

Annual Wellness Visit Results At-a-Glance

Use the following information to keep track of your current wellness status and to help you plan the next steps on your journey to health.

Your Annual Wellness Visit

Your annual wellness visit can help you find out where you stand. Take this important first step and learn about your health risks. With the results of your annual wellness visit, you can work with your physician to develop a plan to maintain your health or get healthier, by making changes to health factors under your control: be more physically active, have a healthy diet, maintain a healthy weight, don't smoke.

Find out more: www.FOH.hhs.gov/HRA and www.FOH.hhs.gov/CRP

What is "FedStrive" all about?

It all starts with health. FedStrive is an integrated health, wellness, and work/life program, designed to help you reach your goal of a healthier and more balanced life — to make the journey from "I want to be" to "I am." FedStrive gives you access to innovative and customized tools that can help you achieve and maintain a happy, healthy, and balanced life.

Find out more: FedStrive.FOH.hhs.gov

i want to be healthy.

Maintaining a healthy weight can be a challenge, but the payoff is worth it. You feel better, you look better, and you lower your risk for a number of diseases. The best way to lose or maintain your weight is to combine healthy eating with increased physical activity — long-term lifestyle choices that will help keep the weight from coming back.

Find out more: www.FOH.hhs.gov/Weight

i want to be active.

Being more active can add energy and fun to your life, plus regular physical activity can add to your overall health and lower your risk for many diseases. Learn how physical activity can become a routine part of your life. Just find something you like to do that gets you moving and get started.

Find out more: www.FOH.hhs.gov/Physical

i want to be smoke free.

One of the great things about quitting tobacco is that many of the health benefits come quickly. For example:

20 minutes after quitting – Your heart rate and blood pressure drop.

2 weeks to 3 months after quitting – Your circulation improves and your lung function increases.

1 year after quitting – The excess risk of coronary heart disease is half that of someone who continued smoking.

Find out more: www.FOH.hhs.gov/Quit

Your Annual Wellness Visit Results

Blood Pressure _____

Height/Weight _____

Body Mass Index (BMI) _____

Cholesterol results given: Yes No

Core health risk factors identified:

Body Mass Index (BMI)

Physical Activity

Tobacco Use

Other: _____

Next steps on your journey to wellness:

Take your full HRA at www.FOH.hhs.gov/HRA

Complete your Personal Wellness Plan

My most important health improvement need is:

Find out more about other health risks at:

www.FOH.hhs.gov/Depression

www.FOH.hhs.gov/Stress

www.FOH.hhs.gov/Nutrition

www.FOH.hhs.gov/Alcohol

www.FOH.hhs.gov/Physical

