

Your Health related Quality of Life (HrQoL) Feedback

A Silver Oak Health Initiative

45

OVERALL SCORE - LOW

Your overall score gives you a snapshot of your well-being and quality of life. This includes emotional, social and physical aspects of your life that is measured through eight different facets. Find out how you've scored on each of those facets below. Some of the positive steps that you may take after you read the report will help you live a healthier and more productive life.

PHYSICAL FUNCTIONING

78



Physical functioning refers to an individual's ability to perform daily activities that are physically demanding. A high score here indicates a high level of physical functioning.

ENERGY/FATIGUE

78



A high score in this dimension indicates high levels of energy in the face of physical or mental demands, whereas a low score indicates fatigue and feelings of tiredness when faced with such situations.

PAIN

78



Pain can interfere with a person's quality of life and general functioning. A high score indicates a lower impact on your quality of life.

SOCIAL FUNCTIONING

78



Social functioning refers to one's ability to engage in social interactions, interpersonal relationships and activities of independent living. A high score refers to a high level of social functioning.

GENERAL HEALTH

78



General health refers to the ability to adapt and self-manage when facing physical mental and social challenges. A high score indicates better general health.

ROLE LIMITATIONS (DUE TO PHYSICAL HEALTH)

78



Physical health problems can impair or limit one's ability to carry out home or work related activities. A high score indicates a better quality of life.

ROLE LIMITATIONS (DUE TO EMOTIONAL PROBLEMS)

78



Feeling emotionally tired without any obvious physical problems can also limit one's ability to carry out home or work related activities. A high score indicates a better quality of life

60

EMOTIONAL WELLBEING

Emotional well-being and a positive outlook enables a person to cope with the stresses of life and realize their full potential. A high score here indicates a better quality of life.

AVERAGE SCORE



WHAT DOES THIS MEAN FOR YOU?

Your score indicates that you occasionally have difficulties in coping with stress in your life. You also may experience occasional mood variations, and sleep issues. Stress and poor emotional well-being could also result in various health problems like heart disease, high blood pressure, and stomach ulcers.

RECOMMENDATIONS

Of all the facets of your health-related quality of life, emotional well-being is one of the most significant indicators, and is strongly interlinked with each of the other facets. Your state of emotional well-being is most vulnerable during times of stress.

Prolonged stress or an absence of effective coping mechanisms to deal with stress may ultimately result in health-related as well as behavioural challenges, such as depression and anxiety. We recommend making changes to your lifestyle and equipping yourself with coping skills to deal with the various triggers in your life.

TAKE THE FIRST STEP

This report should not be used as a substitute for medical advice, diagnosis or treatment of any health condition or problem.



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