

Health Risk Assessments

 **Regence
BlueCross BlueShield
of Utah**

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Your personal wellness score is 54. Your achievable wellness score is 100.

Risk Level



Habits that affect your score

- 15.7 points - Cholesterol levels which is 48.59% of your risk
- 11.4 points - Blood pressure which is 37.22% of your risk
- 2.3 points - Tobacco use which is 7.46% of your risk
- 0.9 points - Weight which is 2.41% of your risk

Cholesterol



Tobacco



Nutrition



Injury



My Health



Weight



Family Health



Fitness



Well Being

