HEALTH IMPROVEMENT CARD

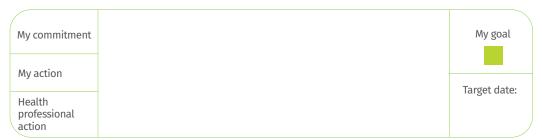
Male () Female ()	Age:								60-64 () 6! 100-104 ()	
Height () metres Weight () kilogra			Waist cii	rcumference	e () cer	ntimete	ers oi	r inches		
Body mass index = (SI [metric] units)	=	-		ht (kg)) x height(m	n)	() kg	g/m ₂		
Waist to height ratio) =	7		mference (ght (cm)	cm)	()		

Biometrics Scorecard

- Helps you track measurable risk indicators which could over time damage your health, potentially leading to cancers, diabetes, respiratory diseases, heart disease, mental health problems and oral diseases;
- Allows your health professional to help support you with information, advice, treatments (when indicated) and care;



HEALTH IMPROVEMENT ACTION PLAN















Lifestyle Scorecard

- Helps you understand how you can improve your health by changing your lifestyle;
- Allows your health professional to help you improve your health and well-being; - Enables you to own and personalise your health improvement action plan.







I do not eat

fruit and

vegetables

Physical

An unhealthy diet increases your risk of being overweight, obese and developing oral **HEALTHY** diseases

DIET

PHYSICAL

ACTIVITY

SLEEP

QUANTITY

SLEEP

QUALITY

STRESS

+





Eat more fruit and vegetables every day and seek advice on lowering salt and saturated

cardiovascular diseases, diabetes and some cancers

Increase the amount of time spent on physical activities

Lack of physical activity increases your risk of

at home and at work and engage in sports















minutes per day



activity is not a part of my



Tobacco use increases your risk, and the risk of those around you, of cancer, lung diseases, heart attack and TOBACCO stroke USE Stop smoking from today onwards



at least 30

minutes per

day









tobacco

Harmful use of alcohol increase your risk of mental illnesses, liver damage and other alcohol related deaths USE OF ALCOHOL + Limit the amount of alcohol that you drink each day

> Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status

Reduced chronic systemic inflammation; improved

Reduced chronic systemic inflammation; improved

physical, cognitive, emotional and immune status

Reduced chronic systemic inflammation; improved

physical, cognitive, emotional and immune status

Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status

physical, cognitive, emotional and immune status









per week

week

Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status









awaking









My goal

Target date:







HEALTH IMPROVEMENT ACTION PLAN

My commitment My action

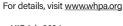












Health professional action