SAMPLE PARTICIPANT REPORT 2020

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CareHere! LabInsight

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Dear **Patient Name,** Thursday, December 5, 2019

Welcome to your personalized **Health Risk Assessment** report powered by **LabInsight**. This report is for the private and confidential use by you and the medical professionals that you have granted permission.

LabInsight makes wellness easy for you! With this report, you will understand your lab results more easily and monitor them over time to track your personal health progress. This information will help you live a longer and healthier life.

We will not share this report with any third parties nor your employer. LabInsight is compliant with HIPAA privacy regulations. You can view our Privacy and Disclaimer Statement online.

To view your lab report via a secure and confidential Internet report, please do the following:

1. Go to the confidential website: www.CareHere.com
2. Click **MEMBER LOGIN**
3. Enter your username : **username**
4. Enter your password: *(Not displayed for security reasons.)*
5. Click **SIGN IN**
6. Click **Reports** *(Located in the left green navigation menu.)*
7. Click **Run** *(Button beside "AHA/HRA Screening - LabInsight / Biometric Report")*
8. Click **I Agree**. **View Report**. *(Make sure your browser allows window "pop-ups.")*

If you have provided your email address, you have already been notified that your secure online lab report is available. Advantages of providing your email address and accessing your lab report online include:

- Immediate notification as soon as your lab report is available
- Access to your lab results anytime anywhere via secure Internet connection
- Secure storage of your lab results over time
- When new lab results arrive, you will be notified via your email address. (The paper report is mailed only once a year.)

If you have not provided your email address and would like to, please send your name, username, password and email address to: medical@MyHealthGuide.com.

Thank you for participating and reviewing this report,

Ernest Clevenger
President, CareHere, LLC / MyHealthGuide, LLC
Developer of LabInsight

Patient Name || Company Name

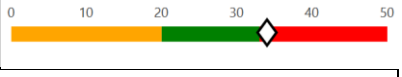
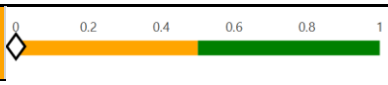
Most Recent Abnormal Laboratory Values

Report Date	12/5/2019 2:12:40 PM	**Address**	Street Name
SSN (last 4 digits)	XXXX		City, State ZipCode
Date of Birth	X/XX/XXXX	**Home Phone**	XXXXXXXX
Age	XX	**Work Phone**	XXXXXXXX
Sex	X	**Email**	username@xxx.com

Please notify Medical@MyHealthGuide.com of any correction to above.

Most Recent Abnormal Lab Results

See detailed explanations and graphs following this table for all lab results including abnormal results.

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Chemistry					
Carbon Dioxide (CO2)	6/1/2002	20 - 32	34 mmol/L	High	
Hormonal Assays					
PSA	9/26/2019	0 - 4	14.8 ng/ML	High	
Nutrition Panel					
A/G Ratio	9/26/2019	1.2 - 2.2	2.5 ratio	High	
Preventive Screens					
Eye Exam in Past 12 Months	9/5/2019	0.5 - 1	No (=0)	Concern	

Most Recent Laboratory Values

Cholesterol

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Triglycerides	9/26/2019	0 - 149	70 mg/dL	✔ Normal	
Total Cholesterol	9/26/2019	100 - 199	132 mg/dL	✔ Normal	
Ratio of Cholesterol to HDL	9/26/2019	0 - 5	2.3 ratio	✔ Normal	
HDL	9/26/2019	>0 - 39	>58 mg/dL	✔ Normal	
LDL (calc)	9/26/2019	0 - 99	60 mg/dL	✔ Normal	

Diabetic Control Index

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Glucose (Glu)	9/26/2019	65 - 99	77 mg/dL	✔ Normal	

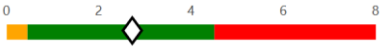
Chemistry

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Sodium (Na)	9/26/2019	134 - 144	141 mmol/L	✔ Normal	
Blood Urea Nitrogen (BUN)	9/26/2019	8 - 27	18 mg/dL	✔ Normal	
Creatinine (Creat)	9/26/2019	0.76 - 1.27	1.18 mg/dL	✔ Normal	
BUN/Creat Ratio	9/26/2019	10 - 24	15 ratio	✔ Normal	
Carbon Dioxide (CO2)	6/1/2002	20 - 32	34 mmol/L	✘ High	
Potassium (K)	9/26/2019	3.5 - 5.2	4.6 mmol/L	✔ Normal	
Phosphate (PO4)	9/26/2019	2.5 - 4.5	3.3 mg/dL	✔ Normal	
Chloride (Cl)	9/26/2019	96 - 106	100 mmol/L	✔ Normal	
Calcium (Ca)	9/26/2019	8.6 - 10.2	9.8 mg/dL	✔ Normal	
Iron Level	9/26/2019	38 - 169	137 ug/dL	✔ Normal	
Uric Acid Level	9/26/2019	3.7 - 8.6	6.4 ug/dL	✔ Normal	

Liver Function Tests

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Alk Phos	9/26/2019	39 - 117	80 IU/L	✔ Normal	
LDH	9/26/2019	121 - 224	201 IU/L	✔ Normal	
ALT (SGPT)	9/26/2019	0 - 44	20 IU/L	✔ Normal	
AST (SGOT)	9/26/2019	0 - 40	32 IU/L	✔ Normal	
TBILI	9/26/2019	0 - 1.2	0.8 mg/dL	✔ Normal	
GGT	9/26/2019	0 - 65	59 IU/L	✔ Normal	

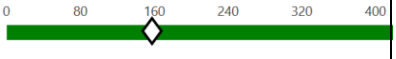
Hormonal Assays

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
TSH (3rd generation)	2/25/2019	0.45 - 4.5	2.37 uIU/mL	✔ Normal	
PSA	9/26/2019	0 - 4	14.8 ng/ML	✘ High	
TSH (2nd generation)	7/25/2016	0.45 - 4.5	2.72 uIU/mL	✔ Normal	

Nutrition Panel

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Total Protein	9/26/2019	6 - 8.5	6.7 g/dL	✔ Normal	
Albumin	9/26/2019	3.6 - 4.8	4.8 g/dL	✔ Normal	
Globulin	9/26/2019	1.5 - 4.5	1.9 g/dL	✔ Normal	
A/G Ratio	9/26/2019	1.2 - 2.2	2.5 ratio	✘ High	

Vitals

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Systolic Pressure	9/26/2019	100 - 140	135 mmHg	✔ Normal	
Diastolic Pressure	9/26/2019	50 - 89	76 mmHg	✔ Normal	
Body Mass Index (BMI)	9/26/2019	0 - 25	23.3 index	✔ Normal	
Height	9/26/2019	0 - 100	69 inches	✔ Normal	
Weight	9/26/2019	0 - 10000	157.4 lbs.	✔ Varies	

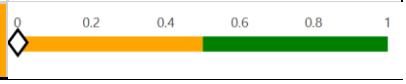
Behavioral

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Seatbelt Use	5/29/2019	99 - 100	100 %	✔ Good	

Tobacco and Nicotine

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Smoke Free Status (male)	8/2/2016	6 - 10	41 Years	✔ 16+ Yrs	

Preventive Screens

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Eye Exam in Past 12 Months	9/5/2019	0.5 - 1	No (=0)	ⓘ Concern	

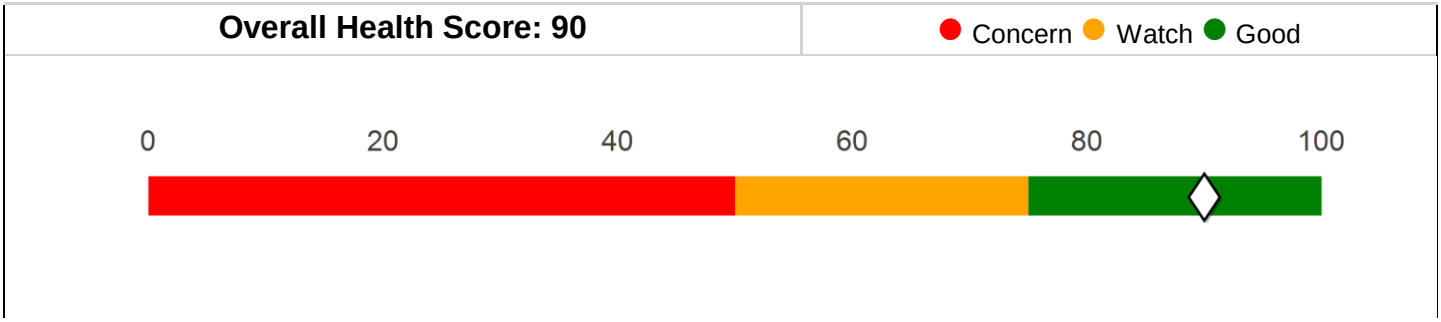
Exercise

Test	Collection Date	Normal Range	Your value	Your Rating	Your Range
Exercise (Days Per Week)	5/29/2019	3 - 4.9	7 days/wk	✔ 5-7 Days	

Personal Health Summary

The chart below summarizes your results by an overall score and by major lab categories. While your scores are based on algorithms developed by our medical team, you should consult your physician for interpretations appropriate for your specific values. Thank you.

