

Wellness and Prevention Solutions

The Science of Lifestyle, Epigenetics, and Health

H

Health

R

Risk

A

Assessment

Initial Report

John Q Public

Jul 31, 2014

Dr. D.D. Palmer
555-555-5555

Proactive - Predictive - Preventive

Health Risk Assessment Initial Report

John Q:

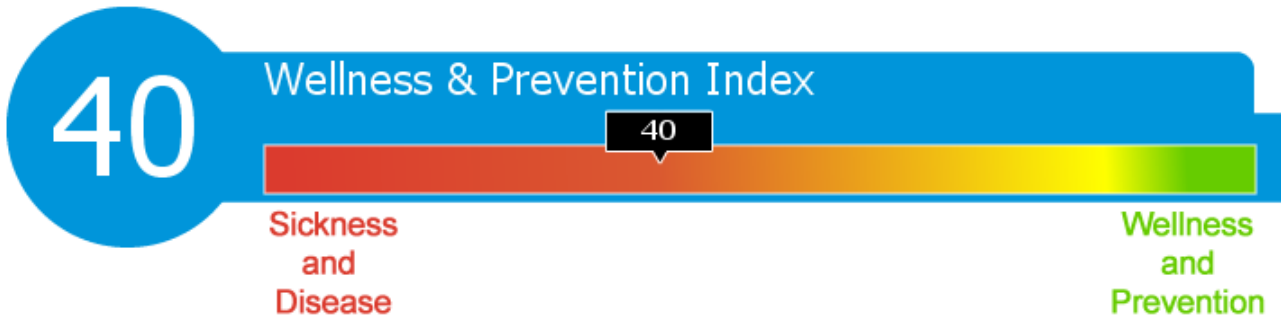
Congratulations on choosing to take a proactive role in your health. With the knowledge in your personalized **Wellness and Prevention Health Risk Assessment** report you will gain an understanding of the impact your past lifestyle choices have had on your current health risk status. Most importantly, this revolutionary report will enable you to use this information to predict whether you are heading toward the genetic expression of chronic health or chronic sickness in the future.

There are five questions that form the foundation of our revolutionary, unique, and evidence-based health risk assessment, report, and recommendations. These are:

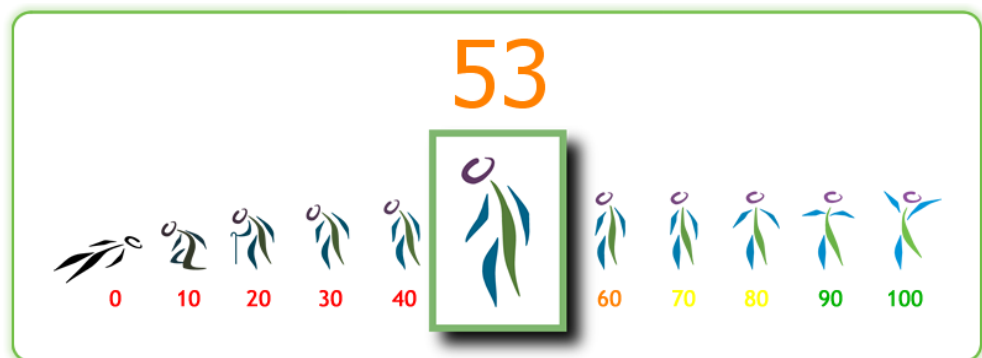
1. What is your current health risk status? (**Identify your Health Risks**)
2. What lifestyle stressors are **CAUSING** your current health risk status? (**Identify the CAUSES of your Health Risks**)
3. What is your predicted future health risk status? (**Predict your Future Health Risk Status if you do not Address the Causes of your Health Risks**)
4. What lifestyle choices and health resources do you **REQUIRE** for health recovery and your future Wellness and Prevention? (**Identify the Solutions for your current Health Risks and Future Wellness and Prevention**)
5. What is your ongoing health risk status? (**Regular Wellness and Prevention Health Risk Assessments**)

John Q your personalized **Wellness and Prevention Health Risk Assessment Report** answers these foundational questions for you.

