myWorth℠

Your longevity scorecard

The average life expectancy for infants born in 2007 is 80 years old for females and 75 years old for males.[1] Answer the questions below and tally your answers to determine your Longevity Score.

#	Question	Column A	Column B	Column C
1	Which of your parents lived to age 70 (or probably will)?	Both	One	None
2	How many incidents of cardiovascular problems has your extended family experienced?	None	One	More than one
3	How often do you exercise vigorously?	Regularly	Occasionally	Almost never
4	How is your blood pressure?	Low or normal	A little high	Very high
5	Have you ever suffered a serious illness involving heart, liver, kidneys, lungs, or other major functions?	No	Once, minor	More than once or major
6	Are you a smoker?	No	Light	Heavy
7	Are you a drinker?	No	Modest	Heavy
8	How's your weight in proportion to your height?	Average or below	A little high	Quite high
9	How stressful is (was) your line of work?	Not at all	Modest	Very
10	How would you describe your diet?	All the right stuff	I try but snack	All the wrong stuff
11	What protects you when you drive?	Seat belt and air bags	Seat belt or air bags but not both	Nothing between me and the windshield
12	How is the air and water quality where you live?	Great	Average	Poor
Total answers in each column				
Multiply totals		X 2	X 1	X 0
Total Points				0
Add Total Points in Columns A, B and C. This is your Longevity Score.				

If your Longevity Score is…	You might reasonably expect…
20-24	To live at least 6-10 years beyond normal life expectancy.
15-19	To live 1-5 years beyond normal life expectancy.
8-14	To live about average life expectancy.
Less than 8	To live less than average life expectancy.

For more information contact:

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Footnotes

[1] U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Statistics, 2010.

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