

## Welcome to the Preventive Medicine Center!

- + This is the summary of your answers to the Health Checker, registered on November 08 in 2023.

The results of the Health Checker are based on your answers. This report is not a medical diagnosis, nor is intended to replace clinical assessment performed by a health professional.

### Biometric data and other information



Female



Age  
18-29



Weight  
67 Kg



Height  
2,50m

BMI

10,7

(Body Mass Index)

BODY FAT CONCENTRATION



SMOKING LOAD

-

(Pack units per year)

YEARS W/O SMOKING

-

- + At this age, you should periodically carry out the screenings for preventive surveillance intended for young people (for example, sexually transmitted diseases) and watch out for excesses (example: binge drinking).
- + Your BMI (Body Mass Index) value indicates that you are below normal body weight (less than or equal to 18.5 kg/m<sup>2</sup>). However, please note that this index does not distinguish lean mass, fat mass, bone density and fluids, nor their distribution. The interpretation of the BMI should be associated with other indicators such as: waist circumference, and any particular health condition, or other physiological state (example: pregnancy or postpartum).
- + According to the image you have chosen, you do not have localized fat in the abdomen or lower limbs. The risk of cardiovascular and metabolic diseases increases when the waist circumference is greater than 80 cm in women and 94 cm in men.



### Health problems



Weight changes

- + You replied that you have some health problems/concerns, so you should be followed up by your doctor and/or health team.



### Family history of disease

- + Genetic predisposition can cause or aggravate certain diseases. Sharing your family history of illness with your healthcare team enables an early diagnosis and the adoption of a personalized care plan, minimizing risks.

- Cardiaca | AVC

- + If someone in your immediate family has cardiovascular disease, you should assess your individual risk with your doctor.



### Cardiovascular risk factors

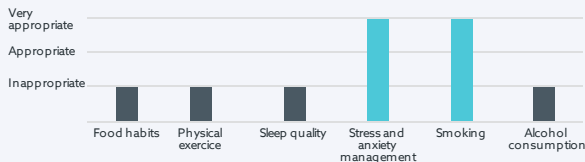


Family history

- + Cardiovascular diseases are one of the major causes of mortality and poor quality of life.
- + The main risk factors are: high blood pressure, high cholesterol, diabetes, overweight, large waist circumference, smoking and a family history of disease. Keep a proactive surveillance of these risk factors.
- + When 1 risk factor exists, cardiovascular risk is already considered to exist.



### Health habits and lifestyle



- + A healthy lifestyle is essential to have quality of life, today and in the future, which implies having a healthy and balanced diet, avoiding sedentary behavior and practicing physical exercise, controlling the levels of stress, maintaining good sleep routines, avoiding alcohol consumption and not smoking.
- + Your daily choices make a difference.
- + Your answers indicate that you should review some of your habits and lifestyle.



### lorem

- + Practice exercise and/or strengthen muscle mass
- + Have a healthy diet that suits my needs
- + Reduce anxiety and stress | Preventing burnout\*

### You can choose here your healthcare team

- + Family doctor
- + lorem
- + lorem
- + lorem
- + Mental coach





+ Based on your answers, Hospital da Luz offers you +  
different solutions.



Sleep Quality Improvement Program

[Read more](#)



Exercise and Physical Activity Program

[Read more](#)



Food Reeducation and Weight Management Program

[Read more](#)



Anxiety and Stress Reduction / Burnout Prevention Program

[Read more](#)

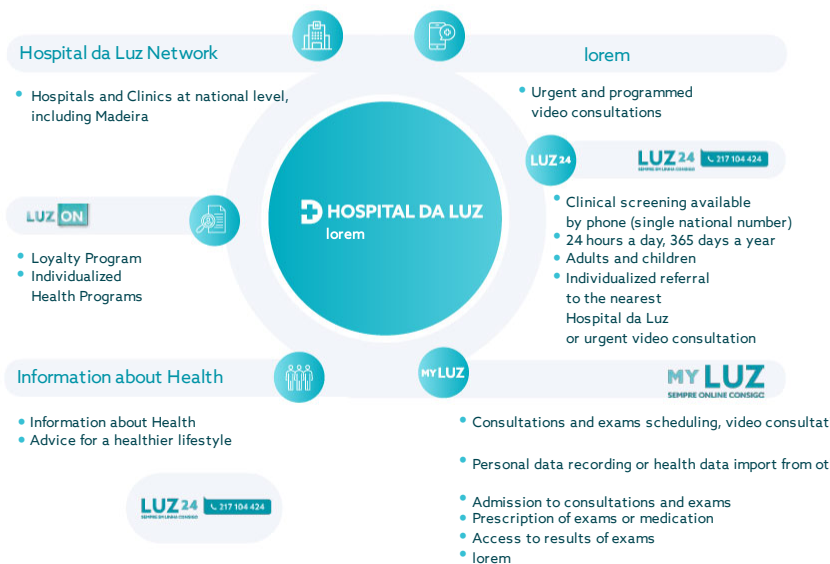


Cardiovascular Risk Reduction Program

[Read more](#)

### The Hospital da Luz Preventive Medicine Center has personalized Health and Wellness Programs that can help you improve your health and quality of life

This Report is based on the information provided by you in the answers to the questions previously posed. The purpose is to guide and provide general health information. Therefore, this is not a clinical report, nor should it be used in replacement of recommendations and/or treatments indicated by an assisting doctor or health professional. The results herein presented are not diagnosis or recommendations of treatment, nor are intended to replace medical consultation/assessment. Furthermore, the results presented in this report may be influenced by some relevant pathology, medical testing, treatment, medication, clinical history, and other factors that require previous assessment by a health professional. In case of doubt or important decision-making based on the results provided in this Report, we recommend that you consult a health professional and confirm the results.



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