HRA Summary

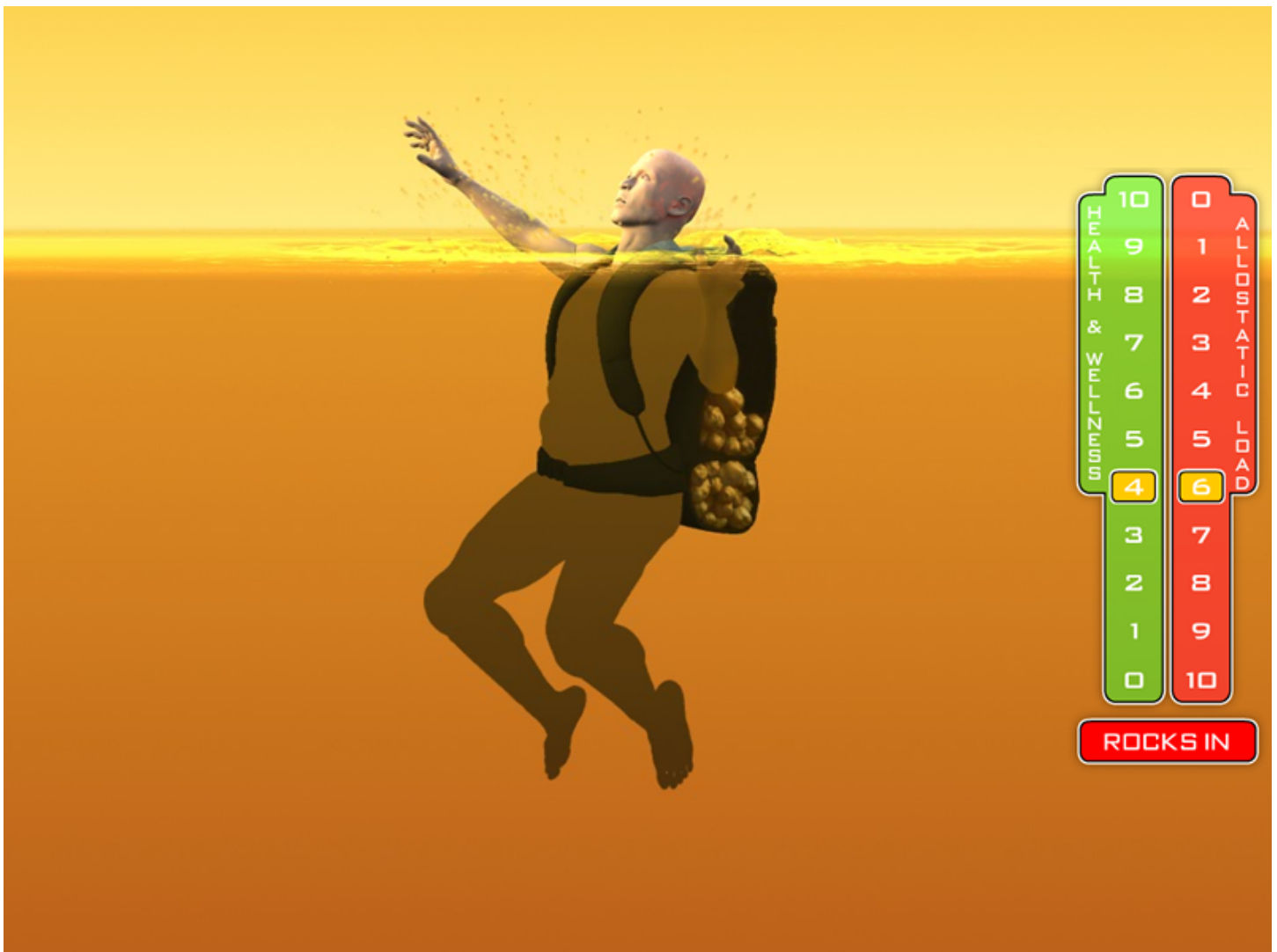


Quality of Life Rating™



Wellness & Prevention Index™ Score

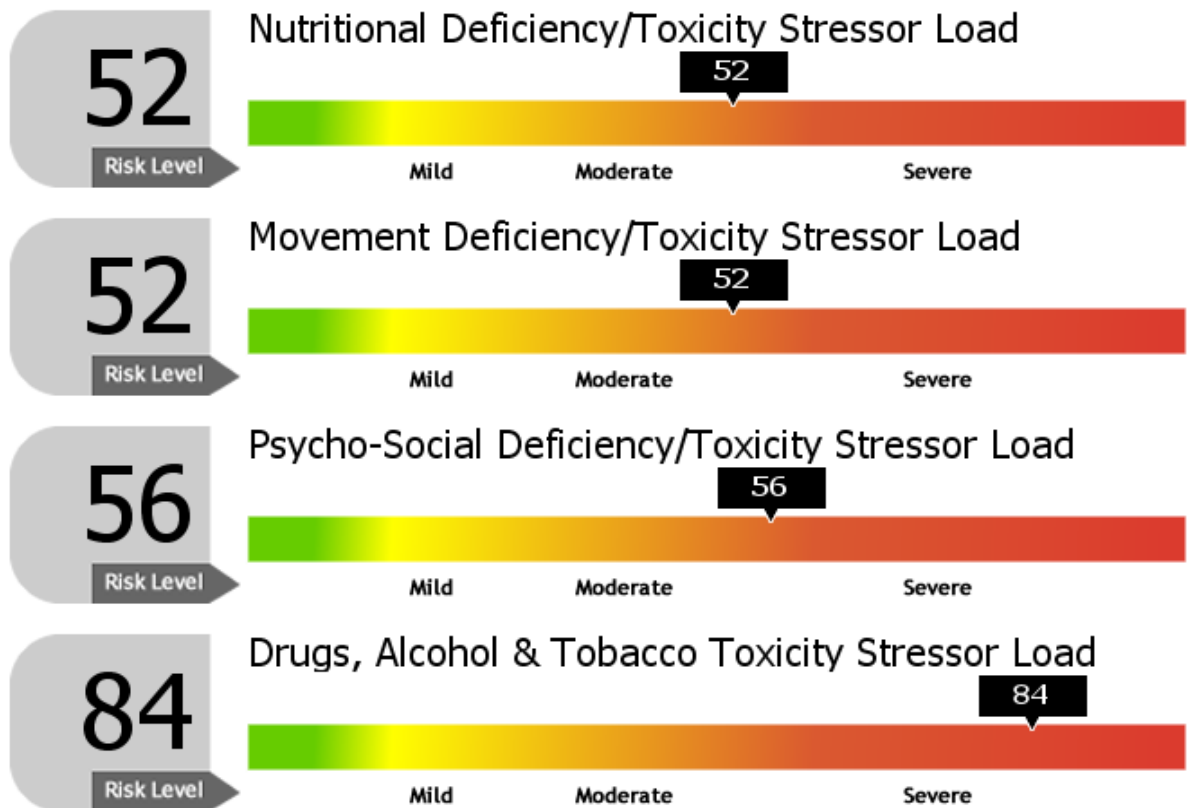
40



Lifestyle Stressor Load Risk Rating™



Urgent Warning! Your Lifestyle Stressor Load Risk Rating is **SEVERE**. Your current lifestyle habits are putting you at **SEVERE RISK** for sickness and disease. You need to take **URGENT ACTION** to change your lifestyle habits.



*For a more detailed explanation of these results, please refer to the HRA Report Interpretation document.