Overall Health Score: 90



Category	Your Score
Cholesterol	100
Diabetic Control Index	100
Chemistry	91
Liver Function Tests	100
Hormonal Assays	67
Nutrition Panel	75
Vitals	100
Behavioral	100
Tobacco and Nicotine	100
Preventive Screens	0
Exercise	100

Cholesterol Group

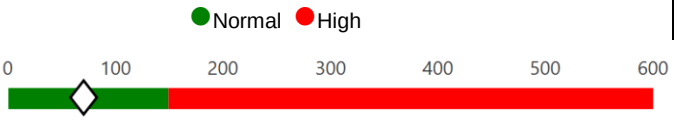
Your Score: 100

Concern Watch Good

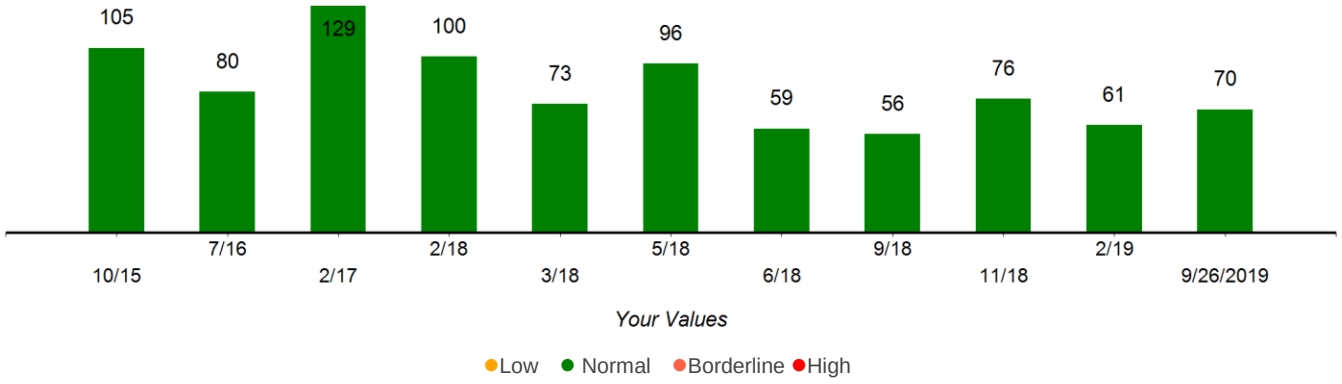
Cholesterol Group: Triglycerides

The triglyceride level is not thought to be a direct contributor to atherosclerosis plaque buildup. However, high triglyceride levels are associated with high LDL and low HDL cholesterol, especially in diabetics, and therefore, often occur in conjunction with other cholesterol related risk factors. The triglyceride molecule functions to transport absorbed dietary fat within the bloodstream. The goal is to be within normal range.

Normal Range	Your Value	Your Rating
0 - 149	**70** mg/dL	**Normal**



Your level is good. Be aware that triglyceride levels can vary greatly between testing based on the fat content of recent meals prior to blood testing and certain medical conditions.

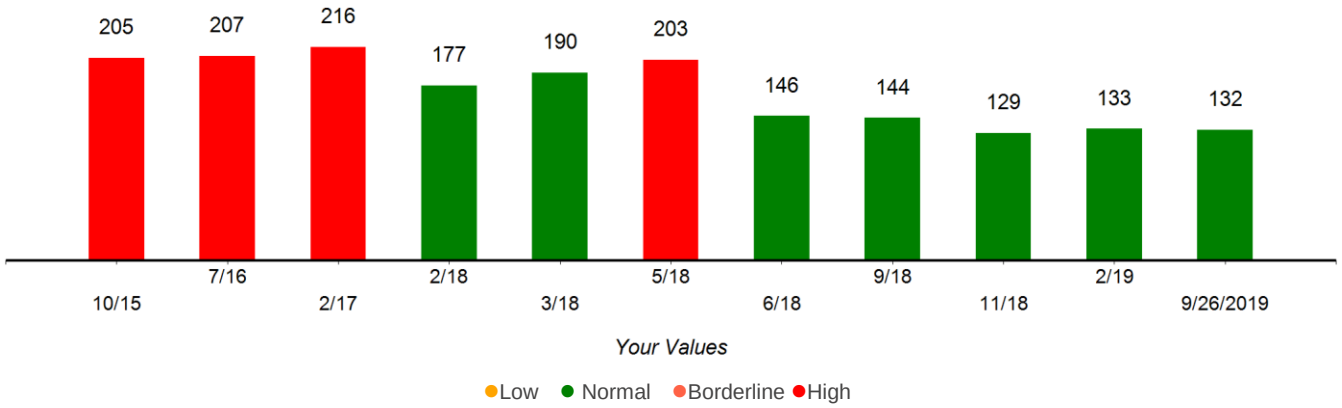


Cholesterol Group: Total Cholesterol

The level of cholesterol in a person's blood is directly correlated to their risk for developing atherosclerosis - the process by which the blood vessels of the body become clogged with dangerous plaque. Heart attacks, strokes, and peripheral vascular disease result from this process. Improving blood cholesterol values has been proven to lessen the likelihood of these serious complications and add years to your life! The goal should be to maintain a total cholesterol score that is within normal range.

Normal Range	Your Value	Your Rating	Low Normal High
100 - 199	**132** mg/dL	**Normal**	0 50 100 150 200 250 300 350

Your total cholesterol value is average, and puts you in an average cardiac risk position. Please continue to be vigilant for improving diet and exercise habits, as even when all lifestyle factors (diet, exercise, body weight) are held constant, the total cholesterol tends to trend higher with age alone.

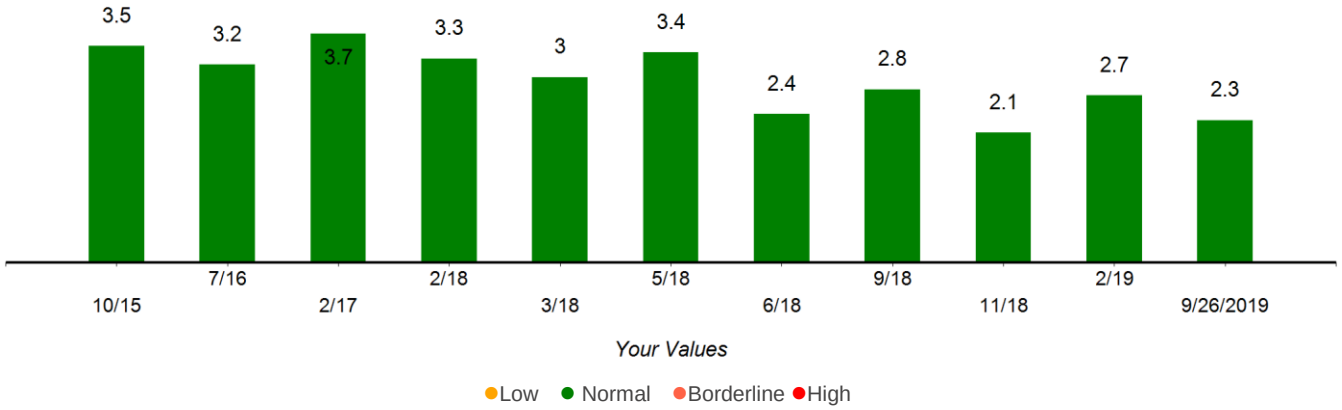


Cholesterol Group: Ratio of Cholesterol to HDL

The cholesterol Ratio is defined as the total cholesterol divided by HDL cholesterol; therefore, the higher the HDL cholesterol the lower this Ratio. This Ratio is commonly mistaken as a ratio of Good to Bad cholesterol. This Ratio is another way of looking qualitatively at a person's cholesterols and predicting cardiac risks. The goal Ratio is to be within normal range.

