

Personal Health Report

Checkup Date: November 7, 2018

Patient Name: Jane Doe

Jane Doe
123 Maine Street
Dallas, TX 75231



**Catapult Health
Nurse Practitioner:**
Amanda Hall, APRN, FNP-BC

JANE'S ACTION PLAN



1. Discuss your recent increase in depression with your therapist.
2. As we discussed, also reach out to Stay Calm EAP (see below). They will help you!
3. At your next office visit, discuss your blood sugar results with your doctor/provider
4. Be sure to consistently take your blood pressure medication, every day.
5. Follow up with your Provider within 6-12 months

I'm confident you can do this, Jane! Little changes done consistently will make a BIG difference. Thank you for making the decision to participate in this health checkup. I enjoyed speaking with you about ways you can improve your health.

Amanda Hall

Amanda Hall, APRN, FNP-BC

RESOURCES AVAILABLE TO YOU



Stay Calm EAP – Financial counseling, stress management, crisis management, cat juggling, alcohol counseling, drug counseling. **555-668-9999** www.StayCalmEAP.com

Never Again Smoking Cessation – All tobacco cessation. Online classes. Nicotine replacement therapy included. **555-909-0087** www.QuitNow.com

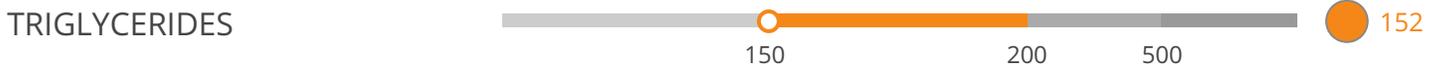
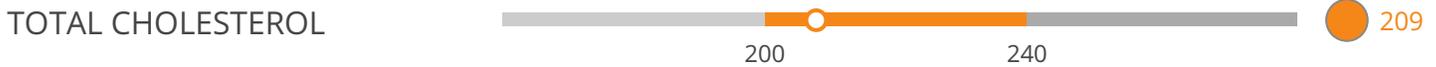
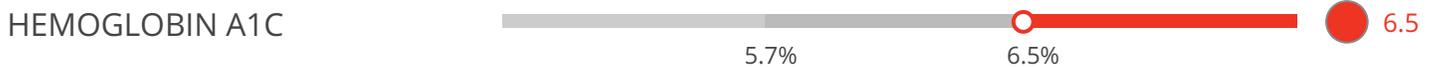
Naturally Slim – Weight loss and pre-diabetes program. Online classes. Available to everyone on BCBS plan at no cost. **555-876-1234** www.NaturallySlim.com

National Suicide Hotline – 24/7 private counseling. **555-765-8979** www.SuicidePreventionLifeline.org

Health Overview: Jane Doe

November 7, 2018

● NORMAL ● AT RISK ● ALERT

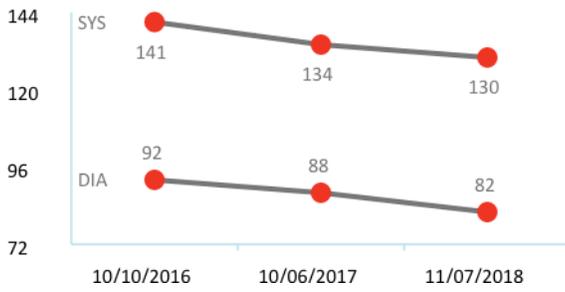


TOBACCO Congratulations on being tobacco free. ● NORMAL

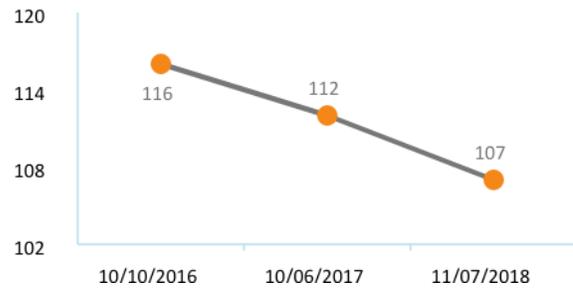
PHYSICAL ACTIVITY Congratulations on being physically active. ● NORMAL

