

Patient's name:

# Health Checkup Results

Lifestyle modifications required

Seeing a doctor recommended

Examination items		Unit	Range as a guide for assessment				
Body shape	Height	cm					
	Weight	kg					
	BMI	kg/m <sup>2</sup>	≥25				
	Waist circumference (measurement of your waist)	cm	Male: ≥85				
Blood pressure	Systolic blood pressure	mmHg	≥130	≥140			
	Diastolic blood pressure	mmHg	≥85	≥90			
Lipids	LDL cholesterol	mg/dL	≥120	≥140			
	HDL cholesterol	mg/dL	≤39	≤34			
	Triglyceride	mg/dL	≥150	≥300			
Blood glucose	Fasting blood glucose	mg/dL	≥100	≥126			
	HbA1c (NGSP)	%	≥5.6	≥6.5			
Hepatic function	AST (GOT)	U/L	≥31	≥51			
	ALT (GPT)	U/L	≥31	≥51			
	γ-GT (γ-GPT)	U/L	≥51	≥101			
Anemia	Red blood cell count	10 <sup>4</sup> /μL	Male: ≤409				
	Hemoglobin	g/dL	Male: ≤13.0	Male: ≤12.0			
	Hematocrit	%	Male: ≤38				
Renal function	Creatinine	mg/dL	Male: ≥1.20	Male: ≥1.50			
	eGFR	mL/min/1.73m <sup>2</sup>	45 to 59	≤44			
	Uric acid	mg/dL	≥7.1	≥8.0			
Urinary	Sugar		(±) to (+)	(++) and beyond			
	Protein		(±) to (+)	(++) and beyond			
	Occult blood		(±) to (+)	(++) and beyond			

Note: The ranges as a guide for assessment are based on the Measurements Requiring Health Guidance and Measurements Subject to Recommendation for Seeing a Doctor of the Standard Health Checkup and Counseling Guidance Program by the Ministry of Health, Labour and Welfare and the Criteria Category by the Japan Society of Ningen Dock and Preventive Medical Care.

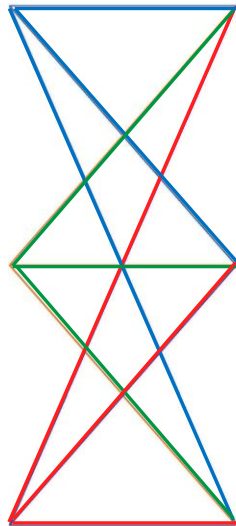
あなたは  
**特定保健指導  
 の階層化**  
**積極的支援**  
 レベルです

あなたは「**メタボリックシンドローム**」です!  
 動脈硬化が起こりやすく、脳卒中や心臓病など重大な病気の危険も高まります。  
 今すぐに、生活習慣改善を始めましょう。

**Stratified Specific Health Guidance** You are assessed as **Information Provision** level.

**Stratified Specific Health Guidance** You are assessed as **Motivation Support** level.

**Stratified Specific Health Guidance** You are assessed as **Active Support** level.



## You do not have metabolic syndrome.

Note: The criteria for metabolic syndrome and the Specific Health Guidance differ; if you do not have metabolic syndrome, you may still be eligible for the Specific Health Guidance.

## You are a candidate for metabolic syndrome!

You are likely to develop metabolic syndrome. You should modify your lifestyle for improvement.

## You have metabolic syndrome!

You are likely to experience arteriosclerosis with a high risk of serious diseases such as stroke and heart disease. You should start to improve your lifestyle right now.