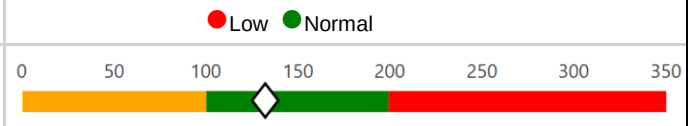
Normal Range	Your Value	Your Rating	Normal High
0 - 5	**2.3** ratio	**Normal**	0 2 4 6 8

Your value is on target with the goal Ratio. A cholesterol ratio in this range means you have a significant amount of HDL, the good kind of cholesterol, in your blood stream.

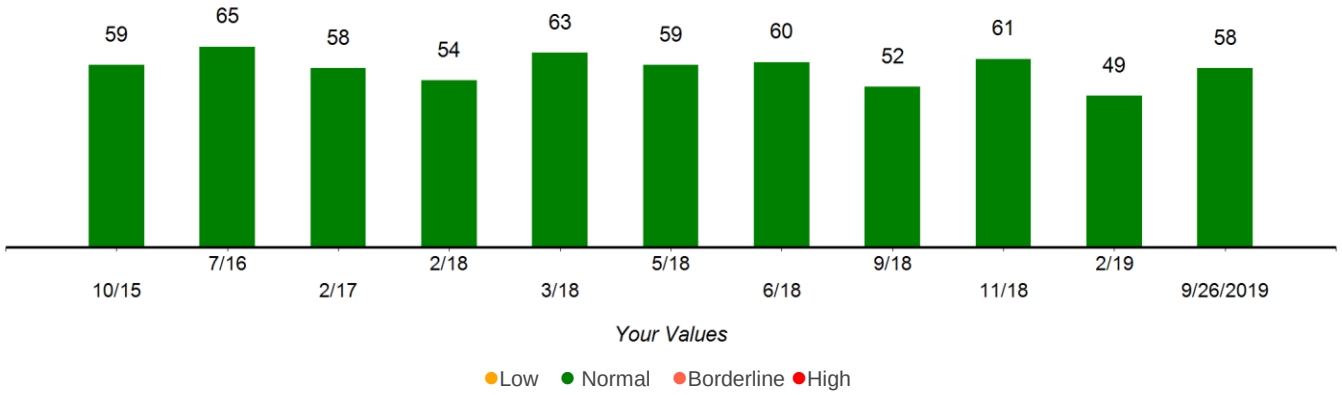


Cholesterol Group: HDL

The HDL or High Density Lipoprotein cholesterol is the good kind. A small amount of HDL cholesterol is another indicator for high atherosclerosis risk (i.e. heart attack). HDL molecules work in a positive way by scavenging excess cholesterol in the bloodstream, and thus preventing the build up of plaque within the blood vessel. The body does manufacture HDL, which serves as another transport vehicle for cholesterol molecules within the bloodstream. The goal level for HDL is to be within normal range.

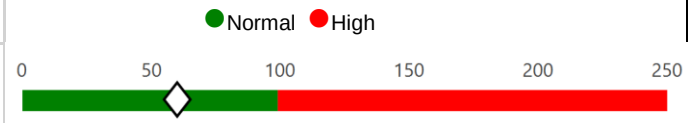
Normal Range	Your Value	Your Rating	
>0 - 39	**>58** mg/dL	**Normal**	

Your elevated HDL cholesterol is a cardiac risk factor in your favor, and it is found to this degree of elevation in only a small segment of the population. A high HDL cholesterol value protects your heart from plaque build-up.

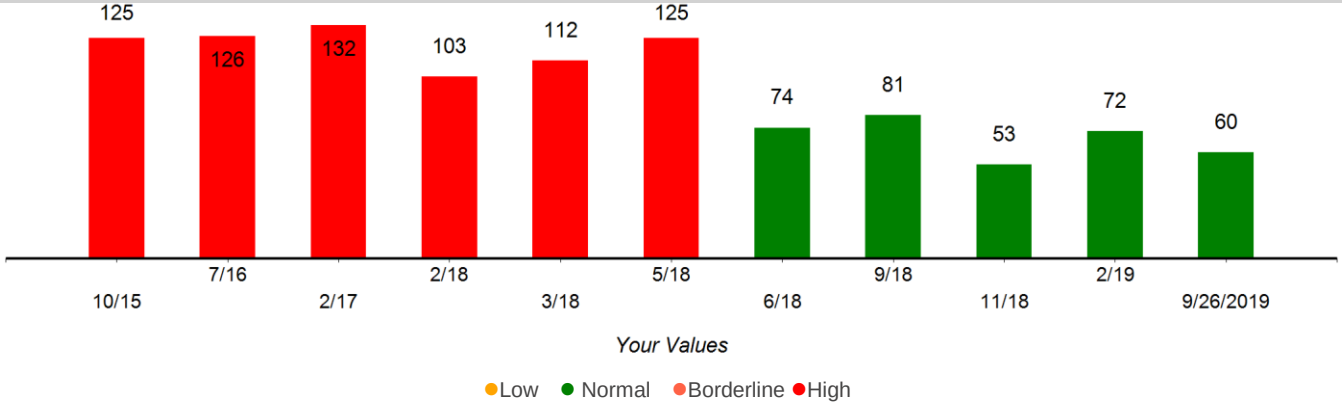


Cholesterol Group: LDL (calc)

The LDL, or Low Density Lipoprotein, cholesterol is the bad kind, is most indicative of risk for heart attack and other serious complications of atherosclerosis. The body manufactures LDL, which serves as a transport vehicle for cholesterol molecules within the bloodstream. The goal LDL level is to be within normal range. (LDL (calc) is calculated from Total Cholesterol and HDL.)

Normal Range	Your Value	Your Rating	
0 - 99	**60** mg/dL	**Normal**	

Your LDL cholesterol value puts you in the top quarter of the population. Again, your LDL cholesterol value is good, and puts you in a low risk position for atherosclerotic diseases such as heart attack, stroke, and peripheral vascular disease.



Diabetic Control Index Group

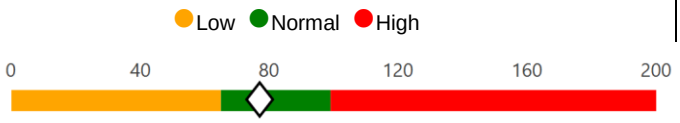
Your Score: 100

Concern Watch Good

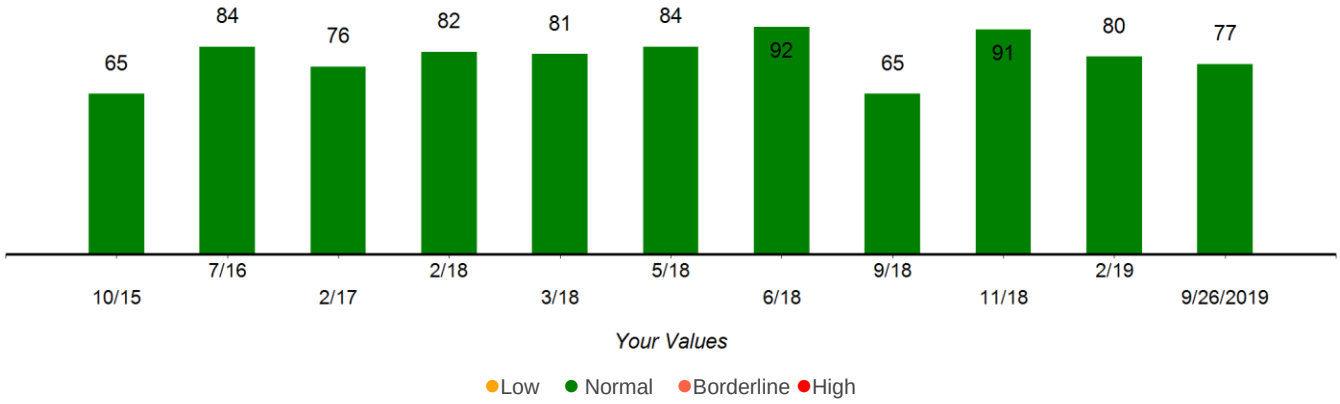
Diabetic Control Index Group: Glucose (Glu)

Blood Glucose level is the primary source of energy for the body. The liver can manufacture glucose, but most glucose is taken in through the diet. The muscles, brain, and other vital organs require a constant glucose source to function.

