



# Weight Loss HRA

Date: 08-15-2024

## Your Result

**Possible Surgery Candidate**

**Based on your weight, surgery may be an option for you.**

Ask a doctor for a complete evaluation.

- Talk to your doctor about the risks and benefits of weight-loss surgery or other options.
- Based on widely accepted guidelines, a person of your height should weigh less than 183 pounds (a weight loss of 117 pounds for you).
- Quitting smoking has big health benefits. It may even help reduce cravings for high-calorie and high-fat foods in some people.

## View Your Risk Factors

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

## Blood Pressure

Moderate Risk 

## Systolic Blood Pressure

## Current

120-129 mm Hg  
Moderate Risk

## Recommended Goal

Less than 120 mm Hg  
Low Risk

## Diastolic Blood Pressure

## Current

80-89 mm Hg  
Moderate Risk

## Recommended Goal

Less than 80 mm Hg  
Low Risk

High blood pressure is an important health risk factor. Your doctor will figure out your blood pressure goal based on several health factors.

People with high blood pressure should:

- Keep their weight in the healthy range
- Be physically active every day
- Take medication to control blood pressure (if recommended by a doctor)

Cholesterol

Unknown Risk 

Cholesterol

Current

Unknown cholesterol  
**Unknown 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.

Some people are able to control their cholesterol through physical activity, losing weight, and eating a healthful diet. Other people may need to add medication in order to reach their recommended goals.

Weekly Exercise

Current

No physical activity  
High Risk

Recommended Goal

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

Exercise is only part of the weight loss story.

A healthful diet and regular exercise can help with weight loss. The key is to exercise for enough minutes each week.

Regular physical activity can also improve blood pressure, cholesterol, and blood sugar.

\*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.

Fasting Blood Sugar

Low Risk

Fasting Blood Sugar

Current

Within recommended range

Low Risk

Recommended Goal

Within recommended range

Low Risk

High (uncontrolled) blood sugar can take a toll on almost every organ of the body.

A fasting blood sugar of 126 mg/dL or higher indicates diabetes. A fasting blood sugar between 100 mg/dL and 125 mg/dL is called prediabetes. Prediabetes is a major risk factor for developing diabetes in the future.

Exercising, eating/drinking fewer calories, and losing a little weight may help lower blood sugar.

High blood sugar is not a weight-related risk factor in people with Type 1 diabetes.

Tobacco Use

High Risk

Tobacco Use

Current

Current User of Tobacco

High Risk

Recommended Goal

Tobacco-free at least 1 year

Low Risk

Smokers have a higher risk of several important health problems. The more cigarettes smoked, the higher the health risk.

Quitting smoking has big health benefits. It may even reduce cravings for high-calorie and high-fat foods in some people.

Programs to quit smoking should also include weight management support.

## Weight Loss Recommendation

*Recommended* ✓**Weight Loss Recommendation****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 Conditions



Weight-Related Health Conditions	You Reported
Quality of life is greatly impacted	No
High blood pressure or on medication	Yes
High blood sugar or on medication	No
Abnormal cholesterol or on medication	Unknown
Prediabetes or type 2 diabetes	Yes
Debilitating arthritis	No
Asthma	No
Obstructive sleep apnea	Yes
Gastroesophageal reflux disease (GERD)	No
Severe urinary incontinence	No
Obesity-hypoventilation syndrome	No
Pseudotumor cerebri	No
Nonalcoholic liver disease	No
Venous stasis disease	No

People in the healthy weight range live 8 to 10 years longer than people with obesity. Weighing 20% more than recommended (obesity) has a health effect similar to that of being a life-long smoker.

People who need to lose weight for health reasons should talk to a health care professional about a personalized treatment plan. Several health conditions can get

better or go away with weight loss. Weight-loss surgery may be the next step for people with obesity if:

- They haven't been able to lose weight other ways
- Their current weight greatly affects their quality of life
- They have a weight-related health problem

## 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)	134 lbs. or less
Healthy (BMI 18.5 to 24.9)	135 to 182 lbs.
Overweight (BMI 25.0 to 29.9)	183 to 219 lbs.
Obesity I (BMI 30.0 to 34.9)	220 to 256 lbs.
Obesity II (BMI 30.0 to 34.9)	257 to 292 lbs.
Extreme Obesity (BMI 30.0 to 34.9)	293 lbs. or more

## Take Your Next Steps



Based on your results, we recommend starting a conversation with a bariatric surgeon.  
Let us help you find one.

[Help Me Find a Doctor](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program  
and receive expert guidance and support.

[Enroll Today](#)

---

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**

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR HEALTHAWARE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Copyright 2024 Unlock Health | All Rights Reserved