



# HealthAssist<sup>®</sup>

Healthcare Monitoring

HealthAssist<sup>®</sup> Watch powered by Samsung



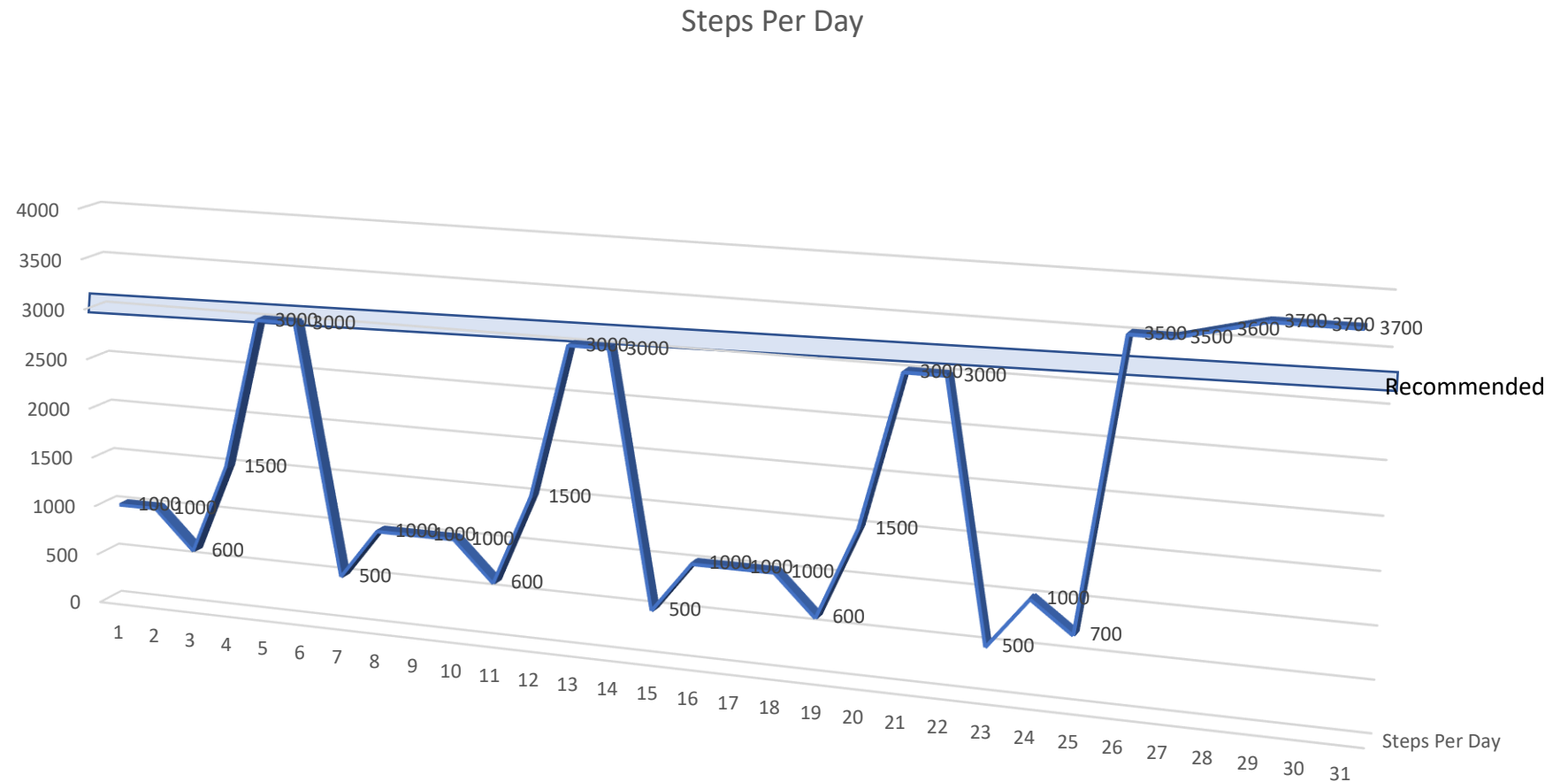
# Activity Levels: November

## Senior Recommendations

Recommended: 3,000 steps

Horizontal Axis: Days of the month

Vertical Axis: Total steps each day

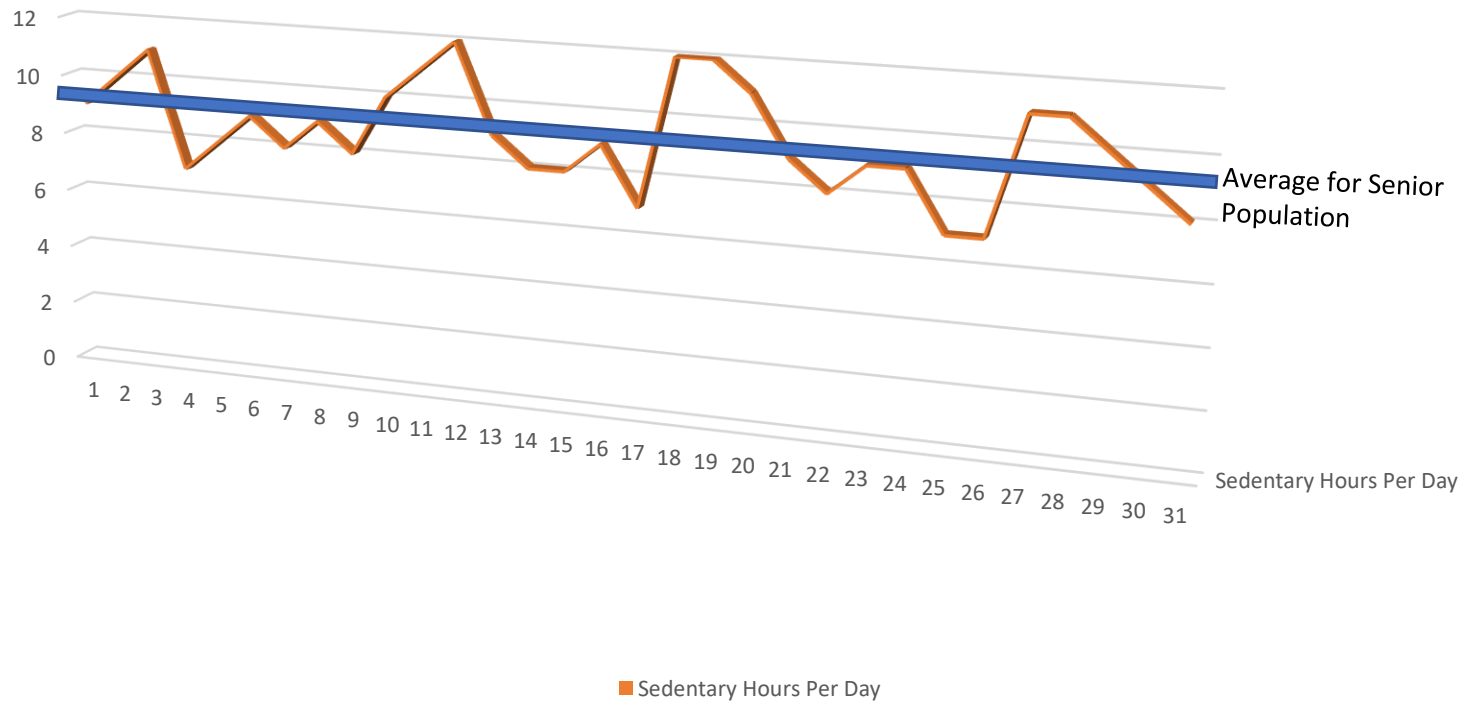


# Sedentary Hours: November

Sedentary behavior is any waking behavior characterized by an energy expenditure  $\leq 1.5$  metabolic equivalents (METs), while in a sitting, reclining or lying posture. In general this means that any time a person is sitting or lying down, they are engaging in sedentary behavior.

Amount of time\* spent in sedentary behavior (mean hours/day), by gender and age, United States, 2003–2004

Sedentary Hours Per Day



Age group (years)	All participants	Males	Females	p value†
Total	7.67 (0.04)‡	7.63 (0.04)	7.70 (0.03)	0.001
<b>Youths</b>				
6–11	6.07 (0.06)	6.00 (0.10)	6.14 (0.05)	0.002
12–15	7.53 (0.10)	7.37 (0.15)	7.70 (0.08)	0.003
16–19	8.03 (0.08)	7.91 (0.13)	8.13 (0.10)	0.028
<b>Adults</b>				
20–29	7.48 (0.11)	7.27 (0.16)	7.68 (0.09)	0.001
30–39	7.25 (0.10)	7.17 (0.17)	7.34 (0.08)	0.061
40–49	7.55 (0.08)	7.57 (0.11)	7.53 (0.11)	0.252
50–59	7.87 (0.09)	7.93 (0.14)	7.82 (0.08)	0.515
60–69	8.41 (0.09)	8.80 (0.14)	8.08 (0.10)	0.003
70–85	9.28 (0.06)	9.52 (0.06)	9.11 (0.08)	0.015

