

YOUR HEART AGE

56 years (actual=55)
Increased Risk

YOUR CVD RISK ESTIMATES

10-Year = 21.4%
High Risk

30-Year = 60.8%
High Risk

YOUR CVD RISK FACTORS

2 High Risk

2 Moderate Risk

6 Low Risk

0 Unknown Risk

***You are at High Risk for cardiovascular disease
due to certain CVD risk factors.***

Take steps to control any risk factors you can change.

- Your Heart Age is older than your current age. This indicates that certain risk factors put you at higher CVD risk than others of your same age.
- You answered all risk factor questions. Continue to “know your numbers.”
- Be very aware of your High and/or Moderate risk factors, especially those risk factors you can change.
- Discuss this report with your primary care physician or heart specialist.
- Ask your doctor when you are due to have your tests and numbers updated and be aware of the results.

Decreasing Your Risk of CVD

Everyone is at risk for cardiovascular disease (CVD). Some cardiovascular disease risk factors are beyond your control, such as age or family history. Others, like blood pressure and cholesterol, often can be controlled through lifestyle changes (diet & exercise) and/or medication.

It is important that you talk with your doctor about a strategy to reduce your risk factors for developing CVD.

Remember, in most cases you can decrease your risk of developing cardiovascular disease.

CVD Risk Factors	Your Risk
Blood pressure (systolic & diastolic)	High Risk
Age & sex	High Risk
Cholesterol	Moderate Risk
Weight	Moderate Risk
Existing CVD	Low Risk
Diabetes	Low Risk
Family history of early CVD	Low Risk
Smoking	Low Risk
Physical activity	Low Risk
Sleep	Low Risk

In the United States, cardiovascular disease is the #1 cause of death.

Most who die suddenly from cardiovascular-related disease have no previous symptoms. Because of this, it is important to be aware of your heart health risks.

Results

What is "Heart Age?"

Heart Age is a quick way to get a good idea of your overall heart health. It compares your CVD risk against someone without any risk factors.

For example, if your real age is 55 but your Heart Age is 65, your cardiovascular risk is more like a healthy 65 year-old (without any risk factors).

The fewer risk factors you have, the closer your heart age will be to your actual age. In fact, it may be younger.

What does "Risk of CVD" mean?

This is your chance of having a cardiovascular event (heart attack, stroke, heart failure, or peripheral artery disease) in the future, shown as a percentage (%).

For example, if your 10-year risk is calculated to be 15%, then it is estimated that 15 out of a hundred people like you will have a cardiovascular event in the next 10 years.

For people younger than 60, this profiler can also calculate 30-year risk of CVD.

What are "CVD Risk Factors"

A cardiovascular disease risk factor is any personal characteristic that increases your chances of CVD, such as high blood pressure.

The more total High and Moderate risk factors you have, the more likely you are to develop CVD.

You can work with your doctor to improve many of your risk factors and decrease your risk level.

YOUR HEART AGE

56 years (actual=55)

Increased Risk

Heart Age can't be calculated for people with a history of a heart or blood vessel condition.

YOUR CVD RISK ESTIMATES

10-Year = 20% or greater

High Risk

30-Year

High Risk

You are at High Risk for CVD because of your history of diabetes or an existing heart or blood vessel condition.

YOUR CVD RISK FACTORS

2 High Risk

2 Moderate Risk

6 Low Risk

0 Unknown Risk

Risk Factors You **CAN** Change

Smoking damages the heart and blood vessels. Smokers have a much higher risk of cardiovascular disease.

SMOKING

Current

Never smoked
Low Risk

Recommended Goal

Smoke-free at least 1 year
Low Risk

Obesity and overweight increase the risk of several serious health conditions.

Keeping weight in the healthy range lowers the risk of heart disease and diabetes. It can also improve blood pressure and cholesterol.

WEIGHT

Current

175 lbs.
Moderate Risk

Recommended Goal

160 lbs. or less
Low Risk

*For your height, 175 pounds is considered overweight.
Ask a doctor to determine a healthy weight for you.*

Including exercise and other physical activities in your daily routine can reduce your risk of stroke.

