

Surname:










Name:

Date:

Case#:

Gender:

Age:

	CD4 above 500 In normal, healthy individuals, T-cell counts range from 500-1500 cells/mL.	CD4 350-500 In normal, healthy individuals, T-cell counts range from 500-1500 cells/mL.	CD4 below 500 People living with HIV who have a T-cell count of less than 350 T-cells/mL should be offered treatment.
	Viral Load Less than 400 HIV-positive individuals are considered "treated to goal" if the virus is "undetectable" or there are less than 50 copies/mL of the HIV virus in the blood. Note: the HIV is not gone, and it can still be passed to others.	Viral Load 400-1,000 The goal during therapy is to see the viral load decrease to less than 400 copies/mL during the first six months of antiretroviral medications.	Viral Load above 1,000 People living with HIV should be offered treatment if a viral load test indicates more than 100,000 copies/ml
	Cholesterol less than 200 mg/dL Total cholesterol of less than 200 mg/dL is optimal	Between 200-239 mg/dL Your cholesterol is borderline high risk if you are between 200-239 mg/dL	More than 240 mg/dL Your cholesterol is high risk if your total cholesterol is 240 mg/dL or higher.
	Never or smoke-free for at least 12 months If you have never smoked or you have been smoke-free for at least the last 12 months, you are living at your best health potential.	Currently in the first 12 months of smoke-free living If you have stopped smoking, but you are still in the first 12 months of smoke-free living, your body is still healing itself from the effects of smoke. Continue a smoke-free lifestyle to increase health benefits.	Still Smoking If you are still smoking, you are jeopardizing your health and hurting the effectiveness of HIV medications and therapies. Your health will greatly improve if you stop smoking.
	Fasting Glucose less than 3.5-5.5 mmol For your best health potential your body should be able to metabolize and regulate your blood sugar. Fasting blood glucose level should be less than 100mg/dL	Between 5.5-7 mmol Some physicians consider numbers between 100-125mg/dL to be pre-diabetes. Lifestyle changes such as regular physical activity and better food choices can help reduce blood sugar.	More than 7 mmol Fasting glucose levels above 126mg/dL need to be addressed. Medication can help, and lifestyle changes such as regular physical activity and better food choices can also help reduce blood sugar.
	BMI between 20-25 This is a health weight/height range	BMI between 25-29.9 BMI numbers in this area should be addressed with a weight loss plan.	BMI of under 20 or over 30 If your BMI is over 30 you are at risk for increased health problems. Under 20 your body is not receiving the nutrients it needs to stay healthy.
	Less than 120/less than 80 mmHG Your systolic (top number) is less than 120 and your diastolic (bottom number) is less than 80mmHG. This range of blood pressure numbers, 119/79 mmHg and lower helps keep your arteries flexible and functioning well.	Systolic 120-139 OR Diastolic 80-89 mmHG If your systolic number is higher than 120 but less than 139 mmHG OR your diastolic number is between 80-89 mmHG, you can improve your health by lowering your blood pressure to the green range goals. Example of a yellow range blood pressure: 128/82 mmHG	Systolic more than 130 OR Diastolic more than 90 mmHG If your systolic number is 140 mmHG or above OR your diastolic blood pressure is 90 mmHG or above, your blood pressure is high and you need to reduce it. For example if your blood pressure is 145/91 mmHG OR 145/79 mmHG, the top number is too high and you should seek the advice of your health care provider to determine your best route for reducing your blood pressure.
	150min/week of moderate physical activity If you are getting at least 150 minutes of moderate physical activity each week (or at least 75 minutes of vigorous activity) you are providing yourself with adequate exercise for cardiovascular wellness.	Less than 150min/week of moderate activity If you are somewhat physically active, but do not achieve 150 minutes per week, you will benefit from finding ways to meet this measureable goal.	No regular physical activity Physical inactivity is a significant health risk. Your body and mind will benefit when you decide to find ways to put physical activity into your life.
	4-5 essential nutrition components If you are successfully including 4-5 essential nutrition components, you are most likely choosing quality nutrition.	2-3 essential nutrition components If you typically include 2-3 of the essential nutrition components, you have room to improve this area of your health.	0-1 essential nutrition components If you regularly only hit 0-1 of the nutrition components, your diet is a health risk and you will benefit from improving this area of your health.

Assessment Plan