

# Health Check Report

**Name: Dan Bayliss**

**Gender at birth: Male**

**Age: 52**

**Height (m): 1.68**

**Weight (Kg): 90.3**

**Health Check: Inspire**

**Screening Date: 19 May 2025**

Thank you for taking part in your recent health check with Health Shield Wellbeing. Here is your report with details of your results.

These tests are designed to give you an overview of your general health and help you to identify any potential risks or areas for improvement. Please be aware, all information that has been provided to you during your health check is provided for general information only and should not be treated as a substitute for the medical advice from your own doctor or healthcare professional. The information provided is not used to prescribe, diagnose, or treat a health condition and we always recommend that you consult your GP if you are concerned about your health.

If you want to discuss your results, please get in touch with us through the booking portal or on 01270 588555.

# Body Composition



Body Mass Index (BMI): **31.99**



BMI is a quick and simple way to check whether an adult is a healthy weight for their height. While BMI is considered a good measure by the NHS, there are some limitations as the test does not take into account what makes up body weight. Please view your result alongside the other body composition measures below.

Your BMI is **OBESE**, above the recommended guidelines, which can increase health risks. For some individuals this result could be caused by high muscle mass. Please see our healthy weight fact sheet in the resource library on the booking portal for more information.

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Waist Measurement: **105cm**



Waist circumference, alongside BMI, helps give a better understanding of whether bodyweight and body composition are healthy. Too much fat stored around the trunk is associated with increased health risks.

For your gender, your waist measurement is **HIGH RISK**, above the recommended guidelines. This suggests weight or body fat levels could be higher than is healthy, and reducing waist size is recommended. Please see our body composition fact sheet in the resource library on the patient portal for more information.

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Waist to Height Ratio: **0.63**



Waist to height ratio measures how waist compares to height, and helps better understand body composition. Waist measurement should be less than half your height.

Your Waist to height ratio is **HIGH RISK**, because your waist measurement is more than half your height. Storing too much weight around the trunk can increase health risks. Reducing waist size is recommended. Please see our Healthy Weight, and Body Composition fact sheets in the resource library on the patient portal.

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# Body Composition



Body Fat Percentage: **33.4%**



This is the percentage of body weight made up by fat, which is measured using bio-electrical impedance. We all need some body fat to stay well, but too much increases health risks. How much we need varies with gender and age.

For your gender and age, your body fat percentage is **TOO HIGH**. It may be beneficial for you to reduce body fat levels, into the normal range. Please see our fact sheets on body composition in the resource library on the patient portal.

Visceral Fat: **17**



Visceral fat is different to the fat stored under the skin around the body. Visceral fat sits deeper inside the abdomen and wraps around the organs. It is referred to as 'active fat' because it releases substances into the body which affect chemical processes. High levels of visceral fat increase risk of serious health conditions.

Your visceral fat level is **HIGH**, above the recommended range. Taking steps to reduce visceral fat is recommended, to reduce health risks. Please see our body composition fact sheet in the resource library on the patient portal for more information.

Total Body Water Percentage: **47.4%**



Body water percentage is the amount of bodyweight made up by water. Your body needs water to function properly and prevent dehydration.

Your body water percentage is **BELOW AVERAGE**, and you may benefit from increasing fluid intake and reducing body fat. Please see our body water fact sheet in the resource library on the patient portal for more information.

# Body Composition



Bone Mass: **3KG**



<2.3KG Below Average

2.3KG - 3.2KG Average

>3.2KG Above Average

Your bone mass is in the **NORMAL** range, which helps to lower risks of weak bones or conditions like osteoporosis in later life. For more information on how to maintain healthy bone mass please see our fact sheet in the resource library on the patient portal.

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Muscle Mass: **57.1KG**

There is no healthy or unhealthy range for muscle mass. This result is for your information and is useful for comparison in future health checks. Muscle is metabolic tissue which burns calories even at rest which helps to maintain healthy weight and body fat levels, and muscle is a factor in healthy ageing. Factors that affect muscle mass include genetics (body somatotype and hormone levels) exercise, habits, diet and lifestyle.

