

SUMMARY

**Seek Medical
Attention**

RELATED SYMPTOMS

1 Nerve Related Symptom

No Other Related Symptoms

RISK FACTORS

2 Lifestyle Risk Factors

Back pain with sudden loss of control over urine or stool may be a medical emergency.

Call 911 or go to the Emergency Room as soon as you can.

- You reported moderate pain in your lower back. Based on your answers, you currently have moderate spine impairment.
- You did not report any of the common symptoms of spine pain that indicate a spinal fracture, tumor, or infection.
- You reported 2 lifestyle risk factors that may impact your spine pain.

The table to the right shows your answers to how spine pain impacts different areas of your life. This short list is here to help you think of some ways spine pain affects your daily activities.

Only you can say how spine pain impacts your life. Share this information with your doctor. Make sure to discuss any other ways your spine pain interferes with the things you need or want to do.

Note: Take this profiler again to assess another part of your spine.

Areas of Life Affected By Spine Pain	Impairment
Family/Home Responsibilities	Moderate Impairment
Life Support Activities	No Impairment
Recreation	Moderate Impairment
Social Activities	Severe Impairment
Occupation	Mild Impairment
Sexual Behavior	Moderate Impairment
Self Care	Moderate Impairment
Your Overall Spine Impairment:	Moderate Spine Impairment

8 out of every 10 people experience serious neck or back pain.

Spine pain is the #2 reason Americans go to the doctor. Although most cases of spine pain go away in 4 to 6 weeks, some symptoms might require that you see a doctor.

Related Spine Pain Symptoms

Symptoms of Possible Spinal Nerve Damage

These include:

- Weakness
- Numbness and tingling
- Loss of bladder or bowel function
- Pain at night
- Severe pain at any time
- Mild pain that lasts longer than a month

If you have any of these symptoms, you should see your doctor.

Other Symptoms (Non-Nerve Damage)

Warning signs include:

- Fever
- Burning with urination
- Unintentional weight loss
- A history of cancer

These symptoms may indicate fractures, tumors, or infections of the spine.

If you have any of these symptoms along with back pain, see your doctor as soon as possible.

Call 911 or go to the ER:

- If you have a fever and headache, and you cannot touch your chin to your chest. This may be meningitis and is an emergency.
- With neck or back pain and discomfort or pressure in your chest.
- If you have back pain with sudden loss of control over urine or stool.

If you have any of these symptoms, seek medical attention immediately.

RELATED SYMPTOMS

1 Nerve Related Symptom

No Other Related Symptoms

Nerve Related Symptoms You Reported

Sudden loss of control over urine or stool (incontinence)

**Call 911 or visit the ER
ASAP**

Other Related Symptoms You Reported

No symptoms reported

Widely-Accepted Research

The assessment is based on the Pain Disability Index (PDI), which asks respondents to rate the degree to which pain interferes with their daily functioning in seven main areas: family/home responsibilities, recreation, social activities, occupation, sexual behavior, self-care, and life-support activities.

1. Pollard, CA. Preliminary validity study of Pain Disability Index. *Percept Mot Skills*. 1984; 59: 974.

Spine Pain Lifestyle Factors

People who are overweight or obese are more likely than others to have weaker disks in their spine. This puts them at higher risk for chronic spine pain.

WEIGHT

Current

Recommended Goal

lbs.
Moderate Risk

lbs. or less
Low Risk

For your height, ### pounds is considered overweight. Ask your doctor to determine a healthy weight for you.

Smoking may not cause spine pain, but it increases your risk of developing back pain. It may also make your chances of sciatica (leg pain that starts in the lower back) higher. Smoking increases the risk of osteoporosis, a condition that causes weak bones. Osteoporosis can lead to painful fractures of the vertebrae.

SMOKING

Current

Recommended Goal

Quit smoking (less than 1 yr)
Moderate Risk

Non-smoker (1 year or more)
Low Risk

Spine pain is more common for people who are not physically fit. This is because weak back and stomach muscles can't support the spine as well. However, exercise isn't typically advisable for acute spine pain. Doing low-intensity exercises may help ease spine pain. It can also reduce the risk of future pain by making back and stomach muscles stronger.

Check with your doctor or physical therapist before performing any exercise.

