

Overall Wellness

By completing this assessment, DanO'daManO', you have taken the first step toward a healthier lifestyle! This guide will give you valuable information to help you achieve a healthier way of life.

This guide is not meant to take the place of a physician visit nor can it diagnose illness or medical problems. It is designed to give you information relating to your health risks and overall wellness. This information is provided to help you develop a plan of action to make healthy lifestyle changes.

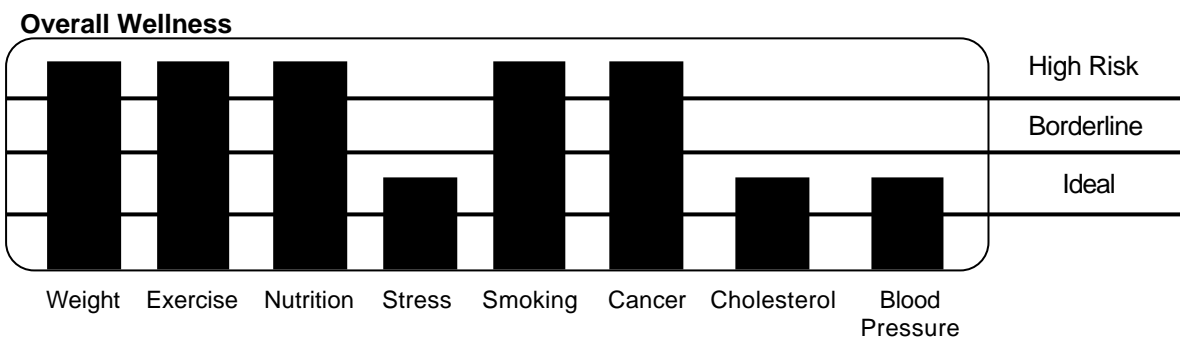
To get the most out of this guide, you may want to read it more than once. You can read it online; or you can print it in hard copy, or save it to your computer for future electronic access or the ability to email it to your health care provider. You may also return to the health portal in the future to access the guide.

Your Overall Wellness Score is 21

Your overall wellness score is based on how you responded to questions about your normal habits and elements in your daily life that you control. An overall score of 80 or above indicates your lifestyle is on the right track. A score below 80 means that you might be at risk for developing certain diseases or health conditions.

This guide will provide you with information and suggestions on how you can strengthen your healthy behaviors while working to change your unhealthy habits. The chart below shows how your various health habits contribute to your overall wellness score.

As you read through this guide, pay special attention to the next four pages of the report. These pages will contain information and suggestions related to the areas of your health where you show the highest level of risk.



My Healthy Habits

- ✓ Ideal blood pressure
- ✓ Ideal cholesterol
- ✓ Minimal stress

Things to Work On

- ☹ Reduce depression
- ☹ At risk for diabetes
- ☹ Increase physical activity
- ☹ Better nutrition

The personal results of your Health Risk Assessment are held in strict confidence and are not shared with your organization.

Depression

What Causes Depression?

The causes of depression are not entirely clear. Sometimes an event will trigger it, but other times it will not. There is also evidence that genetic and biochemical factors may play a role in the development of depression, but the specifics of that role is still not clear.

The role of events in depression does not end with the event that brought on the depression. Events can build on each other. For instance, a depressed person may become irritable and have to stop working, which can further contribute to the depressed mood.

Many experts believe that depression grows out of a combination of factors. They say that the body chemistry of some people gives them the tendency toward depression, and then something in the life situation happens to trigger that depression. This triggering event is different for different people, but is often linked to some kind of loss, such as the loss of a loved one or of a job, or the loss of roots when people move or leave home.

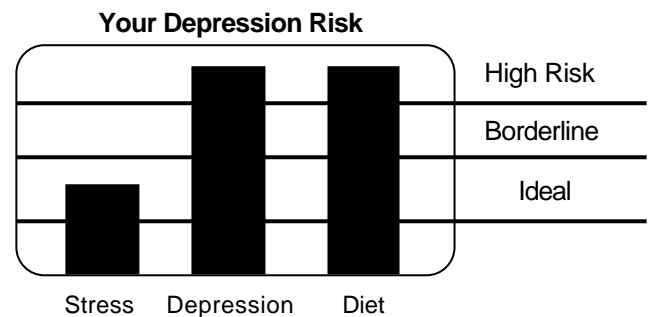
Signs of Depression

All of us feel blue from time to time, but if you have some, all or most of these symptoms persistently over a period of days or weeks, you may be showing signs of depression.

- Appearance - Sad face, slow movements, unkempt look
- Unhappy Feelings - Feeling sad, hopeless, discouraged, or listless
- Negative Thoughts - "I'm a failure", "I'm no good", "No one cares about me"
- Reduced Activity - "I just sit around and mope", "Doing anything is just too much of an effort"
- Reduced Concentration
- People Problems - "I don't want anybody to see me", "I feel so lonely"
- Guilt and Low Self-esteem - "It's all my fault", "I should be punished"
- Physical Problems - Sleeping problems, weight loss or gain, decreased sexual interest or headaches
- Suicidal Thoughts - "I'd be better off dead", "I wonder if it hurts to die"

Depression is one of the world's oldest and most common ailments. It can have both physical and psychological symptoms. Millions of Americans are estimated to suffer from depression, a condition so widespread that it has been dubbed "the common cold of mental illness".

Even so, depression is widely misunderstood. The chart below represents your depression risk and shows lifestyle factors that increase your risk of becoming depressed, such as a poor diet and high levels of stress.



Taking Care of Depression

In those cases where a difficult life situation has led to depression, self-help steps can be taken to control it.

Face up to Depression

Guilt and denial waste energy and do not help solve the problem. Acceptance of the depression relieves pressure.

Recognize the Problem

If your depression is the result of a loss, try to identify the exact time when the loss and feelings of depression began. What was the cause? Why did this happen? What do you need to do now?

Take Action

- Get busy doing things you previously enjoyed. Don't cut yourself off from family and friends. Attend activities with others even if you don't feel like talking.
- Stay Active. Counteract the physical slowdown of depression by exercising.
- Watch your diet. Include raw vegetables and fruits to increase your energy level.
- Talk with a physician if symptoms persist.
- Contact a Health Coach at 1-XXX-XXX-XXXX or <http://www.trale.com>.
- Visit www.nimh.nih.gov for more information.

