

# \$Health Saver\$ LLC

1-877-How-R-You? (1-877-469-7968) or [www.HowHealthyAreYou.Info](http://www.HowHealthyAreYou.Info)

## The Basic Health Meter For Women \*

Patient Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Enter Your Results		Normal	Borderline	Abnormal
Vital Signs	Below	Mark this column if: <input type="checkbox"/>	Mark this column if: <input type="checkbox"/>	Mark this column if: <input type="checkbox"/>
Height	_____ in	Enter the normal, borderline and abnormal weight ranges for your height, from the BMI chart.		
Weight	_____ lbs	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Body Mass Index(BMI)	_____ BMI	Find out your results!	Find out your results!	Find out your results!
Body Fat Percent **	** _____ %	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Blood Pressure	_____ / _____	Find out your results!	Find out your results!	Find out your results!
Heart Beats / minute	_____ HB/min	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Temperature	_____ F	Find out your results!	Find out your results!	Find out your results!
Pulse Oximetry	_____ %	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Peak Flow Meter	_____ L/Min	Find out your results!	Find out your results!	Find out your results!
<b>Lab Tests</b>	<b>Compare your results in each category to see "How Are You?"</b>			
Random Blood Sugar	_____ ul	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Fasting Blood sugar	_____ ul	Find out your results!	Find out your results!	Find out your results!
Hemoglobin	_____ g/dl	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
<b>Lipid Panel ( 4 Tests )</b>	Formula to get the LDL-C = [ (TC) -- ( HDL ) = ( _____ ) + ( Trigs ) = ( _____ ) then divide by 5 ] = LDL-C			
Total Cholesterol (TC)	_____ mg/dl	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Triglycerides (Trigs)	_____ mg/dl	Find out your results!	Find out your results!	Find out your results!
HDL	_____ mg/dl	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
LDL Calculated (LDL-C)	_____ mg/dl	Find out your results!	Find out your results!	Find out your results!
TSH (Thyroid)	_____ miIU	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
ALT (Liver)	_____ ul	Find out your results!	Find out your results!	Find out your results!
Creatinine	_____ mg/dl	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
HgbA1c ( If Diabetic )	_____ %	Find out your results!	Find out your results!	Find out your results!
C-Reactive Protein	_____ mg/L	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
<b>Urine Dipstick</b>	(Circle One)	Find out your results!	Find out your results!	Find out your results!
Glucose	Neg Tr Pos	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Protein	Neg Tr Pos	Find out your results!	Find out your results!	Find out your results!
Nitrite	Neg Tr Pos	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
RBC	Neg Tr Pos	Find out your results!	Find out your results!	Find out your results!
WBC	Neg Tr Pos	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Helicobacter Pylori	Neg or Pos	Find out your results!	Find out your results!	Find out your results!
Hepatitis A	Non or Reactive	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
Hepatitis B	Non or Reactive	Find out your results!	Find out your results!	Find out your results!
Hepatitis C	Non or Reactive	How Healthy Are You?	How Healthy Are You?	How Healthy Are You?
<b>Blood in Stool Test</b>	Given? Yes / No	Find out your results!	Find out your results!	Find out your results!

\* DISCLAIMER: Laboratory values may vary from one laboratory to another. This health meter is not designed to diagnose, treat, or prevent any medical illness. The purpose of this information is to help inform you about your basic health and test results. Consult your medical provider for any questions about your health.

\*\* Your medical provider may not have a Body Fat Percent Analyzer. Please visit our website for this and other basic health products

\*\*\* If you already have known diabetes, heart or kidney disease, your LDL-C must be < 100. See your doctor soon if it is >100.

Note: Any (X) mark in any column, farther to the right from "Normal", WILL INDICATE your overall basic health condition.

**Final Health Status.....** Congratulations!  
You have good basic health!

You must work to improve your health  
You can do it!

Consult with your Doctor about this Immediately!

Otherwise, if every (X) mark lands on green, then your basic health condition is Normal !

