RediCare

Employee Health Analysis Report

Sample Company

Date Created: 14 May 2020

Introduction

This group report provides Sample Company with an overview of its participants' health and wellbeing. This has been compiled from recently completed health assessments conducted by our health professionals.

The assessment is an important part of any organisations workplace health program. By completing the assessment, individuals are made aware of their current and potential health risks. This information provides participants with the knowledge and opportunity to improve their overall health and wellbeing by adopting healthier strategies such as increased exercise, healthier eating habits and increasing their overall health awareness.

This report provides a combined summary of the health risks and health status of those who completed a health assessment.
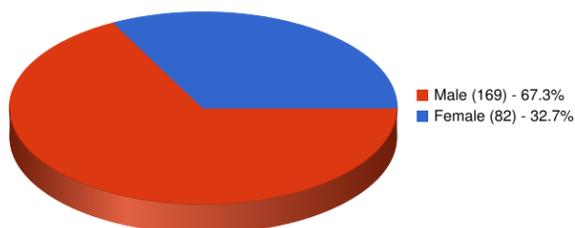
The chart colours illustrate the proportion of your assessed group who currently have identified health risks that could impact their health and productivity in the future. Those that fall into the red categories are already in the risk area and those in amber are at increased risk of having health issues in the near future if they do not adopt a healthier regime to address these areas.

These results should help to focus any planed workplace health interventions. Results are only shown for the health assessments completed. They may not always include the same total number of the test group if a test has not been completed by a member of the group or an inconclusive result was obtained.
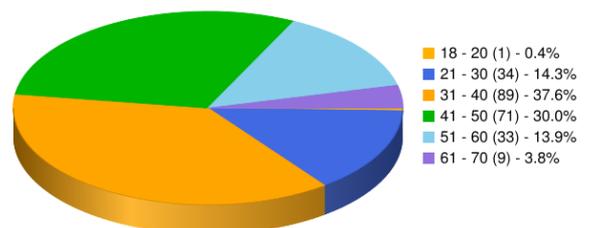
Demographics

Demographic factors such as age, gender, race/ethnicity are strongly related to risk for certain illnesses and diseases. The following table shows the demographics of those who completed a health assessment.
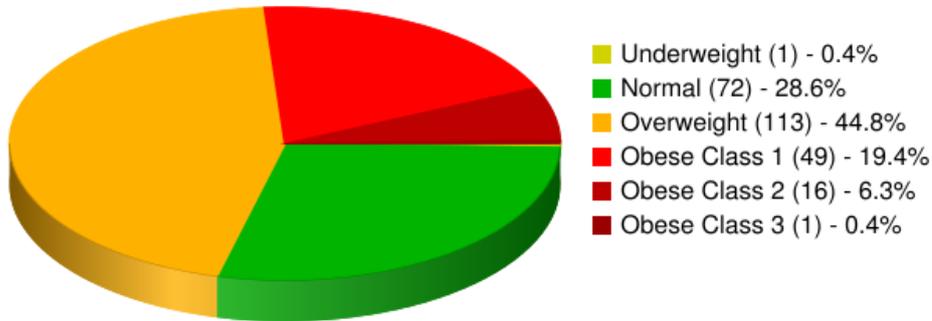
Gender Profile

Male (169) - 67.3%
Female (82) - 32.7%

Age Profile

18 - 20 (1) - 0.4%
21 - 30 (34) - 14.3%
31 - 40 (89) - 37.6%
41 - 50 (71) - 30.0%
51 - 60 (33) - 13.9%
61 - 70 (9) - 3.8%

Body Mass Index Analysis

The Body Mass Index (BMI) rating is an indicator of total body composition. It is calculated by dividing your weight in kilograms by your height in metres squared (m2). A healthy BMI for an adult is between 18.5 and 25

- Underweight (1) - 0.4%
- Normal (72) - 28.6%
- Overweight (113) - 44.8%
- Obese Class 1 (49) - 19.4%
- Obese Class 2 (16) - 6.3%
- Obese Class 3 (1) - 0.4%

