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Aggregate Report  
Fasting Biometric Screening

CLIENT XXXX

May 2, 2014

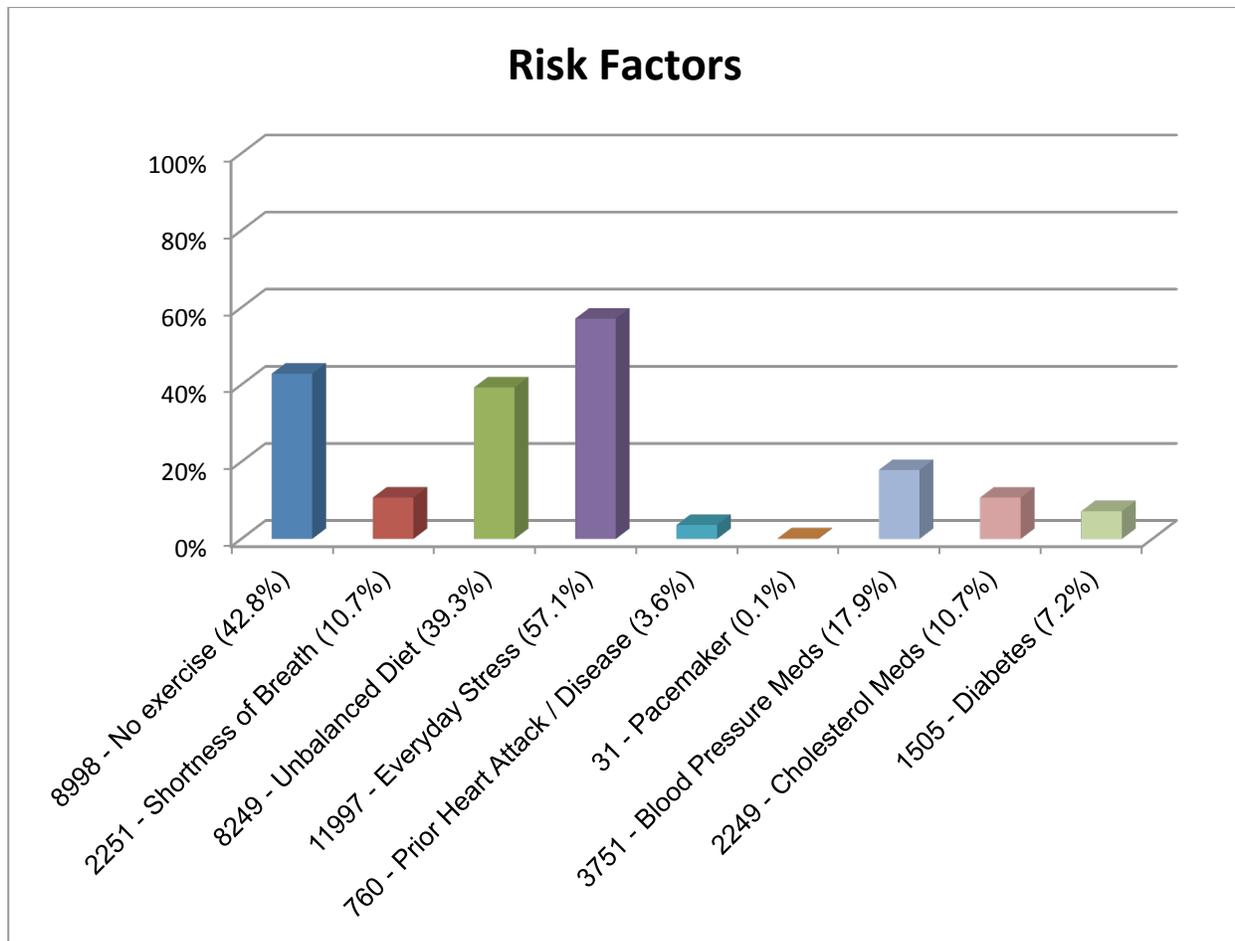
21,000 participants

***Your Prescription for a Healthier Workplace***

Contact: 404.636.9437 ~ Website: [www.atlantahealthsys.com](http://www.atlantahealthsys.com)

## RISK FACTOR QUESTIONNAIRE

	Participants	Percent
Do not exercise regularly	8998	42.8%
Experience shortness of breath	2251	10.7%
Eat an unbalanced diet	8249	39.3%
Feel stressed	11997	57.1%
Heart attack / Heart disease	760	3.6%
Wear a pacemaker	31	0.1%
Take blood pressure medication	3751	17.9%
Take cholesterol medication	2249	10.7%
Diagnosed with diabetes	1505	7.2%



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## Client XXXX, Aggregate Report 5/2/2014

