

## Your Cardiovascular Risk

**Moderate Risk**

## Your Heart Age

**34 years  
(0 years younger)**

**Based on your Heart Age and Risk Factors below, your near-term risk for cardiovascular disease is Moderate.**

Ask a doctor what you can do to lower your risk.

- Your Heart Age is the same or younger than your current age. This indicates that certain risk factors put you at the same or lower CVD risk than others of your same age.
- Be aware of your High and/or Moderate risk factors, especially those risk factors you can change.
- Discuss this report with your healthcare provider or heart specialist. Ask when you are due to have your tests and numbers updated and be aware of the results.

## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

Age & Sex

Low Risk 

Age & Sex

34 years (female)

Low Risk

Age is a risk factor for cardiovascular disease. Risk starts increasing at age 45 for men and age 55 for women.

Blood Pressure

Moderate Risk 

Systolic Blood Pressure

Current

120 - 129 mm Hg  
Moderate Risk

Recommended Goal

Less than 120 mm Hg  
Low Risk

Your personal blood pressure goal should be determined by your doctor based on several different health factors. If your blood pressure is too high, your heart and blood vessels can be damaged. High blood pressure is often called the silent killer because it has no symptoms. Blood pressure increases as you grow older, so be sure to have it checked every year.

Cholesterol

Low Risk 

### Cholesterol

Within recommended ranges

**Low Risk**

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease. There are no symptoms for abnormal cholesterol. A simple blood test will show if you're meeting the recommended goals. Some people can control their cholesterol by maintaining a healthy weight, being physically active, and eating a healthy diet. Other people need medication to reach their goals.

Diabetes

Low Risk 

### Diabetes

No diabetes

**Low Risk**

Diabetes is a major risk factor for cardiovascular disease. That's why it's so important for people with diabetes to control all of their other cardiovascular risk factors.

Exercise

Low Risk 

### Weekly Exercise

#### Current

Equal to 150 min. (moderate)\*

**Low Risk**

#### Recommended Goal

150 min. or more (moderate)\*\*

**Low Risk**

Including exercise and other physical activities in your daily routine can reduce your risk of CVD. \*60 moderate + 60 vigorous = 180 min. moderate (each minute of vigorous exercise equals two minutes of moderate) \*\*The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Existing CVD

Low Risk 

### Existing CVD

No existing CVD

**Low Risk**

Having cardiovascular disease (CVD) is a major risk factor for heart attack, stroke, heart failure, and peripheral artery disease (poor blood flow in the legs). Meeting the recommended goal for other CVD risk factors may help lower that risk.

Family History of Early CVD

High Risk 

### Family History of Early CVD

Early CVD in family history  
**High Risk**

Having a brother or father diagnosed with cardiovascular disease (CVD) before they turned 55 years old increases your risk for CVD. Having a mother or sister with CVD before age 65 also increases your risk.

Sleep

High Risk 

### Sleep

Current

6 hours and not feeling rested  
**High Risk**

Recommended Goal

7 hours or more  
**Low Risk**

Getting less than 6 hours of sleep per night or less than 7 hours of sleep per night with poor sleep quality (not feeling rested upon waking) increases your risk of CVD.

Tobacco Use

Low Risk ∨

Tobacco Use

Current

Never used tobacco  
**Low Risk**

Recommended Goal

Tobacco-free at least 1 year  
**Low Risk**

Tobacco use damages the heart and blood vessels. Tobacco users have a much higher risk of cardiovascular disease.

Weight

Moderate Risk ∨

Weight

Current

155 lbs.  
**Moderate Risk**

Recommended Goal

149 lbs. or less  
**Low Risk**

Obesity and overweight increase the risk of several serious health conditions. Keeping weight in the healthy range lowers the risk of heart disease and diabetes. It can also improve blood pressure and cholesterol.

### Take Your Next Steps

Click to see our monthly event calendar!

[View Event Calendar](#)

5554 Main Street South  
Denver, CO 84581

Phone: 808-555-1212

Email: [info@nationalhealth.org](mailto:info@nationalhealth.org)

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NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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