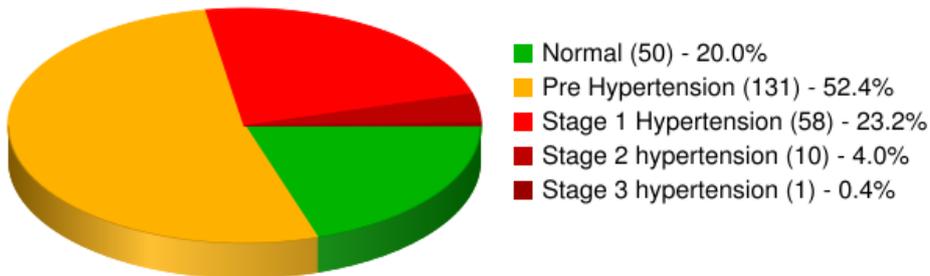| Category	Underweight	Normal	Overweight	Obese 1	Obese 2	Obese 3
Range	< 18.5	18.5 - 24.99	25 - 29.99	30 - 34.99	35 - 39.99	≥ 40

Waist to Height Ratio

Waist and height ratio is an indicator of the body shape which in turn helps assess your risk for obesity, Heart diseases, diabetes, stroke, and hypertension.

- Underweight (14) - 5.6%
- Healthy (108) - 42.9%
- Overweight (101) - 40.1%
- Obese (29) - 11.5%
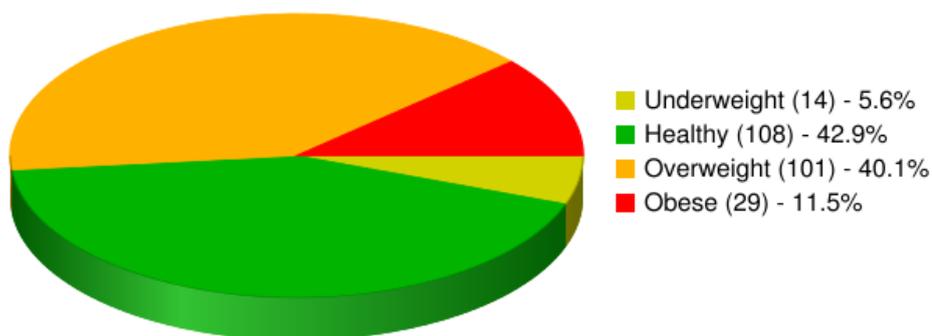
|	Underweight	Healthy	Overweight	Obese
Female	< 42	42 - 49	49 - 58	> 58
Male	< 43	43 - 53	53 - 63	> 63

Blood Pressure Analysis

Blood Pressure is the measure of the force that the heart needs to pump blood through the body. Systolic measures the contraction phase and Diastolic measures the relaxation phase.

Normal (50) - 20.0%
Pre Hypertension (131) - 52.4%
Stage 1 Hypertension (58) - 23.2%
Stage 2 hypertension (10) - 4.0%
Stage 3 hypertension (1) - 0.4%

| Category	Normal	Pre-Hypertension	Stage 1 Hypertension	Stage 2 Hypertension	Stage 3 Hypertension
Systolic BP (mm Hg)	<120	120-140	140-160	160-180	>180
Diastolic BP (mm Hg)	<80	80-90	90-100	100-110	>110

Total Cholesterol Analysis

Cholesterol is a waxy substance that is produced naturally in our liver and other organs. Our bodies need a certain amount of cholesterol, however, too much cholesterol can affect your health.