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	Participants	Percent
<b>Blood Pressure:</b>		
Not at Risk (Systolic below 120 and Diastolic below 80)	8386	39.9%
Moderate Risk (Systolic 120-159 or Diastolic 80-99)	9683	46.1%
High Risk (Systolic above 160 or Diastolic above 100)	2931	14.0%
<b>BMI:</b>		
Not at Risk (18.5 to 24.9)	6621	31.5%
Moderate Risk (below 18.5)	350	1.7%
Moderate Risk (25.0 to 29.9)	6681	31.8%
High Risk (30.0 and above)	7348	35.0%
<b>Body Fat:</b>		
Low (see chart)	750	3.6%
Normal (see chart)	4500	21.4%
High (see chart)	8251	39.3%
Very High (see chart)	7499	35.7%
<b>Cholesterol:</b>		
Not at Risk (less than 200 mg/dL)	17078	81.3%
Moderate Risk (200-239 mg/dL)	2847	13.6%
High Risk (240 mg/dL and above)	1075	5.1%
<b>HDL (Women):</b>		
Not at Risk (60 mg/dL and above)	7816	61.3%
Moderate Risk (50-59 mg/dL)	1645	12.9%
High Risk (below 50 mg/dL)	3290	25.8%
<b>HDL (Men):</b>		
Not at Risk (60 mg/dL and above)	3727	45.2%
Moderate Risk (40-59 mg/dL)	2876	34.8%
High Risk (below 40 mg/dL)	1646	20.0%
<b>Ratio:</b>		
Not at Risk (below 4.5)	16500	78.6%
Moderate Risk (4.5-5.0)	750	3.6%
High Risk (above 5.0)	3750	17.8%
<b>LDL:</b>		
Not at Risk (below 100 mg/dL)	9706	46.3%
Moderate Risk (100-159 mg/dL)	6916	32.9%
High Risk (160 mg/dL and above)	4378	20.8%
<b>Triglycerides (Fasting):</b>		
Not at Risk (below 150 mg/dL)	11479	54.7%
Moderate Risk (150-199 mg/dL)	5011	23.9%
High Risk (200 mg/dL and above)	4510	21.4%

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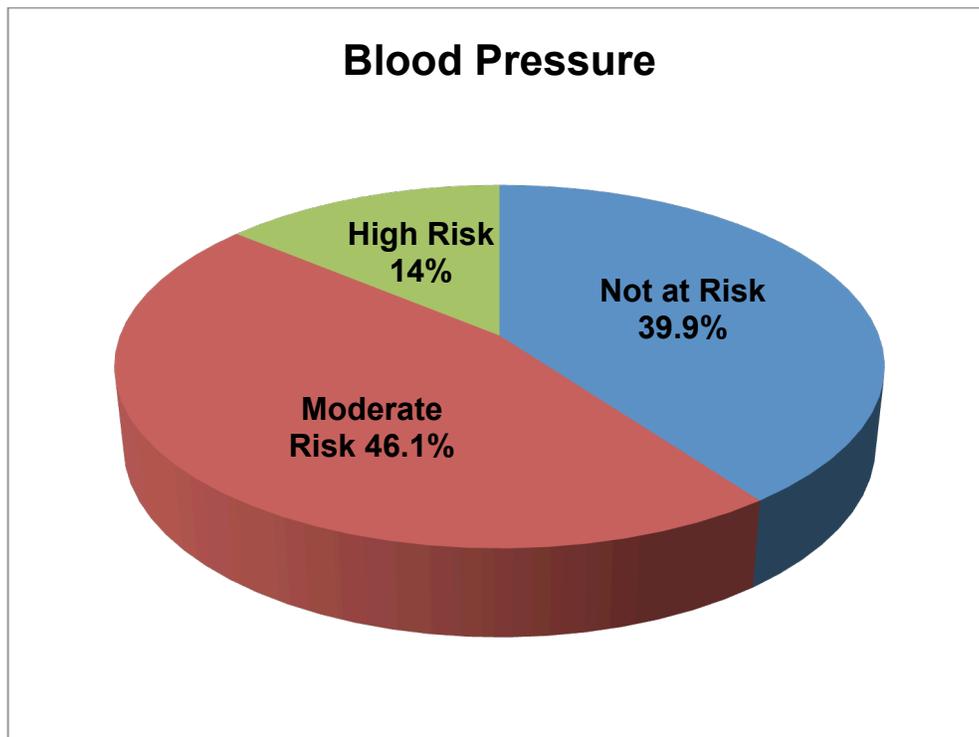
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### Glucose (Fasting):

Not at Risk (70-99 mg/dL)	15000	71.4%
Moderate Risk (100-125 mg/dL)	3750	17.9%
High Risk (below 70 or above 126 mg/dL)	2250	10.7%

### Tobacco Use:

Not at Risk (no use of tobacco products)	18750	89.3%
Moderate Risk (occasional use of tobacco products)	751	3.6%
High Risk (daily use of tobacco products)	1499	7.1%