Normal Range	Your Value	Your Rating
65 - 99	**77** mg/dL	**Normal**



Your blood Glucose value is within the normal range. This blood test is similar to the finger stick glucose method, but is generally accepted as being a more accurate representation of blood sugar levels.



Chemistry Group

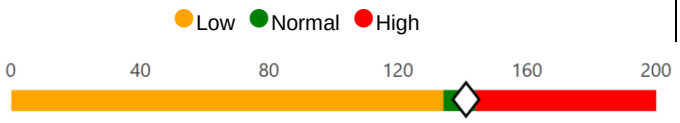
Your Score: 91

Concern Watch Good

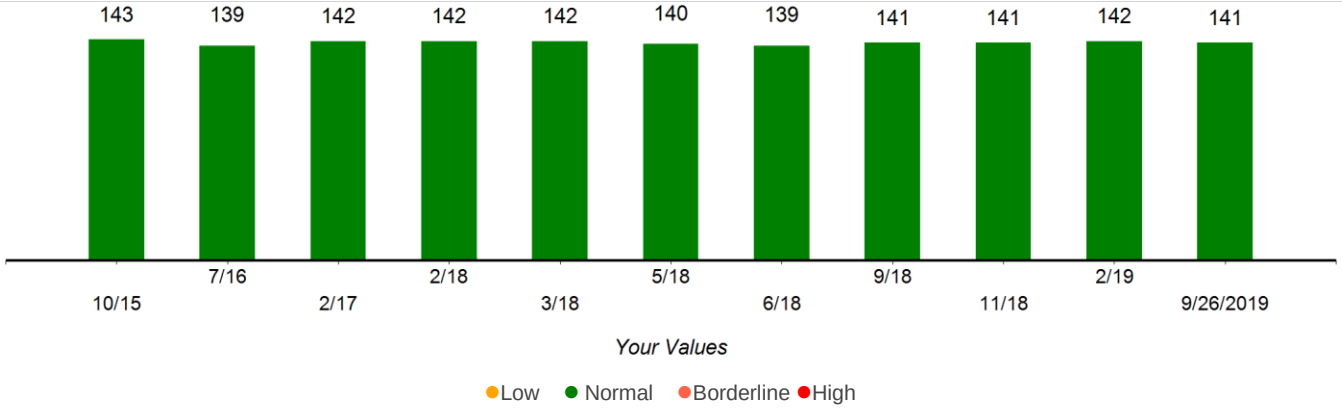
Chemistry Group: Sodium (Na)

The blood Sodium level is very closely regulated by the body. The Sodium level is very tightly linked to overall water balance in the body. Sodium is found in almost all processed foods.

Normal Range	Your Value	Your Rating
134 - 144	**141** mmol/L	**Normal**



Your blood Sodium level is within the normal range. Making sure that you drink enough water each day helps maintain this level. This level is rarely related to your intake of sodium, as most diets have more than adequate sodium content.

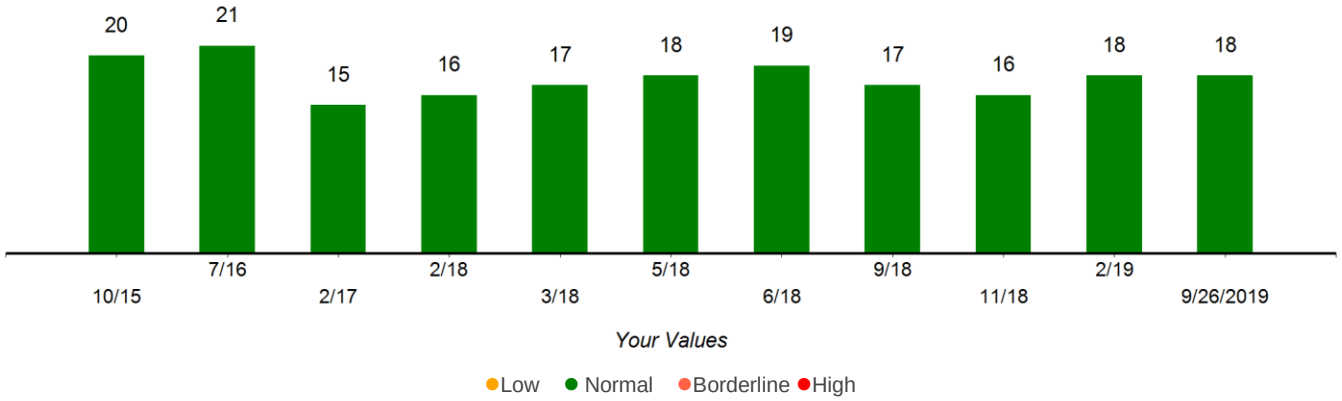


Chemistry Group: Blood Urea Nitrogen (BUN)

The Blood Urea Nitrogen is a byproduct of protein metabolism. The BUN is passed out of the body through the urine.

Normal Range	Your Value	Your Rating	Low Normal High
8 - 27	**18** mg/dL	**Normal**	0 8 16 24 32 40

Your Blood Urea Nitrogen (BUN) level is within the normal range. High Protein diets, dehydration and vigorous exercise programs can elevate the BUN level.

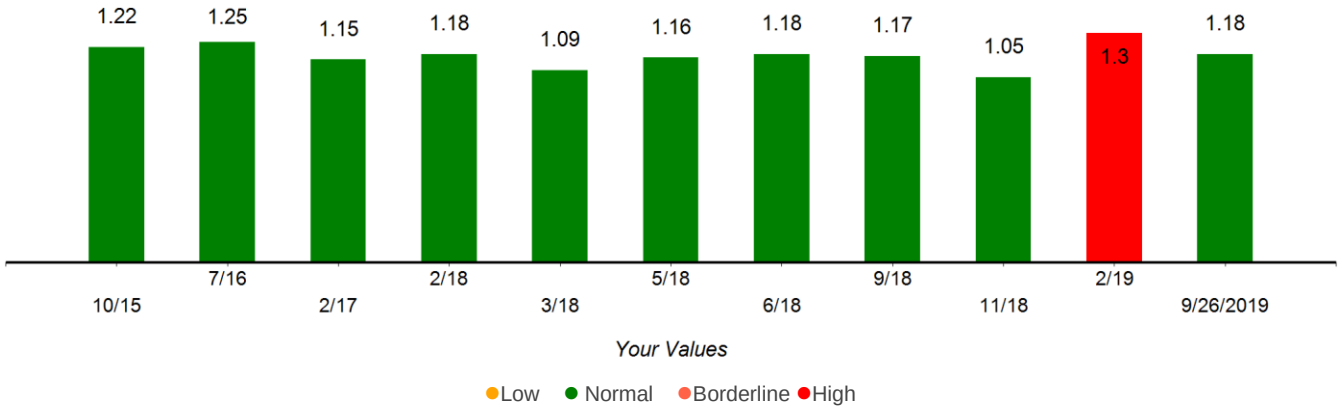


Chemistry Group: Creatinine (Creat)

The blood level of Creatinine results directly from the muscle energy metabolism. Creatinine is passed out of the body through the urine.

