

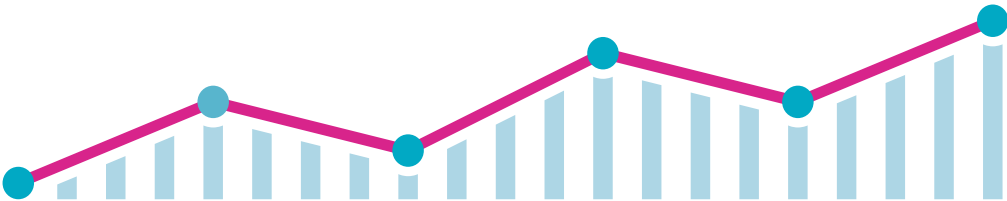


A complete guide to your Interactive Health Kiosk results

Discover what each part of your Health MOT means and how
to use your results to improve your health and wellbeing.
Plus further tips and resources included!

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Understanding your Health MOT results



If you're reading this, you've likely completed a Health MOT on our Interactive Health Kiosk and want to explore ways to improve your health and wellbeing.

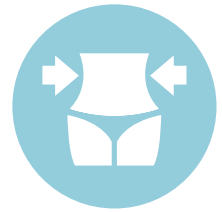
We believe wellbeing is personal and unique to everyone, and we hope this guide helps you understand your Health MOT results, build better habits, and embrace positive changes.

This booklet provides key information about your Health MOT results, along with useful tips to support your wellbeing journey.

What does the Interactive Health Kiosk measure?



Body Mass Index



Body Fat Content



Blood Pressure



Heart Rate



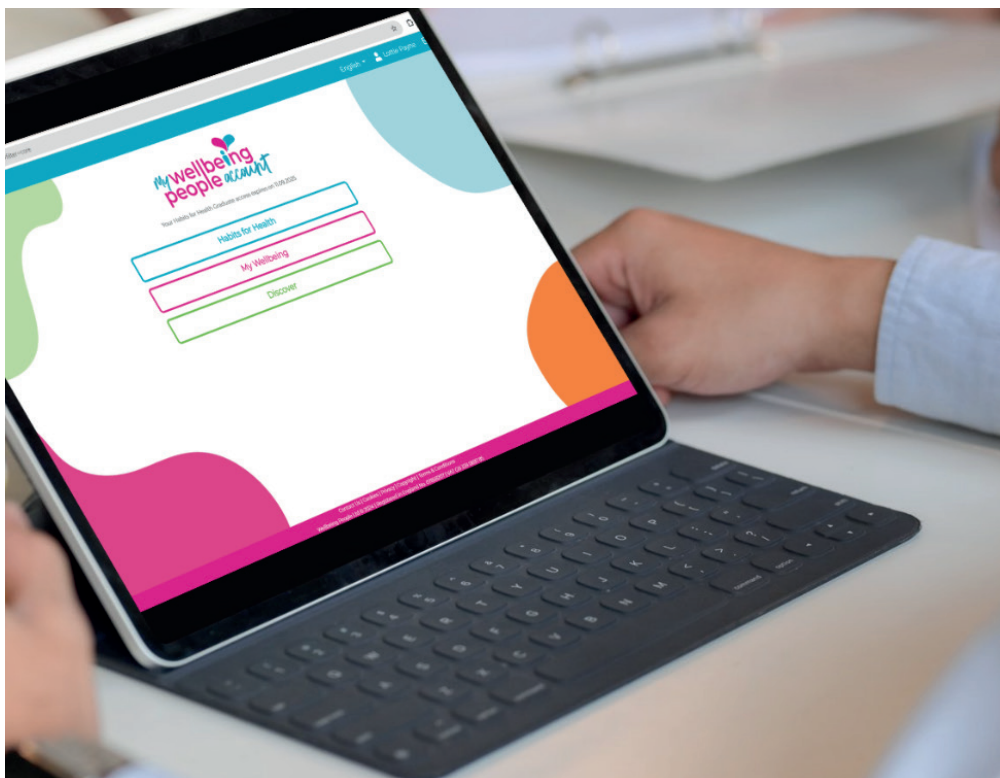
Boomerang
Life Balance



Wellbeing Age®

“
We cannot change
what we are not
aware of,
and once we are
aware, we cannot help
but change

- Sheryl Sandberg -



My Wellbeing People Account

My Wellbeing People Account is your own personal account that links to your Interactive Health Kiosk profile, so each time you use the Interactive Health Kiosk, your results update online. This allows you to monitor your health over time, track progress, address any concerns, and make positive lifestyle changes.

My Wellbeing People Account also gives you access to helpful wellbeing tips, useful resources and essential health and wellbeing information.

Get started

If you haven't already created an account via a simple registration process on the Health Kiosk then you can set up your personal account via the link below

[Click here to create your account](#)

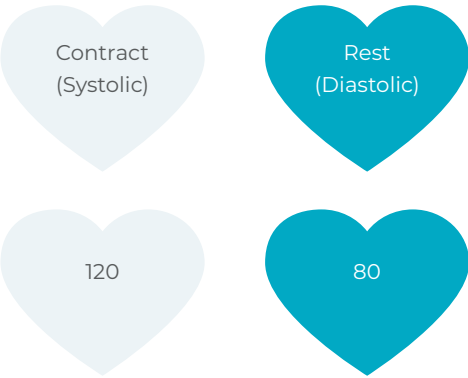
Please note: your login details will be the same for both platforms. Should you forget your password, please use the 'forgotten your password' link on the My Wellbeing People Account login page to reset it.

