

PREMIUM HEALTH SOLUTIONS

AUSTRIA

Healthy people usually don't think about their health! Ill people only have one desire – to become healthy.

Why waiting until being ill to make health your first priority when it is as simple and comfortable to maintain your health.

THE KEY TO YOUR HEALTH IS IN YOUR HANDS!

DO I HAVE AN INCREASED RISK OF DIABETES?

Diabetes mellitus is a very dangerous disease. First of all one can suffer from diabetes mellitus for quite a while until the illness actually is discovered. On the other hand the consequences of untreated diabetes mellitus can be quite serious (i.e. blindness, amputation of leg etc.). In order to evaluate your personal risk, please complete this questionnaire and discuss the result with your doctor.

Name: Date of Birth:

Sex: Male Female

1) Age

- < 45 years 0 points
- 45-54 years 2 points
- 55-64 years 3 points
- > 64 years 4 points

2) Body mass index (BMI = weight in kg / (size in m)²)

- <25kg/m 0 points
- 25-30kg/m 1 point
- >30kg/m 3 points

3) Waist measurement

Women

- < 80cm 0 points
- 80-88 cm 3 points
- >88cm 4 points

Men

- <94cm 0 points
- 94-102cm 3 points
- >102cm 4 points

4) Do you get at least 30 minutes of exercise each day at work or leisure?

- yes 0 points
- no 2 points

5) How often do you eat vegetables, fruit or berries?

- every day 0 points
- not every day 1 points

6) Have you ever been prescribed medication for high blood pressure?

- no 0 points
- yes 2 points

7) Has your doctor or nurse ever told you that you have an increased blood sugar level? (During health examination, illness or pregnancy?)

- no 0 points
- yes 5 points

8) Have any of your family members ever been diagnosed with diabetes?

- no 0 points
- yes: Grandparents, uncles, aunts or cousins (but not parents, sisters and brothers or your own children) 3 points
- yes: Your biological parents, sisters and brothers, or your own children 5 points

EVALUATION:

Question	1) points	<7	points	low risk
Question	2) points	7-10	points	slightly increased risk
Question	3) points	11-15	points	medium risk
Question	4) points	16-20	points	high risk
Question	5) points	>20	points	very high risk
Question	6) points			
Question	7) points			
Question	8) points			

Totally points

Premium Health Solutions GmbH.
Vienna - Austria
Operngasse 2, 1010
Phone: +43 (1) 51 6 51 - 19
Fax: +43 (1) 51 6 51 - 5119
Mail: office@phs-austria.com

Dubai, UAE
P.O. Box 19699
Phone: +971 4 29 444 76
Mobile: +971 50 28 4 33 67
Fax: +971 4 29 444 75
Mail: uaeoffice@phs-austria.com

Moscow, Russia
Phone: +7 962 950 85 69
Mail: office@phs-moscow.com

Home: www.phs-austria.com

Most Comfortable Access to Premium Health Services

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