



Compass Health[®] Metabolic SCREENING RESULTS



CLIENT NAME: _____

SCREENING DATE: _____

Congratulations on taking the first step to managing your health care!

YOUR

Height is _____ (inches)

Weight is _____ (pounds)

BMI is _____

Youth Weight Percentile _____

- Your BMI is a value which compares your height with your weight. It is an indication if you are overweight. Being overweight may lead to some serious physical health issues. If your BMI is over 25 you are considered overweight.

YOUTH

- For children ages 2 and above:
If your weight percentile is under the 5th percentile or over the 85th percentile follow up with primary care physician to discuss healthy nutrition and physical activity recommendations.

YOUR

waist circumference is _____ (inches)

- Men with a waist circumference under 40, and women under 35, should be monitored 4 times a year.
- If your waist circumference is over 40 for men or over 35 for women, then please follow up with your primary care physician for education on nutrition and physical activity.

YOUR

blood pressure is _____

- If your blood pressure is above 130/80, then please follow up with your primary care physician. High blood pressure can cause damage to your heart

YOUTH

- Blood pressure levels for youth vary based on age, height and gender. Please make an appointment with your child's pediatrician for further evaluation if the following box is checked. ☐

YOUR

blood sugar is _____

Hgb Alc _____

Fasting?

☐
☐

YES

NO

- If your fasting blood sugar is below 100, then you should be monitored every 1 to 3 years.
- If your fasting blood sugar is between 100 and 125, you will need to be monitored 2 times a year.
- If your fasting blood sugar is above 125, then please follow up with your primary care physician.
- If your A1C is lower than 5.7 it is within normal limits. If your A1C is between 5.7 and 6.4, you have the potential to develop Diabetes and you need to have your A1C rechecked at least 2 times a year.
- If your A1C is above 6.5 you have a diabetic condition. You need to contact your primary care physician.

YOUR lipid panel results are:

Total Cholesterol _____

Triglycerides _____

LDL _____

HDL _____

- If your LDL is below 100, HDL above 40 (for men)/50(for women), and Triglyceride below 150, then you should be monitored 1 time a year.
- If your LDL is above 130, HDL is below 40 for men and 50 for women or Triglycerides are above 150, then please follow up with your primary care physician. If elevated, these levels can lead to your arteries becoming occluded. Occluded arteries can limit the amount of blood flow to vital organs such as the heart, lungs and brain.

If all of your numbers are within normal ranges today you need to have your blood checked again this time next year. If ANY of your numbers are not within the normal ranges you need to see your Primary Care Physician AT LEAST every 6 months. It is important that you keep these numbers within the normal ranges to assure that you will maintain a safe, happy, healthy life. If you need any further information related to these results feel free to contact your Compass Health team.