Normal Range	Your Value	Your Rating	Low Normal High
0.76 - 1.27	**1.18** mg/dL	**Normal**	0 0.5 1 1.5 2 2.5 3

Your blood Creatinine level is within the normal range. Your Creatinine level should remain rather constant over time. However, dehydration, medications, and vigorous exercise can elevate the Creatinine level.

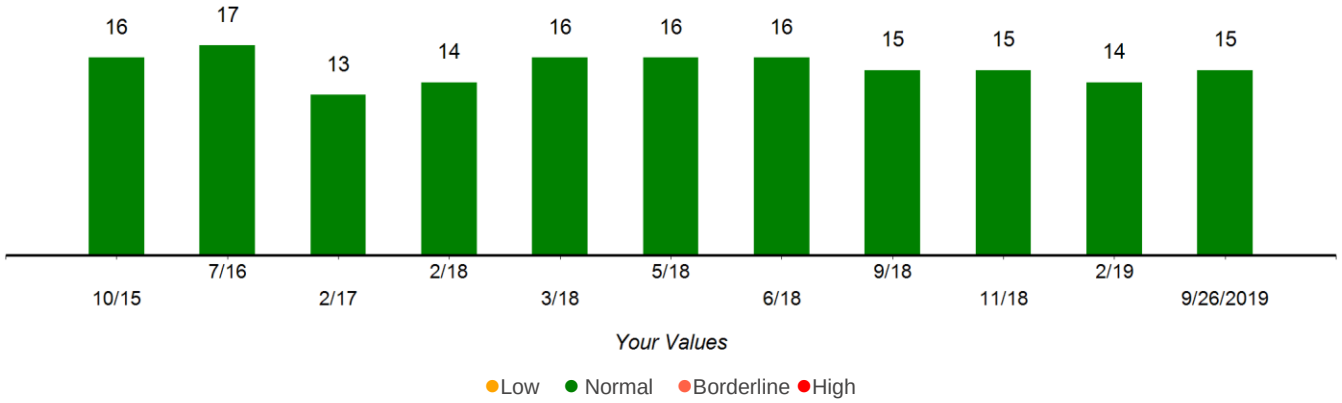


Chemistry Group: BUN/Creat Ratio

The ratio of blood BUN to the blood Creatinine (BUN divided by Creatinine) helps measure hydration status and kidney function.

Normal Range	Your Value	Your Rating	Low Normal High
10 - 24	**15** ratio	**Normal**	0 8 16 24 32 40

Your Blood Urea Nitrogen (BUN) to blood Creatinine ratio is within the normal range. Good hydration can keep this ratio in the normal range.

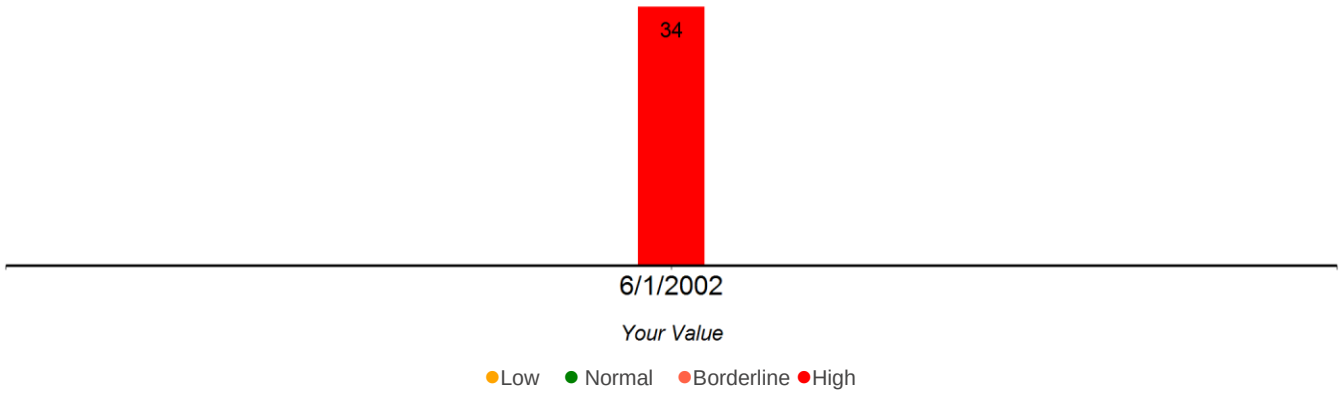


Chemistry Group: Carbon Dioxide (CO2)

The blood Carbon Dioxide (or Bicarbonate) level is a marker of overall body acid base balance. The Carbon Dioxide in the bloodstream buffers the acid that builds up in our muscles from exercise.

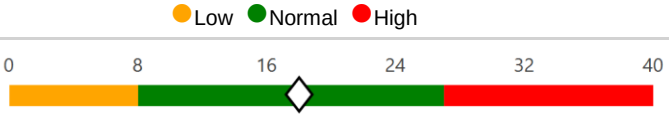
Normal Range	Your Value	Your Rating	Low Normal High
20 - 32	**34** mmol/L	**High**	0 10 20 30 40 50

Your blood Carbon Dioxide level is above the normal range. Most frequently a high Carbon Dioxide level results from an acid base imbalance within your body. Please discuss this with your physician and consider getting it rechecked.

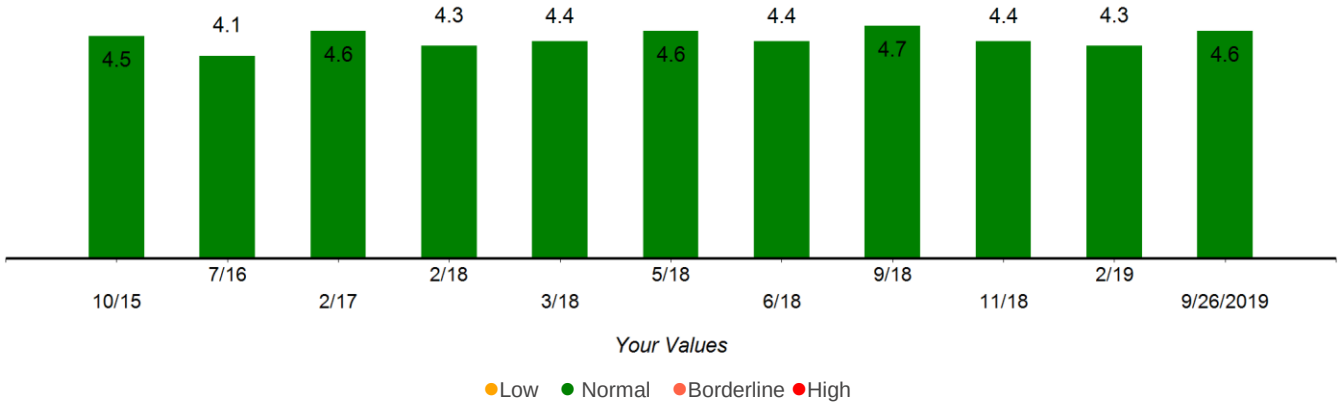


Chemistry Group: Potassium (K)

The blood Potassium level is critical for cardiac function, digestion, and nerve communication. We need Potassium daily from our diets. Potassium is found in bananas, raisins, and tomatoes and sports drinks.

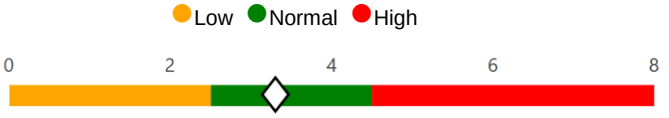
Normal Range	Your Value	Your Rating	
3.5 - 5.2	**4.6** mmol/L	**Normal**	

Your blood Potassium level is within the normal range. Please continue to make sure that you get daily potassium from your diet. People who live in hot environments or exercise often can lose large amounts of potassium, and thus, should make sure to consume foods high in potassium.

