days  5+ days

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Your Results

**Total Cholesterol:** 168 mg/dL  
Ideal: Less than 200 mg/dL

**HDL Cholesterol:** 44 mg/dL  
Ideal: Higher than 40 mg/dL for males  
Ideal: Higher than 50 mg/dL for females

**TC/HDL Ratio:** 3.8  
Ideal: 4.0 or less

**LDL Cholesterol:** 128 mg/dL  
Ideal: Less than 100 mg/dL

**Triglycerides:** 70 mg/dL  
Ideal: Less than 150 mg/dL

**Glucose (Blood Sugar):** 85 mg/dL  
Ideal: Below 100 mg/dL fasting  
Below 130 mg/dL non-fasting

**Blood Pressure:** 128 / 70 mmHg  
Ideal: Less than 120/80 mmHg  
(Systolic) (Diastolic)

**Body Fat Percent:** 34.5 %

**BMI:** 23.9 kg/m<sup>2</sup>  
Ideal: 18.5-24.9 kg/m<sup>2</sup>

**Height:** 5'9" **Weight:** 162

**Bone Density T-Score:** \_\_\_\_\_

Vision:	R	L	B
Nearsighted			
Farsighted			

Ideal: 20/20

Hearing:	500	1000	2000	4000	P/F
Left					
Right					

Ideal: Pass (representative of hearing all four tones)

**Waist-to-Hip Ratio:** \_\_\_\_\_  
Ideal: 0.80 or below for females  
0.95 or below for males

Screening Type: \_\_\_\_\_ Results: \_\_\_\_\_

**Results Interpretation On Reverse**

# Your Results

**BEFORE**

**Blood Pressure:** 126/80 mmHg  
Ideal: Less than 120/80 mmHg  
Pre-Hypertension: 120/80-139/89 mmHg  
Stage I Hypertensive Range: 140/90 mmHg or above  
Stage II Hypertensive Range: > 160/100 mmHg -  
**Contact your physician now**

**Bone Density T-Score:** \_\_\_\_\_  
Ideal: Higher than -1.0

**Glucose (Blood Sugar):** 110 mg/dL  
Ideal: Below 110 mg/dL fasting  
Below 130 mg/dL non-fasting

**Total Cholesterol:** 181 mg/dL  
Ideal: Less than 200 mg/dL

**HDL Cholesterol:** 53 mg/dL  
Ideal: Higher than 40 mg/dL

**LDL Cholesterol:** \_\_\_\_\_ mg/dL  
Ideal: Less than 130 mg/dL

**TC/HDL Ratio:** 3.4  
Ideal: Less than 4.5

**Triglycerides:** \_\_\_\_\_ mg/dL  
Ideal: Less than 150 mg/dL

**Body Fat Percent:** 39.9 %

Ideal:	Females	Males
18-39 Years	14-23%	7-19%
40-59 Years	18-30%	14-23%
60+ Years	21-31%	15-24%

**BMI:** 27.6 kg/m<sup>2</sup>  
Ideal: 18.5-24.9 kg/m<sup>2</sup>  
Overweight: 25.0-29.9 kg/m<sup>2</sup>  
Obese: 30.0-39.9 kg/m<sup>2</sup>  
Extreme Obesity: 40 kg/m<sup>2</sup> or above

**Height:** 5'9" **Weight:** 187

**DermaScan:**  
See your physician to review skin image results.

**Results Interpretation On Reverse**