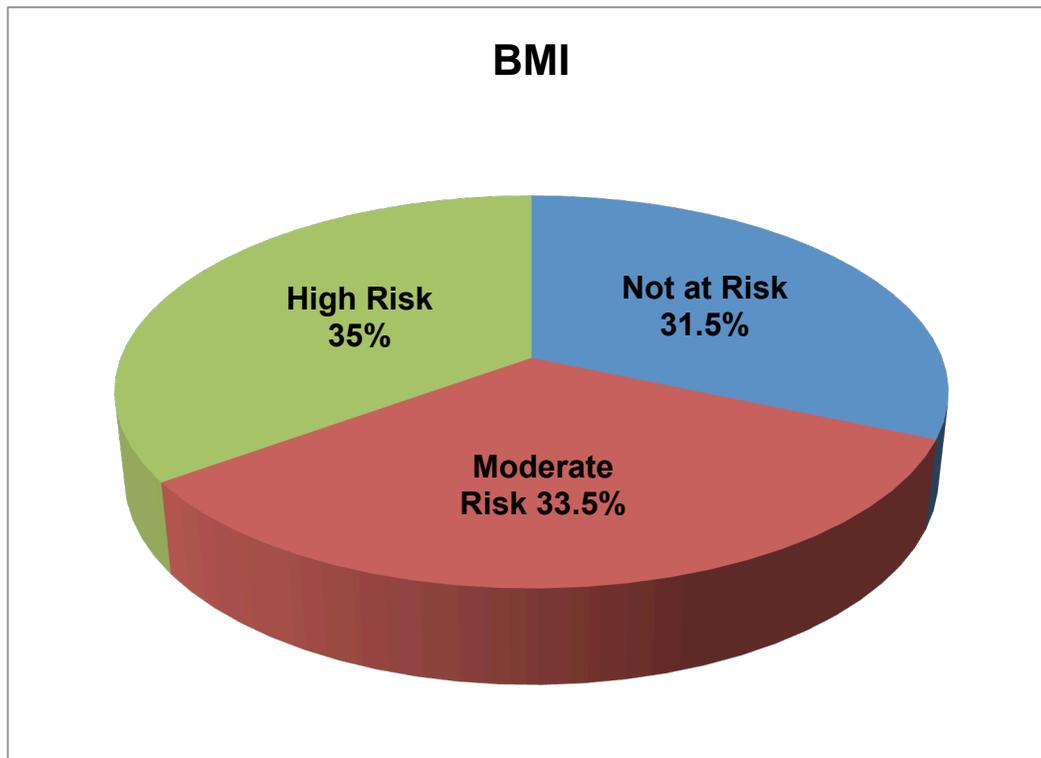


<b>Risk Category</b>	<b>Participants</b>	<b>Percent</b>
Not at Risk (Systolic below 120 and Diastolic below 80)	8386	39.9%
Moderate Risk (Systolic 120-159 or Diastolic 80-99)	9683	46.1%
High Risk (Systolic above 160 or Diastolic above 100)	2931	14.0%

High blood pressure, or hypertension, is considered a silent killer because there are often no noticeable warning signs or symptoms until serious problems arise. For this reason, it is important that you have your blood pressure checked regularly, at least once a year or more often if instructed. Maintaining your blood pressure will keep you at a lower risk for heart disease, stroke, kidney disease and kidney failure. 76.4 million adults in the U.S. have been diagnosed with high blood pressure.

Complications of high blood pressure can include damage to the heart and coronary arteries (including heart attack, heart disease, congestive heart failure, and atherosclerosis), stroke, kidney damage, vision loss, memory loss, chest pain, and peripheral artery disease.

(Source: American Heart Association 2013)