DEPRESSION Further evaluation needed. ● AT RISK

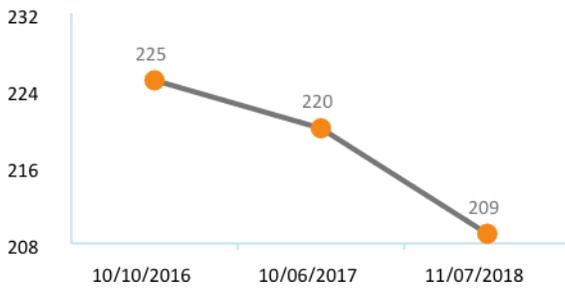
BLOOD PRESSURE



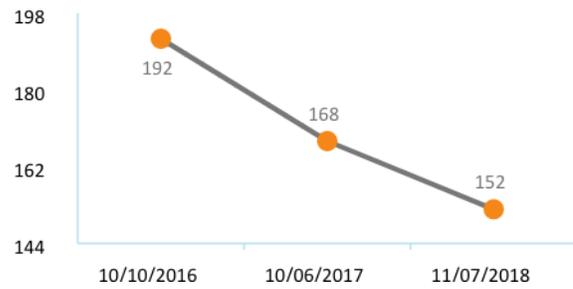
BLOOD SUGAR: GLUCOSE



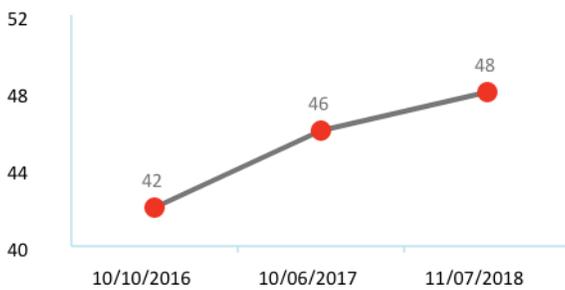
TOTAL CHOLESTEROL



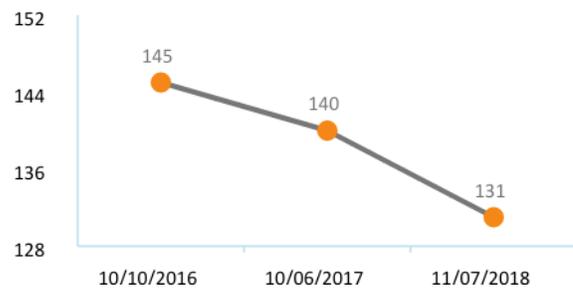
TRIGLYCERIDES



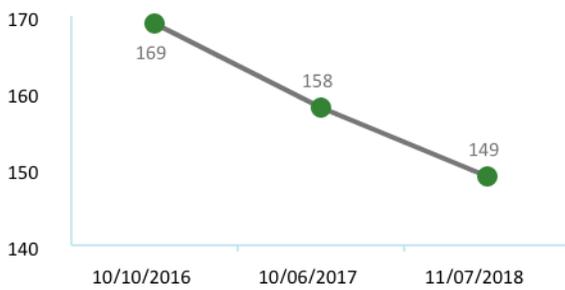
HDL CHOLESTEROL (GOOD)



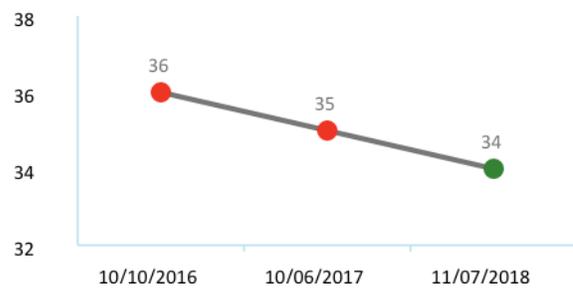
LDL CHOLESTEROL (BAD)



