

Name: _____

Contractor: _____

Address: _____

Phone: _____

With this Health Screen, Mo-Kan is addressing 12 modifiable risk factors. Your results to the health screen and risk assessment will automatically place you in a risk category. If you meet a goal by your 6 and 12 month re-screens, you will be monetarily rewarded with \$50.00 at each screen or \$100.00 at the 12 month re-screen.

Risk Categories are as follows:

One:
0-1 Risks

Two:
2-4 Risks

Three:
5-8 Risks

Four:
9-12 Risks

Risk Factor	Initial Screen Results	Goal (circle 2 of the following to work on)	6 Month Re-Screen Results	12 Month Re-Screen Results
Weight/Body Fat		Within normal range or 10% reduction		
Triglycerides		Within normal range or 10% reduction		
Cholesterol		Within normal range or 10% reduction		
Blood Pressure		Within normal range or 10% reduction		
Dietary Fat		Low to Moderate		
Fruit		Within normal range or 10% increase		
Vegetables		Within normal range or 10% increase		
Exercise		Within normal range or 10% increase		
Tobacco		No Tobacco Use		
Seat Belt		100% Use		
Alcohol		Within normal range or 10% reduction		
Blood Glucose		Within normal range or 10% reduction		
Total Risks				
Risk Category				

I agree to participate in the Mo-Kan Sheet Metal Workers Welfare Fund Wellness Program. I understand that all information will remain confidential.

Signature: _____