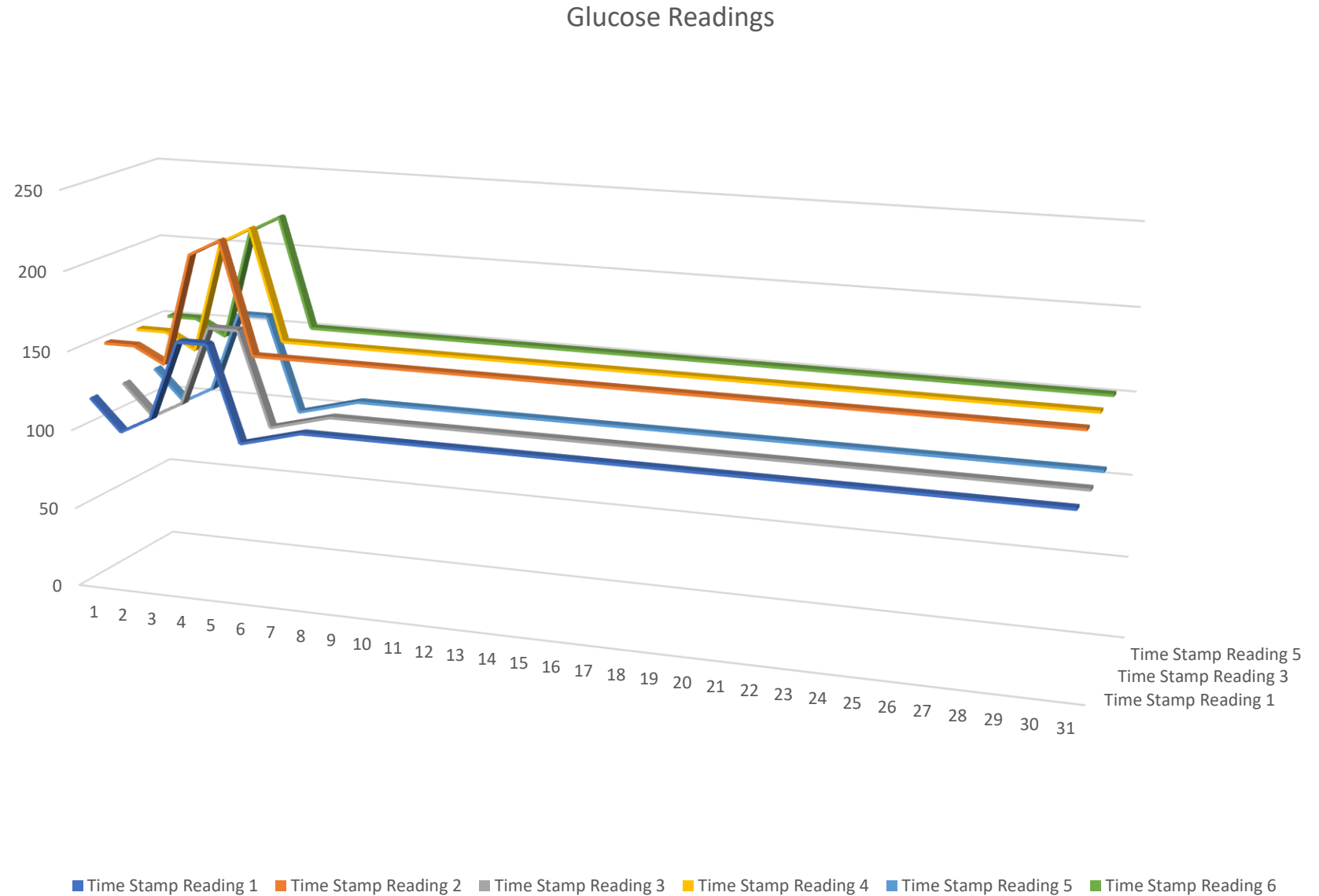
# Glucose Readings: November

	Normal	High
Before Eating	<100	>130
After Eating	<140	>180

Horizontal Axis: Days of the month

Vertical Axis: Time Stamp Reading

Click on graph to see time of day reading was taken.



# Blood Pressure Readings: November

## Blood Pressure

<https://betterhealthwhileaging.net/new-blood-pressure-guidelines-mean-older-adults/>

“What the New Blood Pressure Guidelines Mean for Caregivers”

A higher target BP for adults aged 60 or older.

