

# Be\*Healthy Lifestyle Assessment



**Be\*Healthy PC** is a computerized health assessment program designed for use in health screening and wellness programs to help people become aware of their present health and lifestyle and how to improve.

The questionnaire is only 1 page long. It can be completed in 2-5 minutes, entered into the computer and a report printed within 60 seconds making it quick and easy to use.

Health statistics are saved so you can make group reports to see how the whole group is doing – what percent are exercising, eating well, overweight, coping well, etc.

## Lifestyle Questionnaire Health Topics

1. Health status/perception
2. Physical activity
3. Whole grains
4. Fruits and vegetables
5. Red meat intake
6. Nuts and seeds
7. Water intake
8. Salt/sodium
9. Alcohol use
10. Smoking
11. Stress
12. Sleep
13. Social support
14. Happiness



## Health Screening Tests

This program also provides the ability to add a variety of health screening tests to the report. All tests are optional but provide valuable opportunity for health promotion.

- Blood pressure
- Waist circumference and percent body fat
- Blood tests for cholesterol, HDL chol., and glucose
- 1-Mile Walk test to determine aerobic capacity

## Reports Includes:

- An overall **Health Score** showing how many of the 14 lifestyle factors linked to longevity the person presently meets.
- A **Health Age and Longevity** report showing how old the person really is based on their health practices and a projected longevity.
- A summary of all **Health Tests** completed showing their results and recommended values or goals.

- Personalized **lifestyle recommendations** showing how to make improvements where needed. All items needing improvement are flagged for easy identification.
- A **group statistical summary** showing how well the whole group is doing on all lifestyle questions and health tests.
- An **educational guide** is provided with the report giving additional guidelines for developing a healthy lifestyle.

## Power Point Presentation

A Power Point presentation is included for use in a follow-up education program. The slides show the research on each health factor linked to longevity and give practical guidelines to help people make needed changes to enjoy healthier, longer lives.



## Additional Resources Available

- Blood pressure testing equipment for health screening
- Body composition testing equipment for BMI and percent body fat

## Required Equipment

A **PC computer**. A laptop PC allows the program to be portable and used onsite. The program was designed to run on **Windows 8**. It also works on Windows 7 if you keep up with online updates. Any **PC compatible printer**. The report is designed for color, but also works well in black and white.

## Recommended Uses

- Health fairs
- Employee wellness programs
- Fitness/wellness centers
- Community wellness programs
- Health ministry outreach programs
- Health classes
- Doctor offices
- Pharmacies

## For More Information or to Order

Call 503-557-9538, email [MyLifeLongHealth@gmail.com](mailto:MyLifeLongHealth@gmail.com), or visit the LifeLong Health website at [www.MyLLH.org](http://www.MyLLH.org)