

Digital Wellbeing

Presented by

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ENGAGE

EDUCATE

EMPOWER



Digital Wellbeing Tools













Health Kiosk Core Measurements





Weight



Body Mass Index



Body Fat Content



Blood Pressure



Heart Rate



Boomerang



Results





www.wellbeingpeople.com 01622 834834

Your results 04/12/2012 - 14:57

Age	23	
Weight	10st 11lbs / 69.1kg	
Height	6° 2" / 1.82 m	
Systolic BP	122	< 145
Diastolic BP	74	< 85
Heart Rate	80 bpm	60 - 100
Body Mass Index	20.8	18.5 - 25
Body Fat Content	15.4 %	
Hydration Quota	1 *	0 cups
Fluid Intake Today	1.81	
		*1 cup = 200

Boomerang Life Balance



Here are the results of your Boomerang. Your scores have been plotted on the scale for each categor

If you are concerned about your results, please contact your GP

hydration Quota (HQ) is a figure that denotes how much additional water you need to drink in to maintain a good level of hydration.

Your reading is based on your weight: 10st 11lbs / 69.1kg, the current temperature: $19.0\,\deg$ C and your selected exercise level.

as such.

Blood presure, heart rate, and even body fat will vary during the day. If you are concerned about your results you are advised to discuss them with a healthcare professional such as a charmacist.

Please note that "hydration quota" shown is only a recommendation for daily water consumption, based on the information supplied and does not represent a prescription.

Those on specific medication or with certain conditions who may be adversely affected by excessi water intake should consult their doctor before consuming this volume.

















