

Print Name

Today's Date: (Month) (Day) (Year)

Health Screening Results Form

Date of Birth: (Month) (Day) (Year)

Ethnicity: Hispanic/Latino Yes No

Height: (Feet) (Inches)

- Race: African American/Black
 American Indian/Alaska Native
 Asian American
 Caucasian/White
 Hispanic/Latino
 Native Hawaiian/Other Pacific Islander
 Other

Weight (lbs):

Gender: Female Male

Have you fasted for the past 9-12 hours? Yes No

What Is Cholesterol: Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. It performs important functions in a healthy body; however, high cholesterol levels indicate an increased risk for heart disease which can lead to heart attack.

Total

Total Cholesterol: <200mg/dl is desirable

LDL

LDL Cholesterol: Often termed "bad" cholesterol. <100mg/dl is optimal

HDL

HDL Cholesterol: Often termed "good" cholesterol. Optimal levels range between 40mg/dl and 50mg/dl

Triglycerides

Triglycerides: <150mg/dl is normal

TC/HDL Ratio: The ratio is obtained by dividing the HDL cholesterol level into the total cholesterol. An optimal ratio result should be < 5.

TC/HDL Ratio .

What Is Glucose: Glucose, sometimes referred to as blood sugar, is the main source of energy from living organisms. Glucose levels rise after a meal. Levels may remain abnormally elevated with some illnesses such as diabetes mellitus. The optimal fasting adult blood glucose level is 100 or less. A level of 101 – 125 indicates an increased risk for diabetes. A level greater than 126 should be evaluated by a health care professional.

What Is Blood Pressure: Blood pressure readings are given in two numbers. The systolic (the first number given) is the pressure in the arteries when the heart is contracting. The diastolic pressure (the second number given) is the pressure in the arteries when the heart is at rest. Normal blood pressure is 120/80.

Systolic 1 Systolic 2

Diastolic 1 Diastolic 2

What Is Body Mass Index: Body Mass Index (BMI) is an assessment generally used by doctors to determine if a person is underweight, overweight, or within a healthy weight range. It is based on your height and weight. A normal adult BMI range is between 18.5 – 24.9 kg/m².

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What is Body Fat Percentage? Body fat is an actual percentage of fat in the body compared to lean tissue. The normal adult range varies depending on your age and gender.

Recommended Body Fat Levels

| Age | 20-39 years | 40-59 years | 60-79 years |
|-------|-------------|-------------|-------------|
| Men | 8-20% | 11-22% | 13-25% |
| Women | 21-33% | 23-34% | 24-36% |

Your Body Fat %:

%

Device Serial Number



Health Screener Signature _____

It is recommended that you report the results of your screening to your healthcare professional.