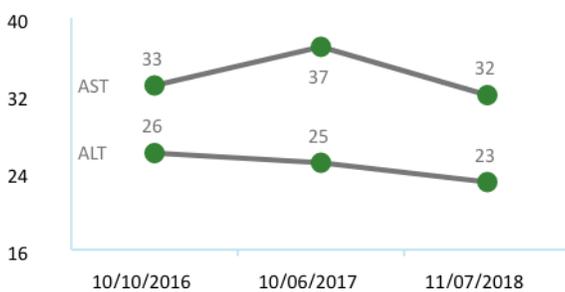
WEIGHT



ABDOMINAL CIRCUMFERENCE



LIVER ENZYMES



HEMOGLOBIN A1C



Metabolic Syndrome Risks: Jane Doe

November 7, 2018

Metabolic syndrome is a group of risk factors that, in combination with one another, indicate that your body is more likely to develop a serious chronic health condition. People with Metabolic Syndrome are FIVE times more likely to develop type 2 diabetes and TWICE as likely to develop heart disease. If you have three or more of the following risks, you are considered to have Metabolic Syndrome.

METABOLIC SYNDROME RISK FACTORS	RISK THRESHOLD	YOUR VALUES	YOUR STATUS
BLOOD PRESSURE	$\geq 130 / \geq 85$	130 / 82	
BLOOD SUGAR: GLUCOSE	≥ 100	107	
HDL CHOLESTEROL	Men < 40 Women < 50	48	
TRIGLYCERIDES	≥ 150	152	
ABDOMINAL CIRCUMFERENCE	Men ≥ 40 " Women ≥ 35 "	34	
3 or more risks indicate Metabolic Syndrome*		You have 4 out of 5 risks: HIGH	

*Assessment of Metabolic Syndrome using the risk thresholds above requires fasting blood test values. If you did not fast for 8 hours prior to your blood tests, your values for Blood Sugar: Glucose and Triglycerides may be elevated and therefore not adequate for determining whether or not you have Metabolic Syndrome.

YOUR DEPRESSION STATUS

Based on your responses to questions in the Health Questionnaire*, it appears that you have symptoms consistent with mild depression. When a person has depression, it interferes with daily life and normal functioning. It can cause pain for both the person with depression and those who care about him or her. Depression is a real illness. It is not a sign of weakness or a character flaw. You can't "snap out of" clinical depression. Most people who experience depression need treatment to get better.

Depression Is Treatable

If you think you may have depression, make an appointment to see your doctor or health care provider. This could be your primary doctor or a health provider who specializes in diagnosing and treating mental health conditions (psychologist or psychiatrist). Certain medications, and some medical conditions, such as viruses or a thyroid disorder, can cause the same symptoms as depression.

Talking with Your Doctor

How well you and your doctor talk to each other is one of the most important parts of getting good health care. To prepare for your appointment make a list of any symptoms you've had including any that may seem unrelated to the reason for your appointment.

- When did your symptoms start?
- How severe are your symptoms?
- Have the symptoms occurred before?
- If the symptoms have occurred before, how were they treated?
- Do you have any thoughts of self-harm?
- Key personal information, including any major stresses or recent life changes?
- All medications, vitamins, or other supplements that you're taking?

THINGS YOU CAN DO

If you have depression, you may feel exhausted, helpless, and hopeless. It may be difficult to take any action to help yourself. Here are some tips that may help.

- Seek help from your health care provider.
- Be active. Exercise. Go to a movie, a ballgame, or another activity that you once enjoyed.
- Break up large tasks into small ones. Set some priorities and do what you can, as you can.
- Try to spend time with other people and confide in a trusted friend or relative.
- Expect your mood to improve gradually, not immediately. Do not expect to suddenly "snap out of" your depression. Often during treatment for depression, sleep and appetite will begin to improve before your depressed mood lifts.
- Postpone important decisions, such as getting married or divorced or changing jobs, until you feel better. Discuss decisions with others who know you well and have a more objective view of your situation.
- Remember that positive thinking will replace negative thoughts as your depression responds to treatment.
- Continue to educate yourself about depression.