Blood Pressure

What is blood pressure?

Blood pressure measurement indicates the force of blood against artery walls – both as the heart contracts (systolic) and rests (diastolic). High blood pressure increases your risk of heart disease and stroke. It can also increase the risk of other conditions such as congestive heart failure and kidney disease. Early treatment can reduce the risk considerably.

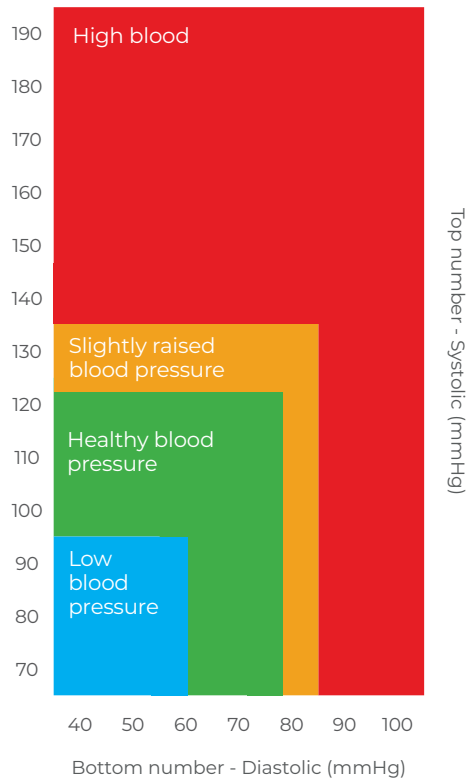
An ideal blood pressure for adults is below 120/80 (120 systolic and 80 diastolic)¹. High blood pressure is considered to be 140/90 or higher. A third of patients with high blood pressure don't know they have it².



According to the British Heart Foundation it's estimated that up to 8 million people are living with undiagnosed or uncontrolled high blood pressure in the UK³

Is my blood pressure healthy?

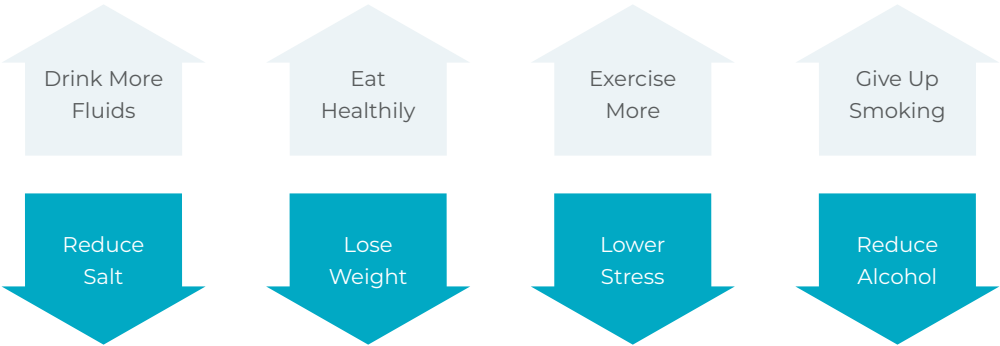
Source: British Heart Foundation



What if I have high blood pressure?

If you have high blood pressure, you should talk to your GP about how you can lower it. You may have to make changes to your lifestyle and you may even be prescribed medication to help curb your levels.

How can I reduce my blood pressure?



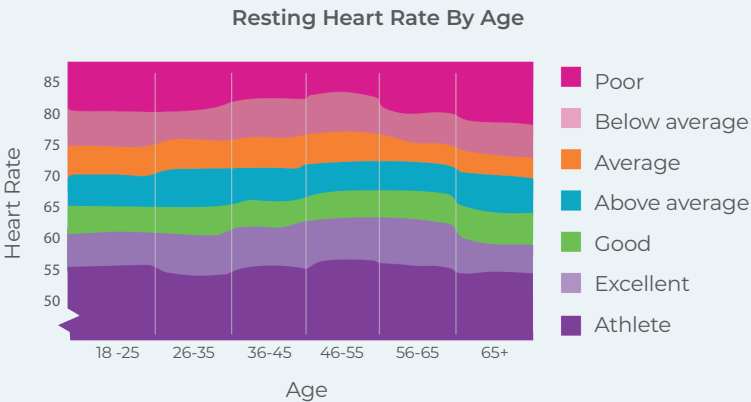
Low blood pressure

Naturally low blood pressure doesn't usually need to be treated unless it's causing symptoms such as dizziness or recurrent falls, in which case your GP will look at what the cause might be and how to treat it. There are ways to limit symptoms, which include standing up gradually, avoiding standing for long periods of time, staying hydrated and eating smaller meals more often⁴.