WEEKLY PHYSICAL ACTIVITY

Current

Recommended Goal

Equal to 175 min. (moderate)*
Low Risk

150 min. or more moderate*
Low Risk

60 moderate + 60 vigorous = 180 min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

*The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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Name: _____ mm-dd-yyyy

PAGE 4 OF 4

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Mt. General Memorial Clinic

5431 Lake Drive, Minneapolis MN 55401
1-877-555-0000

OUR HOSPITALS

Mt. General Memorial Hospital
2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100

Mt. General Memorial North Franklinburg Hospital

890 SE 57th St., Franklinburg, MN 56782
(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

SUMMARY

backNeckPrimaryResult

meningitis_or_heart_symptoms

Seek Immediate
Medical Attention

incontinence_symptoms

Seek Medical Attention

other_symptoms_reported

See a Doctor Soon

severe_impairment

Severe Spine
Impairment

moderate_impairment

Moderate Spine
Impairment

mild_impairment

Mild Spine
Impairment

no_impairment

No Spine
Impairment

RELATED SYMPTOMS - UPPER BADGE

nerveSymptomsCount

Nerve Related Symptom(s)

No Nerve Related Symptoms

RELATED SYMPTOMS - LOWER BADGE

otherSymptomsCount

Other Related Symptom(s)

No Other Related Symptoms

RISK FACTORS

lifestyleFactorsCount

Lifestyle Risk Factor(s)

No Lifestyle Risk Factors

Result Messaging
Please check Lucidchart for longest version

reportMainMessage and Bullets 1 & 2

See LUCIDCHART --> B/N Messaging --> reportMainMessage & reportBullets 1-2

<https://www.lucidchart.com/documents/edit/0a646b54-0851-4f11-91a3-9e2bbf365c88/0>

Bullet 3

See LUCIDCHART --> B/N Messaging --> bullet3

<https://www.lucidchart.com/documents/edit/0a646b54-0851-4f11-91a3-9e2bbf365c88/1>

Areas of Life Affected By Spine Pain	Impairment		
Family/Home Responsibilities	<i>Moderate Impairment</i>	homeImpairmentCategory	<i>No Impairment</i>
Life Support Activities	<i>No Impairment</i>	lifeSupportImpairmentCategory	<i>Mild Impairment</i>
Recreation	<i>Moderate Impairment</i>	recreationImpairmentCategory	<i>Moderate Impairment</i>
Social Activities	<i>Severe Impairment</i>	socialImpairmentCategory	<i>Severe Impairment</i>
Occupation	<i>Mild Impairment</i>	occupationImpairmentCategory	
Sexual Behavior	<i>Moderate Impairment</i>	sexualImpairmentCategory	
Self Care	<i>Moderate Impairment</i>	selfCareImpairmentCategory	
Your Overall Spine Impairment:	Moderate Spine Impairment	impairmentCategory	

Upper

Nerve Related Symptoms You Reported	
Numbness, tingling, or weakness in my arms, hands, or legs	Seek medical attention soon
Difficulty walking, clumsiness, or weakness	Seek medical attention ASAP
Sudden loss of control over urine or stool (incontinence)	Call 911 or visit the ER ASAP
Pain that is worse when I lie down or that wakes me up at night	Seek medical attention ASAP
Such severe pain that I cannot get comfortable	Seek medical attention ASAP
Pain that gets progressively worse	Seek medical attention soon

upper_nerveSymptoms_weakness

upper_nerveSymptoms_walking

upper_nerveSymptoms_incontinence

upper_painSymptoms_sleep

upper_painSymptoms_severe

upper_painSymptoms_worsening

Other Related Symptoms You Reported	
Discomfort or pressure in the chest	Call 911 or visit the ER ASAP
Swollen glands or a lump in the neck	Seek medical attention soon
Difficulty swallowing or breathing along with the pain	Seek medical attention ASAP
A fever, headache & inability to touch chin to chest	Call 911 or visit the ER ASAP

upper_symptoms_chest

upper_symptoms_neck

upper_symptoms_breathing

upper_symptoms_fever

Upper - no symptoms

Nerve Related Symptoms You Reported	
No symptoms reported	
Other Related Symptoms You Reported	
No symptoms reported	

