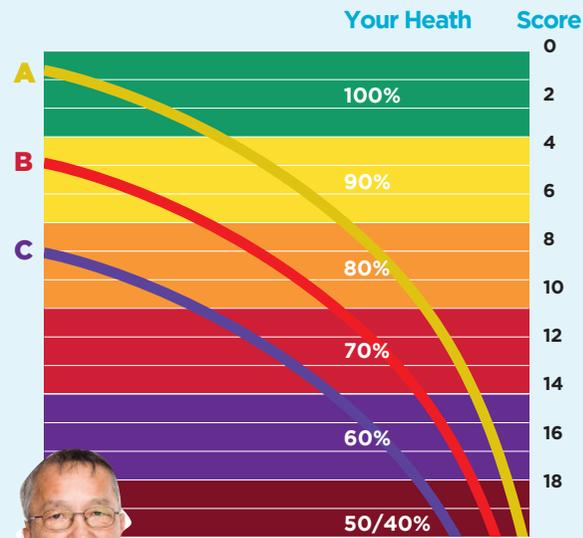


## TEST RESULTS



Check your health and your disease risk on drawing a dot on the curve at the score level you reach with the test. Have fun calculating the score also for the other members of your family.

### A LOW POLLUTION EXPOSITION

You are on the A curve, if you are not exposed to the air pollution, OR you implement every defensive measure **tested as effective**, day and night, for all life long.

### B MEDIUM POLLUTION EXPOSITION

You are on the B curve, if You are subject to medium level of pollution, implement some defensive measurement.

### C HIGH POLLUTION EXPOSITION

You are on the C curve, if you are exposed to an high level of air pollution, you NOT implement effective defensive measure against air pollution, or you implement defensive measure just few times in your life, or **ineffective**.

More you are in the orange zone, down on the scheme, more you are at risk, more you have to protect yourself.

## AIR QUALITY INDEX AQI, what is it?

The AQI (Air Quality Index) tells you how clean or polluted your air is, and what associated health effects might be a concern for you. The AQI focuses on health effects you may experience within a few hours or days after breathing polluted air.

AQI	Health effects
0-50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
200-300	Very Unhealthy
300+	Hazardous



For more info:

[HTTP://AQICN.ORG/CITY/BEIJING](http://aqicn.org/city/beijing)



**WARNING** This assessment of the state of health and risk of cardio-pulmonary disease is experimental and aimed at education. It is based on the major cardiovascular and cancer risk factors, and on the statistic, and deliberately not take into account possible multiplicative effects of individual risk factors, which can lead to severe consequences,

nor complex formulas. Specific risk calculators for Myocardial Infarction are available online. It is always advised to take preventive measures, for example to follow the diet and take measures against pollution (personal, and in the house), to measure the risk factors and the pollution, and consult your doctor to be more precise.

北京爱尔凯尔健康管理有限公司  
Beijing Air Care Health and Management Co.,Ltd



STATEMENT 1

**MEASURE YOUR HEALTH: take the test inside.**  
To protect yourself and your family, you need to know.



Qi International LTD  
London

1<sup>st</sup> floor 87/89 High Street Hoddesdon EN 11 8TL London England  
[www.qiinternational.co.uk](http://www.qiinternational.co.uk)

# MEASURE YOUR HEALTH, take this test.

The risk factors for diseases and the pollution add up and lead, sometimes quickly sometimes over the years, a serious illness or death (for example for myocardial infarction, for lung cancer or emphysema).

If you're vulnerable to pollution increases the likelihood that you have, hypertension or diabetes. The pollution lead to severe diseases that affect the lungs, heart, brain, skin and eyes, fertility and other.

To protect yourself you need to know both the risk factors and exposition to toxic pollutions.

## YOU



## YOUR FAMILY



DEFEND YOURSELF  
For more info:  
[WWW.AIRCHINA.COM](http://WWW.AIRCHINA.COM)

# TEST

## How to do this test:

For each question, check your answer: in the end make the sum of every score on the left of the 'yes' or 'not'. Turn the leaflet and check out where are you with your number on the scheme.



## YOU

sex	m1	f 0
your age	20-39 years=1, 40-59 years=3, >60 years=7	
hypertension	yes 1	not 0
diabetes	yes 2	not 0
high cholesterol/lipids	yes 1	not 0
ictus or infarction in the past	yes 4	not 0
physical activity (es. walking/cycling) *	yes -2	not 0
sport (gym, swimming, etc.) *	yes -1	not 0
currently smoker	yes 2	not 0
overweight	yes 1	not 0
follow a healthy diet?	yes 0	not 2
currently taking any medicine?		

## YOUR FAMILY

longevity in your family?	yes-3	not 0
infarction or ictus in the family	yes 2	not 0
premature death in adults of your family	yes 3	not 0

**total score:** .....

\* No physical activities nor sports outdoor in polluted days. Follow carefully the instructions of the health Authorities and Government.

Turn the leaflet to check the test results.