Ideal (55) - 22.1%
Desirable (104) - 41.8%
Increased Risk (66) - 26.5%
Undesirable (24) - 9.6%
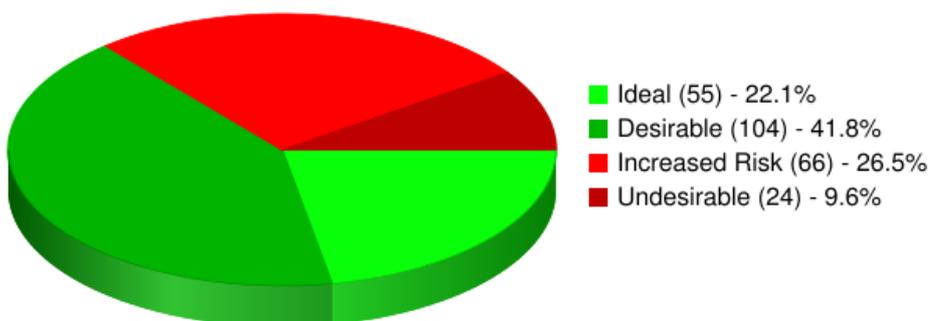
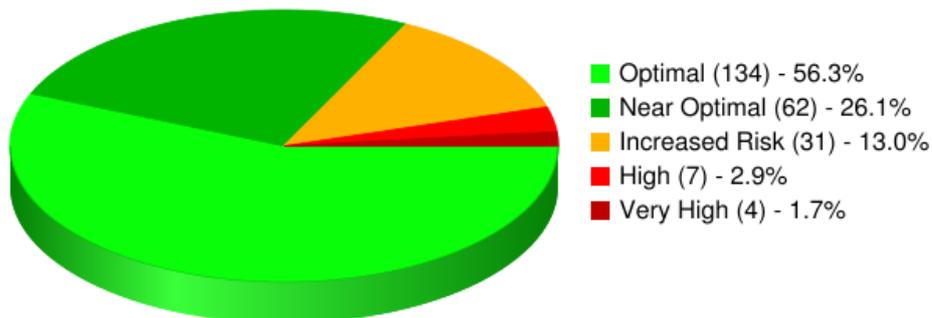| Category	Ideal	Desirable	Increased Risk	Undesirable
Range	0 - 3.99	4 - 4.99	5 - 5.99	6 - 9

Triglycerides Analysis

Triglycerides are the fats you use for energy and come from the fatty foods you eat. You store what you do not use in the fatty tissues of your body and in your blood. Excess triglycerides in the blood increase heart problems.

- Optimal (141) - 56.9%
- Borderline High (107) - 43.1%
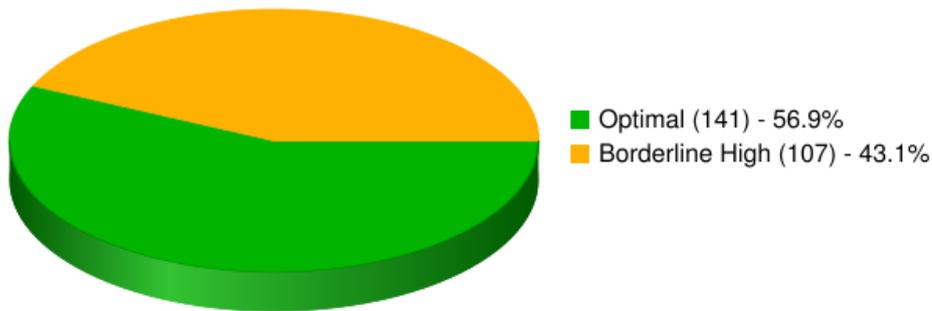
| Category	Optimal	Borderline High	High	Very High
Range	< 1.69	1.70 - 2.29	2.30 - 5.59	≥ 5.60

LDL Analysis

Low Density Lipoprotein (LDL) is the main cholesterol transporter and carries cholesterol from your liver to the cells that need it. Too much LDL cholesterol in the blood can cause cholesterol to build up in the artery walls, leading to disease of the arteries. For this reason, LDL cholesterol is known as 'bad cholesterol', and lower levels are better.

- Optimal (134) - 56.3%
- Near Optimal (62) - 26.1%
- Increased Risk (31) - 13.0%
- High (7) - 2.9%
- Very High (4) - 1.7%

| Category	Optimal	Near Optimal	Increased Risk	High	Very High
Range	< 2.60	2.60 - 3.29	3.30 - 4.09	4.10 - 4.89	≥ 4.90

HDL Analysis

High Density Lipoprotein (HDL) carries cholesterol away from the cells and back to the liver, where it is either broken down or passed from the body as a waste product. For this reason, it is referred to as 'good cholesterol', and higher levels are better.

