

延伸閱讀：

國民健康署「慢性疾病風險評估」

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

- 輸入數值 (Input Values):** A form where users enter personal data. Fields include gender (female selected), age (55), HDL cholesterol (60), waist circumference (95), systolic blood pressure (140), total cholesterol (150), and triglycerides (145). A speech bubble indicates "男女不太一樣哦" (Men and women are a bit different). A "計算" (Calculate) button is visible.
- 評估結果 (Assessment Results):** Shows the risk level as "高風險" (High Risk), represented by a red lightbulb icon.
- 健康指引 (Health Guidelines):** Provides six key recommendations: 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). Each recommendation is accompanied by an illustrative graphic.
- 後續追蹤 (Follow-up):** Lists two follow-up actions: 1. 篩檢 (Screening) and 2. 危險因子控制 (Risk Factor Control), 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 a blue sky and ocean background with five circular icons representing different health conditions:

- 冠心病(CHD) 馬上分析 (Coronary Heart Disease - Immediate Analysis)
- 腦中風(Stroke) 馬上分析 (Stroke - Immediate Analysis)
- 糖尿病(Diabetes) 馬上分析 (Diabetes - Immediate Analysis)
- 高血壓(Hypertension) 馬上分析 (Hypertension - Immediate Analysis)
- 心血管不良事件(MACE) 馬上分析 (Cardiovascular Adverse Events - Immediate Analysis)

A QR code is located in the bottom right corner of the graphic.

