

Biometric Screening Results



DIAGNOSTIC IMAGING CENTERS, P.A.
Health & Wellmobile
 www.healthwellmobile.com

Date: _____ Name: _____

Cell Phone: _____ Company: _____

DOB: _____ Wellness ID: _____

Fasting: Y N Tobacco: Y N Have you been diagnosed with Diabetes? Y N Medications? Y N

Check here if you are pregnant: Have you been diagnosed with Heart Disease? Y N Medications? Y N

Systolic Blood Pressure: _____ mmHG Height: _____ ft _____ in = _____ in

Diastolic Blood Pressure: _____ mmHG Weight: _____ lbs

Total Cholesterol: _____ mg/dl Waist Circumference: _____ in

HDL Cholesterol: _____ mg/dl Hip Measurement: _____ in

LDL Cholesterol: _____ mg/dl Waist/Hip Ratio: _____

Triglycerides: _____ mg/dl Body Fat %: _____

TC/HDL Ratio: _____ Body Mass Index (BMI): _____

Fasting Glucose: _____ Athletic/Muscular:

Blood Pressure:

	Systolic (Top Number)	Diastolic (Bottom Number)
Normal	<120	<80
Pre-hypertension	120-139	80-89
High Blood Pressure		
Stage 1	140-159	90-99
Stage 2	>160	>100

Blood Test Reference Ranges:

Total Cholesterol (TC)	HDL Cholesterol	LDL Cholesterol
Desirable: <200 mg/dl	Desirable:	Optimal: <100 mg/dl
Borderline High: 200-239 mg/dl	Female: >50 mg/dl	Near Optimal: 100-129 mg/dl
High: >240 mg/dl	Male: >40 mg/dl	Borderline High: 130-159 mg/dl
		High: 160-189 mg/dl
		Very High: ≥190 mg/dl
Triglycerides (TRG)	TC/HDL Ratio	Glucose
Normal: <150 mg/dl	Desirable: ≤ 4.5 mg/dl	Normal-Fasting: <100 mg/dl / Non-Fasting <125 mg/dl
Borderline High: 150-199 mg/dl	High Risk: ≥ 6.0 mg/dl	Pre-Diabetes: 100-125 mg/dl
High: 200-499 mg/dl		Diabetes: ≥ 126 mg/dl
Very High: ≥500 mg/dl		

Waist Circumference:

Female: <35" Male: <40"

Waist/Hip Ratio:

Female: <.86 Male: <.95
 [Age 60+] <.90 [Age 60+] <1.03

Body Fat %	Age	Low	Normal	High	Very High
Female	20-39	<21.0	21.0-32.9	33.0-38.9	≥39.0
	40-59	<23.0	23.0-33.9	34.0-39.9	≥40.0
	60-79	<24.0	24.0-35.9	36.0-41.9	≥42.0
Male	20-39	<8.0	8.0-19.9	20.0-24.9	≥25.0
	40-59	<11.0	11.0-21.9	22.0-27.9	≥28.0
	60-79	<13.0	13.0-24.9	25.0-29.9	≥30.0

Body Mass Index(BMI):	Underweight	Normal	Overweight	Obese
	<18.5	18.5-24.9	25.0-29.9	≥30.0

***The above reference tables are based on the guidelines from the Department of Health and Human Services. The National Institute of Health, The National Heart, Lung and Blood Institute, The Center for Disease Control and Prevention and The World Health Organization.*