Regular physical activity improves other risk factors:

- Weight
- Blood pressure
- Cholesterol
- Blood sugar

WEEKLY PHYSICAL ACTIVITY

Current

Equal to 180 min. (moderate)*
Low Risk

Recommended Goal

150 min. or more (moderate)**
Low Risk

Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.

*60 moderate + 60 vigorous = 180 min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Getting less than 6 hours of sleep per night or less than 7 hours of sleep per night with poor sleep quality (not feeling rested upon waking) increases your risk of CVD.

SLEEP

Current

7 hours or more
Low Risk

Recommended Goal

7 hours or more
Low Risk

Risk Factors You **CAN** Change

Your personal blood pressure goal should be determined by your doctor based on several different health factors.

If your blood pressure is too high, your heart and blood vessels can be damaged. High blood pressure is often called the silent killer because it has no symptoms.

Blood pressure increases as you grow older, so be sure to have it checked every year.

Blood pressure may be controlled by:

- Exercising regularly
- Maintaining a healthy weight
- Eating a healthful diet, including lowering the amount of salt
- Limiting alcohol use
- Taking blood pressure medicine (if a doctor prescribes it)

SYSTOLIC BLOOD PRESSURE

Current

150 mm Hg
High Risk

Recommended Goal

Less than 120 mm Hg
Low Risk

DIASTOLIC BLOOD PRESSURE

Current

96 mm Hg
High Risk

Recommended Goal

Less than 80 mm Hg
Low Risk

Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease.

There are no symptoms for abnormal cholesterol.

A simple blood test will show if you're meeting the recommended goals.

Some people can control their cholesterol by maintaining a healthy weight, being physically active, and eating a healthy diet. Other people need medication to reach their goals.

CHOLESTEROL

Current

Outside recommended ranges
Moderate Risk

Recommended Goal

"Normal" cholesterol ranges
Low Risk

You didn't know the answer to all of the risk factor questions. Make every effort to "know your numbers" for good heart health.

You indicated that you are taking medication for this risk factor.

"NORMAL" CHOLESTEROL RANGES

Total cholesterol = Less than 200 mg/dL

HDL "good" cholesterol (men) = 40 mg/dL or higher

HDL "good" cholesterol (women) = 50 mg/dL or higher

LDL "bad" cholesterol = Less than 100 mg/dL

Risk Factors You **CAN'T** Change

Age is a risk factor for cardiovascular disease. Risk starts increasing at age 45 for men and age 55 for women.

AGE & SEX

55 years (Male)
High Risk

Having cardiovascular disease (CVD) is a major risk factor for heart attack, stroke, heart failure, and peripheral artery disease (poor blood flow in the legs). Meeting the recommended goal for other CVD risk factors may help lower that risk.

EXISTING CVD

No existing CVD
Low Risk

Includes: heart disease, heart attack, heart failure, stroke or mini-stroke (TIA), angina or chest pain, & peripheral artery disease.

Diabetes is a major risk factor for cardiovascular disease. That's why it's so important for people with diabetes to control all of their other cardiovascular risk factors.

DIABETES

No diabetes
Low Risk

Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.

You indicated that you are taking medication for this risk factor.

Having a brother or father diagnosed with cardiovascular disease (CVD) before they turned 55 years old increases your risk for CVD. Having a mother or sister with CVD before age 65 also increases your risk.

FAMILY HISTORY OF EARLY CVD

No early CVD family history
Low Risk

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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Name: _____ mm-dd-yyyy

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1-877-555-0000

OUR HOSPITALS

Mt. General Memorial Hospital
2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100

Mt. General Memorial North Franklinburg Hospital

890 SE 57th St., Franklinburg, MN 56782
(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

YOUR HEART AGE

Under 30 yrs. (actual=30)
Decreased Risk

Under 30 yrs. (actual=29)
Unknown Risk

Your Heart Age risk level is Unknown, as it can't be determined where your age falls within your Heart Age range.