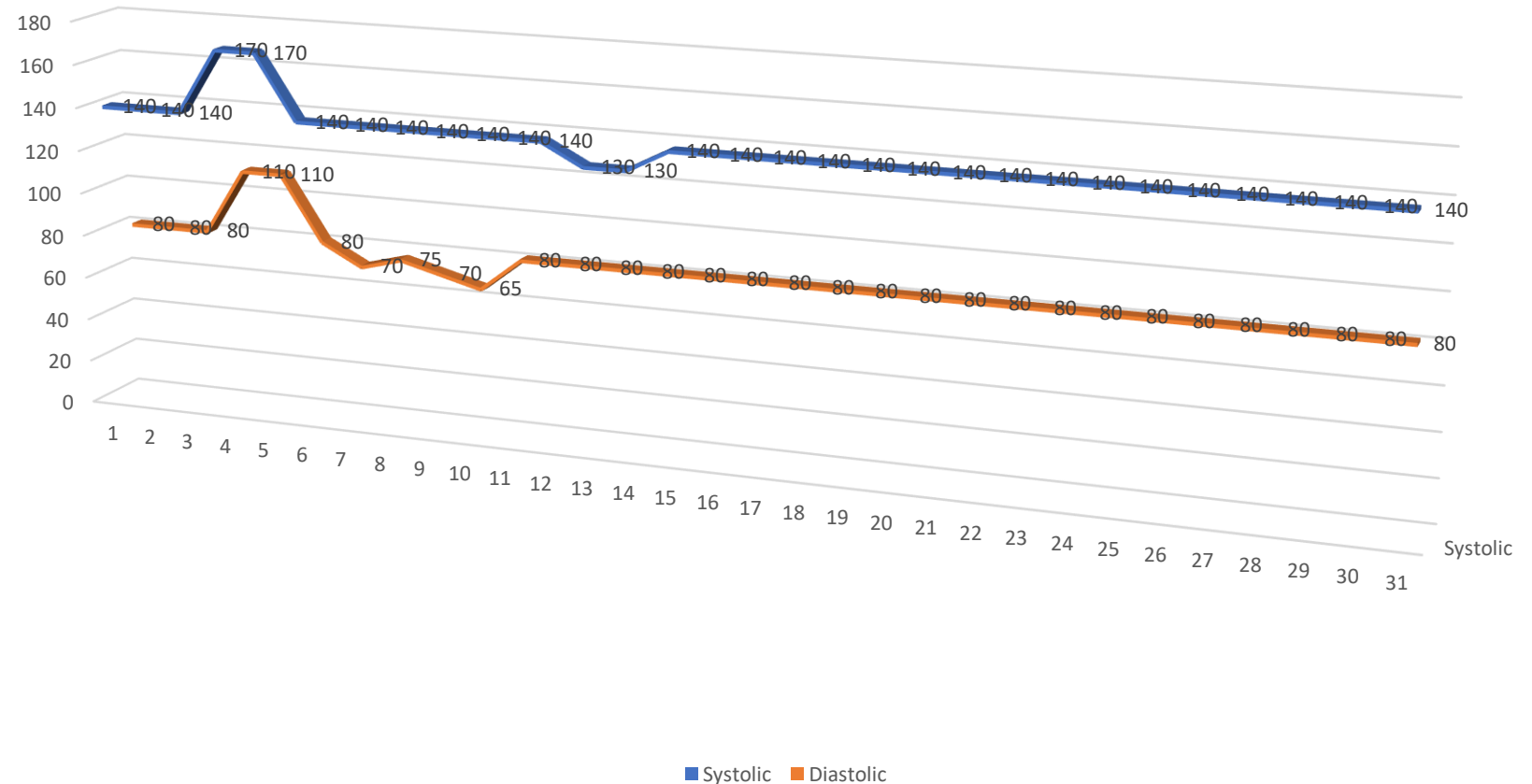
**The recommended goal BP is now less than 150/90**, instead of less than 140/90 (which was the target recommended in prior guidelines, published in 2003).

A higher target BP for people with diabetes and/or kidney disease. The recommended goal BP is now less than 140/90, instead of less than 130/80.