European Shed Kiosk Project

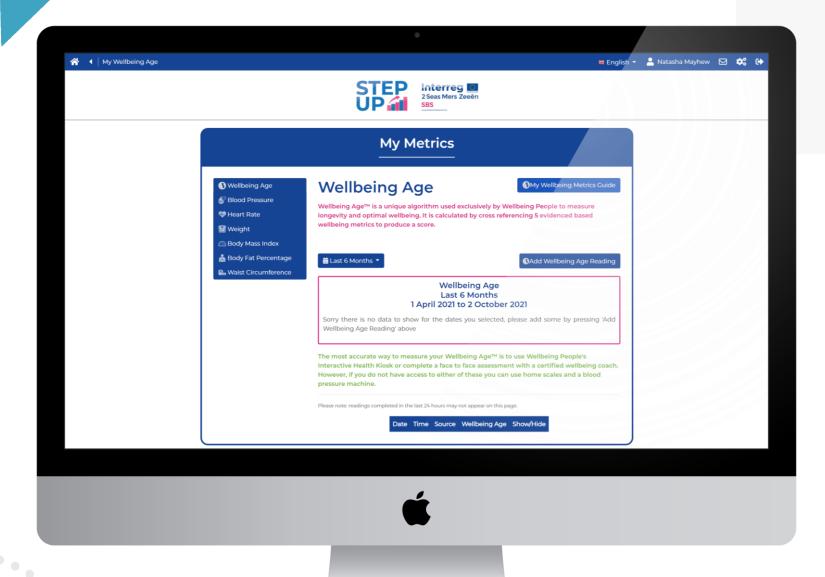






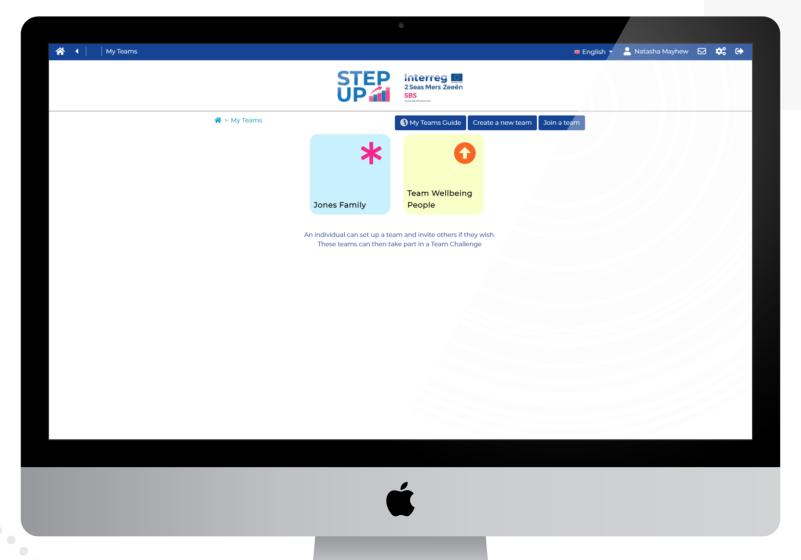






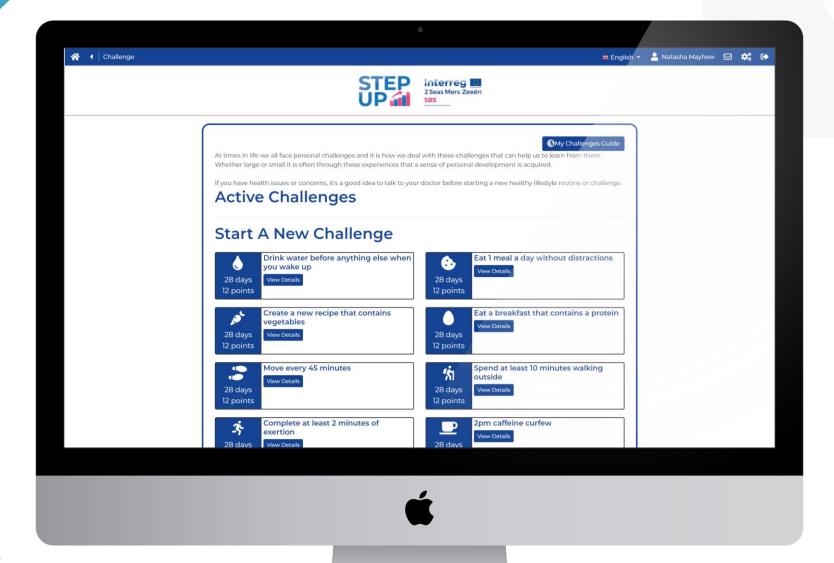






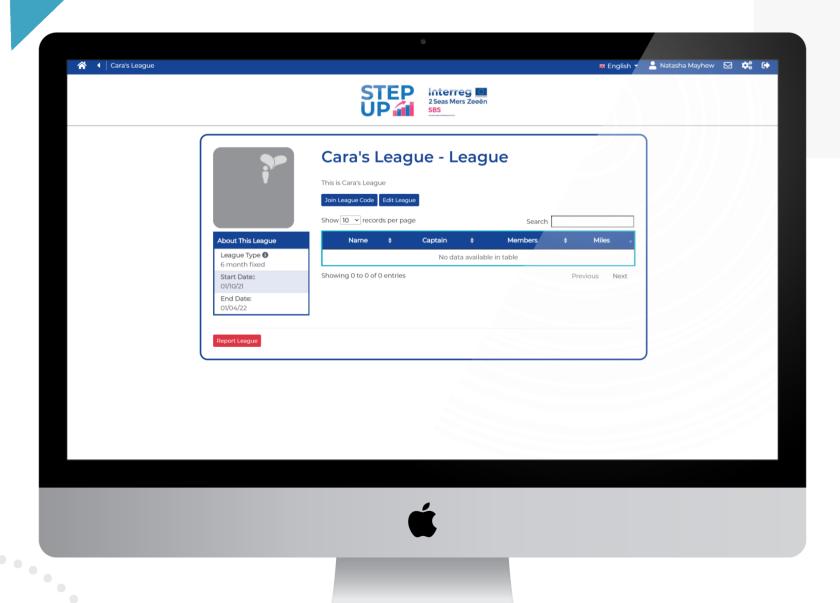












More information?

For more information on Step Up and My Wellbeing People Account follow the link below:

myaccount.wellbeingpeople.com/sbs_landing/source/qr