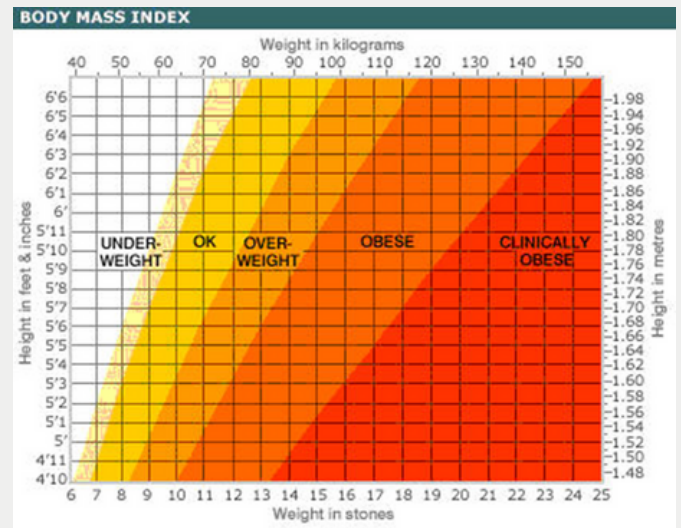


YOUR RESULTS EXPLAINED...

BMI BMI is a measure of whether you are a healthy weight for your height.

- **Underweight:** 18.4 or less
- **Healthy:** 18.5 - 24.9
- **Overweight:** 25 - 29.9
- **30+:** you may be invited for another test to check that you do not have diabetes.



HEIGHT

The measurement of someone or something from head to foot or from base to top. The unit of measurement is cm.

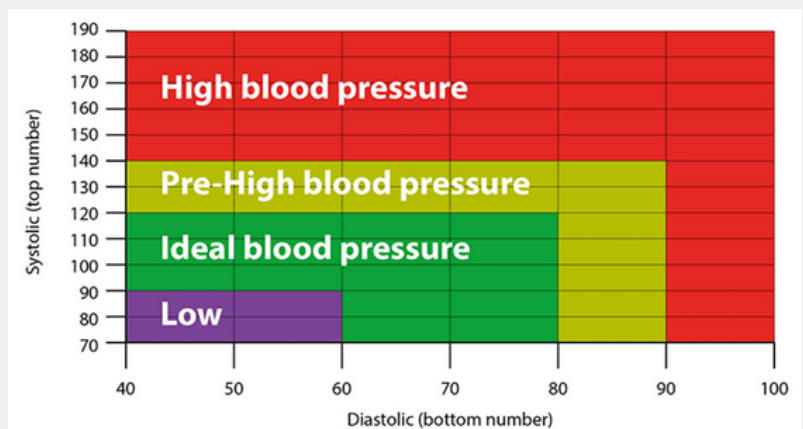
WEIGHT



A body's relative mass or the quantity of matter contained by it, giving rise to a downward force; the heaviness of a person. The unit of measurement is kg.

BLOOD PRESSURE

- **Ideal blood pressure:** between 90/60mmHg and 120/80mmHg
- **High Blood Pressure:** between 135/85 or 140/90mmHg or higher
- **Low Blood Pressure:** 89/59mmHg or lower



BLOOD GLUCOSE		STATUS	HbA1c	
mmol/L	mg/dL		%	mmol/mol
5.4	97	Normal	5	31
7.0	126		6	42
8.6	155	Pre-Diabetes	7	53
10.2	184	Diabetes	8	64
11.8	212		9	75
13.4	241	Diabetes	10	86
14.9	268		11	97
16.5	297		12	108

GLUCOSE

Glucose is a type of sugar you get from foods you eat, and your body uses it for energy. As it travels through your bloodstream to your cells, it is called blood glucose.

CHOLESTEROL

Total Cholesterol	The overall amount of cholesterol in your blood, including both "good" and "bad" cholesterol.	5 OR BELOW
HDL: high-density lipoprotein	Good cholesterol This makes you less likely to have heart problems or a stroke.	1 OR ABOVE
IDL: low-density lipoprotein	Bad cholesterol This makes you more likely to have heart problems or a stroke.	3 OR BELOW
Triglycerides	A fatty substance like bad cholesterol	2.3 OR BELOW
Total Cholesterol to HDL Cholesterol ratio (TC:HDL)	The level of good cholesterol in your blood compared to your overall cholesterol level.	6 OR BELOW (IDEAL 3.5)

THE HEART



You are looking for your heart age to be around or lower than your real age. A higher recording means you have increased risk of medical conditions.

RESTING HEART RATE



Your pulse while you are resting can reveal your risk for heart attack. A 'normal' heart rate can vary from person to person, however the range for the average healthy person is between **60 to 100**.



QRISK SCORE

The QRISK Score is a system we use to identify the risks you may have for certain medical conditions. If your QRISK Score is **10% or above**, you will be signposted to your GP.