

Personal Information

NAME

ADDRESS

PHONE

E-MAIL

IN CASE OF EMERGENCY:

NAME PHONE RELATIONSHIP

NAME PHONE RELATIONSHIP

HEALTH CARE PROVIDER:

NAME PHONE

PREFERRED HOSPITAL PHONE

PHARMACY PHONE

HEALTH INSURANCE COMPANY:

NAME PHONE

POLICY NUMBER

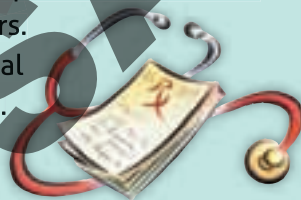


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My Personal Health Record Screening & Vaccine Guide

Medical screenings – No. 1 health goal for everybody every year. Meet with your health care provider and, together, make a plan for routine exams.

You can use this handy wallet card to record and track your medical exams and immunizations. Enter test results and follow-up checks, such as blood pressure and blood sugar numbers. Keep your vital signs in mind.



Adult Immunizations

Vaccine	Dose and When Needed	Received (Date)
Tetanus-Diphtheria-Pertussis	Every 10 years, or as advised.	
Influenza (Flu)	Every year, or as advised.	
Pneumococcal	1 dose, at 65 and older or earlier if at risk.	
Zoster (Shingles)	1 dose, at 60 and older.	
Hepatitis A	2 doses if at risk, as advised.	
Hepatitis B	3 doses if at risk, as advised.	
Human Papilloma-virus	3 doses, previously unvaccinated women through age 26.	
Measles, Mumps, Rubella	1 or 2 doses if at risk, as advised.	
Varicella (Chickenpox)	2 doses if at risk, as advised.	
Meningitis	1 or more doses if at risk, as advised.	

Source: CDC. Recommendations are subject to change (www.cdc.gov/vaccines/default.htm). Foreign travel may require additional immunizations.

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Know Your Numbers

Health Screening Guide & Tracker

A Personal Best® Program

Screenings For Women or Men

Women Only

Test/Exam	When Needed	Date/Results	Date/Results
Sexually Transmitted Diseases (STDs)	At 25 or younger and sexually active or as advised.		
Osteoporosis	At 65 or earlier as advised.		
Breast Cancer	Starting at 40 or as advised.		
Cervical Cancer	Starting at 21 or as advised.		

Men Only

Test/Exam	When Needed	Date/Results	Date/Results
STDs	As advised.		
Prostate Cancer	Starting at 50 or as advised.		

Sources: ACS, NOF.

As Advised: Consult your health care provider if you have symptoms or special risks, such as family history, for these conditions.

Medications

Drug Name	Dose and Frequency

Screenings For Everyone

Test/Exam	When Needed	Best Range	Date/Results	Date/Results
Obesity				
Body Mass Index	As advised.	18.5-24.9		
Waist Measure (in inches)	As advised.	Below 35 inches (women) Below 40 inches (men)		
Cholesterol	Every 5 years, starting at 20.			
Total		Below 200		
HDL Women		Above 50		
HDL Men		Above 40		
LDL		Below 100		
Triglycerides		Below 150		
Blood Pressure	Check annually.			
Systolic		Below 120		
Diastolic		Below 80		
Diabetes				
Blood Sugar	Starting at 40.	Below 100 (fasting)		
HIV	As advised.	N/A		
Dental, Eye and Hearing	As advised.	N/A		
Colorectal Cancer	Starting at 50 or as advised.	N/A		
Skin Cancer	As advised.	N/A		

Sources: ACS, ADA, AHA, CDC and NCEP.

As Advised: Consult your health care provider if you have symptoms or special risks, such as family history, for these conditions.

Reviewed March 2010.

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STRESSED



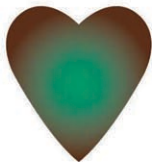
TENSE



NORMAL



CALM



HOLD THUMB
ON HEART FOR
TEN SECONDS.

Heart-Healthy Substitutions

Start With Simple Swaps

Instead of:	Try these:
Refined grains (white bread, flour, rice, pasta)	Brown rice, oats, pot barley, quinoa, millet, oats, whole-grain pasta, whole-grain rye
High-fat beef and other meats	Lean meat, chicken, turkey, fish, tofu, low-sodium canned or dried beans such as lentils, chickpeas or kidney beans

High-fiber foods are **nutrient-dense**, and soluble fiber may help prevent heart disease. Add more fiber to your diet by choosing whole grains instead of refined grains (see swaps above), and add more vegetables, fruits, beans, peas and lentils.

Fatty, salty or sugary snacks (crackers, chips, cookies, candy)	Berries, grapes, fat-free yogurt, reduced-fat whole-grain crackers, baked tortilla chips, low-fat popcorn
Fatty, salty condiments	Vinegars (balsamic, cider, or red or white wine), herbs and spices, assorted mustards, nonfat plain yogurt

Nutrition educator or a registered dietitian nearby? Ask questions and learn more about "eating" well.