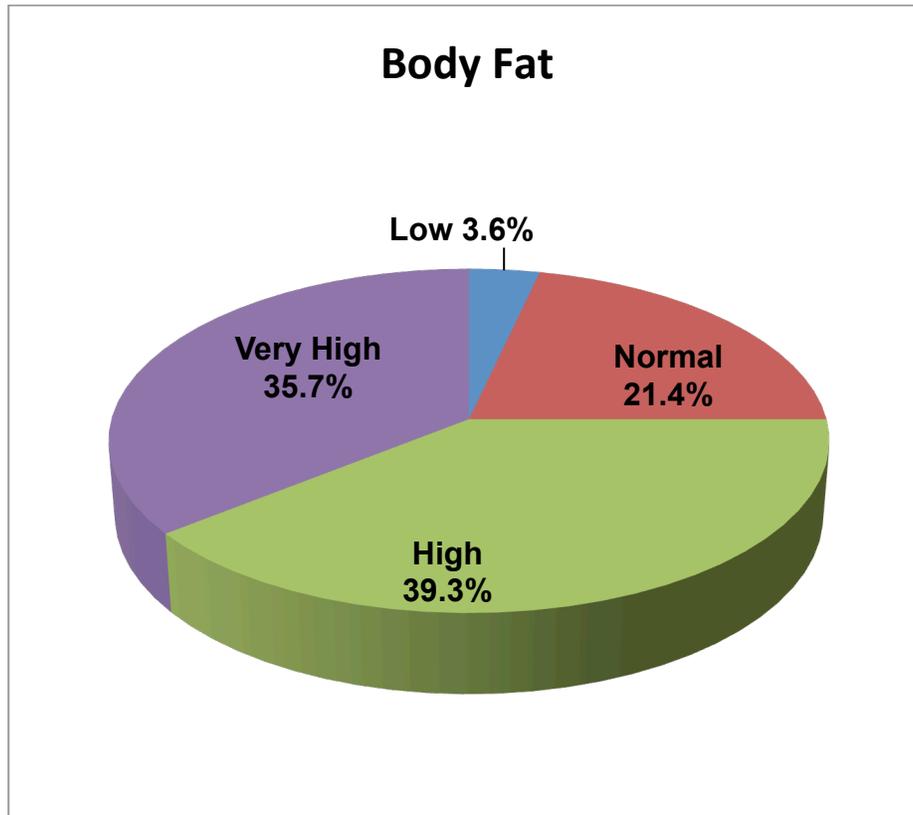


<b>Risk Factor</b>	<b>Participants</b>	<b>Percent</b>
Not at Risk (18.5 to 24.9)	6621	31.5%
Moderate Risk (below 18.5)	350	1.7%
Moderate Risk (25.0 to 29.9)	6681	31.8%
High Risk (30.0 and above)	7348	35.0%

Body mass index (BMI) is a tool to estimate the risk of weight-related diseases. The higher the BMI, the greater the risk of some diseases including high blood pressure, coronary artery disease and diabetes. A BMI over 25 is classified as overweight, a BMI over 30 is considered obese. Overweight and obese individuals are at increased risk for many diseases and health conditions, including hypertension, high cholesterol/triglycerides, heart disease, stroke, osteoarthritis, and some cancers.

Eating a healthy diet and getting regular exercise can help you maintain a healthy weight and minimize the risk of these weight-related diseases.

(Source: Centers for Disease Control 2013)



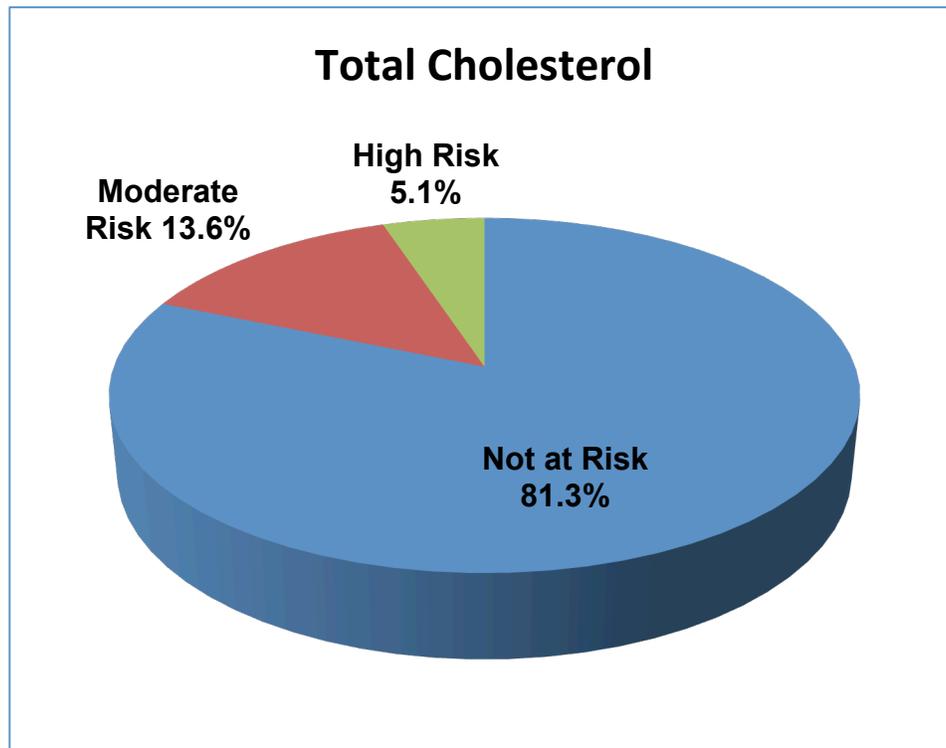
Risk Category	Participants	Percent
Low (see chart)	750	3.6%
Normal (see chart)	4500	21.4%
High (see chart)	8251	39.3%
Very High (see chart)	7499	35.7%

#### Women

Age	Low	Normal	Overweight	Obese
20-39	Under 21%	21-32%	33-38%	39% and above
41-59	Under 23%	23-33%	34-39%	40% and above
61-79	Under 24%	24-35%	36-41%	42% and above

#### Men

Age	Low	Normal	Overweight	Obese
20-39	Under 8%	8-19%	20-24%	25% and above
41-59	Under 11%	11-21%	22-27%	28% and above
61-79	Under 13%	13-24%	25-29%	30% and above