Heart rate

Most adults have a resting heart rate of 60-100 beats per minute (bpm). The fitter you are, the lower your resting heart rate is likely to be. For example, athletes may have a resting heart rate of 40-60 bpm or lower.

The British Heart Foundation recommends that if you have a fast heart rate (called tachycardia) for no obvious reason or when you're at rest, it's important to see your GP⁵.



Body Mass Index

Body Mass Index or BMI is a universally recognised method of working out if you are a healthy weight for your height. It is calculated by dividing your weight in kilograms by the square of your height in metres, as shown below.

$$\text{Weight (kg)} \div (\text{Height (m)} \times \text{Height (m)}) = \text{BMI}$$
$$75\text{kg} \div (1.80\text{m} \times 1.80\text{m}) = 23.1 \text{ (Example BMI)}$$

Why is BMI important?

Being overweight or obese increases the risk of heart disease, stroke, Type 2 diabetes, some types of cancer, high blood pressure (hypertension) and kidney disease. Carrying excess weight can also put pressure on your joints, cause breathlessness and affect your mobility.⁶

Being underweight increases the risk of brittle bones (osteoporosis), iron deficiency, anaemia and absent periods in women (amenorrhoea).

Ethnicity

NICE guidelines⁷ have highlighted that members of black, Asian and other ethnic minorities are at a higher risk of chronic conditions. For this reason different risk thresholds are suggested for these groups to compensate, as below.

Healthy and overweight range for white as well as black, Asian and other ethnic minorities	
Healthy	18.5 - 23
Overweight	23 - 27.5

Muscle mass and BMI

Some athletes are considered overweight according to their BMI despite having low body fat as they exhibit high levels of muscle mass. Adults also lose muscle mass as they age, so even if they fall in the healthy weight range, they may be carrying excess fat. In these situations BMI is a starting point for further discussion with your GP, rather than a specific target.

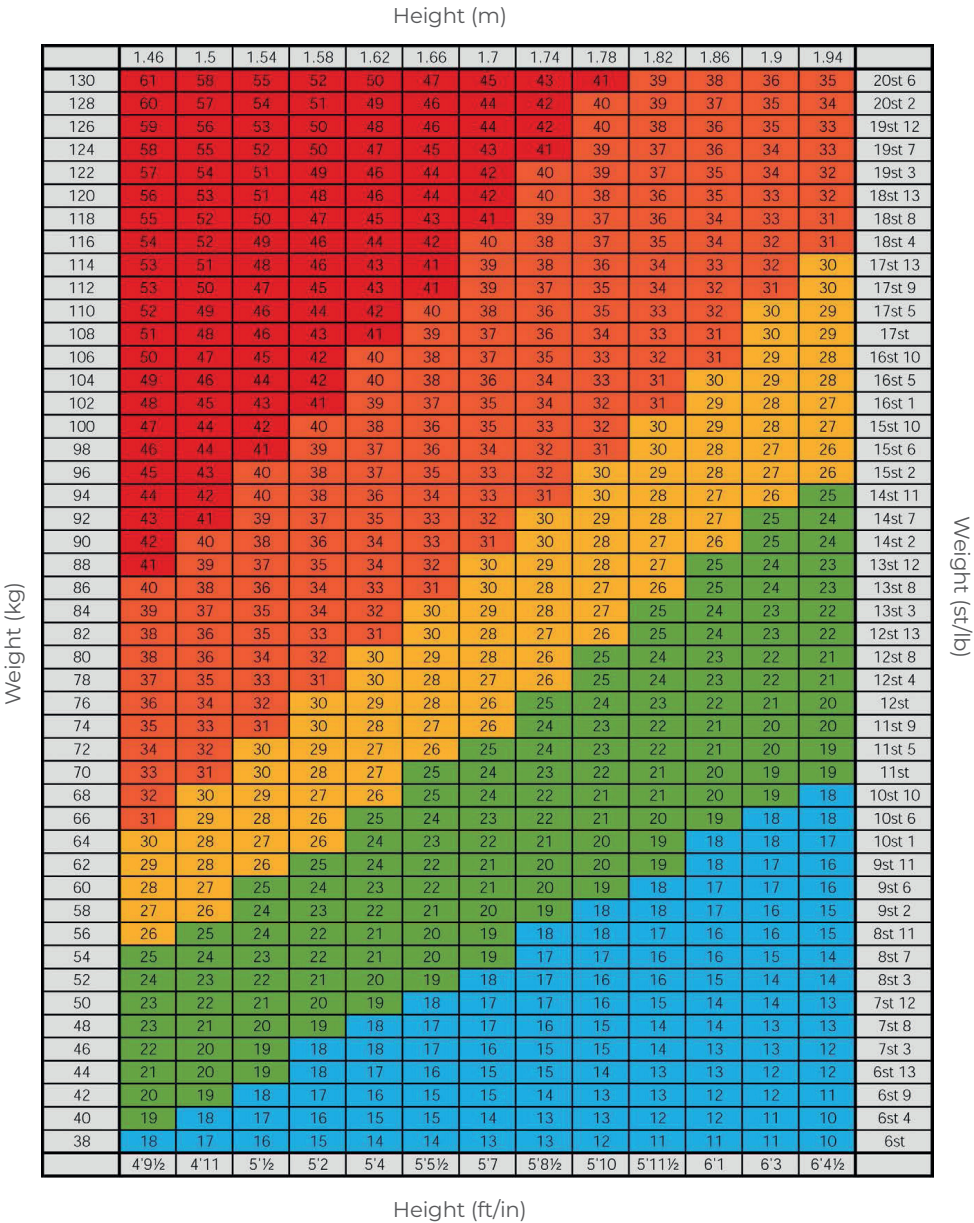
What if my BMI is too high?

