



Personal Score Card

Client: Begonia Shurtleve **DOB:** 11-14-1920
Site: HRA **Encounter Date:** 3/15/05
Counselor: **Report Date:** 6/6/05 5:07:04 PM

These guideline-based suggestions may help save your health and life.

Healthy lifestyle (eating right, daily physical activity and no tobacco) will help you feel better, look better, do more and reach your weight, blood pressure, cholesterol and glucose goals.

	Good	Latest	Good: 😊	Needs Work: ❤️	Comments
Blood Pressure					
	under 130/80	170/110	❤️		Your BP is very high. Talk to your doctor today. Your medication may need to be adjusted. Recheck BP at least every week. Salt (sodium) can raise blood pressure. Avoid high-sodium foods. Do not add salt when cooking or eating foods. (Date taken: 3/15/2005)

Cholesterol					
Cholesterol	under 170	300	❤️		Your NON-HDL is very high. Ask your doctor about checking a lipid profile within 6 weeks. Eating foods high in soluble fiber may lower your bad cholesterol. Your "good" HDL is very low. This increases your risk of heart disease. Healthy lifestyle can help. Knowing your triglyceride level may be important. Ask you doctor if you should have a full lipid profile. (Date Taken: 3/15/2005)
"Good" HDL	over 39	19	❤️		
"Bad" LDL	under 130	--			
Non-HDL	under 130	281	❤️		
Triglycerides	under 200	--			

Diabetes					
A1C	under 7	--			Your fasting glucose is very high. Talk with your doctor this week. Ask if your medication may need to be adjusted, and about having an A1C at least every 3 months. (Date taken: 3/15/2005)
F. Glucose	under 126	400	❤️		
R. Glucose	under 200	--			

Weight					
Pounds	91 - 123	250	❤️		Your weight is very high and is a health problem because of other risk factors. Talk to your doctor about losing 5 to 10 pounds over the next 6 months. (Date taken: 3/15/2005)
Body Mass	18.5 - 25	50.6	❤️		
Waist	<35 in.	--			

This is an example of the 3-page report that you will receive at the end of your ScoreHealth appointment.

A similar report can be sent to your doctor/medical provider.

For any questions please contact:
Sandy Richard, RN
 Program Manager
 Healthy Community Coalition
 20 Church St.
 Wilton, Me 04294
 645-3136 ext. 5116
srichard@fchn.org