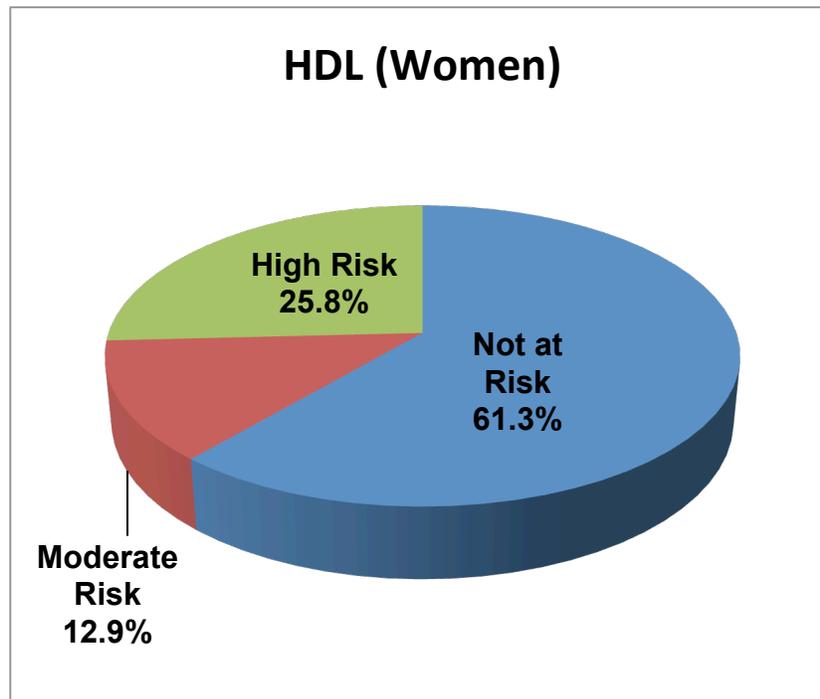


<b>Risk Category</b>	<b>Participants</b>	<b>Percent</b>
Not at Risk (less than 200 mg/dL)	17078	81.3%
Moderate Risk (200-239 mg/dL)	2847	13.6%
High Risk (240 mg/dL and above)	1075	5.1%

Cholesterol is a waxy substance found in the fats in your blood. When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

Although high cholesterol has no symptoms, it is preventable and treatable. A healthy diet and regular exercise can go a long way toward reducing your cholesterol.

(Source: Mayo Clinic 2013)

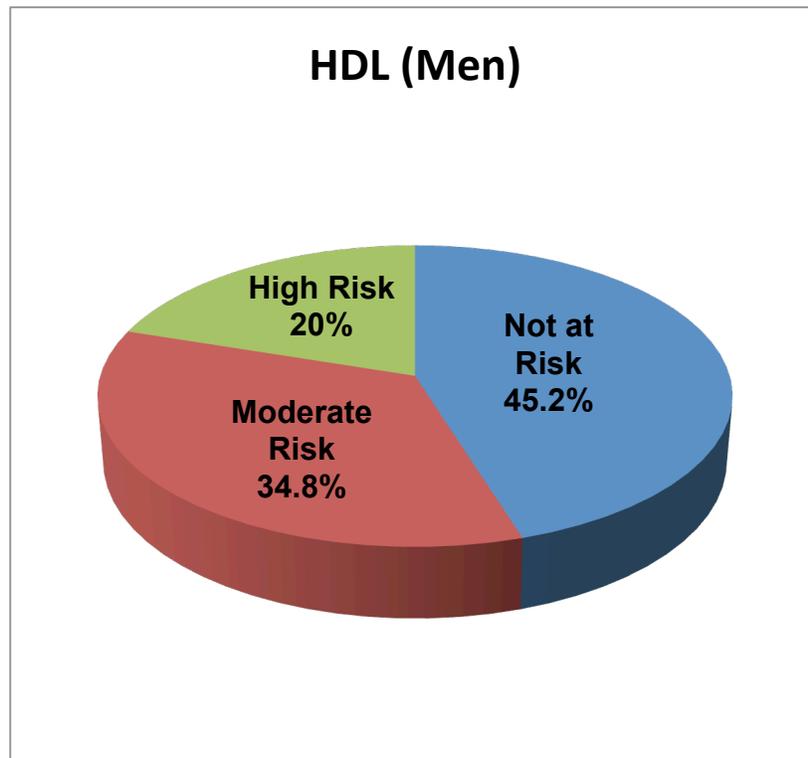


Risk Category	Participants	Percent
Not at Risk (60 mg/dL and above)	7816	61.3%
Moderate Risk (50-59 mg/dL)	1645	12.9%
High Risk (below 50 mg/dL)	3290	25.8%

**High-density lipoproteins** are often referred to as HDL, or "good," cholesterol. They act as cholesterol scavengers, picking up excess cholesterol in your blood and taking it back to your liver where it's broken down. The higher your HDL level, the less "bad" cholesterol you'll have in your blood. This helps to prevent heart disease.

To increase your HDL levels, refrain from smoking, maintain a healthy weight, exercise regularly, avoid saturated and trans fats, and avoid excessive alcohol consumption.