55 years (actual=55)
Decreased Risk

56 years (actual=55)
Increased Risk

Over 80 yrs. (actual=80)
Increased Risk

Over 80 yrs. (actual=81)
Unknown Risk

Your Heart Age risk level is Unknown, as it can't be determined where your age falls within your Heart Age range.

Can't be calculated
Unknown Risk

Your Heart Age can't be calculated because you do not know your systolic blood pressure. Your risk could be high, but it can't be calculated.

Your Heart Age can't be calculated because of your history of diabetes or an existing heart or blood vessel condition.

YOUR CVD RISK ESTIMATES

10-YEAR CVD RISK

10-Year = Less than 1%
Low Risk

boundary
case for
bmi

10-Year = xx%
Low Risk

10-Year = yy%
Moderate Risk

10-Year = yy%
High Risk

boundary
case for
bmi

10-Year = Greater than 30%
High Risk

10-Year = 20% or greater
High Risk

You are at High Risk for CVD because of your history of diabetes or an existing heart or blood vessel condition.

10-year can't be calculated
Unknown Risk

Your risk of CVD is Unknown because you do not know your systolic blood pressure. Your risk could be high, but it can't be calculated.

30-YEAR CVD RISK

30-Year = xx%
Low Risk

30-Year = yy%
Moderate Risk

30-Year = yy%
High Risk

30-Year
High Risk

30-year can't be calculated
Unknown Risk

30-year can't be calculated
Unknown Risk

Because you are older than 60 years, your 30-year risk of CVD cannot be calculated.

YOUR CVD RISK FACTORS

High Risk

Moderate Risk

Low Risk

1 Unknown Risk

You didn't know the answers to all of the risk factor questions. Make every effort to "know your numbers" for good heart health.

0 Unknown Risk

SLEEP

Mapped ranges

Current

Recommended Goal

7 hours or more
Low Risk

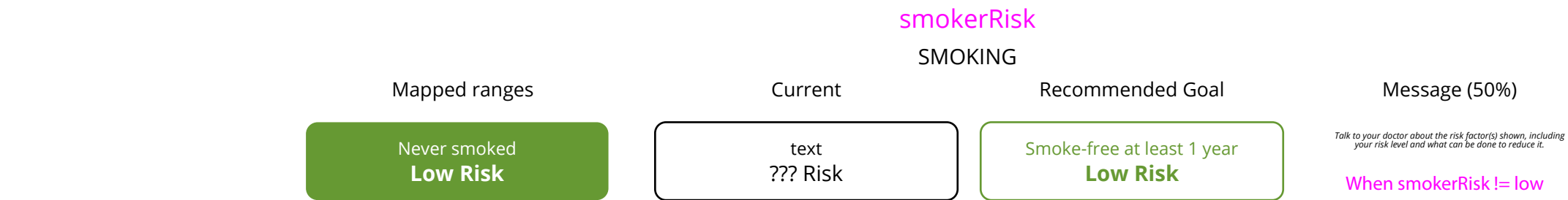
text
??? Risk

7 hours or more
Low Risk

6 hours
Moderate Risk

6 hours and not feeling rested
High Risk

5 hours or less
High Risk



bmiRisk

WEIGHT

Current

lbs.
?? Risk

Recommended Goal

lbs. or less
Low Risk

For ###, show user's weight

For ###, show ([bmi = 25] - 1 pound)

lbs.
Low Risk

lbs.
Moderate Risk

lbs.
High Risk

CONDITIONAL SUB MESSAGE Driven by 'bmiCategory'

obese:

'weight'

For your height, ### pounds is considered obesity.
Ask a health care professional about weight management options.

normal:

'weight'

For your height, ### pounds is considered a healthy weight.

overweight OR underweight

'weight'

'bmiCategory'

For your height, ### pounds is considered {overweight/underweight}.
Ask a doctor to determine a healthy weight for you.

sbpRisk

SYSTOLIC BLOOD PRESSURE

driven by:
sbpRisk

Mapped ranges

Current

Recommended Goal

Message (50%)

mm Hg
Low Risk

mm Hg
??? Risk

Less than 120 mm Hg
Low Risk

Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.