Some eating plans have been studied, proven and endorsed for their potential health benefits.

"Diets" Proven to Help

DASH Diet

This plan is endorsed as a way to lower high blood pressure. Studies have shown that adults following the DASH program lowered their blood pressure dramatically, with better results than those achieved with other eating plans. DASH is cautious about fat, cholesterol, sodium, sweets and added sugar — it's rich in potassium, magnesium and calcium, as well as protein and fiber.



Mediterranean Diet

The Mediterranean approach includes very little red meat, favoring fish more often, and suggests an average of nine servings a day of antioxidant-rich fruits and vegetables, in addition to more foods from plant sources (breads and grains, beans, nuts and seeds). Olive oil is suggested as the principal fat (replacing other oils, butter and margarine). Add to that other vital elements ... daily exercise, sharing meals with others, and fostering a deep appreciation for the pleasures of eating healthy and delicious foods.

Make every food count toward your heart health and wellness.

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Heart-Healthy Eating

Love Your Heart With Every Meal



A Heart-Healthy Diet: It's Easier Than You Think

The foods you eat play a big role in high cholesterol, high blood pressure and weight gain, which all work against good heart health (at any age). You don't need to change everything you eat at once. Take one step at a time and you'll soon be eating well — and looking and feeling better too.

Heart disease is still America's No. 1 killer. One of the best ways you can boost your heart health (and reduce your risk of heart attack and stroke) is to love your heart with every meal. Don't let excuses like the ones below stop you.

Do any of these reasons keep you from eating right?

- ✗ I don't want to give up the foods I love.
- ✗ I'm busy. Cooking healthy meals takes too much time and effort.
- ✗ I don't know how to make healthy choices.
- ✗ I need healthy food ideas the whole family will enjoy.



1 More Fruits and Vegetables

Aim for at least 2 cups of fruit per day and 2½ cups of vegetables per day. **Leading the list:** blueberries, cantaloupe, oranges, strawberries, sweet potatoes, asparagus, broccoli, red cabbage, spinach and bell peppers.

Ideas: Make sure that you have vegetables or fruit with every breakfast, lunch, dinner and snack. Have a salad blend of romaine lettuce and leaf spinach at lunch. Keep a bowl of colorful fruit within easy reach for snacks.

Tip: One serving size of a fruit or vegetable is about the size of a tennis ball, so getting your daily servings (the more, the better) is easy.



Healthier Fats, Less Sodium

One important way to keep your heart healthy is to cut back on saturated and trans fat, and replace these fats with better-for-you unsaturated fats. Choose fewer foods that contain saturated and trans fat, such as butter, lard, cream, shortening, fatty meat, processed foods and deep-fried items.

Put "better fats" to work in your diet — polyunsaturated and monounsaturated fats, especially those that include omega-3 fatty acids. **Ideas:** Cook with olive or canola oil instead of butter or margarine.

Eat fish, such as cold-water salmon, at least twice this week. Add sliced avocado to your sandwiches instead of cheese. Sprinkle nuts or ground flaxseed on your salad instead of bacon bits.

2 Dish Out Proper Portions

With today's super-sized portions and convenience foods, it's easy to overeat foods such as meats, pasta, dairy products, cereals and snacks. Put a single serving size into perspective with these images:

Ping pong ball: 2 tablespoons peanut butter, sour cream or cream cheese

A standard deck of cards: 3 ounces of meat (picture lean beef, pork and chicken)



Treat a heart-healthy eating plan like any other new project. Set a reasonable goal for each week, make a plan to reach that goal and stick to it.

Best? Eat smaller amounts.

Use a measuring cup for foods such as ice cream, cereals, and cooked pasta and rice.

Check and Learn From Food Labels

Key Areas to Compare

- **Calories** per serving.
- **Fats:** Choose foods that get less than one-third of their calories from fat.
- **Sodium:** Seventy percent of consumed salt comes from packaged, processed and restaurant food. Pick products with the lowest sodium (salt) content per serving (aim for 140 mg or less) by checking nutrition labels.
- **Fiber:** Get at least 25-38 grams per day.
- **Sugars:** Watch for high amounts of added sugar. When you read the ingredients, sugar may be listed as high-fructose corn syrup, sucrose or glucose — but they all are sugar. Natural sugar found in fruit and unflavored dairy is not considered "added" sugar.



Need an Exercise App?

Online programs, apps and devices you wear can help you log and track your physical activity.

Pulse timer, pedometer, steps walked and calories burned:

These are just a few of the tools out there to help you get the most out of your daily efforts.



