

# Glenn County Health Care Collaborative

## INDIVIDUAL WELLNESS REPORT

Name: **Bea Well**  
 Clinician: **John Smith**  
 Case Manager: **Jane Doe**



Normal\*  
 Caution  
 At Risk

### Progress on Key Health Indicators

Category	Indicator (Goal)	Baseline <i>August 2011</i>	6-Month Reassessment <i>February 2012</i>	12-Month Reassessment <i>July 2012</i>
Lungs	Breath CO (0-6)	25	8	5
Weight	BMI (18.5-24.9)	25.8	28.1	25.3
	Weight	162.0	174.0	158.0
	Waist Circumference	35.5	31.5	32.2
Blood Pressure	Systolic BP (90-140)	133	135	114
	Diastolic BP (60-90)	80	75	80
Blood Sugar	Fasting Glucose (70-99)	115	-	115
	Hemoglobin A1C (4.0-5.6)	5.4	-	5.4
Heart Health	Total Cholesterol (125-200)	197	-	189
	LDL Cholesterol (20-129)	111	-	103
	HDL Cholesterol (40+)	76	-	73
	Triglycerides (30-149)	52	-	64

#### Client Wellness Goal(s):

Bea Well will lose 5 pounds within 6 months.

Bea Well will maintain her excellent progress in reducing/stopping her tobacco use.

#### Client Mental Health Goal(s):

Bea Well will sleep at least 7 hours each night to decrease symptoms of depression.

#### Action Step(s):

Bea Well will walk for 20 minutes five days per week.

Bea Well will eat at least 3 servings of vegetables every day.

Bea Well will go to bed by 10 pm at least 5 nights per week.

**Client Signature:** Bea Well     
 **Staff Signature:** John Smith     
 **Date:** 9/15/2012

\* Please note that some values in the "Normal" Range may be considered too low.