- helps you track measurable risk indicators which could over time damage your health, potentially leading to cancers, diabetes, respiratory diseases, heart disease, mental health problems and oral diseases.
- allows your health professional to help support you with information, advice, treatments (when indicated) and care
- enables you to improve your health through your own personalised action plan

### Biometrics scorecard

- **GOAL**
  - 18.5 - 24.9
- **CAUTION**
  - 25 - 29.9
- **HIGH RISK**
  - 30 or greater

#### BODY MASS INDEX

- **GOAL**
  - Less than 100 mg/dL
- **CAUTION**
  - 100 - 125 mg/dL or treat to goal
- **HIGH RISK**
  - 126 mg/dL or more

#### FASTING BLOOD SUGAR

- **GOAL**
  - Less than 200 mg/dL untreated
- **CAUTION**
  - 200 - 239 mg/dL or treat to goal
- **HIGH RISK**
  - 240 or more mg/dL

#### CHOLESTEROL

- **GOAL**
  - SBP less than 120 mmHg and DBP less than 80 mmHg
- **CAUTION**
  - SBP 120 - 139 mmHg and DBP 80 - 89 mmHg
- **HIGH RISK**
  - SBP more than 140 mmHg and DBP more than 90 mmHg

### HEALTH IMPROVEMENT ACTION PLAN

- my commitment
- my action
- health professional action
- my goal: green
- target date:

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With the support of IFPMA
### Lifestyle scorecard

- helps you understand how you can improve your health by changing your lifestyle
- allows your health professional to help you improve your health and well-being
- enables you to own and personalise your health improvement action plan

#### HEALTHY DIET

<table>
<thead>
<tr>
<th></th>
<th><strong>GOAL</strong></th>
<th><strong>CAUTION</strong></th>
<th><strong>HIGH RISK</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HEALTHY DIET</strong></td>
<td>An unhealthy diet increases your risk of being overweight, obese and developing oral diseases</td>
<td>5 portions of fruit and vegetables per day</td>
<td>Less than 5 portions of fruit and vegetables per day</td>
</tr>
<tr>
<td></td>
<td>Eat more fruit and vegetables every day and seek advice on lowering salt and saturated fats</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### PHYSICAL ACTIVITY

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>PHYSICAL ACTIVITY</strong></td>
<td>Lack of physical activity increases your risk of cardiovascular diseases, diabetes and some cancers</td>
<td>Physical activity at least 30 minutes per day</td>
<td>Physical activity less than 30 minutes per day</td>
</tr>
<tr>
<td></td>
<td>Increase the amount of time spent on physical activities at home and at work and engage in sports</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### TOBACCO USE

<table>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>TOBACCO USE</strong></td>
<td>Tobacco use increases your risk, and the risk of those around you, of cancer, lung diseases, heart attack and stroke</td>
<td>No, I never use or have stopped using tobacco</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stop smoking from today onwards</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### USE OF ALCOHOL

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>USE OF ALCOHOL</strong></td>
<td>Harmful use of alcohol increase your risk of mental illnesses, and liver damage and other alcohol related deaths</td>
<td>&lt; 2 drinks per day</td>
<td>3-4 drinks per day</td>
</tr>
<tr>
<td></td>
<td>Limit the amount of alcohol that you drink each day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### HEALTH IMPROVEMENT ACTION PLAN

<table>
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<tr>
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**my goal:**

**target date:**

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