1. Allow 30 mins to fully complete and have all measures and blood results to hand before starting. You can save and exit if needed and return to your last
2. Take all measurements at the start of the day.
3. All blood tests are fasting (no food or liquids including tea/coffee). You may drink water only.
4. If you have had the tests indicated below in the last 3-6 months AND there has been no change in diet, lifestyle or medication, use the those results to complete the Health Risk Assessment.
5. If you have a blood draw completed request a copy of blood results to assist with accurate entry into your Health Risk Assessment.

|  |  |
| --- | --- |
|  | **Measurement**  **(cm or kg)** |
| **Height -** Have someone take your height.   * Remove your shoes * Stand with heels, buttock, upper back and head resting against a wall. * Rest a book lightly on the top of the head and square it with the wall. * Mark lightly under the book. * Record height in cm. |  |
| **Weight -** Take weight preferably without clothing and shoes   * Take on rising before eating and drinking (or take at same time each day) |  |
| **Waist measurement**   * Take measurement over light or no clothing * Find top of hip bone and bottom of ribs * Breath out normally * Place tape measure midway between these points and wrap around waist * Record measurement in cm |  |
| **Blood Pressure:**   * You will require a blood pressure machine * Sit quietly for 10 mins before taking a reading * Record:   **Systolic** (top number)  **Diastolic** (lower number) |  |
| **Pulse (Resting Pulse Rate)**   * Sit quietly for 10 mins before taking a pulse reading. |  |
| **Blood Tests results**   * Have blood test results to hand before commencing the Health Assessment. * Blood tests required include:   + 1. Total Cholesterol     2. HDL     3. LDL     4. Total Cholesterol / HDL Ratio     5. Triglycerides     6. Fasting blood glucose     7. (HbA1c) may also be tested |  |