



**GUIDELINES FOR INTERPRETATION OF HEALTH SCREENING RESULTS**

Screening	Guidelines for Interpretation	Reference
Blood Pressure	<p align="center"><u>Normal:</u> Less than 120 / Less than 80</p> <p align="center"><u>Prehypertension:</u> 120-139 / 80-89</p> <p align="center">Advise participant to have blood pressure checked at annual physical exam and have lifestyle changes.</p> <p align="center"><u>Hypertension: Stage 1:</u> 140-159 / 90-99</p> <p align="center">Advise participant to have blood pressure checked within 2 months; if over age 50: 140 or higher systolic pressure should be treated regardless of diastolic blood pressure</p> <p align="center"><u>Hypertension Stage 2:</u> 160 or higher / 100 or higher</p> <p align="center">Advise participant to have blood pressure checked within a month/immediately or within 1 week</p>	American Heart Association
Heart Rate	Resting Heart Rate - 60-80 Beats/minute	American Heart Association
Glucose	<p align="center"><u>Fasting Glucose Level:</u> Normal: 60-99 Pre-Diabetes: 100-125 Diabetes: 126 and higher</p> <p align="center"><u>Non – Fasting Glucose Level:</u> Normal: &lt;140 Borderline High: 140 – 200 Diabetes: &gt;200</p>	American Diabetes Association  National Kidney Foundation
Cholesterol	<p align="center"><u>Total Cholesterol Level:</u> Desirable - &lt; 200 mg/dL Borderline-High Risk - 200-239 mg/dL High Risk - 240 mg/dL and over</p> <p align="center"><u>LDL Cholesterol Level:</u> Optimal - &lt; 100 mg/dL Near Optimal/Above Optimal - 100-129 mg/dL Borderline High - 130-159 mg/dL High - 160-189 mg/dL Very High - 190 and above</p> <p align="center"><u>HDL Cholesterol Level:</u> Avg. Male - 40-50 mg/dL High Risk - Avg. Male - &lt;40 mg/dL Avg. Female - 50-60 mg/dL High Risk - Avg. Female - &lt;50 mg/dL Ideal - 60 mg/dL and higher</p> <p align="center"><u>Triglyceride Level:</u> Normal - &lt; 150 mg/dL Borderline High - 150-199 mg/dL High - 200-499 mg/dL Very High - 500 mg/dL</p>	American Heart Association

**ADDITIONAL INFORMATION:**

Why am I getting N/A for my HDL cholesterol result?

-Check to see what the triglyceride result is. If the triglycerides are >650 mg/dL the HDL cholesterol result will not be accurate and will be reported as N/A.

Why am I getting N/A for my LDL cholesterol result? There may be several reasons for a LDL result of N/A. The LDL cholesterol is calculated as follows:  $LDL = (TC - HDL - TRG/5)$ .

-If the triglyceride result is >400 mg/dL, the calculated LDL cholesterol will not be accurate and the LDL result will be reported as N/A.

-If the TC, HDL, or TRG results are outside the measuring range of the instrument, the LDL will also not be calculated and will be reported as N/A.

Body Fat	Age	Recommended Range	Recommended Range	World Health Organization (WHO)
		<b>WOMEN</b>	<b>MEN</b>	
	20 - 39 years	21 - 33%	8 - 20%	
	40 - 59 years	23 - 34%	11 - 21%	
	60 - 79 years	24 - 36%	13 - 25%	
Body Mass Index	<b>BMI</b>	<b>Weight Status</b>		World Health Organization (WHO)
	Below 18.5	LOW (Low)		
	18.5 - 25.0	NORMAL (Normal)		
	25.0 - 30.0	HIGH (Pre-obese)		
	30.0 or more	VERY HIGH (Obesity)		

**Body Fat/BMI Warning Statement:** Under NO circumstances are screening participants to use the Body Fat Analyzer if they have any of the following medical electronic devices:

1. Medical electronic implants such as pacemakers.
2. Electronic life support systems such as an artificial heart/lung.
3. Portable electronic medical devices such as an electrocardiograph. (This unit may cause the above-mentioned medical electronic devices to malfunction.)

Never start weight reduction or exercise therapy without the instructions of a physician or a specialist.

\*Self-diagnosis may damage your health condition.

\*Consult with your physician before using when pregnant.

\*Do not use this device when your body and fingers are wet.

Osteoporosis	<p align="center">&gt; -1.0 - Normal</p> <p align="center">Between -1.0 &amp; -2.5 - Low Bone Mass (osteopenia)</p> <p align="center">&lt; or equal to -2.5 - Osteoporosis</p> <p align="center">&lt; or equal to -2.5 with the incidence of one or more low trauma fractures - Severe Osteoporosis (established Osteoporosis)</p>	World Health Organization (WHO)
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