Lifestyle Stressor Load Risk Rating™ Raw Data Table

	Value	HRA Target Value
Nutritional Deficiency/Toxicity Stressor Load		
Water Intake	2	5 cups per day
Fruit Intake	2	5 servings per day
Vegetable Intake	2	5 servings per day
Omega-3 Intake	4	7 serv/wk - 1.5 grams daily
Vitamin D Intake	4	7 serv/wk - 4000 IUs daily
Probiotic Intake	4	7 serv/wk - 30 billion organisms daily
Multivitamin-Mineral Intake	4	7 serv/wk
Grain Intake	2	0 servings daily
Dairy Intake	3	0 servings daily
Non-Nutritional Food Intake	5	0 servings weekly
Movement Deficiency/Toxicity Stressor Load		
Aerobic Exercise	3	7 days/week 30 minutes daily
Spinal Hygiene Exercises	4	7 days/week
Resistance Exercise	2	3 times per week
Maximal Effort Exercises	1	2 times per week
Hours Sitting /Day	5	less than 3 hours
Psycho-Social Deficiency/Toxicity Stressor Load		
Hours of Restful Sleep /Day	4*	8
Stress Reduction Activity	3	7 days/week
Gratitude Activity	4	7 days/week
Level of Self Control	6	rating of 9 or higher
Have Written Goals/Plans	No	yes
Problem Solving Ability	5	rating of 9 or higher
Level of Self-Rated Integrity	5	rating of 9 or higher
Level of Self-Responsibility	5	rating of 9 or higher
Quality of Internal Dialogue	5	rating of 9 or higher
Evaluation/Use Core Values	6	rating of 9 or higher
Evaluation/Use of Core Beliefs	6	rating of 9 or higher
Drugs, Alcohol and Tobacco Toxicity Stressor Load		
Alcohol Intake	2	0 servings/week
Tobacco Use	1	0 uses/day
Recreational Drug Use	1	0 uses/week
Pain Medication Use	4	0 uses/week
Sleep Medication Use	4	0 uses/week
Digestive Medication Use	4	0 uses/week
Elimination Medication Use	5	0 uses/week
Allergies/Asthma/Skin Disorder Medication Use	5	0 uses/week

Severe Risk
 Moderate Risk
 Mild Risk
 No/Low Risk

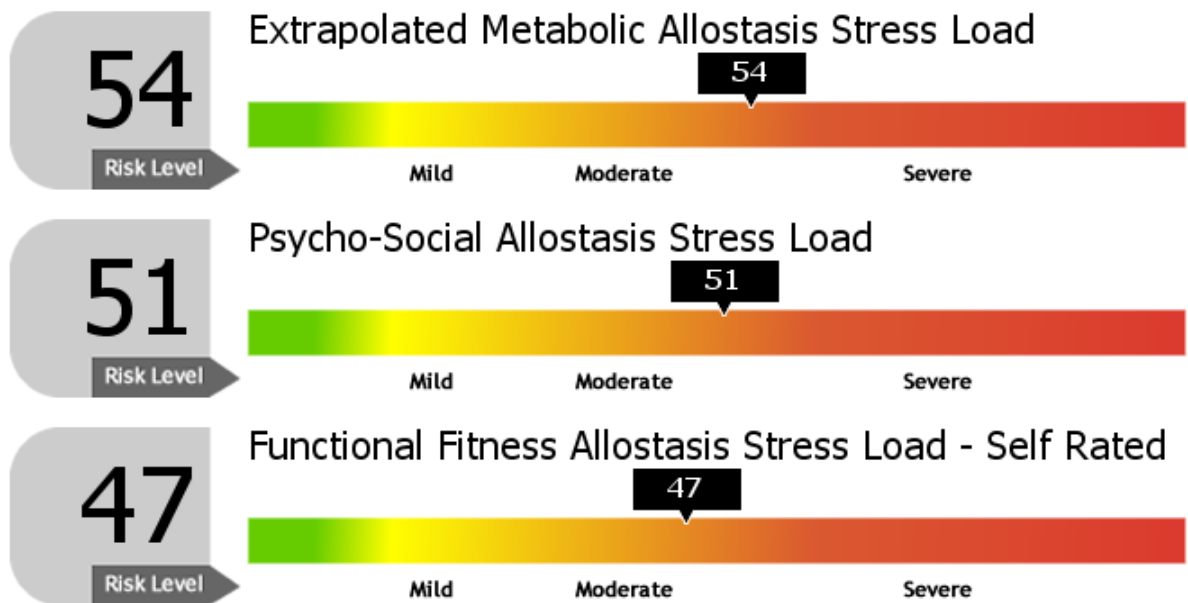
To Learn More About Improving Your Score, [Click Here](#).

*Adjusted for medication

Extrapolated Allostatic Load Risk Rating™



Urgent Warning! Your Allostatic Load Risk Rating is **SEVERE**. Your body and/or mind systems are showing signs of **SEVERE** allostasis and functional adaptation fatigue. Your current lifestyle habits are putting you at **SEVERE RISK** for sickness and disease. You need to take **URGENT ACTION** to change your lifestyle habits.