You can use the chart (right) to calculate your BMI. You can make lifestyle choices in order to reduce your BMI but if you are struggling to keep it at a healthy level, you may wish to contact your GP.

How to lower your BMI



BMI Chart



Body Fat Content

Body Fat Content (BFC) 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.

It's not all about dieting

Reducing your BFC isn't all about dieting, in fact, one of the best ways to lower BFC is to get fit! Incorporating a varied and balanced diet and regular exercise is the key to a healthy BFC.

Cardiovascular exercises such as walking, running and cycling are a great way to burn excess calories. Building muscle is also important as muscle tissue is more efficient at burning energy

The problem with high body fat

Carrying excess fat is not healthy for you and can increase your risk of getting cancer, heart disease and Type 2 diabetes. Being overweight affects you both mentally and physically which can lead to overeating. The extra weight itself may lead to wear and tear on your joints and cause symptoms such as pain and breathlessness. Even losing just a little weight will help you feel more positive and reduce damage to your body.

Visceral fat

Not all fat is visible as some is stored in the abdominal cavity surrounding the internal organs. This poses the same potential risks as obesity. To help lower visceral fat, exercise and a healthy diet is recommended.

What should my Body Fat Content percentage be?⁸

Male Age	Low (%)	Normal (%)	High (%)	Very High (%)
16-29	< 08.0	08.0-17.9	18.0-23.9	24.0 >
30-39	< 11.0	11.0-19.9	20.0-25.9	26.0 >
40-49	< 13.0	13.0-21.9	22.0-26.9	27.0 >
50-59	< 15.0	15.0-23.9	24.0-29.9	30.0 >
60+	< 17.0	17.0-25.9	26.0-33.9	34.0 >

Female Age	Low (%)	Normal (%)	High (%)	Very High (%)
16-29	< 20.0	20.0-28.9	29.0-35.9	36.0 >
30-39	< 22.0	22.0-30.9	31.0-37.9	38.0 >
40-49	< 24.0	24.0-32.0	33.0-39.9	40.0 >
50-59	< 26.0	26.0-34.9	35.0-41.9	42.0 >
60+	< 28.0	28.0-36.9	37.0-43.9	44.0 >

Wellbeing Age®

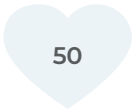
How old does your body really feel? Wellbeing Age® helps answer this question by providing you with an insight into how your habits and lifestyle affect your body, and illustrate how this might affect your life, if you carry on as you are.

It is a great tool to help you make informed and specific decisions to kickstart your health by upgrading your lifestyle habits to live a longer, happier and healthier life.

How is Wellbeing Age® calculated?

Wellbeing Age® is a unique algorithm exclusive to Wellbeing People that's centred around chronic inflammation and longevity research. It considers your blood pressure⁹, heart rate¹⁰, BMI¹¹, sleeping habits¹² and smoking habits¹³ to provide a snapshot of how well your body is presenting compared to your chronological (actual) age.

Your Actual Age Wellbeing Age®



Wellbeing Age® = Biological Age

Your biological age indicates the current functionality of your cells and tissues. It considers factors like chronic inflammation, which is frequently influenced by your lifestyle habits.

Your Actual Age = Chronological Age

Your chronological age refers simply to the number of years you've lived.

Understanding your Wellbeing Age®

Your Wellbeing Age® is a snapshot of your overall wellbeing at that exact time of testing. If any of your readings are outside the ideal ranges, our algorithm will calculate the increased inflammatory risk to your longevity and subsequently add years to your Wellbeing Age.

The following parameters can be used when assessing your Wellbeing Age®:



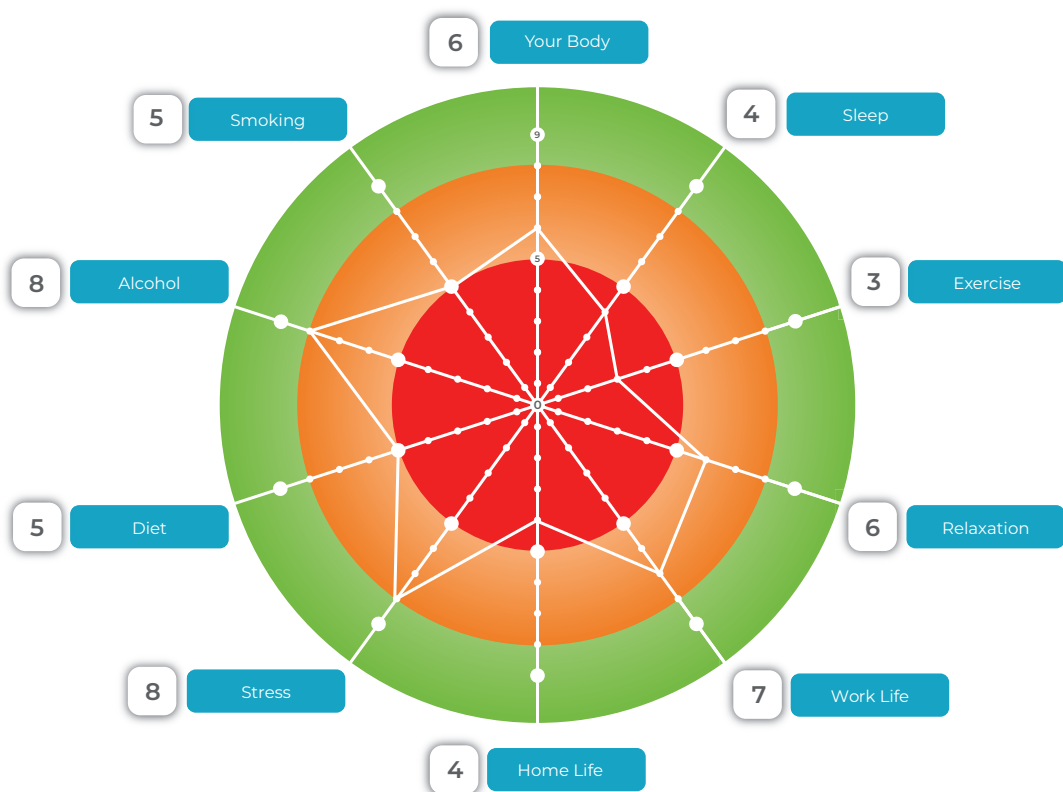
Please note: the Interactive Health Kiosk only provides a Wellbeing Age® for those between 18-65 years old. The best age you can get is your actual age.

Certain health readings will naturally fluctuate throughout the day and caffeine consumption, rushing before measuring your health metrics, chronic stress or illness and medications can negatively impact your Wellbeing Age®.

Boomerang Life Balance

Which areas of your life could you improve the most? The Boomerang Life Balance Questionnaire is a tool to help you analyse and compare 10 key areas of your lifestyle.

If you want to improve your wellbeing, it's a great way of finding out where to start. Look out for links between common areas. For example, is your stress level effecting your sleep? Improving one area may improve your life in other areas. Please see the graph (below) which shows an example of how your results are presented.



0 = Act now

5 = Room to improve

9 = Good



We first make our
habits, and then our
habits make us

- John Dryden -

Getting Active

Undertaking physical activity can help prevent disease, maintain a healthy weight and promote mental health and wellbeing.

Being active doesn't mean you need to train for a marathon or dedicate hours in the gym. Everyday activities like walking, playing with your children or grandchildren, gardening, or even housework can get you moving. The key is to choose activities that make you breathe harder, feel warmer and where you can feel your heart beat faster.¹⁴

It's important to aim for some level of activity every day. Adults should try to achieve 150 minutes of exercise each week – that's roughly 20 to 30 minutes a day.

Benefits of exercise for your mental health

- Improves mood
- Getting outside can reduce feeling lonely
- Reduces stress
- Reduces anxiety and depression
- Improves sleep
- Improves memory
- Helps stay independent and mobile as you get older
- It's fun!

Exercise Recommendations



Moderate Exercise

At least 150 minutes of moderate aerobic activity a week, such as brisk walking, riding a bike or water aerobics. Strength exercises on two or more days a week are also recommended.¹⁵



Vigorous Exercise

At least 75 minutes of vigorous aerobic activity a week, such as running, playing football or netball. Strength exercises on two or more days a week are also recommended.

Eatwell Guide

The Government Eatwell Guide¹⁶ shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

When should I use the Eatwell Guide?

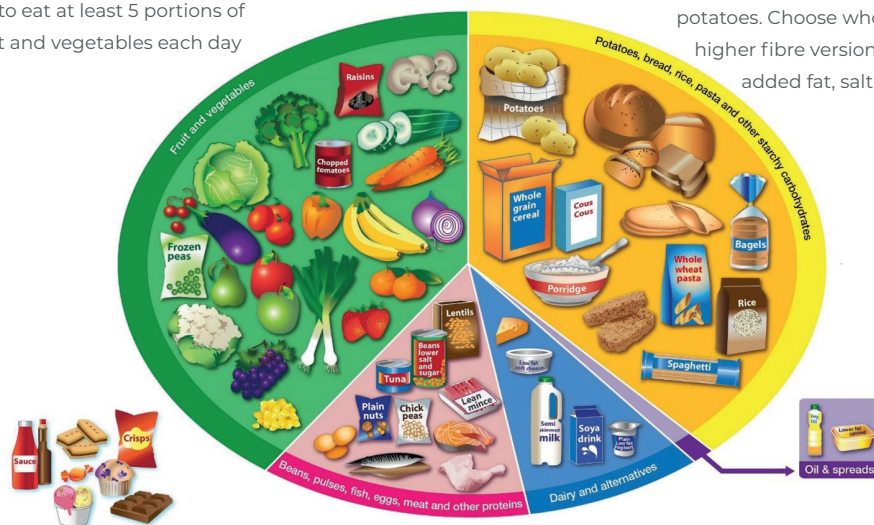
- Deciding what to eat
- Home cooking
- Shopping and groceries
- Eating out in a restaurant
- Choosing food on the run

