

15-30 – Medium Risk

If you are in this score area, you could better your understanding in managing a fine health status. This understanding will assist support in ways to mitigate risk causes for feasible long-term illness. View at the areas you scored less and point an area to concentrate on. One objective at a time will match one achievement at a time and over time your gains will increase, and your health's triumph will rise.

0-15 – High Risks

That is the dangerous area. If you have scored in that class, you have led serious risks which are unneeded to your health. Perhaps you are not mindful and would gain from some learning on keeping better health procedure which would lessen your risks for preventable chronic diseases which would result to life-time impairment. Do not get dispirited or be ashamed of your present health condition. Several people have been in these roads before. Face to face assistants would be the help which you require. Everyone begins someplace. You might want to get in touch with the Wellness Counselling Services which are given at no cost to by the personal a stronger Memorial.

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References

Mellisa Conrad Stoppler, 2020 Genetic Diseases (Disorder Definition, Types, and example retrieved from https://www.medicinenet.com/genetic_disease/article.htm