



Date: 04-09-2025

Your Result

Current: Obese
Healthy: Under 184 lbs.

You're 30 pounds away from the overweight range and 67 pounds away from the healthy weight range.

A personalized weight management plan can help you reach your ideal weight.

- Based on widely-accepted guidelines, weight loss is recommended for you. Losing weight is never easy. Help is available for people who are ready to make a change.
- Only a health care professional can determine your ideal weight. Talk to a health care professional about the ways your weight impacts the quality of your life.
- Work with a health care professional to manage your weight-related health concern(s).

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Blood Pressure

Moderate Risk 

Blood Pressure

Current

Taking medication to control
Moderate Risk

Recommended Goal

Within recommended range
Low Risk

High blood pressure is an important health risk factor. High blood pressure is called the silent killer because it usually has no symptoms.

A target blood pressure below 120/80 mm Hg is recommended to otherwise healthy people.

Some people can control their blood pressure by keeping their weight in the healthy range and enjoying regular physical activity. Other people need medication to reach their goals.

Blood Sugar

Low Risk 

Blood Sugar

Current

Within recommended range
Low Risk

Recommended Goal

Within recommended range
Low Risk

High blood sugar damages blood vessels. It's a major risk factor for heart and blood vessel disease. Fasting blood sugar (FBS) is your blood sugar level after not eating.

A fasting blood sugar of 126 mg/dL or higher indicates diabetes. A fasting blood sugar of 100 mg/dL to 125 mg/dL is called prediabetes.

In some people, fasting blood sugar may be lowered by losing a few pounds.

Cholesterol

Low Risk 

Cholesterol

Current

Within recommended range
Low Risk

Recommended Goal

Within recommended range
Low Risk

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. The “normal” ranges for total, HDL, and LDL cholesterol are listed to the right.

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

Quality of Life Impact

Moderate Risk 

Physical Issues Related to Your Weight	You Reported
Daily activities (walking, housework, childcare)	Yes
Strenuous activities (yardwork, working out)	No
Ability to work	No
Vitality (tiredness, energy level)	No
Bodily pain	Yes
General Health	No
Emotional Issues Related to Your Weight	You Reported
Emotional well-being	Yes
Mood	Yes
Self-confidence	Yes
Self-esteem	No
Social Issues Related to Your Weight	You Reported
Hobbies or pastimes	Yes
Travel (car, bus, air)	No
Socializing	No
Personal or intimate relationships	Yes
Other Issues Related to Your Weight	You Reported
Other issue(s) not listed here	No

For many people, being overweight impacts their overall quality of life (QoL), not just their health.

The table above lists some of the ways weight can negatively affect people's lives. Consider how your current weight impacts your ability to do the things you need or want to do.

Get Help from a Professional

It's time to talk to a health care professional when weight stops people from living the life they want.

Together they can find the best treatment for whatever is causing the weight problem or concern.

Weight Loss

Recommended ✓

Weight Loss

Weight Loss Recommended

Your Weight Loss Recommendation

Only a health care professional can determine the ideal weight for you. This assessment uses body mass index (BMI) to estimate your healthy weight range. Your ideal weight may not fall within this range.

Watch Your Weight and Your Waistline

Having too much body fat increases several serious health risks. Having too much belly fat (a larger waistline) can also increase these risks no matter how much you weigh. If you're overweight, losing just five to ten pounds can help lower your blood pressure. High blood pressure is an important risk factor for heart disease and stroke. Type 2 diabetes is another important weight-related health risk.

Weight-Related Health Concerns



Existing Health Conditions	You Reported
Heart disease	<i>No</i>
Heart attack	<i>No</i>
Heart failure	<i>No</i>
Stroke	<i>No</i>
Angina or chest pain	<i>No</i>
Peripheral artery disease	<i>No</i>
Existing Weight-Related Health Conditions	You Reported
Shortness of breath	<i>Yes</i>
Osteoarthritis	<i>No</i>
Acid reflux (GERD)	<i>No</i>
Sleep apnea	<i>No</i>
Accidental urine leaks	<i>No</i>
Type 2 diabetes or prediabetes	<i>Unknown</i>
Other Health Risk Factors	You Reported
Larger weight circumference	<i>No</i>
High blood pressure or blood pressure meds	<i>Yes</i>
Abnormal cholesterol or cholesterol meds	<i>No</i>
High blood sugar or diabetes meds	<i>No</i>

The health impact of obesity (weighing 20% more than recommended) is the same as being a life-long smoker.

People who need to lose weight for health reasons should talk to a health care professional about a treatment plan.

Several health conditions can get better or go away with weight loss. The table above lists many weight-related health concerns.

Body Mass Index (BMI)

BMI is a calculation that uses height to define weight ranges for both men and women. BMI is a good first step towards learning if you're at a healthy weight, but may not be appropriate for people under age 20, highly trained athletes, or pregnant/breastfeeding women.

Weight Category (BMI)	Weight Range for people 6'0" tall
Underweight (BMI under 18.5)	135 lbs. or less
Healthy (BMI 18.5 to 24.9)	136 to 183 lbs.
Overweight (BMI 25.0 to 29.9)	184 to 220 lbs.
Obesity I (BMI 30.0 to 34.9)	221 to 257 lbs.
Obesity II (BMI 35.0 to 39.9)	258 to 294 lbs.
Extreme Obesity (BMI 40+)	295 lbs. or more

Take Your Next Steps

Your results show you may benefit from support with weight loss. Let's take the first step together.

[Schedule Primary Care Visit](#)

Explore our weight loss programs built around real life and real results.

[See Weight Loss Options](#)

Even a little movement goes a long way. Find a program that fits your lifestyle.

[Get Moving](#)

Our Primary Care and Nutrition Services are here to support your journey toward a healthier weight and improved overall well-being. Whether you're managing a chronic condition or simply looking to make sustainable lifestyle changes, our team—including primary care providers and registered dietitians—offers personalized guidance and evidence-based support to help you reach your health goals.

Please call us at (123) 456-7890 for appointments and inquiries. You can reach our Nutrition and Weight Management team at weightwellness@demohospital.com. Visit our website for more information and to schedule an appointment online: **Schedule Appointment**.

National Health Wellness Center, 209 10th Ave South Ste 530, Nashville, TN 37203.

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.

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