



LIFESCAPE VITALITY SCORE - GOAL 14+ POINTS

Score	2 points	1 point	0 points	Your Data	Your Score
Body Mass Index (BMI)	20-25	<20 or 25-29	>30	_____	_____
Waist/Hip Ratio	0.8-0.9	0.91-1	>1	_____	_____
Fasting Glucose Level	65-80mg/dL	81-99mg/dL	>100mg/dL	_____	_____
A1C	<5.5	5.6 - 5.9	>6	_____	_____
Blood Pressure	<120	120-140	>140	_____	_____
Total Cholesterol/HDL Cholesterol Ratio	<3	3-4	>4	_____	_____
High-sensitivity C-reactive Protein Inflammation	<1	1-3	>3	_____	_____
				TOTAL SCORE	_____

Do you want a provider who's truly dedicated to you reaching true vitality and not just medicating symptoms? Learn about [LifeScape's Primary Care Solutions](#)