*For a more detailed explanation of these results, please refer to the **HRA Report Interpretation** document.

Extrapolated Allostatic Load Risk Rating™ Raw Data Table

Extrapolated Metabolic Allostasis Stress Load		
	Value	HRA Target Value
BMI (5ft 6in 180lbs)	29.1***	< 22
Aerobic Exercise	3	7 days/week 30 minutes daily
Aerobic Fitness	Continuously at a swift walking pace	Continuously at a swift 'fit jogger's' pace
Fruit Intake	2	5 servings per day
Vegetable Intake	2	5 servings per day
Alcohol Intake	2	0 servings/week
Tobacco Use	1	0 uses/day
Hours of Restful Sleep /Day	4*	8
Diagnosed with Chronic Illness	0	0
Diagnosed with Cholesterol and/or Blood Lipid Risk Factor	0	0
Diagnosed with Blood Sugar and/or Insulin Risk Factor	0	0
Diagnosed with High Blood Pressure	0	0
Psycho-Social Allostasis Stress Load		
	Answer	HRA Target Value
Level of Anxiety/Worry	4	rating of 1 or lower
Level of Sadness/Depression	6	rating of 1 or lower
Overall Psychological/Emotional Stress	4	rating of 1 or lower
Satisfaction with Work Environment	5	rating of 9 or higher
Satisfaction with Personal/Family Environment	6	rating of 9 or higher
Satisfaction with Social/Community Environment	6	rating of 9 or higher
Hours of Restful Sleep /Day	4*	8
Functional Fitness Allostasis Stress Load - Self Rated		
	Result	HRA Target Value
Aerobic Exercise	3	7 days/week 30 minutes daily
Aerobic Fitness	Continuously at a swift walking pace	Continuously at a swift 'fit jogger's' pace
Spinal Hygiene Exercises	4	7 days/week
Resistance Exercise	2	3 times per week
Maximal Effort Exercises	1	2 times per week

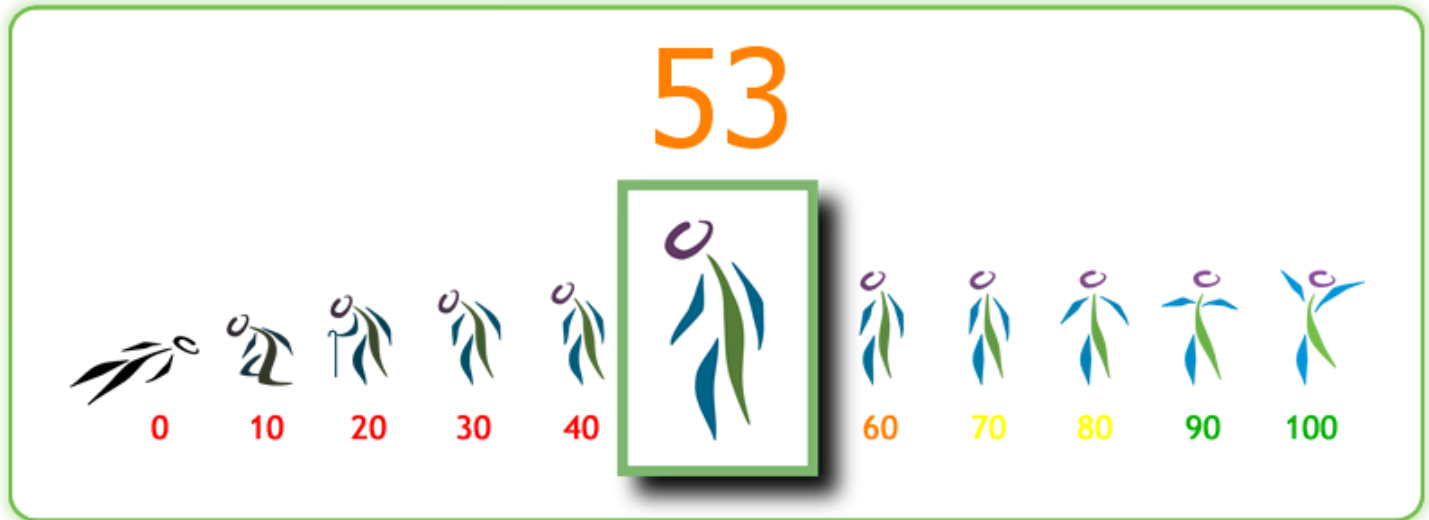
Severe Risk
 Moderate Risk
 Mild Risk
 No/Low Risk

To Learn More About Improving Your Score, [Click Here](#).