Diabetes

DanO'daManO', according to your Health Risk Assessment, you indicated that you are over the age of 45 and physically inactive. You also stated that you are overweight for your body type. This puts you at high risk for developing diabetes. DanO'daManO', you can decrease your risk by changing your lifestyle.

What is Diabetes?

Diabetes is a disease in which body cells do not absorb enough insulin. Insulin is important to the body because it is used to absorb sugar in tissues, which is then used as a source of energy. There are two types of diabetes. Type 1, also known as juvenile onset, usually develops before age 30 and is the result of the pancreas producing little or no insulin. Type 2 diabetes, or adult onset, usually develops after age 40 in overweight people.

Diabetes Facts

- 16 million people suffer from diabetes in the United States
- 800,000 people learn they have the disease each year
- Diabetics are 3 times more susceptible to flu strains
- More women have been diagnosed with this disease than men
- Your risk increases by 4% for every pound of excess weight you carry

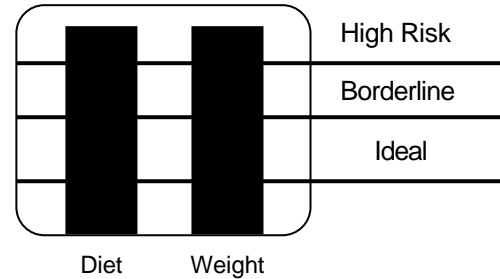
Symptoms

- Frequent urination
- Excessive thirst
- Blurred vision
- Dramatic weight loss
- Irritability
- Weakness and fatigue
- Nausea and vomiting

Prevention

The Diabetes Prevention Program studied 3200 people at high risk for Diabetes to see if changing to a healthy diet and adapting to a moderate exercise regime would reduce their risk for Type 2 Diabetes. In August 2001, the US Department of Health and Human Services published the results finding that 58% of those studied significantly decreased their risk of developing the disease. This is overwhelming evidence that preventative measures can be taken to reduce your risk for diabetes.

Diabetes Risk



That's Exercise?

In addition to engaging in a regular exercise program, it is helpful to build exercise into your everyday life. The following are examples of moderate exercise according to the Centers for Disease Control:

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minute
- Dancing fast for 30 minutes
- Raking leaves for 30 minutes
- Pushing a stroller 1.5 miles in 30 minutes
- Shoveling snow for 15 minutes

Take Action

Regular physical exercise and a balanced diet are important tools for the prevention or control of diabetes. For steps needed to better manage your exercise and diet, contact a Wellness Coach at 1-XXX-XXX-XXXX or visit <http://www.trale.com>. You can also visit www.diabetes.org or www.niddk.nih.gov for more information.

If you are one of the 6% of the American population to be diagnosed with diabetes, it is especially important to properly manage your exercise, diet and medication. Get help from your health professional or contact a Health Coach at 1-XXX-XXX-XXXX for help finding a diabetes management program.

Exercise

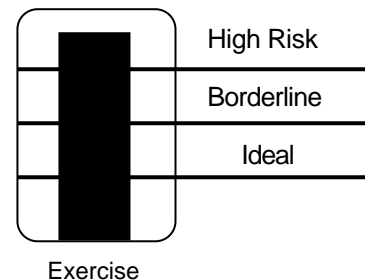
DanO'daManO', you indicated that you are not physically active. Being physically active does not mean you have to run two miles a day. Simple gardening or light cleaning around the house can elevate your heart rate, which is a step in the right direction. Regular physical fitness will directly impact:

- Disease Prevention
- Better Quality of Life
- Reduced Stress
- Good Heart Health
- Increased Energy
- Improved Self-esteem

A Starting Point

- Physical activity need not be strenuous to achieve health benefits.
- Men and women of all ages benefit from a moderate amount of daily physical activity.
- Additional health benefits can be gained through greater amounts of physical activity.
- Sedentary people who begin physical activity programs should start with short sessions (5-10 minutes) of physical activity and gradually build up to the desired level.
- Adults with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these problems should first consult a physician before starting a new program of physical activity.

Your Exercise Health



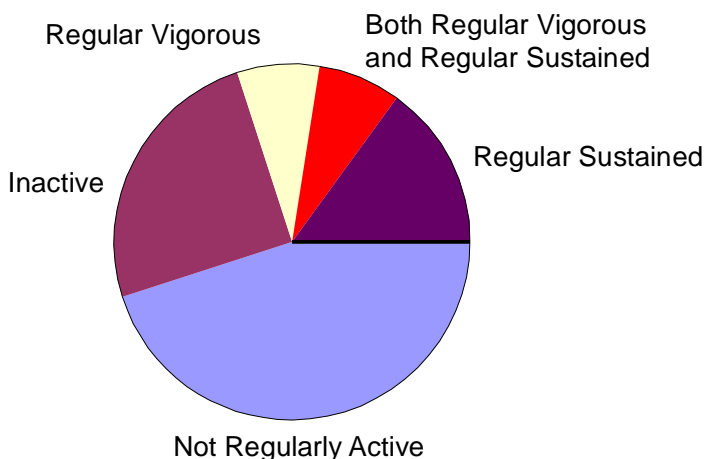
Fitness Facts

- More than 60 percent of adults in the United States do not engage in the recommended amount of activity.
- Approximately 25 percent of U.S. adults are not active at all.
- Physical activity is more common among:
 - Women than men
 - African American and Hispanics than Whites
 - Older than younger adults
 - Less affluent than more affluent people

How Physical Activity Benefits You

- Reduces the risk of developing coronary heart disease and of developing high blood pressure, colon cancer and diabetes.
- It can help reduce blood pressure in some people with hypertension.
- It helps maintain healthy bones, muscles, and joints.
- It reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps control weight, develop lean muscle, and reduce body fat.

Adult Fitness Habits



Take Action

- Develop an exercise program that fits into your schedule and lifestyle
- Find active activities that are fun
- When you exercise, always begin with a 5 minute warm-up followed by 10-30 minutes of exercise that really gets your heart pumping
- Find an exercise buddy to keep you motivated
- Contact a Health Coach at 1-XXX-XXX-XXXX or visit <http://www.trale.com> for tips on jump-starting your exercise program!

Nutrition

5 A Day For Better Health

A CDC Program

The 5 A Day for Better Health Program is a large-scale partnership between the fruit and vegetable industry and the U. S. Government. This national nutrition program seeks to increase the number of daily servings Americans eat of fruits and vegetables to five or more. Along with this main goal, the program works to inform Americans that eating fruits and vegetables can improve their health and may reduce the risk of cancer and other chronic diseases. Find out what delicious produce is in season right now, and learn new ways to prepare it.