■ Desirable (135) - 54.7%
■ Poor (112) - 45.3%
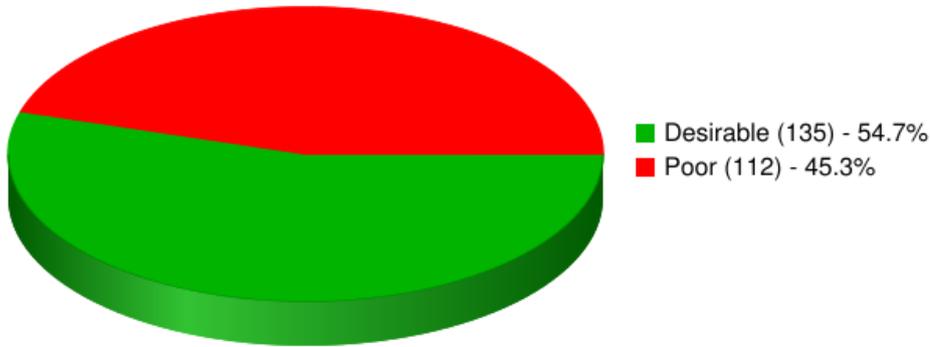
| Category	Ideal	Desirable	Poor
Range	≥ 1.5	1.30 - 1.49	<1.30

Total Cholesterol to HDL Ratio Analysis

The cholesterol ratio is important for predicting your risk of heart disease. To calculate your cholesterol ratio, divide your HDL cholesterol number into your total cholesterol number.

■ Ideal (126) - 51.0%
■ Normal (84) - 34.0%
■ High (37) - 15.0%
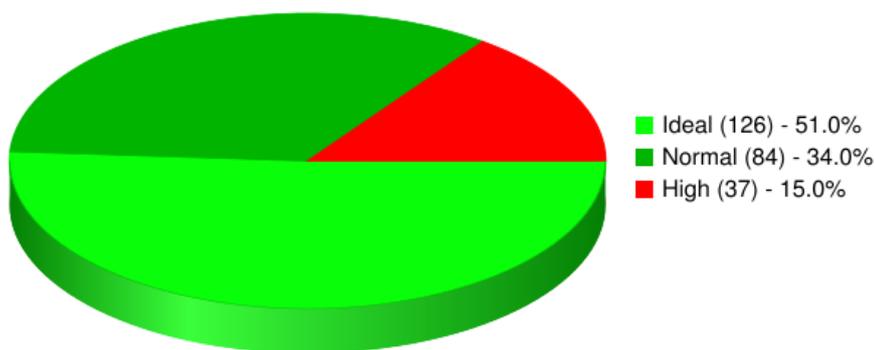
Category	Ideal	Normal	High	Very High
Female	0.0 - 3.3	3.4 - 4.4	4.5 - 6.9	7.0 - 15
Male	0.0 - 3.4	3.5 - 4.9	5.0 - 9.4	9.5 - 15

Diabetes Test Analysis

HbA1c levels are reflective of how well diabetes is controlled. It is also used to test the level of risk an individual is at of developing diabetes.

Normal (117) - 72.2%
Pre Diabetic (45) - 27.8%
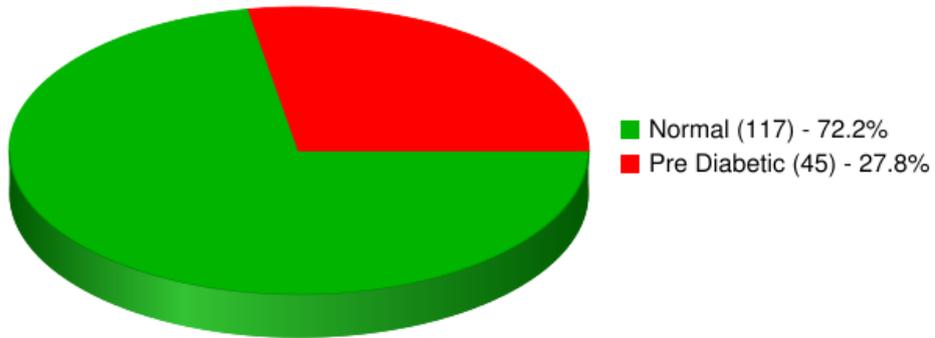
Category	Normal	Pre Diabetic	Diabetic
Range	< 5.7	5.7 - 6.49	≥ 6.50

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