You didn't know the answer to all of the risk factor questions. Make every effort to "know your numbers" for good heart health.

!= low
unknown

mm Hg
Moderate Risk

mm Hg
High Risk

Unknown mm Hg
Unknown Risk

show notifications only once for page 4

dbpRisk
DIASTOLIC BLOOD PRESSURE

Mapped ranges	Current	Recommended Goal
### mm Hg Low Risk	### mm Hg ??? Risk	Less than 80 mm Hg Low Risk
### mm Hg Moderate Risk		
### mm Hg High Risk		
Unknown mm Hg Unknown Risk		

driven by:
dbpRisk
Message (50%)

Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.

!= low

You didn't know the answer to all of the risk factor questions. Make every effort to "know your numbers" for good heart health.

unknown

You indicated that you are taking medication for this risk factor.

medications_bloodPressure = 1

show notifications only once for page 4

driven by:
exerciseModerateEquivalent

Mapped ranges

Equal to ## min. (moderate)*
Low Risk

Equal to ## min. (moderate)*
Moderate Risk

No physical activity
High Risk

exerciseRisk

WEEKLY PHYSICAL ACTIVITY

Current

Equal to ## min. (moderate)*
??? Risk

Recommended Goal

150 min. or more (moderate)**
Low Risk

Message (50%)

Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.

When exerciseRisk != low

DYNAMIC SUB MESSAGE

weeklyExercise_moderate weeklyExercise_vigorous exerciseModerateEquivalent
*## moderate + ## vigorous = ## min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

ageRisk

AGE & SEX

Mapped ranges

years (sex)
Low Risk

years (sex)
High Risk

years (sex)
??? Risk

currentCvdRisk

EXISTING CVD

No existing CVD
Low Risk

text
??? Risk

Existing CVD
High Risk

diabetesRisk

DIABETES

No diabetes
Low Risk

Prediabetes
Moderate Risk

Diabetes (Type 1)
High Risk

Diabetes (Type 2)
High Risk

text
??? Risk

Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.

When diabetesRisk != low

You indicated that you are taking medication for this risk factor.

When medicationsDiabetes = 1

histRisk

FAMILY HISTORY OF EARLY CVD

No early CVD family history
Low Risk

Early CVD family history
High Risk

Unknown
Unknown Risk

text
??? Risk

cholesterolRiskLevel

CHOLESTEROL

Mapped ranges	Current	Recommended Goal	Message (50%)
Within recommended ranges Low Risk	text ??? Risk	"Normal" cholesterol ranges Low Risk	<small>Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.</small> When cholesterolRiskLevel != low
Outside recommended ranges High Risk	Note 1		<small>You didn't know the answer to all of the risk factor questions. Make every effort to "know your numbers" for good heart health.</small> When cholesterolRiskLevel = unknown
Unknown Unknown Risk	Note 2		<small>You indicated that you are taking medication for this risk factor.</small> When medicationsCholesterol = 1
	<p>"NORMAL" CHOLESTEROL RANGES Total cholesterol = Less than 200 mg/dL HDL "good" cholesterol (men) = 40 mg/dL or higher HDL "good" cholesterol (women) = 50 mg/dL or higher LDL "bad" cholesterol = Less than 100 mg/dL</p>		

Result Messaging
Please check Lucidchart for longest version

Primary Message

See LUCIDCHART --> Messaging --> Primary Message

<https://www.lucidchart.com/documents/edit/ae65275f-56cd-4737-8501-3b8667ae2c5f>

Take Action Bullets

See LUCIDCHART --> Messaging --> Take Action Bullets

<https://www.lucidchart.com/documents/edit/8cb8c853-7828-48f8-b157-9c237dd9ee0d>

Risk Factors Bullets

See LUCIDCHART --> Messaging --> Risk Factor Bullets

<https://www.lucidchart.com/documents/edit/29f995ac-e84c-49e2-8211-9abcf0b91b7e>

Heart Age Bullets

See LUCIDCHART --> Messaging --> Heart Age Bullets

<https://www.lucidchart.com/documents/edit/dad89691-cd01-483d-8e17-63976b47233e>