

# Health Kiosk Results

## A Quick Look!



### Wellbeing Age®

Wellbeing Age® is calculated by cross referencing the following health metrics:

- Smoking
- Blood Pressure
- Resting Heart Rate
- BMI
- Sleep

Your Age:



Your Wellbeing Age®:



Wellbeing Age® will not give you a lower age than your actual age. If you fall outside of the **ideal ranges** for any of the above health metrics, this will **add additional years** onto your **result**. Smoking, whether current or in the past will also have an **adverse effect** on your Wellbeing Age®.

### Body Fat Content

Body Fat Content is an estimate of what proportion of the **body** consists of **adipose** (fatty tissue), as opposed to **muscle, bone and other lean tissue**. The readings of BFC will vary during the day and is dependent upon the **amount of water in the body**.

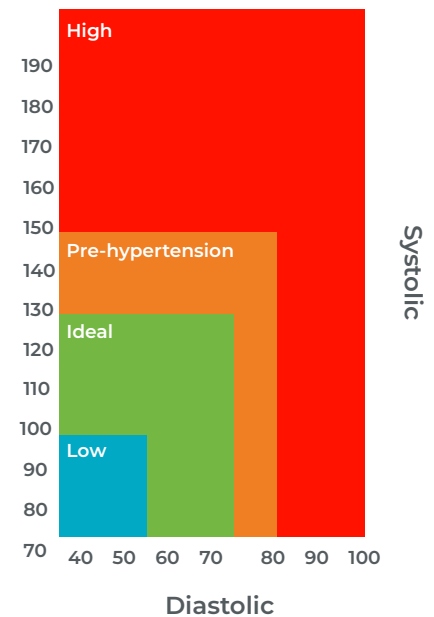
### BMI

The **body mass index** (BMI) can give an idea about whether a person has a **healthy weight for their height**. If a person's BMI is outside the **ideal range of 18.5 to 25**, their health risks may increase **significantly**. Carrying too much weight can lead to a variety of **health conditions** such as type 2 diabetes, high blood pressure and cardiovascular problems. A weight that is **too low** can **increase the risk** of malnutrition, osteoporosis and anemia.

If you have any concerns about your results, please speak to your GP, Doctor or medical professional.

### Blood Pressure

Is my blood pressure healthy?



According to the British Heart Foundation around 50% of heart attacks and strokes are associated with high blood pressure.

### Heart Rate

Your **heart rate** indicates how many times your **heart must beat per minute** to circulate blood around your system.

The **NHS recommends** that you should contact your GP if you think your heart rate is continuously above **120 bpm** or below **40 bpm**.

Scan the QR code for more information and support pathways

