



## WESTERN WISCONSIN HEALTH

### Employee Health Screening Results (Fasting)

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Male Female (circle)

#### Blood Pressure:

\_\_\_\_\_ First Check \_\_\_\_\_ Second check  
\_\_\_\_\_ Third Check  
\_\_\_\_\_ Average

Less than 120/80 mmHg = Normal  
120/80 to 139/89 mmHg = Borderline  
More than 139/89 mmHg = Abnormal

#### Pulse: \_\_\_\_\_

60 to 100 = Normal

#### Blood Sugar: \_\_\_\_\_

65 to 100 mg/dL = Normal  
100 to 125 mg/dL = Borderline  
More than 125 mg/dL = Abnormal

#### Body Mass Index (BMI): \_\_\_\_\_

Height: \_\_\_\_\_ Wt: \_\_\_\_\_  
Waist: \_\_\_\_\_

Less than 18.5 = Underweight  
18.5 to 24.9 = Normal weight  
25 to 29.9 = Overweight  
30 or more = Obese

#### Total Cholesterol: \_\_\_\_\_

Less than 200 mg/dL = Normal  
200 to 239 mg/dL = Borderline  
More than 239 mg/dL = Abnormal

#### HDL ("good" cholesterol): \_\_\_\_\_

More than 50 mg/dL = Normal for women  
More than 40 mg/dL = Normal for men  
Less than 40 mg/dL = Abnormal

#### Cholesterol/HDL Ratio: \_\_\_\_\_

Less than 4.5 = Normal  
More than 4.5 = Abnormal

#### LDL ("bad" cholesterol): \_\_\_\_\_

Less than 100 mg/dL = Normal  
100 to 129 mg/dL = Borderline  
More than 129 mg/dL = Abnormal

#### Triglycerides: \_\_\_\_\_

0 to 149 mg/dL = Normal  
More than 149 mg/dL = Abnormal

#### Next Steps:

Please follow up with me in \_\_\_\_\_.

Medical Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Healthcare Organization: \_\_\_\_\_