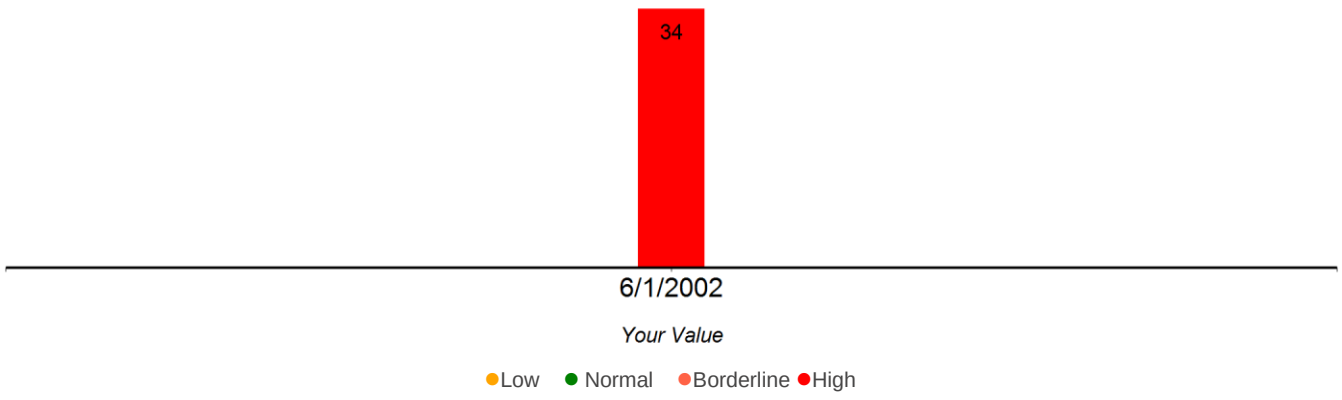


Chemistry Group: Phosphate (PO4)

The blood Phosphate level is important for acid base balance and muscle function.

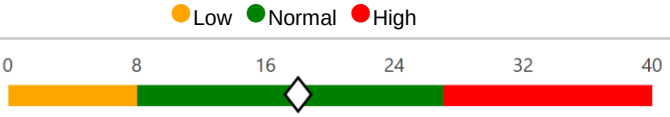
Normal Range	Your Value	Your Rating	
2.5 - 4.5	**3.3** mg/dL	**Normal**	

Your blood Phosphate level is within the normal range. Phosphate serves as an acid base buffer in the bloodstream.

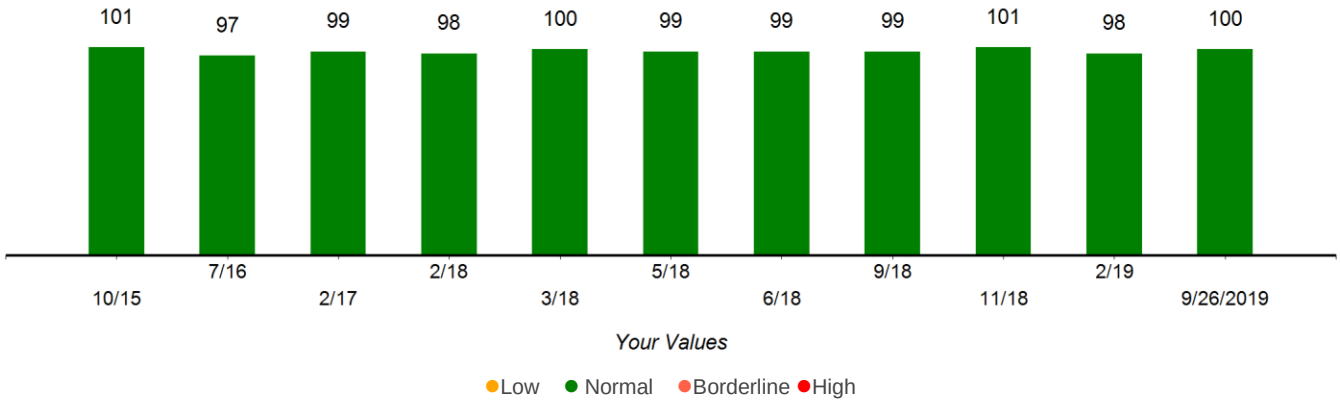


Chemistry Group: Chloride (Cl)

The blood Chloride level is closely related to the body's water status.

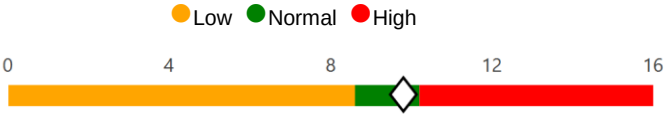
Normal Range	Your Value	Your Rating	
96 - 106	**100** mmol/L	**Normal**	

Your blood Chloride level is within the normal range. Making sure that you drink enough water each day helps maintain this level. This level is rarely related to your intake of dietary chloride.

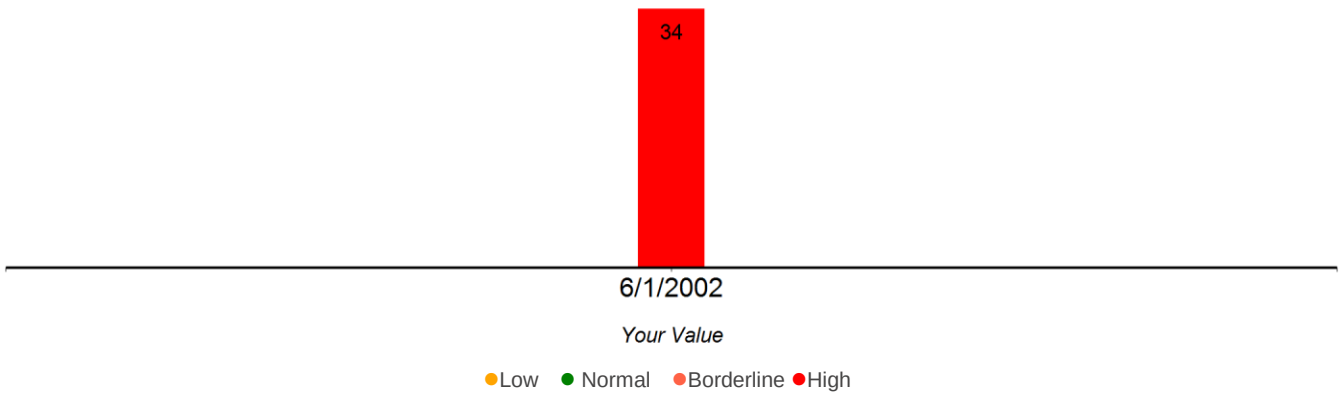


Chemistry Group: Calcium (Ca)

The blood Calcium level is important for bone strength, nerve communication, and cardiac function. Women need extra calcium because of their risk of osteoporosis, but most men do not get enough calcium either. Dairy products and fortified cereals are good dietary sources of calcium.

Normal Range	Your Value	Your Rating	
8.6 - 10.2	**9.8** mg/dL	**Normal**	

Your blood Calcium level is within the normal range. Please maintain the appropriate daily intake of calcium (between 1000-1500mg depending on your gender, higher for women).

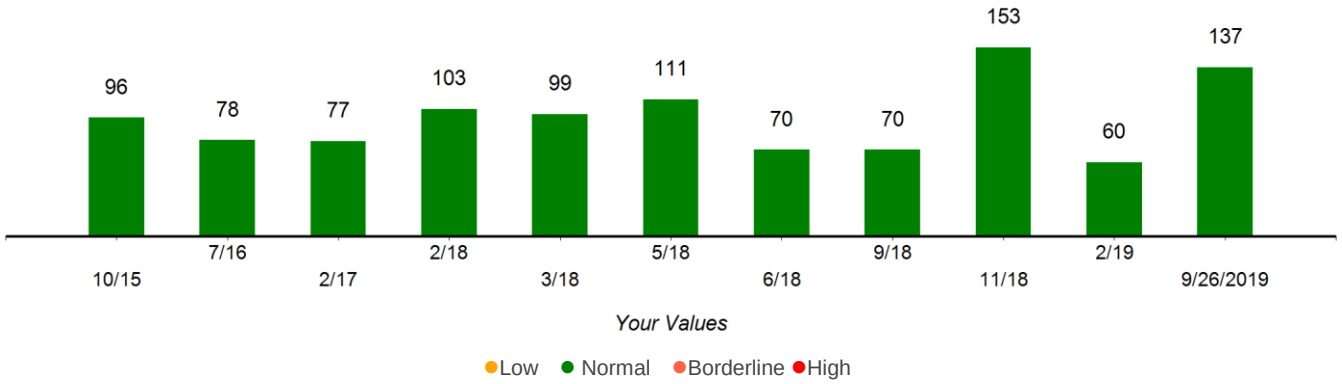


Chemistry Group: Iron Level

The blood Iron level measures the quantity of iron bound to proteins in the bloodstream. Iron levels are affected by the quantity of iron in the diet and the amount of iron lost from the body through blood losses. Women are frequently iron deficient because of the monthly blood loss from their menstrual cycle.