Visit:

Fruit of the Month:

<http://www.cdc.gov/nccdphp/dnpa/5ADay/fruit.htm>

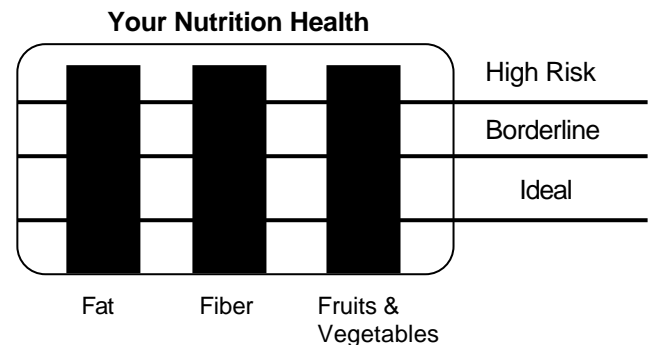
Vegetable of the Month:

<http://www.cdc.gov/nccdphp/dnpa/5ADay/vegetable.htm>

How to Grocery Shop for Health

- Plan weekly meals ahead of time and have a shopping list. This helps to eliminate "splurging" on unhealthy foods.
- Spend more time shopping in the outer aisles of the store. Generally, these aisles have healthier, less processed foods.
- Know how to read food labels and make wise choices.
- Remember that "reduced" and "low" in front of words does not necessarily mean a food is healthy. It simply means that it is different than its original version.
- Limit the amount of processed foods you buy. They are often high in sodium.
- Buy poultry without skin to reduce fat consumption.
- Buy lean red meat. Even though it may cost a little more, there is less waste because there is less fat.

DanO'daManO', on your Health Risk Assessment you indicated that your diet consists of mostly unhealthy foods. Do you know that an unhealthy diet can lead to numerous health problems that can be life-threatening? A healthy diet is one of the easiest changes to make to yield some of the most noticeable results.



Take Action

- Eat breakfast every day
- Take a piece of fruit to munch on during your commute
- Don't skip meals; it could lead to overeating later
- Base meals around vegetables and grains rather than meat
- Plan meals ahead of time to reduce temptations for quick, unhealthy splurges
- Choose low-fat or low-sodium options when possible
- Substitute water for soda, tea, and coffee
- Learn how to read a food label and choose healthful foods
- Cook foods by baking, broiling, or roasting rather than frying
- Limit your intake of processed foods
- Avoid desserts, or try to find healthier choices such as desserts with fresh fruit
- Watch portions. Many times we overeat because the serving size is two or three times bigger than needed.
- Order lean or grilled sandwiches rather than fried when eating out
- Order items without cheese
- Keep portions regular or small, not "Super-Sized"
- Reduce the amount of condiments used like ketchup and mayonnaise
- Visit www.usda.gov or www.5aday.gov for more info.
- Contact a Health Coach for more information at 1-XXX-XXX-XXXX or <http://www.trale.com>.

Tobacco

Impact of Tobacco Use

- Smoking-related diseases claim an estimated 430,700 American lives each year.
- Smoking costs the United States approximately \$97.2 billion each year in health-care costs and lost productivity.
- If current smoking patterns continue, an estimated 25 million persons alive today, including 5 million children younger than 18 years of age, will die prematurely of smoking-related diseases.
- Smoking is directly responsible for 87% of lung cancer cases and causes most cases of emphysema and chronic bronchitis.

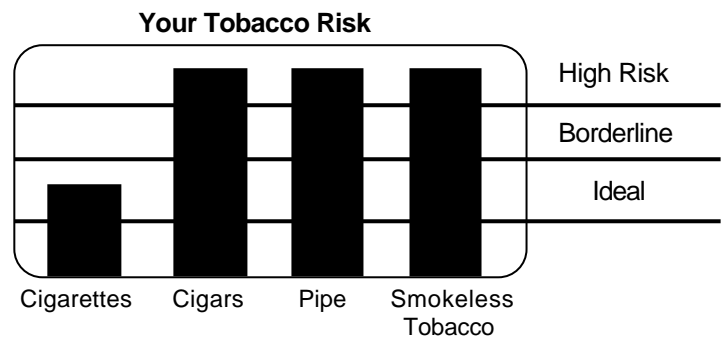
Top 10 Reasons to Quit Smoking

1. You will reduce your chances of having a heart attack or stroke.
2. You will reduce your chances of getting lung cancer, emphysema, and other lung diseases.
3. You will have better smelling clothes, hair, breath and car.
4. You will be able to climb stairs and walk without getting out of breath.
5. You will have fewer wrinkles.
6. You will be free of your morning cough.
7. You will reduce the number of coughs, colds and earaches your children will have.
8. You will have more energy to pursue physical activities you enjoy.
9. You will be able to treat yourself to new books or music with all the money you save from not buying cigarettes.
10. You will have more control of your life!

Tips for Recent Quitters:

- Find non-smoking sources of fun.
- Stay positive about your quit. All quitters will have their ups and downs. Through the downs don't forget how important not smoking is to your general state of health.
- Keep Active. Regular exercise increases your chances of success.
- Learn to manage your stress and emotions without cigarettes.

DanO'daManO', you indicated on your Health Risk Assessment that you currently use tobacco. Did you know that tobacco use is the number one preventable cause of death in the United States? Each year, tobacco kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides and fires combined! Quitting smoking will be one of the single most important decision you will make for your health. By making this decision, you will dramatically increase your chance of a longer, healthier life.



Take Action

Get Ready to Quit:

- Make a list of your reasons for quitting and say it often.
- Ask your doctor whether using a nicotine replacement product is right for you.
- Set a quit date and tell everyone you are going to quit.
- Don't empty your ashtrays or container that you spit in. This will remind you how much you have used each day, and the sight and smell will be very unpleasant.
- Increase your daily exercise. This will help you feel great and later will give you something to do when the urge to use tobacco hits
- Make a written plan for what you will do when the urge hits. For example, take deep breaths, get up and walk around, call a friend for help, or keep your hands busy. Keep the plan with you at all times.
- Practice going without tobacco for short periods of time.

