

Participant Name _____

Date _____

Provider Signature _____

Date _____

Age _____ (years)

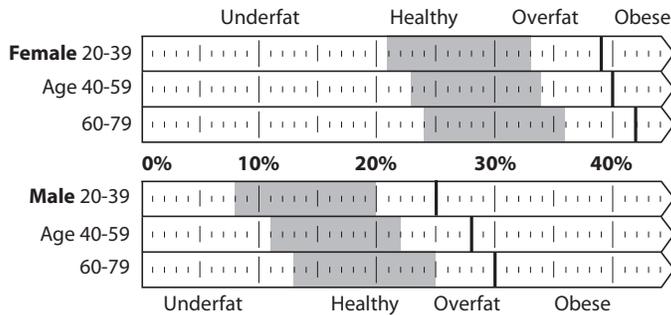
Height _____ ft _____ in **Weight** _____ lbs

Tobacco User: Yes _____ **No** _____

Body Mass Index: _____

- A BMI of less than 18.5: Underweight
- A BMI of 18.5 to 24.9: Normal
- A BMI of 25 to 29.9: Overweight
- A BMI of 30 or greater: Obese

Body Fat Percentage: _____



¹ Based on NIH/WHO BMI Guidelines.

² As reported by Gallagher, et al., at NY Obesity Research Center

To determine the percentage of body fat that is appropriate for your body, consult your physician.

Waist Circumference: _____

Your waistline may be telling you that you have a higher risk of developing obesity-related conditions if you are:

- A man whose waist circumference is more than 40 inches
- A non-pregnant woman whose waist circumference is more than 35 inches

Glucose: _____

Fasting Glucose According to the American Diabetic Association

Normal < 100

Pre-Diabetic 100-125

Diabetic > 126

How to enter your Wellness Assessment into your Health Survey:

Web Address: <https://wellsuite.com/pathways/ws/default.aspx?grid=2a9a6122c887>

User ID: Your 11 digit member number, which is located on your insurance card

Password: last 4 digits of your Social Security number

You must complete your online Health Survey within 30 days of completing this Wellness Assessment.

If you experience difficulties with your Health Survey, please call Medical Associates Health Plans at 1-800-747-8900 or (563) 556-8070

Body Frame: _____

For women under 5 feet, 2 inches:

Small frame: wrist smaller than 5.5 inches

Medium frame: wrist 5.5 inches to 5.75 inches

Large frame: wrist larger than 5.75 inches

Women 5 feet, 2 inches to 5 feet, 5 inches:

Small frame: wrist smaller than 6 inches

Medium frame: wrist 6 inches to 6.25 inches

Large frame: wrist larger than 6.25 inches

Women taller than 5 feet, 5 inches:

Small frame: wrist smaller than 6.25 inches

Medium frame: wrist size 6.25 inches to 6.5 inches

Large frame: wrist larger than 6.5 inches

Men taller than 5 feet 5 inches:

Small frame: wrist size 5.5 to 6.5 inches

Medium frame: wrist size 6.5 to 7 inches

Large frame: wrist larger than 7 inches

Blood Pressure: _____

Normal: Less than 120 systolic and less than 80 diastolic

Prehypertension: 120-139 systolic or 80-89 diastolic

Stage 1 Hypertension: 140-159 systolic or 90-99 diastolic

Stage 2 Hypertension: > 160 systolic or > 100 diastolic

Total Blood Cholesterol Level: _____

<200 mg/dL = Desirable Level (low risk)

200 to 239mg/dL = Borderline high (higher risk)

240/dL and above = high Blood Cholesterol

(more than twice the risk of desirable)

HDL Cholesterol Levels: _____

Less than 40 mg/dL = Higher Risk

40 to 59mg/dL = Good Range (the higher the better)

60 mg/dL and above = Lower Risk

LDL Cholesterol Levels: _____

Less than 100 mg/dL = Optimal for people with heart disease or diabetes

100 to 129 mg/dL = Near or above optimal

130 to 159 mg/dL = Borderline High

160 to 189 mg/dL = High

190 mg/dL and above = Very High

Triglyceride Levels: _____

Less than 150 mg/dL = Normal

150 to 199 mg/dL Borderline High

200-499 mg/dL = High

500 mg/dL and above = Very High