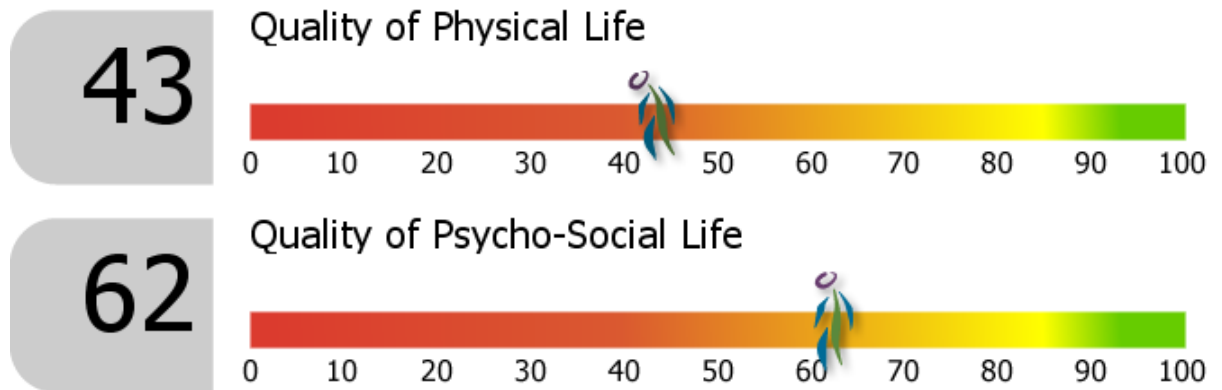
*Adjusted for medication

*** Corrected for muscle mass

Quality of Life Rating™



Warning! Your Quality of Life score is MODERATELY LOW. Your physical and emotional health is **SIGNIFICANTLY IMPEDING** your ability to perform and enjoy the activities and relationships of your day to day life. You need to take **IMMEDIATE ACTION** to change your physical and emotional lifestyle habits.



*For a more detailed explanation of these results, please refer to the **HRA Report Interpretation** document.

Quality of Life Rating™ Raw Data Table

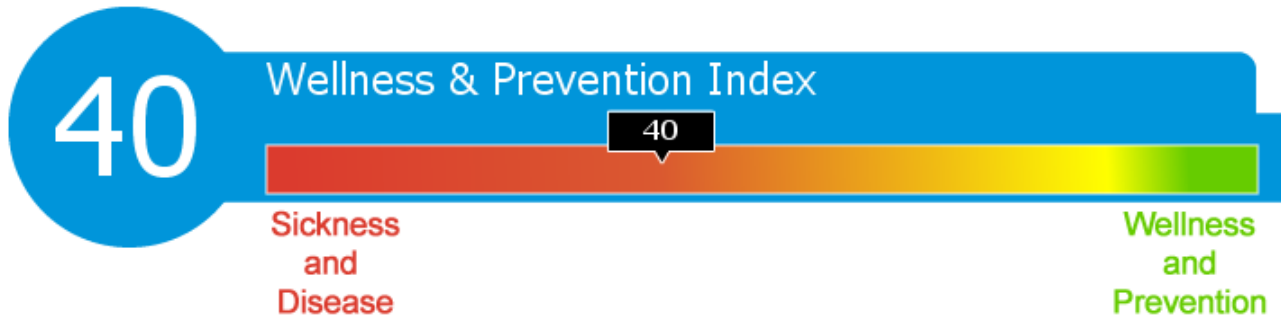
Quality of Physical Life		
	Value	HRA Target Value
Self Rated Overall Physical Health	6	rating of 9 or higher
Hours of Restful Sleep /Day	4*	8
Physical Energy Levels	6	rating of 9 or higher
Body Image	7	rating of 9 or higher
Days Per Week Experiencing Allergies/Asthma/Skin Disorders	4*	0
Ability to Perform Daily Activities Without Limitation	7*	rating of 9 or higher
Days Per Week with Physical Pain	4	0
Days Per Week With Digestive Problems	4	0
Days Per Week With Elimination Problems	4*	0
Level of Sex Drive	7	rating of 9 or higher
Quality of Psycho-Social Life		
	Value	HRA Target Value
Overall Emotional/Mental Health	7	rating of 9 or higher
Satisfaction with Work Environment	5	rating of 9 or higher
Satisfaction with Personal/Family Environment	6	rating of 9 or higher
Satisfaction with Social/Community Environment	6	rating of 9 or higher
Overall Level of Self-Esteem	7	rating of 9 or higher
Overall Level of Hopefulness and Optimism	7	rating of 9 or higher
Overall Level of Gratitude	7	rating of 9 or higher
Level of Anxiety/Worry	4	rating of 1 or lower
Level of Sadness/Depression	6	rating of 1 or lower
Overall Life Satisfaction	7	rating of 9 or higher
Mental Vitality Levels	7	rating of 9 or higher
Sufficiency of Resources	7	rating of 9 or higher
Feeling Calm and Peaceful	7	rating of 9 or higher