Quit:

- Don't dwell on the fact that you will never use tobacco again. Think of being tobacco free 1 day at a time.
- Use the FOUR D's to fight the urge: DELAY, DEEP BREATHING, DRINK WATER, DO SOMETHING ELSE.
- Remember the urge passes in just a few minutes whether you smoke or not.
- Use your plan and supports to be successful.

For more help planning to quit, visit www.cancer.org, www.cancer.gov, or www.lungusa.org. Use the resources at <http://www.trale.com> or contact a Health Coach for more tips at 1-XXX-XXX-XXXX.

Cancer

DanO'daManO', according to your Personal Health Profile, you have an elevated cancer risk. It is important that you take proactive and preventative steps such as the "Take Action" steps suggested below to lower your risk.

What is Cancer?

Cancer develops when cells in the body begin to grow out of control. Normal cells grow, divide, and die. Instead of dying, cancer cells continue to grow and form new abnormal cells, which replace normal tissue. Cancer cells often travel to other body parts where they will also grow. This process, called metastasis, occurs as the cancer cells get into the blood stream or lymph vessels.

Facts

- Cancer is the 2nd leading cause of death among Americans
- 1/2 of all American men and 1/3 of all American women will suffer from some form of the disease
- 80% of cancer cases occur in people over the age of 55

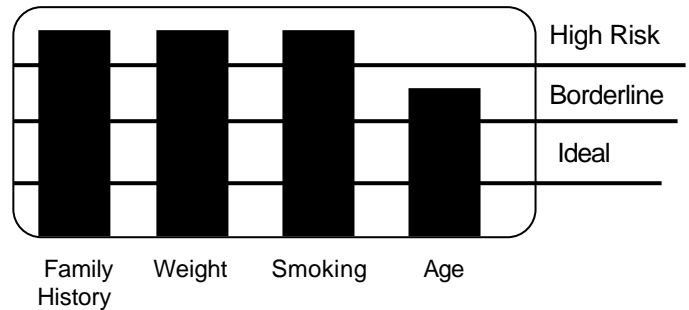
Symptoms

The symptoms of cancer vary greatly depending on the type of cancer and the stage to which it has progressed.

Here are a few symptoms that can be warning signs of cancer.

- Unexplained weight loss
- Fever
- Fatigue
- Dizziness
- Change in urine or stool
- Open sores that do not heal
- Difficulty swallowing
- Nagging cough and hoarseness
- Changes in warts or moles
- Lumps under the skin

Your Cancer Risk



Treatment

Cancer can be cured if detected and treated in its earlier stages. Different cancers grow at different rates and respond differently to treatments. Cancer can often be treated with surgery, radiation, chemotherapy, or immunotherapy.

If you are diagnosed with any form of cancer, be sure to ask your doctor what the goal of your treatment is. It is important to know whether the treatment is to cure, control or relieve the symptoms of the cancer.

Take Action

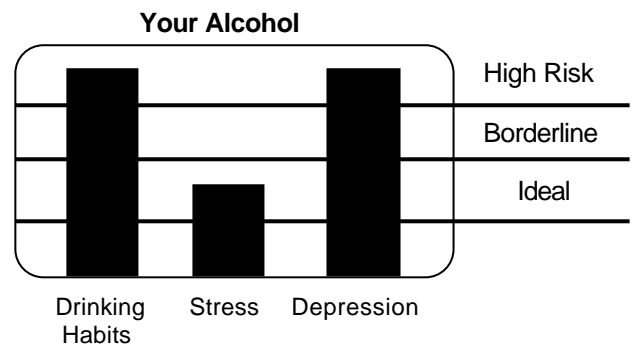
- Wear sunscreen every day, regardless of the weather.
- Maintain a healthy weight.
- Be physically active everyday.
- Visit the American Cancer Society at www.cancer.org, or the National Cancer Institute at www.cancer.gov for more information.
- Make a plan to quit smoking.
- Speak to your physician about which cancer screenings are appropriate for you.
- Speak to your doctor or a Health Coach about your personal risk factors and what you can do to stay healthy at 1-XXX-XXX-XXXX or <http://www.trale.com>.

Alcohol

Negative Consequences of Alcohol Use

- The frequent consumption of large amounts of alcohol (more than three drinks per day) is considered undesirable from a health standpoint for most people. In addition, depending on one's size and tolerance levels, drinking low to moderate amounts (1-2 drinks) can also be undesirable.
- Each year 4,000 to 12,000 babies are born with the physical signs and intellectual disabilities associated with Fetal Alcohol Syndrome. Thousands more experience the somewhat lesser disabilities of fetal alcohol effects.
- 38% of all traffic fatalities (the leading cause of accidental death) are alcohol-related. Alcoholics are nearly five times more likely than others to die in motor vehicle crashes.
- Studies have shown that half of all boating fatalities had a blood alcohol content (BAC) of .04. BAC's of .10 or more were found in 31% of the fatalities.
- Alcoholics are 16 times more likely than others to die in falls, and 10 times more likely to become fire or burn victims.
- Estimates suggest that alcohol is associated with between 47% and 65% of adult drownings.
- Up to 40% of industrial fatalities and 47% of industrial injuries can be linked to alcohol consumption and alcoholism.
- Alcohol contributes to 100,000 deaths annually. It is the third leading cause of preventable mortality in the United States, after tobacco and diet/activity patterns.
- Nearly one-fourth of all persons admitted to hospitals have alcohol related problems or are undiagnosed alcoholics being treated for the consequences of their drinking.
- Separated and divorced men and women were three times as likely as married men and women to say they had been married to an alcoholic or problem drinker.
- An estimated 6.6 million children under the age of 18 years live in households with at least one alcoholic parent .

DanO'daManO', based on the answers given on your Health Risk Assessment, you could be at risk for alcoholism or alcohol related diseases. This is a very serious problem that can create a multitude of problems if your practices do not change. Many people turn to alcohol as an escape from the stressors of everyday life. However, classified as a depressant, alcohol is known to aggravate difficult situations in one's life. This bar graph illustrates your levels of risk in regards to alcohol usage.



Take Action

- If you choose to drink alcohol, limit yourself to no more than one drink per hour.
- If you choose to drink alcohol, alternate between alcoholic and nonalcoholic drinks.
- Avoid keeping alcohol in the home.
- Plan ahead if you know you will be drinking. Determine who is driving and who is responsible for children.
- Contact a Health Coach at 1-XXX-XXX-XXXX.
- Check out <http://www.trale.com>.
- Visit the National Institute on Alcohol Abuse and Alcoholism at www.niaaa.nih.gov for more information.

