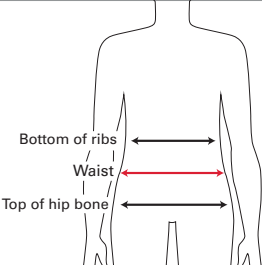


RECORDING BODY MEASUREMENTS & BLOOD RESULTS

1. Complete all measurements at the start of the day.
2. All blood tests are fasting (no food or liquids including tea/coffee). You may drink water only.
3. If you have had the tests indicated below in the last 6-12 weeks AND there has been no change in diet, lifestyle or medication, use the those results to complete the Health Risk Assessment.
4. 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)
<p>HEIGHT</p> <ul style="list-style-type: none"> - 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. 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>WEIGHT</p> <ul style="list-style-type: none"> - Take weight preferably without clothing and shoes - Take on rising before eating and drinking (or take at same time each day) 	<p>.....</p> <p>.....</p>
<p>WAIST MEASUREMENT</p> <ul style="list-style-type: none"> - 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 	 <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>BLOOD PRESSURE:</p> <ul style="list-style-type: none"> - You will require a blood pressure machine - Sit quietly for 10 mins before taking a reading - Record: <p style="padding-left: 40px;">Systolic (top number)</p> <p style="padding-left: 40px;">Diastolic (lower number)</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>PULSE (Resting Pulse Rate)</p> <ul style="list-style-type: none"> - Sit quietly for 10 mins before taking a pulse reading. 	<p>.....</p> <p>.....</p>
<p>BLOOD TESTS RESULTS</p> <ul style="list-style-type: none"> - Have blood test results to hand before commencing the Health Assessment. - Blood tests required include: <ol style="list-style-type: none"> 1. Total Cholesterol 2. HDL 3. LDL 4. Total Cholesterol / HDL Ratio 5. Triglycerides 6. Fasting blood glucose 7. (HbA1c) may also be tested 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>