Severe Risk
 Moderate Risk
 Mild Risk
 No/Low Risk

To Learn More About Improving Your Score, [Click Here](#).

*Adjusted for medication

Wellness & Prevention Index™



Urgent Warning! Your Wellness and Prevention Index score is **SEVERELY LOW**. Your current lifestyle habits are putting you at **SEVERE RISK** of chronic illness, accelerated aging, and decreased quantity and quality of life. You need to take **URGENT ACTION** to change your lifestyle habits.

40

If you are not within the green area of the graph (a score of 90 or above) then, without lifestyle habit change, you are heading away from wellness and prevention and toward sickness, disease, and accelerated aging in the future. The further you are away from the green area of the graph the faster you are moving toward sickness, disease and accelerated aging.

Your revolutionary **Wellness and Prevention Index™** score is based on data from your individual Allostatic Load Risk Rating, Lifestyle Stressor Load Risk Rating and Quality of Life Rating. All this data is then weighted, combined, and analyzed to produce the most comprehensive, most early detective, and most predictive health rating in history: the **Wellness and Prevention Index™** Score.

Think of your individual **Wellness and Prevention Index™** score as the single best direct indicator telling you where you are and where you are headed. Your score represents the combination of the most significant determining factors wrapped into a single direct rating of your current and predicted future health status.

*For a more detailed explanation of these results, please refer to the **HRA Report Interpretation** document.

The Solution: How to Get and/or Stay Well into the Future

Change Your Lifestyle: Change Your Gene Expression: Change Your Health!

John Q what is the ONLY solution to get and stay well into the future? To reduce your stress load; to reduce the rocks in your backpack, and to change the way you are expressing your genes! What is the ONLY way to reduce your stress load that is caused by unhealthy, stressful lifestyle habits? To replace unhealthy lifestyle habits with healthy lifestyle habits! To provide the sufficient resources your genes need to express health and stop exposing your genes to the burden of deficiencies and toxicities that lead to the expression of illness.

John Q you have the power to change your lifestyle, change your gene expression, change your health, and change your life! You have the power to decrease your Lifestyle Stressor Load Risk Rating, decrease your Extrapolated Allostatic Load Risk Rating, improve your Quality of Life Rating and improve your **Wellness and Prevention Index™** Score and live a better, longer life!

How do you learn which choices are healthy and how to implement and SUSTAIN these healthy choices? You have several options:

1. Follow the recommendations of your practitioner Dr. D.D. Palmer;
2. Utilize the guidance found in the "Improving My Score" section of your online system (there is a PDF document for each lifestyle stressor load listed on page 6); and/or
3. Talk to your practitioner Dr. D.D. Palmer about the 90 Day Lifestyle Plan, the revolutionary new online program that provides everything you need to help you attain maximum improvement in your Wellness and Prevention Index.

In addition to the information and expertise provided by your practitioner Dr. D.D. Palmer, the book "The Wellness & Prevention Paradigm" by Dr. James Chestnut is an excellent resource.