Stress Management

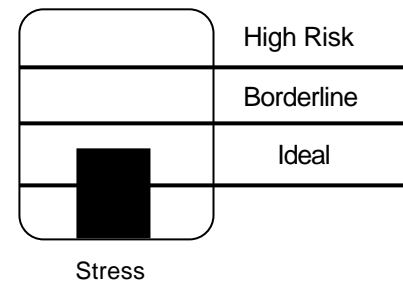
Stress is a normal part of life. Quite simply, it's the way you react--physically and emotionally--to change. It can be positive or negative. Stress may be the focus you feel when faced with a challenging situation or a vague sense of anxiety after "one of those days"! In any case, you can learn to manage stress so that you can be in control.

Identify Stress

DanO'daManO', coping with stress is a personal journey. Since it affects each person differently, it's important to identify your own stressors. By doing this, you will be better able to manage your own stress.

1. Make a list of your 'stress triggers' - the things that cause you stress. Include any 'problem behind the problem'. Make sure to include all the little things, like misplacing your keys or hunting for the right size bolt to fix something. Expect things you missed to crop up now and then. Just add them to the end of your list.
2. Consider how stress has hurt you. Has it affected your health or work or the way you treat others?
3. Determine if you are under more stress now than a year or two ago. If so, have the pressures changed, or just your attitude towards them?
4. Break major problems into small parts. For example, for a home needing lots of repairs, pick one job and finish it. Then pick another, etc. Gradually, the problem will feel manageable.
5. Schedule time realistically. Don't try to squeeze more into a day than you can complete. Leave room for the unexpected. For example, traffic that could make you late and increase your stress.
6. Learn how to relax. One way is to practice doing certain things slowly (eating or walking, for example). Another is to just sit back in a chair and concentrate on relaxing your muscles.

Your Stress Risk



Learn to Handle Stress

DanO'daManO', Now you can begin to control stress. This will be a gradual process because it involves learning good habits and unlearning bad ones.

1. Talk about your problems with someone you can be open and honest with.
2. Learn to recognize your stress signals. It might be a tightening of the neck or shoulder muscles, queasiness or, frowning. When you learn these signals, respond by consciously relaxing.
3. When under stress, evaluate the cause. Is it something minor? Something you can't control such as prices or weather? Is the stress causing more harm than the problem itself? A sense of humor is often the best defense.

Take Action

- Take a break from stressful activities, both at work & home. A few minutes of relaxation works wonders.
- Learn how to relax! Practice deep breathing from your diaphragm; hold each breath for a moment and then exhale slowly. Learn muscle relaxation techniques by reading or working with a pro. Massage your neck & rotate your shoulders to loosen the muscles. Listen to relaxation tapes or music.
- Get enough sleep, exercise regularly and eat well to bolster reserves needed for unavoidable stress.
- Talk about emotionally upsetting things with friends or a counselor. It can significantly reduce stress.
- For more tips, contact a Health Coach at 1-XXX-XXX-XXXX or <http://www.trale.com>.

Heart Health

Here's How Your Heart Health Measures Up

Your Blood Pressure: Ideal

Ideal/Low Risk : Below 120/80
 Borderline : 120/80 - 140/90
 High Risk : Over 140/90

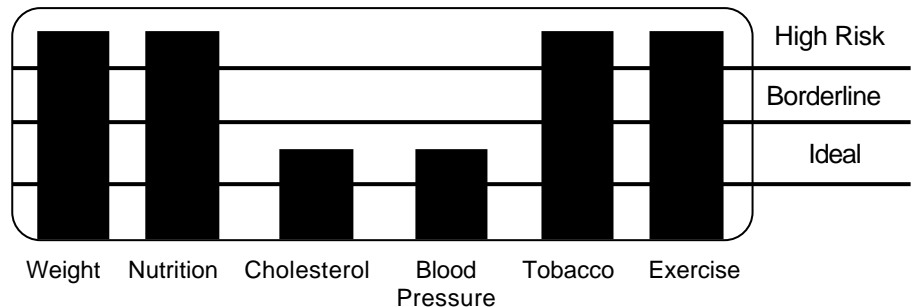
Your BMI : 92.3

Possible Risk: 18.49 or lower
 Low/Ideal Risk: 18.5 -24.9 BMI
 Borderline/High Risk: 25-29.9 BMI
 High Risk: 30 or higher BMI

Your Activity Level: 0 Days

Ideal/Low Risk : 3+ days per week
 Borderline : 2 days or less
 High Risk : No exercise

Your Heart Health Risk Factors



What are Your Risk Factors for Heart Disease?

Risk factors for heart disease fall into two categories, controllable and uncontrollable. Controllable risk factors are the choices you make in your life that can lead to heart disease. These include smoking, weight, diet, exercise, and stress. Uncontrollable risk factors are conditions you cannot change with behavior modification such as age, family history, and gender.

By focusing on positive lifestyle changes, you can significantly impact your risk for heart disease.

Recognize the symptoms of a heart attack early:

- A feeling of pressure, squeezing, pain, fullness or other discomfort in the center of the chest, under the sternum, or in the mid-back.
- The pain or pressure may come and go, especially in women.
- Pain may radiate from chest to shoulders, neck, jaw, arms, or back.
- A profuse cold, clammy sweat on the upper body.
- Shortness of breath that feels like a tight rope around the chest.
- Heartburn, nausea, or vomiting - especially when it doesn't seem related to anything you ate.
- A lightheaded or weak feeling, especially when you stand up. This feeling is often accompanied by one or more of the symptoms listed above.
- Anxiety or a feeling of doom.
- Changes in skin color to pale or gray.

Take Action

- Take steps to maintain a healthy weight. If you are overweight, your heart has to work harder to pump blood through your arteries. This can increase blood pressure and place unnecessary burden on your heart.
- Exercise. Regular exercise 3 to 4 times per week reduces risk of heart disease. Exercise helps your heart pump more blood with less effort.
- Salt reduction. Salt makes your body retain water, increasing the volume of blood in your arteries, and raising blood pressure in some people. Avoid salty foods like ham and potato chips.
- Medications. If you have high blood pressure your doctor may prescribe an antihypertensive. Many types are available. They work in a variety of ways.
- Visit www.americanheart.org or www.nhlbi.nih.gov for more information.
- Contact a Health Coach for tips on how to achieve heart health at 1-XXX-XXX-XXXX or <http://www.trale.com>.