The Rest of the Exercise Story

- Aerobic exercise is only part of a well-rounded exercise program.
- Incorporate strength-building activities and stretching into your routine twice a week.
- Strengthening activities maintain and increase muscle firmness, strength and endurance, and increase your metabolism.
- Stretching also helps with flexibility and balance.

Stay motivated by tracking your progress. A certified personal trainer may be able to help. Give yourself a big thumbs up for your accomplishments.

Already on the Move?



Here's How to Step It Up



Increase your fitness level with these workout tips:

■ **Sneak in speed.** Once you've warmed up, pick up the pace for one to two minutes. Slow down to your usual pace, then repeat.

■ **Take the next step.** Take the stairs at every opportunity. For added benefit, take them two at a time, or do them very slowly to challenge your muscles.

■ **Start swinging.** When walking, swing your arms. You can increase speed, elevation and arm swing to raise your intensity.

■ **Be inclined.** Find a hilly route for your walk or ride. You'll work harder and add variety to your workout. Be extra careful on the downhill side.

■ **Buddy up.** Do some of your workouts with a friend who is fitter than you. You'll have an added incentive to push yourself and having company will make the time fly by.

■ **Get with the program.** When using cardio machines, choose the "interval" program to automatically add inclines, increased resistance and higher-speed bursts to your workout.

Final thought: Exercise provides an amazing array of health benefits. Why not get started or step up your routine today?

Exercise and Your Heart

How Cardio Workouts Work for You





Why Cardio?

Some people are fit to run a marathon. Others become winded just walking around the block. What's going on? It could be a matter of heart health or cardiovascular fitness.

A sedentary lifestyle reduces your level of cardiovascular fitness, which is needed to help you avoid the No. 1 health threat — heart disease.

It Boosts Your Heart Health

A strong cardiovascular system works efficiently to deliver oxygen and nutrients to all parts of your body for optimal health, energy and endurance. Aerobic (“with oxygen”) or cardio exercise makes this possible by improving your heart’s pumping power and working large muscle groups.

Step Out of “Resting” Mode

Cardio exercise works for you when you maintain a raised level of exertion for 30 minutes or more most days — 60 minutes a day is even better.



Remember the Big Picture



Combined with a healthful, varied diet, regular cardio (aerobic) exercise beyond the routine activities of daily life is essential for better health.

Are You Getting a Good Workout?

Getting good cardio exercise isn’t complicated. Often the easiest approach is to start with walking, gradually working up to faster walking or jogging.

What is moderate-intensity exercise?

Basically, your heart rate is increased above your resting level, but you can still talk and breathe comfortably.

What is vigorous-intensity exercise?

You breathe harder and are able to speak only in short phrases — you aren’t able to hum or whistle a song.

Walking outside, bicycling, skating, swimming and cardio machines work your large muscles, and you can do them continuously at your own aerobic pace.

Did you know that raking leaves and dancing are also great ways to get aerobic exercise?

More Great Activities

- Zumba and other forms of fast dancing
- Walking and walk/jog combinations
- Physically demanding chores and yard work
- Stair climbing added to daily activities and your fitness plan

When to Exercise Caution

Talk to your health care provider before significantly increasing your physical activity level, especially if you’ve been inactive or you have a chronic health condition.

Cardio Machine Basics

✓ Treadmills are good for those who like to walk or run. They tend also to work well for those new to exercise.

✓ Stationary bikes place less stress on joints. Recumbent style (where the legs are raised to hip level) is better for those with lower back pain.

✓ Ellipticals offer a good option for those with previous knee or leg injuries and those new to exercise.

✓ Stair climbers can provide a challenging and effective workout while strengthening the lower body. Form is important. People with knee problems should avoid repeatedly bending and straightening knees too much (hyper-flexion and hyper-extension).

✓ Remember, cross training — using a variety of these machines — will give you the best overall workout, prevent overuse injuries and keep boredom at bay.



Do You Need Low-Impact Options?



High-impact activities, such as running and jogging, may not be best for people with back or knee problems. Low-impact exercise helps you get fit without as much stress on your joints and bones. Try swimming, walking and certain cardio machines.

QuikRisk™ Self-Assessment



This quiz can help you determine whether heart disease could be a problem for you. Circle the appropriate response next to each true statement and add up your total.

	Yes	No
1 I smoke.	10	0
2 I have high cholesterol: My total level measures 240 or higher; or my LDL measures 160 or higher.	10	0
3 My blood pressure often exceeds 120/80.	10	0
4 I weigh more than 20 percent above my ideal weight.	10	0
5 I have diabetes.	10	0
6 I am sedentary (accumulating fewer than 30 minutes a day of moderate exercise or physical activity).	10	0
	Often	Sometimes Rarely/ Never
7 I exceed moderate amounts of alcohol (more than 2 drinks per day for men; more than 1 per day for women).	10	5 0
8 I often eat foods high in saturated fat.	10	5 0
9 I often eat foods high in sodium (salt).	10	5 0
10 I tend to feel stressed.	10	5 0

How did you do?