Lower

Nerve Pain Related Symptoms You Reported	
Pain traveling down my legs below the knee	Seek medical attention soon
Pain traveling down my legs below the knee	Seek medical attention ASAP
Severe pain that does not allow me to get comfortable	Seek medical attention ASAP
History of back pain, but this episode is different/worse	Seek medical attention ASAP
Weakness or numbness in my buttocks, thigh, leg, or pelvis	Seek medical attention ASAP
Sudden loss of control over urine or stool (incontinence)	Call 911 or visit the ER ASAP

lower_painSymptoms_belowKnee

lower_painSymptoms_sleep

lower_painSymptoms_severe

lower_painSymptoms_different

lower_nerveSymptoms_weakness

lower_nerveSymptoms_incontinence

Other Related Symptoms You Reported	
Burning with urination or blood in urine	Seek medical attention ASAP
Redness or swelling on the back or spine	Seek medical attention soon
Unexplained fever with back pain	Seek medical attention ASAP
Unintentional weight loss	Seek medical attention ASAP

lower_symptoms_urinationIssues

lower_symptoms_swelling

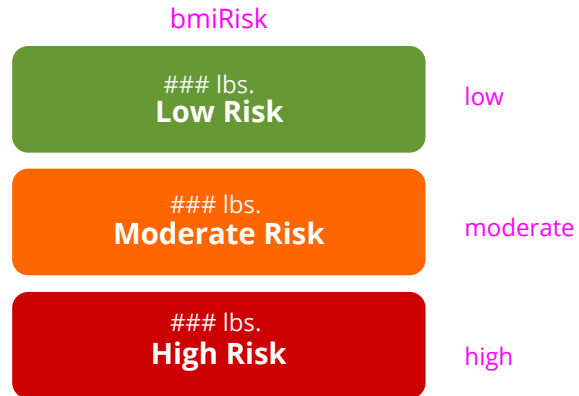
lower_symptoms_fever

lower_symptoms_weightLoss

Lower - no symptoms

Spinal Pain Related Symptoms You Reported	
No symptoms reported	
Other Related Symptoms You Reported	
No symptoms reported	

WEIGHT



CONDITIONAL SUB MESSAGE Driven by 'bmiCategories' -- NOT badge color!

obese:

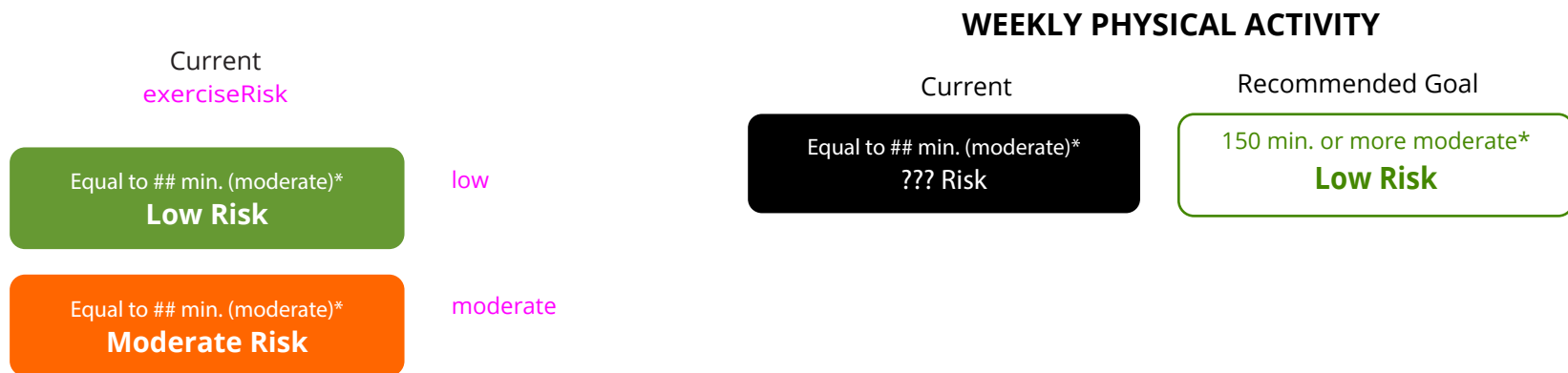
For your height, **weight** pounds is considered **OBESITY**.
Ask a health care professional about weight management options.

normal:

For your height, **weight** pounds is considered a **HEALTHY WEIGHT**.

overweight OR underweight

For your height, **weight** pounds is considered {**OVERWEIGHT/UNDERWEIGHT**}.
Ask your doctor to determine a healthy weight for you.



DYNAMIC SUB MESSAGE

weeklyExercise_moderate *weeklyExercise_vigorous* *exerciseModerateEquivalent*
moderate + ### vigorous = ### min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