Personal Care and Safety

Driving Safety Tips

DanO'daManO', Remember, when driving be cautious, aware and responsible. Someone is killed in a crash every 13 minutes. However, seat belts save over 11,000 lives each year, and they can help you maintain control of your car in a crash. Use the following guidelines to help reduce your risks on the road.

- Use caution at intersections
- Yield the right of way as often as possible.
- Get a good night's sleep before long drives.
- Plan to drive long trips with a companion and schedule breaks, or switch drivers every two hours or so.
- Drive defensively.
- Remember that driving too fast or too slow can increase the likelihood of collisions.

Drinking & Driving

- About 1.4 million arrests are made annually for driving under the influence of alcohol or narcotics.
- In 1997, 14% of drivers aged 16-20 years and 26% of drivers aged 21-24 years who were involved in fatal crashes were legally drunk.
- Male drivers who die in motor vehicle crashes are almost twice as likely as female drivers to be legally drunk.
- More than 70% of drivers convicted of driving while impaired are either frequent heavy drinkers or alcoholics.
- **Don't drink and drive. Not only does alcohol severely impair your driving ability; it also acts as a depressant. Just one drink can induce fatigue.**

Sleep

At least 40 million Americans suffer from chronic, long-term sleep disorders each year, and 20 million have occasional sleeping problems. These disorders interfere with work, driving and social activities. Try the following tips for getting a better night's sleep:

- Go to sleep and get up at the same time each day even on the weekends and holidays.
- Avoid drinking alcohol in the evening, eating large heavy snacks close to bedtime, and avoid caffeine for at least 2 hours before bedtime.
- If sleeping problems persists, see your physician for any medical conditions affecting your quantity or quality of sleep.

Sun Protection

Prolonged exposure to the sun is the number one risk factor for skin damage and melanoma skin cancer.

- Use sunscreen and lip balm with a SPF of 15 or more when spending time outdoors.
- Avoid being out doors for extended periods of time, especially in the middle of the day when UV rays are most intense.
- Wear sunglasses with 99-100% UV absorption.
- Schedule a yearly appointment to have skin checked for signs of sun damage and skin cancer.

Bicycle Safety

More than 500,000 people in the U.S. are treated in emergency departments, and more than 700 die annually as a result of bicycle-related injuries. When riding a bicycle, always remember to follow standard traffic rules, wear clothing that makes you visible, wear a helmet and avoid riding at night

Motorcycle Safety Tips

DanO'daManO', according to the National Health and Transportation Safety Administration, an unhelmeted motorcyclist is 40% more likely to suffer a fatal head injury, and 15% more likely to suffer a nonfatal injury than a helmeted motorcyclist involved in a crash. Studies show that the head, arms and legs are most often injured in a crash. Protective clothing and equipment, including color or reflective material serve a three-fold purpose for motorcyclists:

- Comfort
- Protection from the elements
- Protection against severe injury
- **Never ride without a certified motorcycle helmet and eye protection.**

Gun Safety

The American Academy of Pediatrics (AAP) says that the best way to prevent gun-related injuries and deaths is to remove guns from homes. However, the decision to own a gun is up to each family. Yours may have decided to keep guns in the house. If this is the case be sure to keep the gun in a removed and locked location with the ammunition stored separately. Additionally, educate your family on what to do if they came across a gun.

Men's Health

Cancers

There are three leading cancers, aside from non-melanoma skin cancer, that men should be particularly concerned about: testicular, prostate and colon cancer.

Testicular:

Testicular cancer is the most common form of cancer among white males ages 20-34 years old and the second most common for men ages 35-39. It is 4.5 times more common among white men than black men, with intermediate incidence rates for Hispanics, American Indians, and Asians.

Prostate:

Although 80% of prostate cancer cases occur in men over 65, there is reason to be concerned. Prostate cancer affects one in five men, taking the lives of nearly 30,000 men each year. Prostate cancer death is highest among African-American men. The cause of this cancer is unknown.

A Digital Rectal Exam and Prostate-Specific Antigen (PSA) tests are recommended at the age of 40 for detection of prostate cancer. If you have a family history, you may want to discuss the possibility of having these tests earlier.

Colon:

Colon cancer affects both men and women equally. This disease is often caused by many controllable factors. Factors that can contribute to the risk for colorectal cancer include low fruit and vegetable intake, a low-fiber and high-fat diet, obesity, alcohol consumption, and tobacco use. Lack of physical activity can also contribute to this cancer.

A fecal occult blood test (FOBT) and a flexible sigmoidoscopy are common screenings used to detect colon and rectal cancers. These should be considered at the age of 50. If you have a family history of this disease, you may want to discuss having these screenings at an earlier age.

Did you know that in 1920, the American male and female life expectancies were about the same? Today, the average American male lives approximately seven years less than the American female. One reason may be:

Women visit the doctor 150 percent as often as men. This allows early detection of common problems, increasing the chances for effective treatment. Men are reluctant to visit their health center or physician for regular screening examinations for a variety of reasons including fear, lack of information, and cost factors.

While attitudes are perpetuated in our society, it is important for men to begin to change their beliefs and behaviors in regards to health. Their lives depend on it!

Heart Disease in Men

Heart disease is the number one killer among American men. Over 356,000 men die from this disease each year. The National Institutes of Health found that 75% of all heart disease is related to controllable factors. Three risk factors which strongly contribute to the development of heart disease include tobacco use, lack of physical activity and poor nutrition. Men have a tendency to use tobacco more often than women and men are usually not as concerned about their diet. If your lifestyle does not include healthy behaviors in these areas, you are increasing your chances of developing this disease.

Take Action

- If you smoke, make a plan to quit.
- Eat a healthy diet.
- Set up an exercise program that you enjoy.
- Work on reducing stress in your life.
- Strive to get a substantial night's sleep every night.
- Stay up to date with your annual physician check-up.
- Visit www.cancer.org and www.americanheart.org for more information.
- For more tips, contact a Health Coach at 1-XXX-XXX-XXXX or <http://www.trale.com>.

Disease Prevention

The day-to-day choices we make impact our lives and our health. We need to remember that the foods we eat, the amount of exercise we get, how we manage our stress, and a variety of other lifestyle choices affect our health. Maintaining your health is important, but you also need to monitor it.