If you scored **0-20 points**, you're probably at low to medium risk for heart disease.

If you scored **20-50 points**, you may be at increased risk for heart disease and should speak with a health care provider during your next visit.

If you scored **50-100 points**, you could be at very high risk for heart disease and should speak with your provider without delay.

Change Your Patterns: Fix the Big 6

- **Raise the right cholesterol.** Unlike total and LDL cholesterol levels, the higher your HDL cholesterol level, the better — 60 or higher is optimal; less than 40 is too low. Exercise can raise HDL and lower unhealthy LDL levels.
- **Break free from tobacco.** Cessation medications, nicotine replacement therapy and psychotherapy have all been shown to help heavy tobacco users quit.
- **Get your heart pumping.** Aerobic exercise strengthens your cardiovascular system. It improves your body's ability to use oxygen. Find activities you enjoy — dancing, walking, swimming — and that you can do regularly. If you're unaccustomed to exercise, first get your health care provider's OK.
- **Keep tabs on blood pressure.** Follow your health care provider's advice to stop this silent killer.
- **Learn to let go.** Relaxation techniques, such as meditation and imagery, can reduce blood pressure and muscle tension and increase blood flow to major muscles.
- **Partner with your doctor.** Get regular checkups and screenings, especially if you are being treated for risk factors.



The Big 6 Heart Breakers

How to Get on a Heart-Healthy Track



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Ask the average person to name the risk factors for heart disease and most will answer **high cholesterol**. Although it gets a lot of attention, cholesterol is not the only enemy. Several factors contribute to heart disease, which can put you at risk for heart attack and stroke.

Fortunately, at least six of the major factors for heart disease are within your control. You can significantly lower the odds that you'll have a heart attack if you "fix" the "Big 6."

- 1 Smoking
- 2 Abnormal cholesterol
- 3 Lack of exercise
- 4 High blood pressure
- 5 Excess weight
- 6 Unmanaged stress

Lose weight, lose multiple risks.

Overweight and obese folks carry a triple risk: High blood pressure, high blood sugar and high cholesterol — one or all can lead to coronary heart disease.

It's true! Slimming down even a little can help reverse your risk.

Another Troublemaker: Diabetes

Diabetes occurs when your body can't properly use or store the energy source glucose (sugar). Most people who have diabetes die of heart disease. That's why it's so important to manage your diabetes daily if you have been diagnosed with the disease.

1 Keep a Healthy Blood Pressure

Maintain a healthy weight, quit smoking, exercise and lower your salt intake. Take your medication, if prescribed, and monitor your blood pressure regularly.

Have your blood pressure checked regularly — aim to keep your average readings below 120/80, a level considered pre-hypertensive.



2 Quit Smoking



Nicotine increases heart rate and blood pressure, adding significant stress to your heart and blood vessels. Quitting smoking can reduce your risk of developing coronary artery disease by 50 to 70 percent within five years of quitting.

3 Control Cholesterol

High total cholesterol, LDL (bad) cholesterol and triglycerides (another fat circulating in the blood) promote the buildup of plaque on artery walls, reducing blood flow. Note: A high level of HDL (good) cholesterol is good for the heart.

It's important to review your cholesterol profile with your health care provider. He or she may recommend a combination of diet and exercise, and possibly medication.

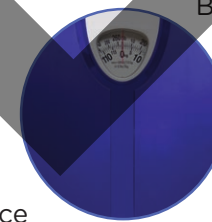


4 Keep Exercising

Give your heart at least 30 minutes of accumulated moderate exercise every day. If you're unaccustomed to exercise, consult your health care provider first.



5 Lose Excess Weight



Being overweight leads to the major heart disease risks: high blood cholesterol, high blood pressure and high blood sugar (diabetes). If you are more than 20 percent over your ideal weight, ask your health care provider to help design a diet and exercise plan for slimming down.

6 Manage Stress

According to some studies, heart disease and premature death are also more likely in people who tend to feel chronic anxiety, hostility and anger, or who suppress these feelings. Learn to manage your stress. Your heart will thank you for it.



Signs of Heart Attack: Call 911

if symptoms persist for more than 2 minutes.

- Squeezing, pressure and/or burning across the chest, deep beneath the breastbone. Heart attack without chest pain occurs about a third of the time, especially in women and people with diabetes.
- Upper abdominal discomfort — heartburn, nausea or severe indigestion.
- Dizziness, shortness of breath, sweating or unusual fatigue.
- Sensation radiating from the center of the chest into the jaw, neck, arm, shoulder or back.



Prevention should be your first goal. How? Lose excess weight and get physically active with your provider's OK.

Weight loss tip: You can lose about 1 pound per week if you cut 500 calories a day through eating less or exercising (preferably both).



Every second matters!