* The question set used to assess depression is the PHQ-9.

Source: Depression: What You Need to Know, National Institute of Mental Health

NEED HELP NOW?

Call 1-800-273-TALK (8255) (National Suicide Prevention Lifeline)

Go online to
www.suicidepreventionlifeline.org (National Suicide Prevention Lifeline)

Text START to 741741 (Crisis Text Hotline)

Heart Attack and Stroke Symptoms

WHAT IS A HEART ATTACK?

Damage to an area of heart muscle that is deprived of oxygen, usually due to blockage of a diseased coronary artery.

Heart Attack Symptoms

- Chest discomfort, which may feel like pain, pressure, lightness, heaviness or burning (also called angina)*
- Pain or discomfort in the neck, shoulders, lower jaw, arms, upper back or abdomen
- Shortness of breath that lasts more than a few seconds
- Feeling lightheaded, dizzy or faint
- Nausea and/or vomiting
- Overwhelming fatigue
- Heart palpitations (feeling like your heart is beating faster than normal or out of rhythm)

What should I do if I have symptoms of a heart attack?

- **Dial 911.** Do not drive yourself to the hospital.
- After calling for emergency medical help, chew and swallow 1 uncoated aspirin (325 mg) or 4 uncoated baby aspirins (81 mg each). Do not take aspirin if you have a known aspirin allergy.
- If you are alone, unlock your front door to let emergency responders enter your home.
- Sit in a comfortable chair and wait for help.
- Keep a phone near you.

*Although persons of every biological sex may experience chest pain that feels like an elephant sitting across the chest, women can experience a heart attack without chest pain. Instead, they may experience other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

WHAT IS A STROKE?

A sudden loss of brain function caused by a blockage or rupture of a blood vessel to the brain.

Stroke Symptoms

- Sudden weakness or numbness of the face, arm, or leg on one side of your body
- Sudden dimness or loss of vision, particularly in one eye
- Loss of speech, trouble talking, or understanding what others are saying
- Sudden onset severe headache with no known cause
- Unexplained dizziness, difficult walking, or falling, especially alongside any of the above mentioned symptoms

Another warning sign of stroke is a transient ischemic attack (TIA). A TIA is a "mini-stroke" that may cause the symptoms listed above and lasts less than 24 hours before disappearing. TIAs are a serious warning sign that a stroke may happen in the future and should not be ignored.

If you observe any of these symptoms (independently or together), call 911 immediately.

The sooner you get help, the more doctors can do to prevent further or permanent damage.

OPIOIDS AND THE TREATMENT OF CHRONIC PAIN

More than 115 Americans die every day from overdosing on opioids, and the deaths are not just from the deadly heroin/fentanyl combination that has received so much media attention. Deaths from overdosing also occur with prescription opioid pain relievers.

What are opioids?

Prescription opioids are used to treat pain but have serious risks and side effects. Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone. Over time you might develop tolerance, meaning you need to take more for the same pain relief. Anyone who takes opioids can become addicted to them. Taking too many prescription opioids can stop a person's breathing—leading to death.

Fentanyl is a synthetic opioid pain reliever that is 50 to 100 times more potent than morphine. It is used to treat severe pain, typically related to advanced cancer. It is prescribed in the form of transdermal patches or lozenges. Illegally made and distributed fentanyl has been on the rise in the U.S.

Heroin is an illegal opioid. Its use has increased as people who have become addicted to prescribed opioids lose access to them.

Are there alternative therapies?

Talk to your doctor about ways to manage your pain that do not involve opioids. Some options may work better and have fewer risks and side effects. Depending on the type of pain you are experiencing, options include the following:

- Acetaminophen (Tylenol) or ibuprofen (Advil)
- Cognitive behavioral therapy – a psychological, goal-directed approach in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress
- Exercise therapy, including physical therapy
- Medications for depression or for seizures
- Interventional therapies (injections)
- Exercise and weight loss
- Other therapies such as acupuncture and massage

Keys to avoiding an opioid addiction

Living with chronic pain can be devastating, and effective pain management is important to getting your life back, but don't ignore the associated risks. As many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid addiction. If you are prescribed an opioid, here are some tips to avoid addiction.

- Work with your doctor to set goals and to create a plan on how to manage your pain.
- Never take opioids in greater amounts or more often than prescribed.
- Talk to your doctor about all side effects and concerns.
- Ask your doctor for instructions on how to taper opioids to minimize withdrawal symptoms once treatment is complete.
- If you have unused opioids at the end of your treatment, find your community drug take-back program or your pharmacy mail-back program.
- Don't take opioids with alcohol and other medications including the following:
 - Benzodiazepines (such as Xanax and Valium)
 - Muscle relaxants (such as Soma or Flexeril)
 - Hypnotics (such as Ambien or Lunesta)
 - Other opioids

NEED HELP NOW?

If you or someone close to you needs help for a substance use disorder, talk to your doctor or call SAMHSA's National Helpline at **1-800-662-HELP** or go to www.findtreatment.samhsa.gov.

SAMHSA is the Substance Abuse and Mental Health Services Administration, an agency within the U.S. Department of Health and Human Services.

Ways to Improve Your Results

BLOOD PRESSURE

The systolic (or top) value measures the pressure in the arteries when the heart beats (when the heart muscle contracts). The diastolic (or bottom) value measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

Risk factors for hypertension include family history of high blood pressure, advanced age, lack of physical activity, poor diet (including high salt consumption), obesity, excessive alcohol intake, tobacco use and stress.

Ways to improve Blood Pressure:

- Lose weight
- Reduce salt intake
- Follow the DASH diet
- Increase exercise
- Cut back on alcohol

GLUCOSE, HEMOGLOBIN A1C

A blood glucose test measures the amount of a type of sugar called glucose in your blood. Glucose comes from carbohydrates in foods. It is the main source of energy used by the body. Fasting blood sugar (or glucose) is often the first test done to check for prediabetes and diabetes.

Elevated blood glucose occurs when the body has too little insulin or when the body cannot use insulin properly.

Hemoglobin A1C reflects an average blood glucose level for the past 2 to 3 months.

Ways to improve Glucose:

- Cut back on or avoid sugary foods and drinks
- Decrease carbohydrate intake: limit white bread, pasta, rice and potatoes
- Increase exercise
- Lose weight
- Manage stress
- Limit alcohol consumption
- Avoid tobacco use

TOTAL CHOLESTEROL

Total cholesterol is a measure of the cholesterol components LDL, HDL and a portion of your triglycerides level. A total cholesterol score of less than 200 mg/dL is considered optimal.

Total cholesterol values above 200 mg/dL can sometimes be considered optimal for those with protective HDL levels.

HDL CHOLESTEROL

HDL is a type of lipoprotein often referred to as “good” cholesterol. It acts as a cholesterol scavenger by removing the LDL (or bad) cholesterol, picking up excess cholesterol in the blood, and taking it back to the liver where it is broken down. The higher your HDL level, the less “bad” cholesterol you will have in your blood.

Ways to improve HDL:

- Cut back or quit smoking
- Increase exercise
- Increase intake of “good fats”
- Consume oily fish (salmon, tuna, mackerel, and trout), olive oil, avocado, almonds or walnuts
- Eat 50 grams of dark chocolate daily (about 1.5 ounces)
- Consume purple skinned fruits and juices (including red wine in moderation)
- Use 1 to 4 grams of omega-3 fatty acid supplement, or flaxseed oil

Ways to Improve Your Results

LDL CHOLESTEROL

LDL cholesterol is considered the “bad” cholesterol because it contributes to plaque – a thick, hard deposit that can clog arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, heart attack or stroke can result.

Ways to improve LDL:

- Cut back on animal fats — replace red meats with fish, turkey, or skinless chicken
- Decrease cheese and dairy products
- Limit saturated fats/trans fats — reduce fried foods, tropical oils and vegetable oils, butter, pre-made baked goods
- Eat oatmeal five times a week
- Increase intake of soluble fiber
- Increase exercise

TRIGLYCERIDES

Triglycerides are a type of fat (lipid) found in your blood. When you eat, your body converts any calories it does not need to use right away into triglycerides. If you regularly eat more calories than you need, particularly “easy” calories like carbohydrates and fats, you may have high triglycerides.

High triglycerides may contribute to hardening of the arteries or thickening of the artery walls (atherosclerosis), which increases the risk of stroke, heart attack and heart disease. They are often a sign of other conditions including obesity, poorly controlled type 2 diabetes, low levels of thyroid hormones, and liver or kidney disease.

High triglycerides could also be a side effect of taking certain medications, such as beta blockers, oral contraceptives, diuretics, steroids or tamoxifen.

Ways to improve Triglycerides:

- Lose weight if overweight — even 5-10 pounds can make a difference
- Cut back or avoid sugary and refined foods (white bread, pasta, rice, potatoes)

- Choose to eat “healthier fats” (olive, peanut and canola oils)
- Limit alcohol
- Increase physical activity
- Take 1 to 4 grams of omega-3 fatty acid supplement

ABDOMINAL CIRCUMFERENCE

Your abdomen may be telling you that you are at high risk of developing obesity-related conditions. If you are a man whose abdominal circumference is more than 40 inches or a non-pregnant woman whose abdominal circumference is more than 35 inches, your risk for heart disease increases. If your biological sex is neither male nor female, discuss your risk for heart disease with your local healthcare provider.

Excessive abdominal fat is serious because it places you at greater risk for developing obesity-related conditions, such as type 2 diabetes, high blood cholesterol, high triglycerides, high blood pressure, and coronary artery disease.

METABOLIC SYNDROME

Metabolic syndrome is a group of risk factors that, in combination with one another, indicate that you are at greater risk to develop a chronic health condition. Those with metabolic syndrome are FIVE times more likely to develop type 2 diabetes and TWICE as likely to develop heart disease. The good news is that for most people, the risks can be reversed.

If you have three or more of the metabolic syndrome risks, you are considered to have metabolic syndrome.

Ways to lower Metabolic Syndrome risk levels:

- Lose weight
- Be physically active
- Eat a heart-healthy diet
- Quit smoking

If these changes are not enough, your doctor may prescribe medications to control your blood pressure, blood sugar and triglycerides.

Ways to Improve Your Results

LIVER ENZYMES (AST, ALT)

Elevated liver enzymes may indicate an inflammation or damage to cells in the liver. Inflamed or injured liver cells leak higher than normal amounts of certain chemicals, including liver enzymes, into the bloodstream, which can result in elevated liver enzymes on blood tests.

In most cases, liver enzyme levels are only mildly and temporarily elevated and do not signal a chronic, serious liver problem. The two liver enzymes are Aspartate transaminase (AST) and Alanine transaminase (ALT).

BODY MASS INDEX

Body mass index (BMI) is a measure of body fat based on height and weight. It is used as a screening tool to identify possible weight problems in adults. BMI does not take into account muscle mass vs. body fat. Someone who is athletic with large muscle mass may fall into an at-risk category.

To determine if excess weight is a health risk, a healthcare provider should consider other factors, such as exercise, diet, and personal and family health history. BMI may also be adjusted for ethnicity.

EXERCISE

Physical activity is anything that gets your body moving. Adults need to participate in two types of physical activity each week to improve their health – aerobic and muscle-strengthening.

Minimal adult needs:

- 150 minutes of moderate-intensity aerobic activity (brisk walking) or
- 75 minutes of vigorous-intensity aerobic activity (jogging or running) and
- Muscle-strengthening activities 2 or more days a week

Greater health benefits:

- 300 minutes of moderate-intensity aerobic activity (brisk walking) or
- 150 minutes of vigorous-intensity aerobic activity (jogging or running) and
- Muscle-strengthening activities 2 or more days a week

Benefits of Exercise:

- Lowers risk for heart disease
- Improves blood glucose
- Keeps weight down
- Improves mood
- Decreases risk for certain types of cancer
- Reduces risk for osteoporosis
- Increases energy
- Improves sleep

SMOKING

About 20% of all deaths from heart disease in the U.S. are directly related to cigarette smoking. That's because smoking is a major cause of heart attacks. Smokers continue to increase their risk of heart attack the longer they smoke.

People who smoke a pack of cigarettes a day have more than TWICE the risk of heart attack than non-smokers. Smoking decreases oxygen to the heart, increases blood pressure and heart rate, increases blood clotting, and damages the cells that line the coronary arteries and other blood vessels.

Smoking is by far the most important preventable cause of cancer in the world. Quitting smoking is one of the most impactful things one can do to improve health.

1-800-QUIT-NOW

Ways to Improve Your Results

VACCINATIONS

Why Are Vaccines Important?

First and foremost, vaccines save lives. With the introduction of more and more vaccinations you can be protected against more diseases than ever before. Some diseases that in the past were fatal have been eliminated completely. Others are close to extinction primarily because of safe and effective vaccines. Immunizations also protect others. By vaccinating yourself you help prevent the spread of disease to your friends and loved ones. Providing full childhood and adult immunizations is paving the way for future generations to eliminate diseases that disabled or killed generations before us.

Vaccinations are recommended throughout life to prevent vaccine-preventable diseases. Adult vaccination coverage, however, remains low for most routinely recommended vaccines and well below the Healthy People 2020 targets.

CANCER SCREENING

Cancer screening exams are medical tests done when you do not have any obvious signs of illness. They may help find cancer at an early stage, thus increasing the chances of successful treatment. If you have a family history of any of the below cancers or any other risk factors, you should discuss your early cancer screening and prevention strategy with your healthcare provider. Based on your biological sex and age, you should have the following screenings performed:

Breast Cancer

- **Mammogram:** Women ages 40 and over should have a mammogram every 1-2 years or as recommended by your healthcare provider.
- **Clinical breast exam:** Women ages 40 and over should have a breast exam performed as recommended by your healthcare provider.
- **Breast self-awareness:** Women ages 20 and over should know how their breasts normally look and feel and report any change promptly to their healthcare provider.

Cervical Cancer

Beginning at age 21, women should obtain their first Pap test, repeating the test every three years. Beginning at age 30, your healthcare provider may recommend additional tests.

Colorectal Cancer

Starting at age 50, men and women at average risk for developing cancer should be tested for colorectal cancer as recommended by their physician. If your biological sex is neither male nor female, discuss which cancer screenings you should have performed with your local healthcare provider.

DEPRESSION

Depression is a common medical condition that is different from normal fluctuations in mood or struggles in life.

Depression can become a serious health condition when it lasts longer than two weeks and is accompanied by daily feelings of being sad, or a loss of interest in most activities. Common symptoms of depression include feeling tired or having little energy, problems with sleep, a poor appetite, feeling bad about oneself, difficulty concentrating or making decisions, diminished interest or pleasure in almost all activities, and even thoughts of being better off dead or hurting yourself.

During mild episodes of depression, others may think you are functioning normally even when you are not. In more severe cases, it can become extremely difficult to continue your normal routines of life at work, at home, and in other areas.

If you are depressed, you should be evaluated and treated by your local doctor or another qualified clinician. Treatment options include antidepressant medications and psychological counseling. Activities that can improve your mood include physical activity of all kinds and spending time with supportive family or friends. It's never too late to seek treatment.

If needed, the National Suicide Prevention Lifeline is 1-800-273-8255.