Physician Summary
Assessment Date:
[Date]

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WellSuite® IV

Betty Jones

Overall Wellness Score

Health Age

Sex	Female
Age	43
Date of birth	July 04, 1972
Height	5'8"
Weight	125 lbs
Ethnicity	Hispanic, Latino, or of Spanish origin

Biometrics

	02/2016	02/2015	Status
Total Cholesterol (mg/dL)	Normal	Normal	✔
LDL Cholesterol (mg/dL)	Normal	Above normal	✔
HDL Cholesterol (mg/dL)	Low	Unknown	▼
Triglycerides (mg/dL)	Normal	High	✔
Blood Glucose (mg/dL)	Normal	High	✔
Blood Pressure	Normal	Normal	✔
Waist Circumference (in)	32	42	✔
BMI	19	25.09	✔

* Indicates fasting value

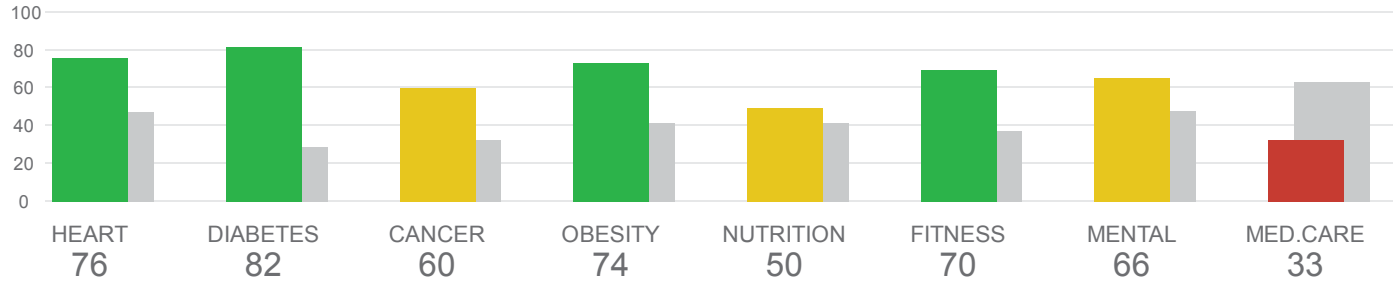
✔ Doing Well ▼ Caution ! Take Action

Readiness to Change

Exercise	●●●●○
Nutrition	●●●○○
Weight	●●●●●
Stress	●●●●●
Blood Pressure	●●●●●
Cholesterol	●○○○○
Glucose	●●●●○
Tobacco	●●●●●
Alcohol	●●○○○
Legend	●●●●●

No interest in changing
Not quite ready
Ready to change
Recently started
Maintenance

Doing Well 100 - 70 | Caution 69 - 40 | Take Action 39 - 0 | Last Assessment



Health Assessment Responses

Personal Health History

Heart disease	No
Stroke	No
Diabetes	Yes, being treated
Cancer	No
Lung disease	No
Osteoporosis	No
Arthritis/joint pain	Yes, not being treated
High blood pressure or taking medication	No
Hearing problem	Yes, not being treated
Vision problem	No
Physical pain	Bad, not being treated
Trouble with teeth or chewing	No
Sick days in past year	4 days

Exams

Flu shot	No
Shingles vaccine	--
Pneumonia vaccine	--
Physical exam	No
Dental exam/cleaning	Yes
Colon exam	--

Nutrition

Breakfast frequency	Some of the time
Healthy breakfast	Some of the time
Water	2 serv/day
Fruits	2 serv/day
Vegetables	2 serv/day
Whole grains	3 serv/day
Sweets & sweetened drinks	4 serv/day
Fish	1 times/wk
Red & processed meat	1 times/wk
Poultry	2 times/wk
Plant-based protein	0 serv/day
Nuts & seeds	5 serv/day
Type of milk	Full-fat
Salt intake	A little
Daily multivitamin	Yes

Safety

Seat belts	Yes
Distracted driving	Sometimes
Smoke alarms	Yes
Safe sex	Yes

Mood

Happiness	Pretty happy
Felt down, depressed, hopeless in past month	Yes
Stress in the past month	Often
Handling stress	Cope well most of the time
Loneliness	No
Future outlook	Not sure what the future holds
Major life events in the past year	None
Anger	Some
Energy	Enough energy to make it through the day

Substance Use

Nicotine	Second-hand smoke
Alcohol	3 serv/wk
More than 3 drinks/sitting	--

Activity

Hours sleeping	7 hrs/day
Hours sitting	7 hrs/day
Moderate activity	30 min/wk
Vigorous exercise	15 min/wk
Strength exercise	0 times/wk