Regular screenings can help detect illnesses in the early stages, when they can best be treated. The first step in disease prevention is knowing when and how often to be checked by a doctor. This page outlines the most common preventative screening services recommended by doctors. If you are unclear as to the last time you were checked for a specific illness, please consult with your personal physician.

- Blood Pressure Test checks two kinds of pressure within the blood vessels. High blood pressure is a disease with no symptoms that can lead to a heart attack and/or a stroke.
- Vision Test checks for marked changes or degeneration of eye functioning.
- Pap Smears are used to detect early signs of cervical and uterine cancers.
- Mammography is an x-ray to detect breast tumors or problems.
- Professional Breast Exams are done by a physician or nurse to examine the breasts for signs of abnormalities.
- Digital Rectal Exams check for early signs of colorectal and/or prostate abnormalities including cancer.
- Stool Blood Tests check for early signs of colorectal abnormalities including cancer.
- Sigmoidoscopy checks for early signs of colorectal abnormalities and cancer.
- Cholesterol Blood Test checks the level of fatty deposits in the blood. High cholesterol levels are linked to heart disease.
- Glaucoma Screening checks for increased pressure in the eye. Glaucoma can lead to blindness if not treated.

Are Your Screenings Up to Date?	
Digital Rectal Exam	*
Testicular Exam	*

- ☹ You may not be up to date with your screenings
- ✓ You are up to date with your screenings
- * Discuss with Doctor

Preventative Screening Schedule

Health Test	20-29	30-39	40-49	50 +
Blood Pressure	Yearly	Yearly	Yearly	Yearly
Breast Self-Exam	Monthly	Monthly	Monthly	Monthly
Professional Breast Exam	Yearly	Yearly	Yearly	Yearly
Mammogram	*	*	1-2 yrs.	Yearly
Cholesterol Test	3-5 yrs.	3-5 yrs.	3-5 yrs.	3-5 yrs.
Diabetes	*	*	3-5 yrs.	3-5 yrs.
Digital Rectal Exam	*	*	Discuss w/Doctor	Discuss w/Doctor
Glaucoma Screening	*	*	*	2-3 yrs.
Pap Test	1-2 yrs.	1-2 yrs.	1-2 yrs.	1-2 yrs.
Physical Exam	2-3 yrs.	2-3 yrs.	2-3 yrs.	1-2 yrs.
Regular Dental Exam	Yearly	Yearly	Yearly	Yearly
Sigmoidoscopy	*	*	*	3-5 yrs.
Stool Blood Test	*	*	*	Yearly
Vision Exam	2-3 yrs.	2-3 yrs.	2-3 yrs.	2-3 yrs.

* Not Recommended

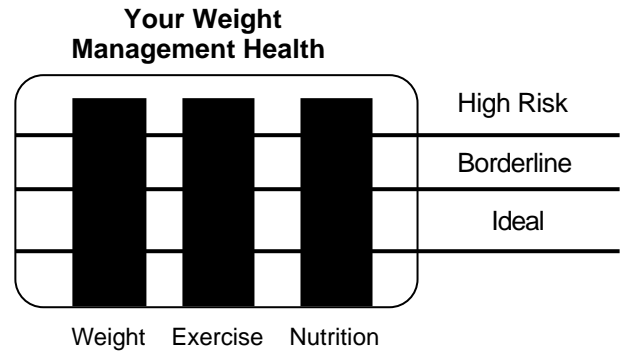
Weight Management

Sixty-four percent of Americans are considered overweight or obese and the number is rising. A key to determining if someone is overweight is Body Mass Index (BMI). The BMI ranges are based on the effect body weight has on disease and death.

Your BMI is: "92.3". Compare your BMI to the healthy BMI ranges in the table below.

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 and Above	Obese

DanO'daManO', your BMI indicates that you are overweight. Excessive weight puts you at higher risk for developing heart disease, hypertension, diabetes and back pain. Risk levels can be lowered by losing as little as 10 to 20 pounds.



Here are some quick tips to help you take action around your weight loss goals:

Try to control your environment

- Shop well. Eat a healthy snack before going to the grocery store so you are not shopping while hungry.
- Remove trigger foods from your home, workplace and car
- Stock your home with fruits, veggies, water bottles and low calorie snacks
- Commit to your exercise plans by writing them into your schedule
- Pre-pack your gym bag and, if possible, set up a space in your home for exercise.
- Help control portion size by eating from a salad plate and using smaller utensils.
- One cup of food is about the size of a woman's fist. Start with that amount of food and go back for more only if you're still hungry.
- Keep serving dishes away from the table. Serve yourself one portion and go back to the kitchen if you need more.
- Don't eat while you are distracted. Studies indicate overindulgence when eating in front of the TV or during a conversation.
- Share your weight management plans with friends and family and ask for their support.

Focus on fruits and vegetables

- A minimum of five servings of fruits and vegetables a day is a must DanO'daManO'. Fruits and vegetables are low calorie options and eating more can help decrease high calorie food choices.
- Try to eat a rainbow of colored fruits and vegetables for a variety of nutrients
- Keep containers of already cleaned and prepared fruits and vegetables in the fridge to make it easier to eat them.

Understand why you eat

DanO'daManO', you have indicated that you often eat for reasons other than hunger. Whether this is to celebrate, to boost your mood, to combat boredom, or just because the food is there, eating when you're not hungry can lead to a lot of extra calories.

- Consider keeping a food journal for a few days. Write down what you eat over the course of the day and how you felt when choosing certain foods; you may learn a lot about the reasons behind your food choices.
- Find alternatives to eating. If you're bored, go for a walk, read a book, or call a friend. If you're tired, exercise. If you can't resist food at a buffet, chew gum or keep a glass of water or iced tea in your hand.

Take Action

- Lose weight, but do it slowly. Lose no more than one to two pounds a week.
- Set a goal to lose no more than 10% of your body weight.
- Create a plan that works for you. To lose weight, the human body needs to expend 500 calories a day more than usual. This can be achieved by burning 500 more calories through exercise or taking in 500 calories less in your daily diet - or a combination of both!
- Contact a Health Coach at 1-XXX-XXX-XXXX for aid in creating and maintaining a weight management plan.

Physical Fitness

How can I improve my physical fitness?

Programs designed to improve physical fitness take into account frequency (how often), intensity (how hard), and time (how long), you exercise.