Normal Range	Your Value	Your Rating	Low Normal High
38 - 169	**137** ug/dL	**Normal**	0 8 16 24 32 40

Your blood Iron level is within the normal range. The blood Iron level measurement quantifies only the total Iron in the bloodstream, not the Iron storage form in the body (called the Ferritin).

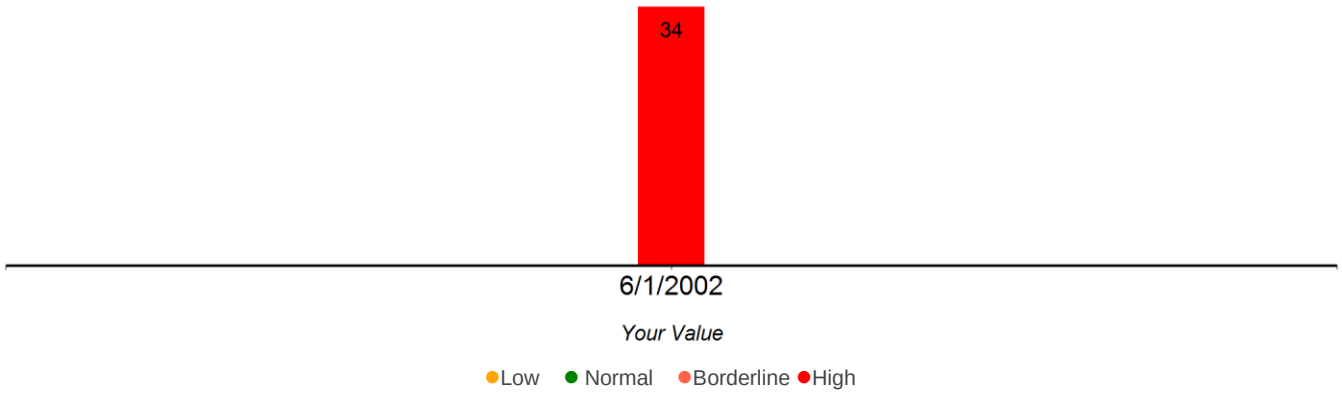


Chemistry Group: Uric Acid Level

The blood Uric Acid level measures the quantity of urate in the bloodstream. Urate levels are affected by cell turnover within the body, dietary protein intake, medications, and enzyme deficiencies.

Normal Range	Your Value	Your Rating	Low Normal High
3.7 - 8.6	**6.4** ug/dL	**Normal**	0 3 6 9 12 15

Your blood Uric Acid level is within the normal range. Be aware, that it is still possible to have gout and have a normal Uric Acid level.



Liver Function Tests Group

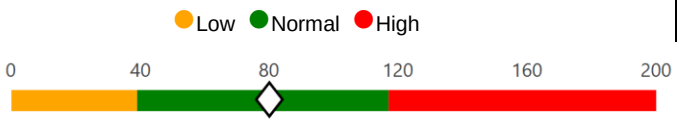
Your Score: 100

Concern Watch Good

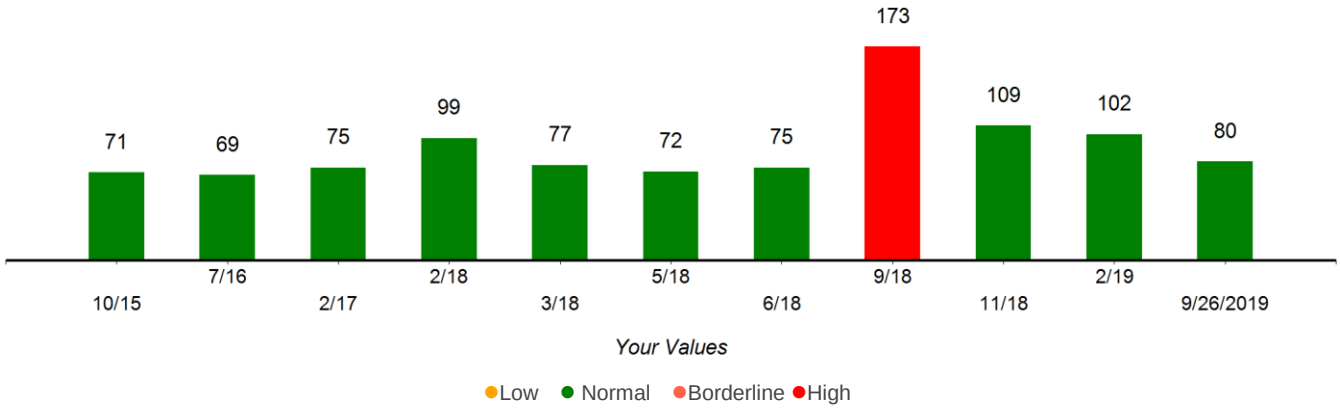
Liver Function Tests Group: Alk Phos

The Alk Phos (alkaline phosphatase enzyme) is an enzyme found predominately in the liver and bone. When the liver bile system is inflamed, obstructed, or infected, the Alk Phos level increases in the bloodstream. The goal level of the Alk Phos is to be within normal range.

Normal Range	Your Value	Your Rating
39 - 117	**80** IU/L	**Normal**



Your blood Alk Phos level is within the normal range. The Alk Phos level is increased in individuals with gall bladder stones and bile obstruction problems. Alk Phos levels are also found to be elevated in pregnant women.

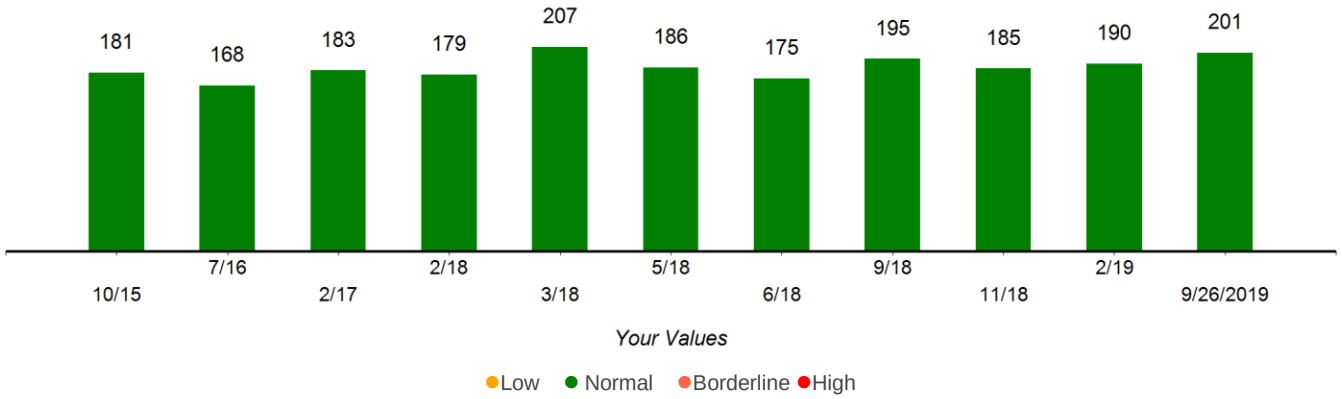


Liver Function Tests Group: LDH

The LDH (lactate dehydrogenase enzyme) is found throughout the body in many organ systems. When any of these organs are damaged or inflamed this enzyme spills out into the blood stream. For this reason, LDH is used as a general marker of injury to cells.

Normal Range	Your Value	Your Rating	
121 - 224	**201** IU/L	**Normal**	Low Normal High 0 50 100 150 200 250 300

Your blood LDH level is within normal range.

