

HOW IS MY HEALTH SCORE CALCULATED?

SCORED BIOMETRIC	CLINICAL VALUE	RISK STATUS	VALUE
BLOOD PRESSURE	Systolic Diastolic		
	≤120 and ≤ 80	Ideal	25
	121 - 130 and ≤ 80	Low	20
	131 - 139 or 81 - 85	Moderate	14
	131 – 139 or 86 - 89	High	7
	≥140 or ≥90	Very High	0
TOTAL CHOLESTEROL:HDL RATIO	Men Women		
	<3.5 <3.4	Ideal	10
	3.5 – 4.2 3.4 – 3.9	Low	8
	4.3 – 5.0 4.0 – 4.4	Moderate	6
	5.1 – 7.3 4.5 – 5.7	High	3
	>7.3 >5.7	Very High	0
HDL CHOLESTEROL	≥60	Ideal	5
	50 - 59	Low	4
	46 - 49	Moderate	3
	40 - 45	High	2
	<40	Very High	0
	<100	Ideal	5
LDL CHOLESTEROL	100 - 129	Low	4
	130 - 159	Moderate	3
	160 - 189	High	2
	≥190	Very High	0
	<150	Ideal	5
TRIGLYCERIDES	150 - 174	Low	4
	175 - 199	Moderate	3
	200 - 499	High	2
	≥500	Very High	0
	<100	Ideal	25
GLUCOSE	100 - 109	Low	20
	110 - 119	Moderate	14
	120 - 125	High	7
	≥126	Very High	0
	Negative	Ideal	25
NICOTINE	Positive	Very High	0