The FIT Formula:

F = frequency (days per week)

I = intensity (how hard, e.g., easy, moderate, vigorous) or percent of heart rate

T = time (amount for each session or day)

For health benefits to the heart, lungs and circulation, perform any vigorous activity for at least 30 minutes, 3-4 days each week at 50-75 percent of maximum heart rate. Moderate intensity physical activities for 30 minutes on most days provide some benefits. Physical activity need not be strenuous to bring health benefits. What is important is to include activity as part of the daily routine.

Exercise can help reduce or eliminate some of these risk factors:

High Blood Pressure — Regular exercise is associated with lower blood pressure.

Cigarette Smoking — Smokers who exercise vigorously and regularly are more likely to cut down or stop cigarette smoking.

Diabetes — People at their ideal weight are much less likely to develop diabetes. Exercise may also decrease a diabetic's insulin needs.

Obesity and Overweight — Exercise can help people lose excess fat or stay at a reasonable weight.

Low Levels of HDL — Low levels of HDL (one of the cholesterol-carrying proteins in the blood) have been linked to an increased risk of coronary artery disease. Recent studies have shown that regular physical activity increases HDL levels, and thus reduces your risk.

Activities that are especially beneficial when performed regularly include:

- Brisk walking
- Running
- Aerobic exercise
- Hiking
- Bicycling
- Jogging
- Stair-climbing
- Rowing
- Swimming

Target Heart Rate

Your target heart rate range is how much your heart should beat per minute while you are exercising. Check your heart rate by finding your pulse on the inside of your wrist or on your neck. If you are below your range, you need to increase the intensity of your workout. If you are above your range, you should slow down.

- Maximum Heart Rate = 220 - your age
- Target Heart Rate is 50-75% of your Maximum heart

Age in Years	Target HR Zone for 50-75% BPM*	Average Maximum Heart Rate 100% BPM*
20	100-150	200
25	98-146	195
30	95-142	190
35	93-138	185
40	90-135	180
45	88-131	175
50	85-127	170

* Beats Per Minute

Take Action

- Find a fitness activity that you enjoy.
- Find the time of day that suits you best and schedule fitness into your day.
- Find a workout buddy to keep you motivated.
- When working out, be sure to get your heart pumping and your breath somewhat labored.
- Visit www.healthfinder.gov, www.nih.gov, or www.medline.gov for more information.
- Contact a Health Coach for more tips on physical fitness at 1-XXX-XXX-XXXX or <http://www.trale.com>.

Ergonomics & Musculoskeletal Disorders

Musculoskeletal disorders involve the nerves, tendons, muscles, and supporting structures such as intervertebral discs. Musculoskeletal disorders represent a wide range of disorders, which can differ in severity from mild periodic symptoms to severe chronic and debilitating conditions.

Musculoskeletal conditions caused by (non-accidental) physical work activities include inflammation, degeneration, and physiological disruption of muscles, tendons, ligaments, nerves, and limb and trunk cartilage. Common terms for these conditions are: Carpal Tunnel Syndrome, Tenosynovitis, Tension Neck Syndrome, and Low Back Pain. No matter what your job, ergonomics, the study of how to reduce fatigue and discomfort in relation to work demands, plays an important role in preventing injury and illness. This often involves manipulating work areas to better fit the workers. Here are some tips to help you with your workstation:

Computer Eye Strain

DanO'daManO', if you get headaches when using your computer, or experience soreness in your neck shoulders or back, it could be the result of a poor ergonomic setup. According to the National Institute of Occupational Safety and Health (NIOSH), computer users should have an eye exam before starting to work on a computer and once a year thereafter. To help reduce computer eyestrain:

- Place your monitor directly in front of you and approximately 20-30 inches away from you.
- Make sure your monitor is neither too high nor too low; the top part of the screen should be just at eye height.
- Maintain good posture at your desk: keep your back straight and your shoulders back.
- Look away from your computer screen every 30 minutes, and focus for 5-10 seconds on a distant object outside or down the hallway.

Prolonged Sitting, Standing & Unvaried Keyboard Tasks

Fatigue occurs more often in muscles that hold body parts in position for long periods. To reduce muscle fatigue:

- Keep your keyboard at elbow height or slightly lower.
- Periodically check your shoulders. If they are tense, consciously relax them.
- Vary your tasks. Whenever you can, take a 30 second to 1 minute micro break at your workstation to do some gentle stretches.
- Wear shock absorbing shoe insoles.
- Position your mouse and keyboard comfortably close to your body so that you are not reaching for them.
- Try to avoid periods of prolonged sitting. Periodically stand up, perhaps while on the phone.
- Stand tall; try not to let your back sag.

Lifting

Lifting objects with a rounded back can put excessive pressure on discs. To avoid this, keep your back straight and lift with your knees bent. Incorrect lifting techniques can cause damage or severe back pain. Here are some tips to use when lifting heavy objects.

- Stand close to the object(s); have firm footing and a wide stance.
- Bend your knees to lower yourself and keep your back straight.
- Secure your grip and hold the object(s) close to you.
- Lean back to maintain balance and lift by straightening the knees.
- Keep steady during the lift; do not jerk

Take Action

- Have a yearly eye exam. If you wear glasses or contacts, make sure the correction is right for computer work.
- Install an anti-glare screen on your monitor.
- Blink more often. It re-wets your eyes to avoid dryness and irritation.
- Stand up and move about, exercising your arms, legs, back, neck, and shoulders frequently
- Break up repetitious work.
- Do an ergonomic assessment of your workstation.
- Call a Health Coach at 1-XXX-XXX-XXXX for more information on how to maximize ergonomic functioning.

Personal Goal Diary

Planning how you are going to achieve a healthy habit is the best way to actually getting the results you want. Use this personal goal diary to plan your healthy changes. Remember... be realistic! Do not set yourself up for failure. Take time to think about each step carefully. Also, make sure you reward yourself with something healthy or positive! Feel free to copy this page for as many personal goals as you want to set for yourself. Soon you will be on your way to a very healthy life. Good Luck!

My personal goal is: _____

I will accomplish this goal on: _____

The steps I am going to take to achieve my goal:	Date Accomplished
1. _____	
2. _____	
3. _____	
4. _____	
5. _____	

Barriers
The barriers I have to reaching my goal include:

1. _____
2. _____
3. _____
4. _____
5. _____

Overcoming Barriers
The ways that I can overcome my barriers include:

1. _____
2. _____
3. _____
4. _____
5. _____

I will reward myself for accomplishing my goal by:
