



Metabolic Screening Results

Screening results date: _____

Congratulations on taking the first step to managing your health care!

Client Name: _____

Your

Height is _____ (inches)

Weight is _____ (pounds)

BMI is _____

- Your BMI is a value which compares your height with your weight. It is an indication if you are overweight. Being overweight may lead to some serious physical health issues. If your BMI is over 25 you are considered overweight.

Your

Waist Circumference is _____(inches)

- Men with a waist circumference under 40, and women under 35, should be monitored 4 times a year.
- If your waist circumference is over 40 for men or over 35 for women, then please make an appointment with your primary care physician for education on weight management and exercise.

Your

Blood Pressure is _____

- If your blood pressure is above 140/85, then please make an appointment with your primary care physician for follow up care. High blood pressure can cause damage to your heart and blood vessels. It can also lead to a stroke or a heart attack.

Your

Fasting blood sugar is _____

Hgb Alc _____

- If your fasting blood sugar is below 100, then you should be monitored one time a year.
- If your fasting blood sugar is between 100 and 125, you will need to be monitored 4 times a year.
- If your fasting blood sugar is above 125, then please make an appointment with your primary care physician for follow up care.

Your Lipid Panel Results are:

Total Cholesterol _____

Triglycerides _____

LDL _____

HDL _____

- If your LDL is below 130, HDL above 40 and Triglyceride below 150, then you should be monitored 1 time a year.
- If your LDL is below 130, HDL is below 40 and Triglycerides are above 150, then please make an appointment with your primary care physician for follow up care. If elevated, these levels can lead to your arteries becoming occluded. Occluded arteries can limit the amount of blood flow to vital organs such as the heart, lungs and brain.

Your A1C is _____

- If your A1C is lower than 5.7 it is within normal limits. If your A1C is between 5.7 and 6.4, you have the potential to develop Diabetes and you need to have your A1C rechecked at least 2 times a year.
- If your A1C is above 6.5 you have a diabetic condition. You need to contact your primary care physician.

If all of your numbers are within normal ranges today you need to have your blood checked again this time next year. **If ANY of your numbers are not within the normal ranges you need to see your Primary Care Physician AT LEAST every 6 months.** It is important that you keep these numbers within the normal ranges to assure that you will maintain a safe, happy, healthy life. If you need any further information related to these results feel free to contact your Pathways CSS or Nurse.