(Source: Mayo Clinic 2013)

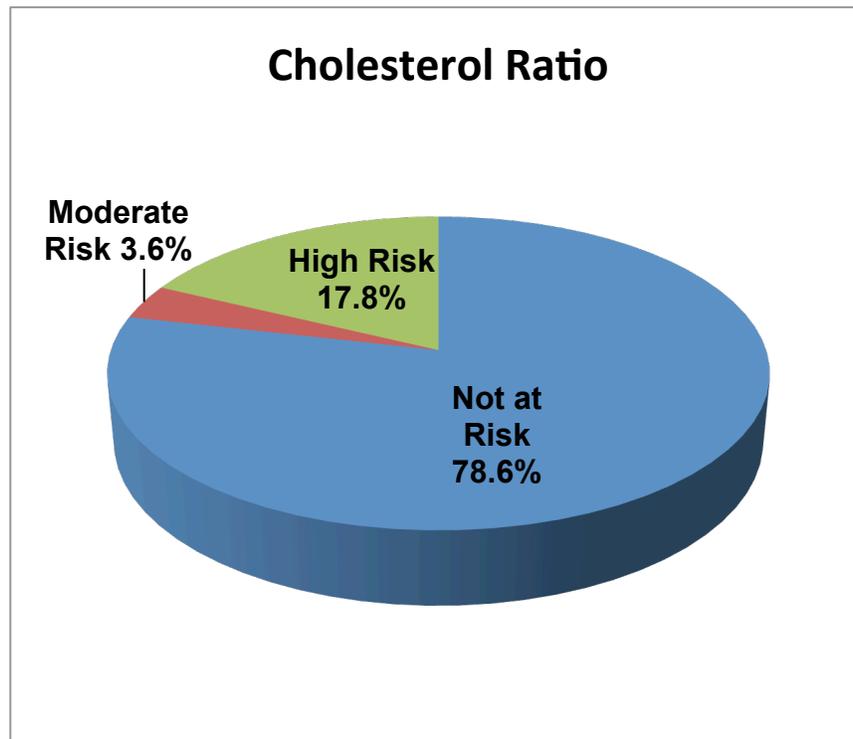


Risk Category	Participants	Percent
Not at Risk (60 mg/dL and above)	3727	45.2%
Moderate Risk (40-59 mg/dL)	2876	34.8%
High Risk (below 40 mg/dL)	1646	20.0%

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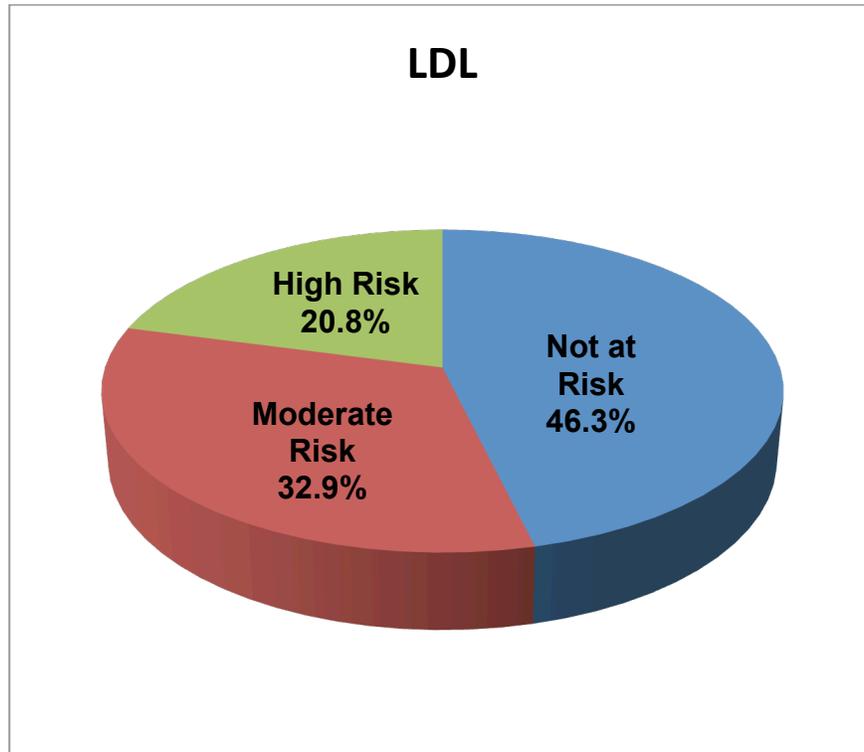
(Source: Mayo Clinic 2013)



<b>Risk Category</b>	<b>Participants</b>	<b>Percent</b>
Not at Risk (below 4.5)	16500	78.6%
Moderate Risk (4.5-5.0)	750	3.6%
High Risk (above 5.0)	3750	17.8%

A cholesterol measurement includes total cholesterol and HDL. The ratio of total cholesterol to HDL reflects the amount of “good” cholesterol in your blood. This ratio should be below 4.5, reducing the risk of heart disease and stroke. Too high a ratio means that there is not enough HDL relative to your total cholesterol.

(Source: WebMD 2013)

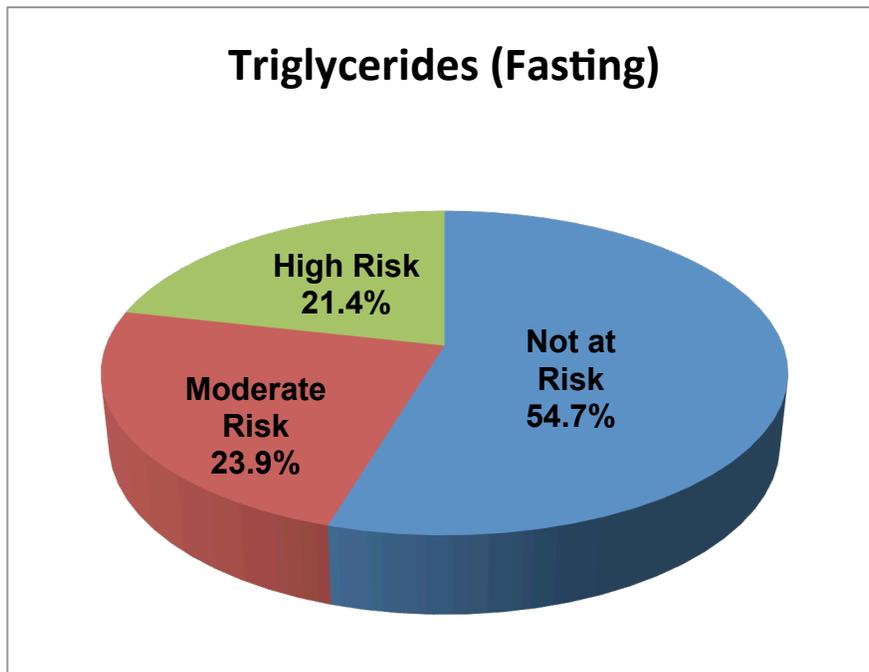


<b>Risk Category</b>	<b>Participants</b>	<b>Percent</b>
Not at Risk (below 100 mg/dL)	9706	46.3%
Moderate Risk (100-159 mg/dL)	6916	32.9%
High Risk (160 mg/dL and above)	4378	20.8%

LDL is known as “bad” cholesterol. It collects in the walls of blood vessels, creating “plaque” and blocking blood flow. Over time, this puts you at risk for a heart attack from a sudden blood clot in a narrowed artery.

Regular exercise, along with a diet high in fiber and reduced fat, can lower LDL cholesterol levels. Getting your cholesterol checked helps determine your risk for heart disease. If your LDL cholesterol is high, treatment can reduce your chance of having a heart attack. Statins are often prescribed to reduce LDL cholesterol.

(Source: WebMD 2013)

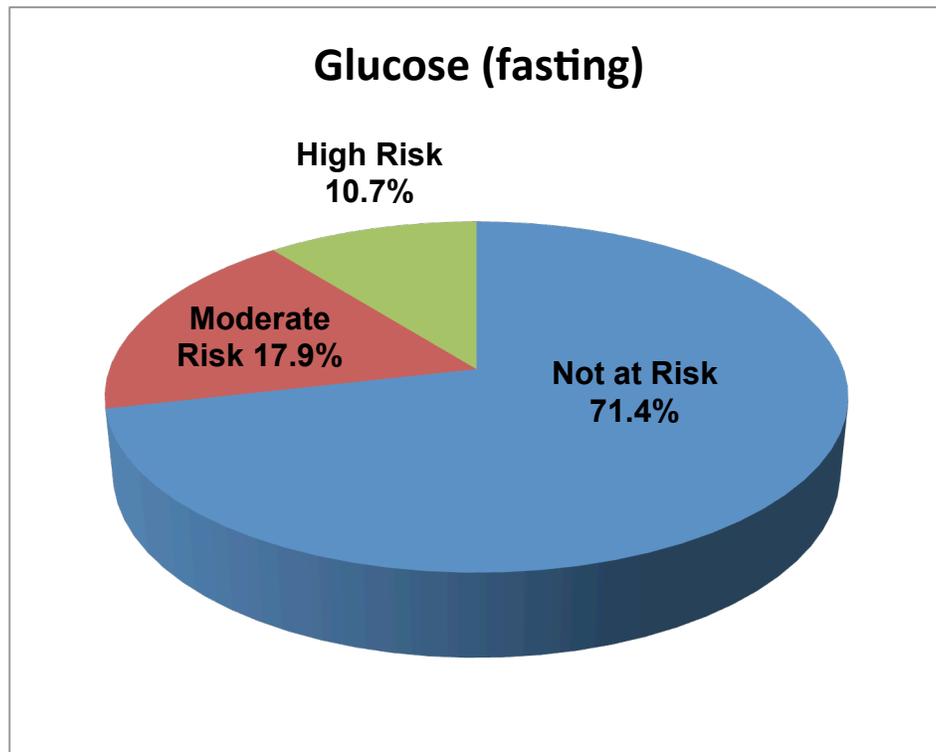


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Not at Risk (below 150 mg/dL)	11479	54.7%
Moderate Risk (150-199 mg/dL)	5011	23.9%
High Risk (200 mg/dL and above)	4510	21.4%

Triglycerides are a form of fat made in the body. Elevated triglycerides can be due to obesity, physical inactivity, cigarette smoking, excess alcohol, and a diet very high in carbohydrates. People with high triglycerides often have high cholesterol, including a high LDL level and a low HDL level. Many people with heart disease and/or diabetes also have high triglyceride levels.

People with high triglycerides should eat more vegetables, high-fiber whole grains, and foods rich in omega-3 fatty acids, such as fish and nuts. Exercising and losing weight can also reduce triglycerides.

(Source: American Heart Association 2013)

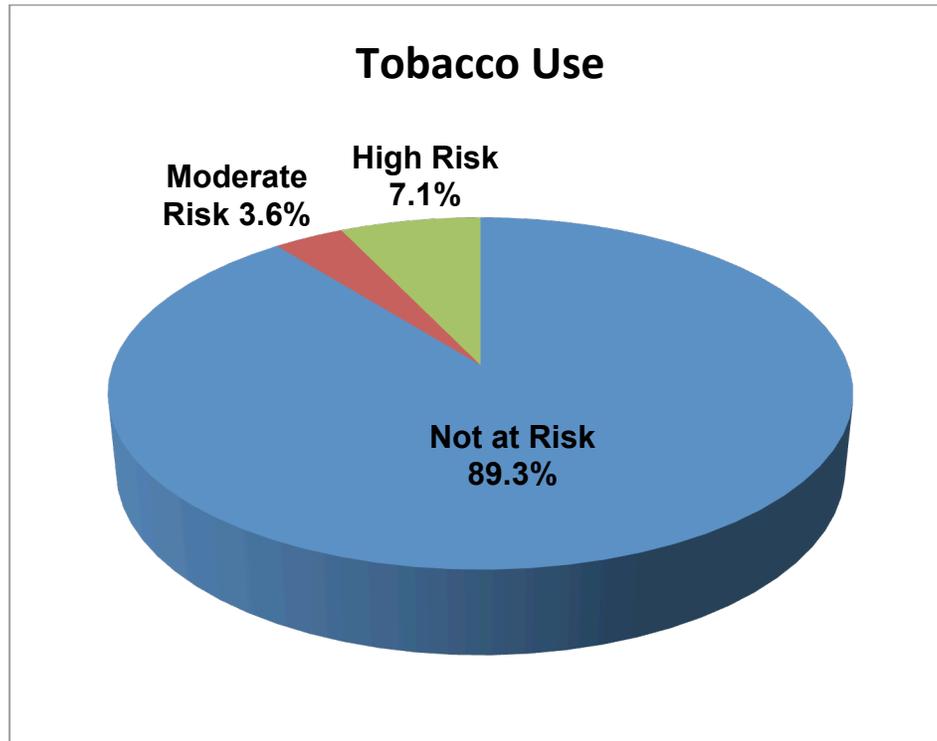


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Not at Risk (70-99 mg/dL)	15000	71.4%
Moderate Risk (100-125 mg/dL)	3750	17.9%
High Risk (below 70 or above 126 mg/dL)	2250	10.7%

It is important to maintain healthy blood glucose levels. High glucose levels are often associated with diabetes, a condition affecting almost 26 million Americans. If your glucose level is too high, this may be a symptom of diabetes or pre-diabetes. Individuals with diabetes are also at risk for cardiovascular disease, kidney disease, vision loss, and nerve disorders. Non-fasting glucose levels will generally be higher than fasting glucose levels, since the intake of food increases blood glucose.

Losing weight, exercising, and eating a healthy diet can help to maintain healthy blood glucose levels and minimize the risk of diabetes.

(Source: American Diabetes Association 2013)



<b>Risk Category</b>	<b>Participants</b>	<b>Percent</b>
Not at Risk (no use of tobacco products)	18750	89.3%
Moderate Risk (occasional use of tobacco products)	751	3.6%
High Risk (daily use of tobacco products)	1499	7.1%

Approximately 42 million Americans (18% of adults) smoke cigarettes. More than 16 million suffer from a smoking-related disease, and one out of five deaths is related to smoking. Tobacco is addictive and contains more than 19 known cancer-causing chemicals.

The consequences of smoking are numerous and include coronary artery disease, heart attacks, high blood pressure, cancer, emphysema, bronchitis, macular degeneration, and tooth/gum disease.

Quitting smoking dramatically reduces the risks of these diseases. There are many over-the-counter, herbal, and prescription methods to assist in quitting smoking.

(Source: National Institutes of Health, Centers for Disease Control and Prevention 2013)