PARTNER WITH YOUR PROVIDER
TAKE OWNERSHIP OF YOUR HEALTH!

Assess your health status by completing this worksheet and discuss your personal goals with your healthcare provider (HCP).

NORMAL NUMBERS NOW

My Numbers:

<table>
<thead>
<tr>
<th>Wt:</th>
<th>Ht:</th>
<th>BMI:</th>
</tr>
</thead>
</table>

|------------------|-----------------|-------------------|-----------------|-----------------|-----------------|-------------------|----------------|

Ideal Numbers:

<table>
<thead>
<tr>
<th>BMI 18.5 - &lt;25</th>
<th>Waist in inches &lt;35 for Women, &lt;40 for Men</th>
<th>Blood Pressure &lt;120 / &lt;80</th>
<th>Total Cholesterol &lt;200</th>
<th>LDL-Cholesterol &lt;100</th>
<th>HDL-Cholesterol &gt;50 for Women, &gt;40 for Men</th>
<th>Triglycerides &lt;150</th>
<th>Fasting Blood Sugar &lt;100</th>
<th>Hemoglobin A1c &lt;5.5</th>
</tr>
</thead>
</table>

MY HABITS/LIFESTYLE

Number of days per week I do moderately intense exercise for at least 30 minutes: _____
(Ideal: >4 to prevent disease. To lose weight: 60-90 min. most days of the week)

The % of my food consumption that is fruits, vegetables, and whole grains: _____ %
(Ideal: >75%. Meat consumption should be lean; dairy should be no or low fat)

Smoker: Yes _____ No _____
(Ideal: NO tobacco products)

Number of alcoholic beverages per day: _____
(Ideal: 0-1 for Women, 0-2 for Men)

MY RISK FACTORS FOR CARDIOVASCULAR DISEASE (CVD) & OTHER DISORDERS

___ High Blood Pressure
___ High LDL (bad) cholesterol
___ Low HDL (good) cholesterol
___ Physical inactivity
___ Tobacco use
___ Obesity

___ Unhealthy food consumption
___ Diabetes
___ Family history of early CVD
___ Depression
___ History of diabetes during pregnancy
___ History of preeclampsia (increased BP in pregnancy)

PLAN TO REDUCE RISK OF CVD AND OTHER DISORDERS:

What I need to do:

How my HCP can assist me:

Note: Discuss with your HCP other tests that you may need depending on age and personal/family history (mammogram, colonoscopy, bone density, etc) along with any recommended vaccinations.

living WELL aware™
PATRICIA J. SULAK, MD