Fruit & vegetables

Try to eat at least 5 portions of fruit and vegetables each day

Carbohydrates

Includes bread, pasta, rice & potatoes. Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Sugar, fat & salt

Eat less often and in small amounts

Protein

Includes meat, fish, eggs, beans, pulses and nuts. Eat 2 portions of fish a week (1 oily). Try to eat less red and processed meat

Dairy

Choose lower fat and lower sugar options

What is a portion of fruit and veg?

A portion is about a handful or 80g of fresh, frozen or tinned fruit and vegetables, 30g of dried fruit, or 150ml of fruit and vegetable juice. Fruit and veg juices, pulses and beans only count as

one portion no matter how many you eat in one day. Fruit and vegetables don't have to be fresh to count as a portion (e.g. tinned, dried and cooked also count).

Hydration

It is really important that you consume enough fluid to stay hydrated and healthy. You can get water from nearly all fluid that you drink, apart from stronger alcoholic drinks such as wine and spirits. An intake of at least 6-8 glasses of fluid is recommended every day; this is in addition to the water provided by food you eat.¹⁶ However, the amount of fluid you need depends on factors such as climate, how much physical activity you do and your age.

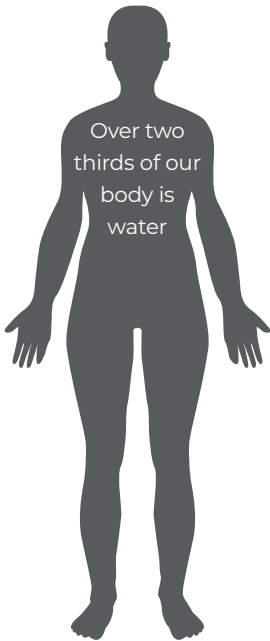
Dehydration occurs when the body loses more fluids than you take in. Symptoms of dehydration include feeling thirsty, lightheaded, tired, dry mouth and urinating far less frequently than you normally do. The colour of the urine you pass is

a good indicator of how much fluid you need, see Pee Chart on right. However, your urine may discolour after eating certain foods such as beetroot, asparagus, and Vitamin D supplements.

Benefits of keeping hydrated

- Healthy skin
- Reduces blood pressure
- Aids weight loss
- Relieves fatigue
- Improves mood
- Flushes out toxins
- Regulates temperature
- Helps with digestion
- Relieves headaches
- Improves productivity

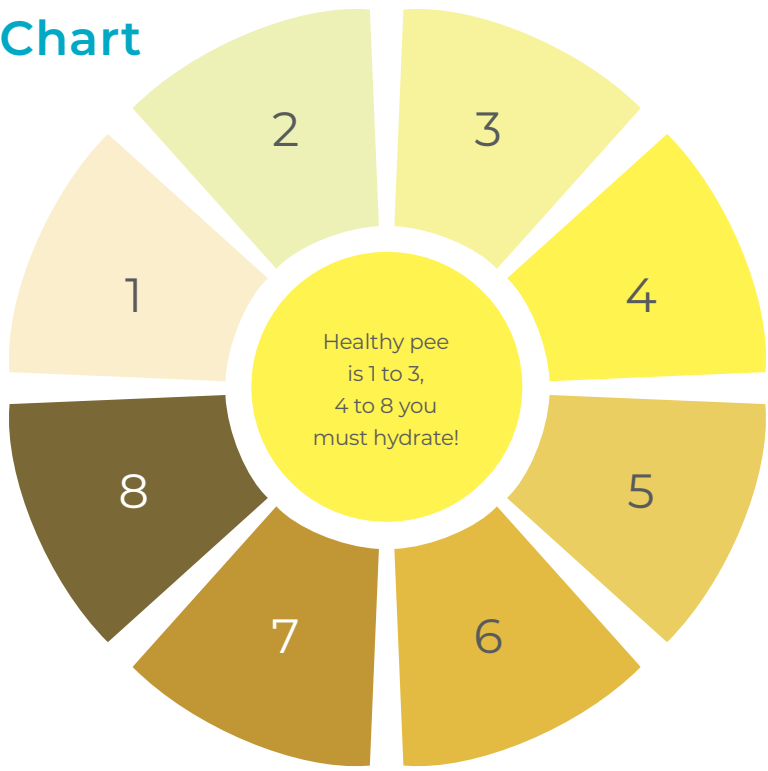
How the body takes fluids in



How the body loses fluids



Pee Chart



What should you be drinking?

It is important that you consider the calories associated with some common beverages, as well as the diuretic effect of alcohol on the body. To help you make a healthy choice, take a look at the scale below:

Dehydration can occur as a result of drinking too much alcohol. Alcohol is a diuretic, which means it makes you pee more.