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Resting Metabolic Rate: **1785Kcal per day**

Resting metabolic rate is the energy, in calories, your body uses each day on normal functioning. This includes light movement for activities of daily living and digesting food. Any exercise, sport or manual labour is not included here and will increase the calories you burn. Resting metabolic rate is different to basal metabolic rate which does not include any movement at all.

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Metabolic Age: **67 years old**

Metabolic age gives an indication of how your body composition and metabolic rate compares to the average for a person of your age and gender.

Where your metabolic age is younger than your actual age this is good, indicating good health compared to the average person.

Where metabolic age is older than your actual age this indicates your health does not compare as well to the average person of your age and gender.

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# Cardiovascular Health



## Blood Pressure: 149/108

Blood pressure (BP) is the pressure inside blood vessels as your heart pumps blood around the body. It is an important measure of cardiovascular health. Your blood pressure is made up of two readings called systolic and diastolic.

### Systolic



Systolic BP is the highest pressure exerted against arteries when your heart contracts and pushes blood around the body.

Your systolic blood pressure reading from the tests taken during the health check is **HIGH**, called hypertension, which increases risk of cardiovascular health issues. Blood pressure changes all the time and one reading alone does not diagnose hypertension, but we recommend you have further monitoring with your practice nurse or GP.

For more information please see our blood pressure fact sheet in the resource library on the health checks booking portal.

### Diastolic



Diastolic blood pressure is the pressure exerted against the arteries in between heart beats.

Your diastolic blood pressure reading from the tests taken during the health check is **HIGH**, called hypertension, which increases risk of cardiovascular health issues. Blood pressure changes all the time and one reading alone does not diagnose hypertension, but we recommend you have further monitoring with your practice nurse or GP.

For more information please see our blood pressure fact sheet in the resource library on the health checks booking portal.

## Pulse Rate: 84bpm



Your pulse rate was measured as between 60-99 beat per minute, which is in the **NORMAL** range.

# Blood Tests



Random Blood Glucose: **5.2mmol/L**



Random blood glucose tests for the level of glucose in the blood stream. High levels of glucose in the blood stream can be both a causes and a symptom of health issues.

Your blood glucose reading is within **NORMAL** levels. It is advisable to continue to maintain this with a healthy balanced diet and regular physical activity.

Total Cholesterol: **6.1mmol/L**



Cholesterol is a waxy substance involved in many processes in the body, and while it is essential to life, when cholesterol levels are too high over a long period of time this can increase risk of serious health problems such as heart attacks and strokes.

Your total cholesterol result is **TOO HIGH**, above the recommended range. Cholesterol is essential, but when there is too much this can build up in blood vessels and increase risk of cardiovascular problems. The total amount alone does not provide the full picture however, so it is important to understand the different elements which make up the total amount, shown in the results below.

For more information please see our cholesterol fact sheet in the resource library on the health checks booking portal.

HDL Cholesterol: **1.22mmol/L**



High Density Lipoprotein (HDL) is often referred to as good cholesterol as it can help to lower Total Cholesterol and reduce health risks. HDL is one of the components of your Total Cholesterol.

Your high density lipoprotein (HDL) level is **ELEVATED**, which is good.

# Blood Tests



Total Cholesterol to HDL Ratio: **5**



Your total cholesterol to high density lipoprotein (HDL) ratio **COULD IMPROVE**. This suggests not quite enough of your total cholesterol is made up of 'good cholesterol' compared to the 'bad cholesterol' (LDL and Triglycerides) which can increase risk of cardiovascular problems.

Healthy lifestyle can help to keep cholesterol levels in the right place. Please see our cholesterol fact sheet in the resource library on the health checks booking portal for further information.

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We hope you found your report useful.  
Thanks again for having a health check with us.

