

HEALTH SCREENING REPORT

Reference ID : 322 Employee ID : AWLM005
 Name : BAD NEW Company : STEVIN ROCK - Q4
 Department : TEST Date: 22/03/2015

PERSONAL & ACCEPTABLE MEDICAL RANGES

Gender Male Training Heart Zone 139 - 119
 Age 51 years Height 154 cms
 Sedentary Metabolic Rate 3360 Calories Prescribed Intake 2860Calories

Item	Personal	Acceptable Ranges
Weight	140	55 - 65 Kgs
Body Mass Index (BMI)	59.03	18-25
Waist	48	Below 30 inches
Pulse	80	Below 72 beats/ min
Lung capacity (Intake)	12	45 seconds or more
Lung capacity (Expiratory)	100	450 cc or more
On medication	Yes, BP, SUGAR, CHOLESTEROL	No medication
Blood Pressure	140/100	110/70 to 130/85 mg/Hg
Blood Sugar (Fasting)	200	70 - 110mg/dl
Blood Sugar (Random)	200	70 - 140 mg/dl
Total Cholesterol	250	Below 200 mg/dl

PERSONAL & ACCEPTABLE OCCUPATIONAL RISK STATUS

Parameter	Personal Status	Acceptable Status
Lungs Function	Needs review	Good/ Satisfactory
Sight & Vision	Needs Review	Good/ Satisfactory
Hearing & Auditometry	Need Review	Good/ Satisfactory

PERSONAL & ACCEPTABLE HEALTH & LIFESTYLE STATUS

Parameter	Personal Status	Acceptable Status
Medical	Needs Improvement	Satisfactory
Nutrition & Diet	Needs Improvement	Satisfactory
Exercise & Fitness	Needs Improvement	Satisfactory
Stress	Needs Improvement	Satisfactory
Health Behaviour	Needs Improvement	Satisfactory
Overall Health Score	33.0, Needs Improvement	Satisfactory
Above 97=Excellent, 75-96=Satisfactory, 60-74=Fair, below 60=Needs Improvement		

* Modification required/ Needs Improvement rating in any category requires early change. We recommend that you consult your Health Care Professional for counselling.

SUGGESTION FOR IMPROVEMENT

=> **WEIGHT/ BMI MANAGEMENT:** In order to maintain your acceptable range in Weight/ BMI; you will need to reduce your food intake by eating a small meal post sunset and by doing exercise/ walking daily for one hour.

=> **LUNG CAPACITY/ PULSE:** In order to improve your stamina (i.e. strengthen your heart & improve your lung capacity), you are advised to exercise for one hour daily. Please consult a physician prior to starting exercise.

=> **BLOOD PRESSURE & CHOLESTEROL:** Since you have Blood Pressure & Cholesterol & are on medication for both, please consult your Doctor for specific advice. In addition, please keep your weight within your permitted weight range, walk for an hour daily, avoid commercial and preserved food, sleep for 8 hours daily, avoid smoking and alcohol.

* **Foods to Eat:** Vegetable especially leafy vegetable, wheat, brown rice, cereals and other fibrous foods, garlic, ginger, onion, lime juice, citrus fruits. Use unsaturated vegetable oils only

* **Foods to Avoid:** Saturated fat such as butter, cream, margarine, fat meats (lamb, beef, pork, organ meats), eggs, coconut and its related products, ground nuts, cashew nuts, etc. Also, cut down use of table salt and simple carbohydrates such as sugar, flour products, etc.

=> **BLOOD SUGAR:** Since you have Diabetes & are on medication, please consult your Doctor for specific advice. In addition, please keep your weight within your permitted weight range, walk for an hour daily, avoid commercial and preserved food, sleep for 8 hours daily, avoid smoking and alcohol.

* **Foods to Eat:** Bitter gourd, karela, lemon and citrus fruits, drink sufficient water. Consume sufficient gram and beans, garlic, ginger and tomato

* **Foods to Avoid:** Sugar, pudding, pastries, aerated drinks, fruit juices, refined white rice, white bread, etc.

=> **NUTRITION:** Ensure a daily intake of fresh fruit and green salads as a daily part of your diet. 6 – 8 glasses of water daily. Eat a balanced diet including milk, curd, eggs, chicken and fish. Avoid fast foods and a heavy night time meal.

=> **EXERCISE & FITNESS:** Exercise is beneficial for maintaining good health and reducing the effect of stress. It helps in managing weight, alleviates joint ailments, improving sleep, etc. One hour of exercise such as walking daily is recommended along with free hand exercise.

=> **STRESS:** Try to determine the cause of your stress and seek solutions by consulting friends, family and experts. In addition a healthy body manages the effects of stress better. Daily exercise and 6 – 8 hours sleep is recommended.

=> **SMOKING:** Smoking is the leading cause of cancer and should be stopped immediately. Please consult your doctor for Nicotine replacement therapy.

=> **ALCOHOL CONSUMPTION:** Alcohol consumption can be detrimental to health, if consumed daily. If taken in excess it could lead to accident and injuries. Please avoid alcohol intake.

=> **SLEEP:** Try to relax your body and mind. Relax your body daily with light exercises. Relax your mind through happy thoughts, prayer, meditation. Eat a light meal an hour or two before sleep and have a glass of milk before getting to bed. Avoid stimulants such as tea, coffee. Avoid cigarettes, alcohol, drugs. Keep your room airy and bed comfortable. Do not try hard to sleep, sleep will come. There is good merit in sleeping whenever sleep comes, such as afternoon naps & siestas. Try and achieve at least 6 – 8 hours of sleep daily.

Additional Comments, if any:

Counselor's Signature