Water (200ml)
0 cal



Orange Juice
(200ml) 72 cal



Sugary Drink
(330ml) 119 cal



Pint of Lager
227 cal

Please note the calories per drink are just a guide and will vary depending on the drink.

Alcohol

To keep your risk of alcohol-related harm low, the NHS recommends men and women should not regularly drink more than 14 units of alcohol a week.¹⁷ If you drink over the suggested guidelines, it's best to spread this evenly over three or more days and if you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week.

Regular or frequent drinking means drinking alcohol most days. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

Short-term risks of alcohol misuse

- Accidents and injuries
- Violent behaviour and being a victim of violence
- Sexually transmitted infections
- Alcohol poisoning

Long-term risks of alcohol misuse

- Heart disease
- Stroke
- Liver disease
- Liver and bowel cancer
- Mouth cancer

Unit Guide



Pint of weak
lager (3.6%)
2 units



330ml Bottle of lager
(5%)
1.7 units



175ml white
wine (12%)
2.1 units



250ml red
wine (12%)
3 units



Pint of strong
lager (5.2%)
3 units



275ml Alcopop
(13%)
3.3 units



25ml Single spirit
and mixer (40%)
1 unit



750ml Bottle of
red wine (12%)
10 units

Smoking

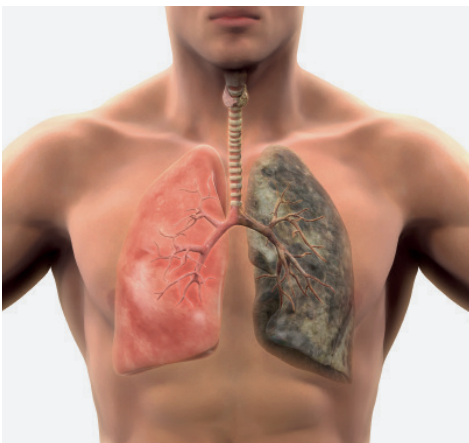
Did you know research shows that having a discussion with a professional helps you find the right stop smoking treatment and increases your chances of quitting.¹⁸

Services staffed by trained Stop Smoking Advisers are available all over the country. You can join a local group which meets once a week or have one-to-one support if you prefer.

How to Stop

The NHS Quit Smoking campaign is an incredibly effective way of helping you quit. They can offer free support and advice in a variety of forms.

The average smoker can save around £49 a week by quitting smoking. That's over £2,500 a year!¹⁹



What happens when you quit?

After 20 minutes

Check your pulse rate, it will already be starting to return to normal.

After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

After 2 -12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

After 3 - 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker.

After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker.

Source: NHS Smokefree²⁰

Improving your Sleep

A good night sleep can mean the difference between a good day and a bad day. When we sleep well, we are much more likely to make better choices around our diet, movement and social activities. If our sleep is poor for long periods, it can reduce the quality of life and may increase the risk of health issues, including obesity, Type 2 diabetes and cardiovascular disease. Up to one third of the UK population may suffer from insomnia (lack of sleep or poor quality sleep). This can affect mood, energy and concentration levels, our relationships, and our ability to stay awake and function during the day.²¹

Sleep Routines

Waking up and going to sleep at roughly the same time every day helps to regulate our circadian rhythm. As tempting as it can be to have a longer lie-in at the weekend, it doesn't actually benefit us because, unfortunately, we can't avoid the effects of sleep deprivation by having a few extra hours in bed on Sunday morning.

Environment

Starting each day outdoors means you are prioritising your sleep, first thing in the morning. Getting day light into your eyes first thing, even on grey and cloudy days, helps your body to adjust to day time by releasing your get up and go hormones. Ensure that your bedroom is uncluttered, dark, well ventilated, cool, and free of devices.



Movement

Movement and regular exercise have a positive impact on sleep, helping you fall asleep faster and experience better quality sleep by reducing stress, regulating body temperature, and increasing melatonin production.

Know your sleep disruptors

Avoid eating too late in the evening. Ideally, leave two hours to digest your last meal before going to bed.

Implement a screen ban for a minimum of 30 mins before bed. The blue light emitted from our phones has the same impact on your brain as morning light, tricking your body to thinking it's daytime.

Caffeine will stay in your system for around 10 hours. If you are sensitive, set a caffeine curfew around midday.

Alcohol might make you fall asleep quickly but will likely disrupt sleep in the night as it reduces the amount of REM sleep you get, impacting on quality and makes you wake during the night.

Although exercise is generally beneficial, training too late in the day can have the opposite effect and can disrupt your sleep

Intrusive and worrying thoughts are common factors of insomnia. Manage your stressors using mindfulness, journaling or gratitude practice.

Positive steps for good mental health

We can all do something to stay mentally well and cope with the ups and downs of life. Here are a few ideas of things you can do.²²

Value yourself

Treat yourself with kindness and respect, and avoid self-criticism. Take the time to look for the things in your life that you are grateful for, as this may help you make better decisions. Make time for your hobbies and passions as these can reinforce your self-worth and broaden your horizons.