Horizontal Axis: Days of the month

Vertical Axis: Blood Pressure Readings

Blood Pressure Readings



# Weight Readings: November

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

BMI Categories:

Under Weight <18.5

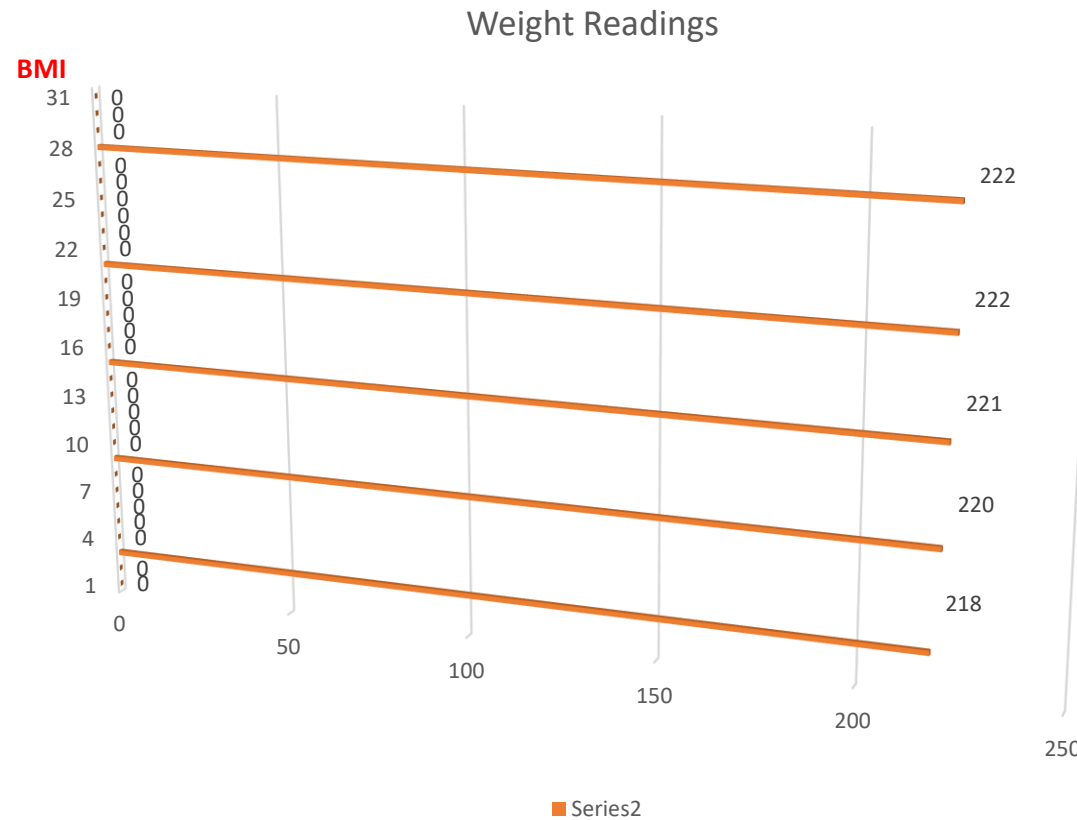
Normal 18.5 - 24.9

Overweight 25-29.9

Obesity >30

Vertical Axis: Days of the month

Horizontal Axis: Weight



# Adherence to Medication Regimen

Adherence Rate  
Minimum 80%



Month of November

Medications

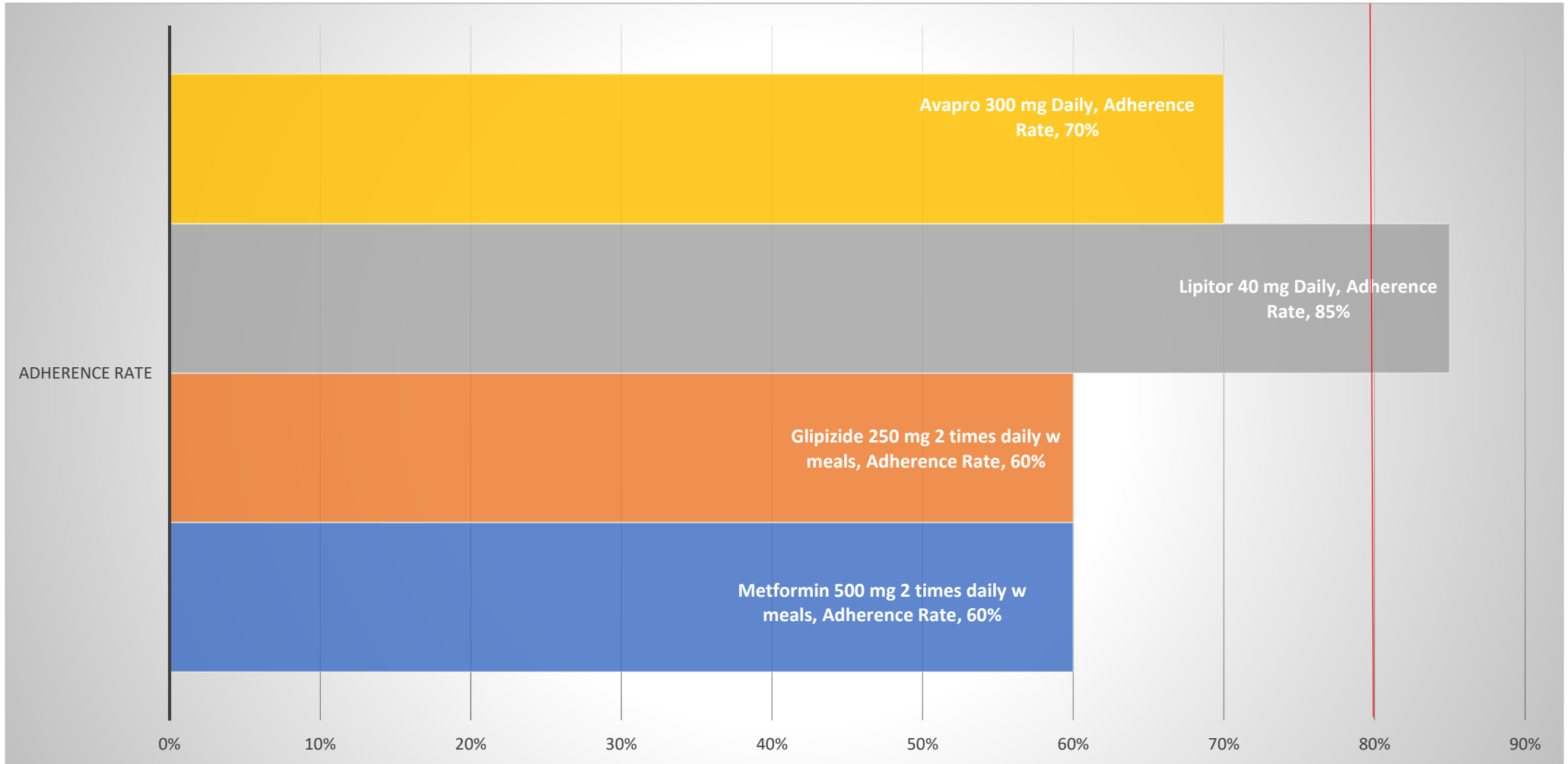
Adherence Rate

Metformin 60%

Glipizide 60%

Lipitor 85%

Avapro 70%





## Diabetes: Schedule for Recommended Exams

<https://www.everydayhealth.com/hs/type-2-diabetes-live-better-guide/important-diabetes-tests/>

The following eight diabetes exams and tests will help you get the health care you need:

- 1. A1C test.** You should get this test twice a year, if not more often, according to the American Diabetes Association (ADA). “Try to get [your A1C results](#) below or as close to 7 percent as possible,”
- 2. Blood pressure checks.** Have your blood pressure checked every time you see your primary care doctor, Dr. King says.
- 3. Cholesterol test.** Because having diabetes increases your risk of heart disease, it’s important to have a blood test to check your cholesterol as part of your annual exam or more frequently if your cholesterol levels are high.
- 4. Foot exam.** Be sure to get a complete foot exam at every office visit, the ADA recommends.
- 5. Eye exam.** Get a yearly eye exam from an ophthalmologist, who will dilate your eyes to see if high blood sugar has damaged blood vessels.
- 6. Kidney test.** The ratio of albumin to creatinine lets your doctor know if your kidneys are functioning properly. Get this test at least once a year. It can be done by your primary care doctor.
- 7. Dental exam.** Gum disease is a lesser-known complication of diabetes. When it’s serious, it can make it harder for you to [control your blood sugar](#) and cause infections and other health problems. See your dentist for a regular cleaning every six months and stay on top of your dental health with self-care like flossing and brushing daily, King says.
- 8. Electrocardiogram.** Because the symptoms of heart disease tend to be unusual in people with diabetes and may be hard to recognize, King says that if you're over age 50, talk with your doctor about having an electrocardiogram to check your heart health. People with diabetes might have numbness or an odd feeling in the jaw, chest, or arms, he says, rather than chest pain.