

延伸閱讀：

國民健康署「慢性疾病風險評估」

The screenshot displays the user interface for the Chronic Disease Risk Assessment tool, organized into four main sections:

- 輸入數值 (Input Values):** A form where users enter personal data. The gender is set to 'Female' (女) and age to 55. Input fields for cholesterol, waist circumference, blood pressure, and triglycerides are visible. A 'Calculate' (計算) button is at the bottom.
- 評估結果 (Assessment Results):** Shows a risk level of 'High Risk' (高風險), indicated by a red lightbulb icon.
- 健康指引 (Health Guidance):** Provides lifestyle advice categorized into: '少鹽' (Low Salt), '戒菸' (Quit Smoking), '限酒' (Limit Alcohol), '飲食改善' (Improve Diet), '減重' (Weight Loss), and '運動' (Exercise).
- 後續追蹤 (Follow-up):** Lists two key actions: '1. 篩檢' (Screening) and '2. 危險因子控制' (Control Risk Factors), with specific medical criteria for each.

「慢性疾病風險評估」網頁連結

(健康九九+網站：<https://health99.hpa.gov.tw/onlineQuiz>)

慢性病風險評估平台

The graphic features five circular icons representing different health conditions, each with the text '馬上分析' (Analyze Now):

- 冠心病(CHD) 馬上分析
- 腦中風(Stroke) 馬上分析
- 糖尿病(Diabetes) 馬上分析
- 高血壓(Hypertension) 馬上分析
- 心血管不良事件(MACE) 馬上分析

The HPA logo and a QR code are located at the bottom of the graphic.