Take notice

Take time to be aware of how you are feeling and practice thinking positively. It can help you to become more aware of and manage your thoughts, feelings and surroundings.

Seeking help

It's common to feel unsure about seeking support for your mental health and to feel like you ought to wait until you can't handle things on your own. It's always ok for you to seek help.²³

If you are concerned that you may be suffering from a mental illness, you should talk to your doctor who will be able to give you advice on what to do next.

Acts of kindness

Even the small act of kindness can count. Whether it's a smile, a thank you or a kind word, gestures such as these help to improve your self-worth and confidence. Larger acts, such as volunteering are great ways to improve your mental wellbeing.

Communicate

Connect with the people around you. Opening up to and maintaining relationships with family, friends, colleagues and neighbours can help you feel more confident and less alone. Taking compliments and using constructive criticism can help you see things differently.

Keep learning

Learning new skills can give you a sense of achievement and increase your confidence. Trying something new can be a great way to change how you feel.

Look after your body

Improving your physical health has been proven to help your mental wellbeing: brisk walks to clear your mind, yoga to calm your thoughts, or a boxing session to de-stress.²⁴ Eating a balanced diet can give you more energy and calmer moods, which will give a good foundation to improve your mental wellbeing.

Interactive Health Kiosk FAQs

1. Will any of my results vary during the day?

Yes. Weight, body fat content, blood pressure and heart rate can vary slightly during the day according to elements such as: nutrition, chemical and water balance, the time of day, stress, rest or exercise patterns.

2. What should I do if I am concerned about my results?

The Interactive Health Kiosk is not a diagnostic device and should not be used as such; target figures are for guidance only. If you are concerned about your results, we suggest that you seek further advice from a healthcare professional such as a pharmacist, nurse or doctor. (Please be aware that your health readings may vary during the day). See Q1.

3. Will anyone else see my Health MOT results?

No, your results are completely anonymous and confidential. See Q12 and Q13.

4. Why should I login/register on the Interactive Health Kiosk?

Registration allows you to track and monitor your health over time. You will receive an email of your results and further channels of support to help make positive lifestyle choices.

5. If I register, can my account be seen by anyone?

No, it is completely confidential and only you have access by using your login details created within the registration process. See Q13.

6. What if I forget my login details?

If you have forgotten your password, you can reset your password using the forgotten password link or password reset tile, online at www.myaccount.wellbeingpeople.com

Please note that it may take up to 24 hours for your details to update on the Interactive Health Kiosk.

7. Do I have to register an account?

No, registration is not mandatory but your history will not be logged to view at a later date. You will not receive your Health MOT results and support channels by email when when you choose not to register an account.

8. Why does the Interactive Health Kiosk ask for my email address?

Your email will only be used to provide you with your results and support channels. You can use either a work or personal address.

FAQs continued...

9. Why have my results not printed?

It could be that the paper has run out or jammed. Please inform the Site Manager who will be able to refresh the paper or free the paper jam. The Site Manager will carry keys to the Interactive Health Kiosk and spare paper rolls.

10. Why have I not received my results email?

This could be for a number of reasons; if you did not create an account with an email address your results will not be emailed. The email address you entered could be incorrect. Spelling mistakes are very common and must be checked. If you have entered your email incorrectly you can go online and change it at www.myaccount.wellbeingpeople.com. If there is not sufficient 3G connectivity where the Interactive Health Kiosk is located, the email will not be received until a connection is regained.

11. Will any of my results vary during the day?

Yes. Weight, body fat content, blood pressure and heart rate can vary slightly during the day according to elements such as: nutrition, chemical and water balance, the time of day, stress, rest or exercise patterns.

12. How is the anonymous Interactive Health Kiosk data used?

The anonymous data from the Interactive Health Kiosk is used to create large aggregated Health MOT reports.

13. How can you guarantee anonymity and confidentiality?

Personal data can only be accessed by the user, via their login and password details which are held in a 128bit encryption format.

14. Why is my Wellbeing Age[®] so high when I do lots of exercise and eat a healthy diet?

There are many other factors that can cause chronic inflammation in the body which will increase certain readings. Chronic stress, not enough sleep, illness, emotional trauma and even exercising too much without adequate recovery can all negatively influence your readings (health metrics).

15. Can my Wellbeing Age[®] change at different times of the day?

Yes, the Interactive Health Kiosk captures a snapshot of your overall wellbeing at that exact time. Certain readings will naturally fluctuate throughout the day and after certain activities. For the most accurate result we recommend sitting and practising deep diaphragmatic breathing for 1-2 minutes before you take your readings

HABITS FOR HEALTH[®]

CHANGE YOUR HABITS IN 12 WEEKS,
CHANGE YOUR LIFE FOREVER.

Habits for Health is an online programme that uses behavioural change science to help people like you make positive and permanent changes to their lives.

- ✓ Sleep better
- ✓ Eat healthier
- ✓ Boost your energy
- ✓ Reduce stress



SCAN FOR MORE
INFORMATION

*Before purchasing Habits for Health please check with you HR representative in your company to make sure you don't already have access to the programme.

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