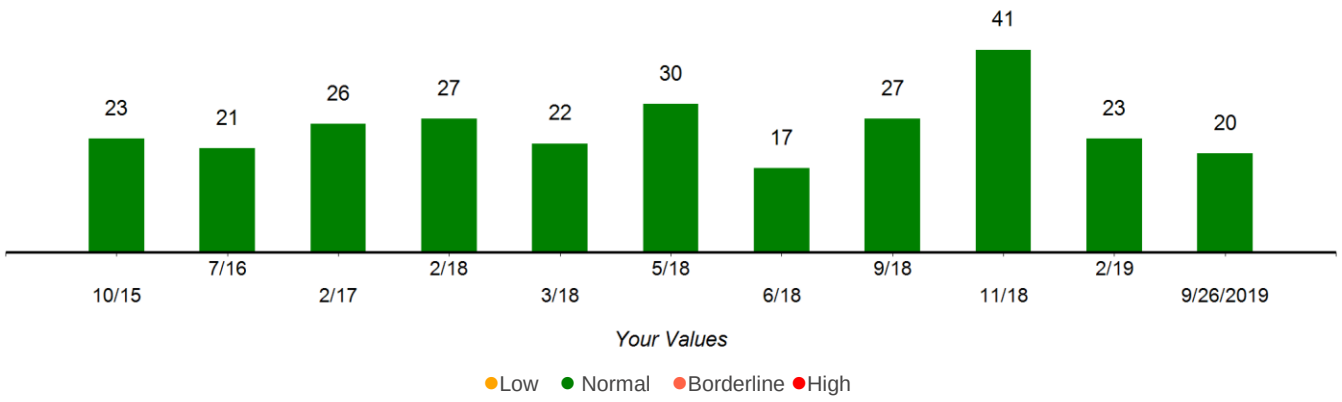


Liver Function Tests Group: ALT (SGPT)

The ALT (alanine aminotransferase enzyme) is found exclusively inside the liver. The ALT is also referred to as the SGPT. When the liver is inflamed, injured, or infected this enzyme spills into the bloodstream. This enzyme is also very sensitive and small elevations of the ALT in the blood can be seen from fever, strenuous exercise, alcohol use, and certain other medications. The goal level of the ALT is to be within normal range.

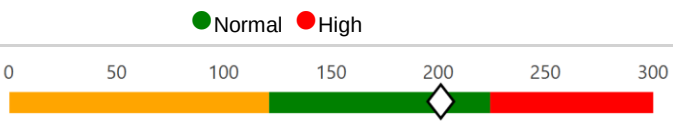
Normal Range	Your Value	Your Rating	
0 - 44	**20** IU/L	**Normal**	Normal High 0 20 40 60 80 100

Your blood ALT level is within the normal range. The ALT test is very sensitive. Most people will have an elevated ALT at some transient point in their life from a viral infection, fever, or over exertion. These transient elevations generally resolve in a few weeks, and, unless there is an ongoing medical illness, are not medically significant.

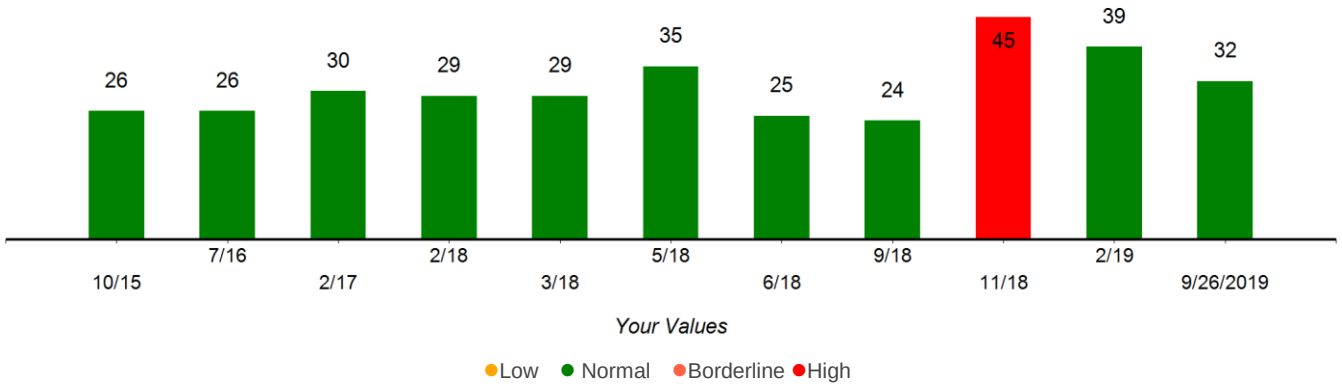


Liver Function Tests Group: AST (SGOT)

The AST (aspartate aminotransferase enzyme) is found predominately inside the liver. The AST is also referred to as the SGOT. When the liver is inflamed, injured, or infected this enzyme spills into the bloodstream. It is very sensitive and small elevations of the AST in the blood can be seen from fever, strenuous exercise, alcohol use, and certain other medications. The goal AST level is to be within normal range.

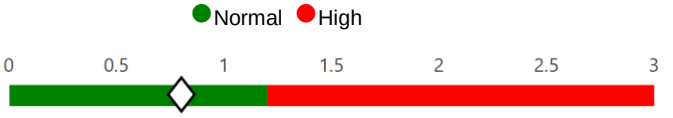
Normal Range	Your Value	Your Rating	
0 - 40	**32** IU/L	**Normal**	

Your blood AST level is within the normal range. The AST test is very sensitive. Most people will have an elevated AST at some transient point in their life from a viral infection, fever, or over exertion. These transient elevations generally resolve in a few weeks, and, unless there is an ongoing medical illness, are not medically significant.

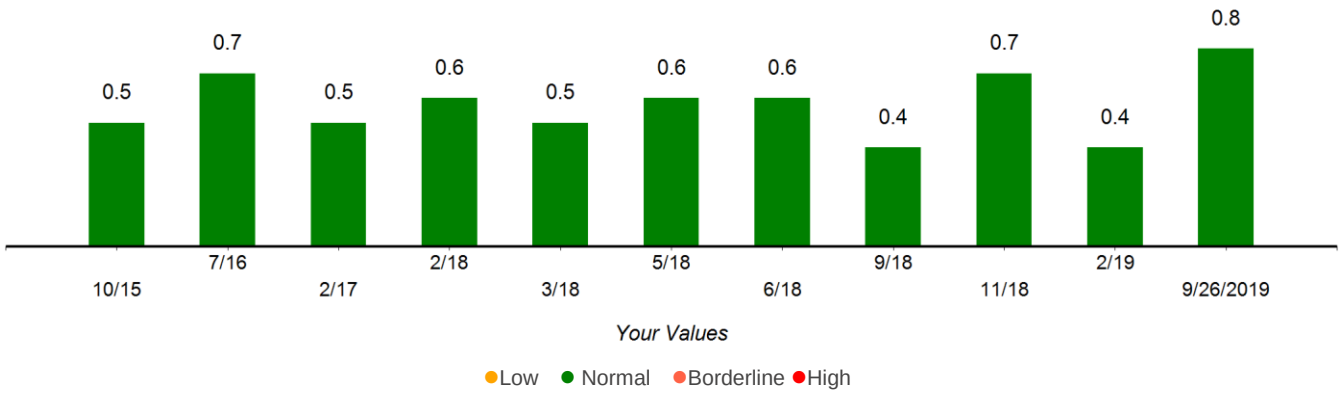


Liver Function Tests Group: TBILI

The TBILI (total bilirubin) is a measure of the total amount of bilirubin in the blood stream. Bilirubin is manufactured in the liver as old blood cells are broken down. When the liver bile system is inflamed, obstructed, or infected the total bilirubin level increases in the bloodstream. The goal range of the TBILI is to be within normal range.

Normal Range	Your Value	Your Rating	
0 - 1.2	**0.8** mg/dL	**Normal**	

Your blood Total Bilirubin level is within the normal range. Having a high Total Bilirubin causes the medical condition known as Jaundice, which is visibly identifiable by the yellow color of the skin and the white parts of the eyes.

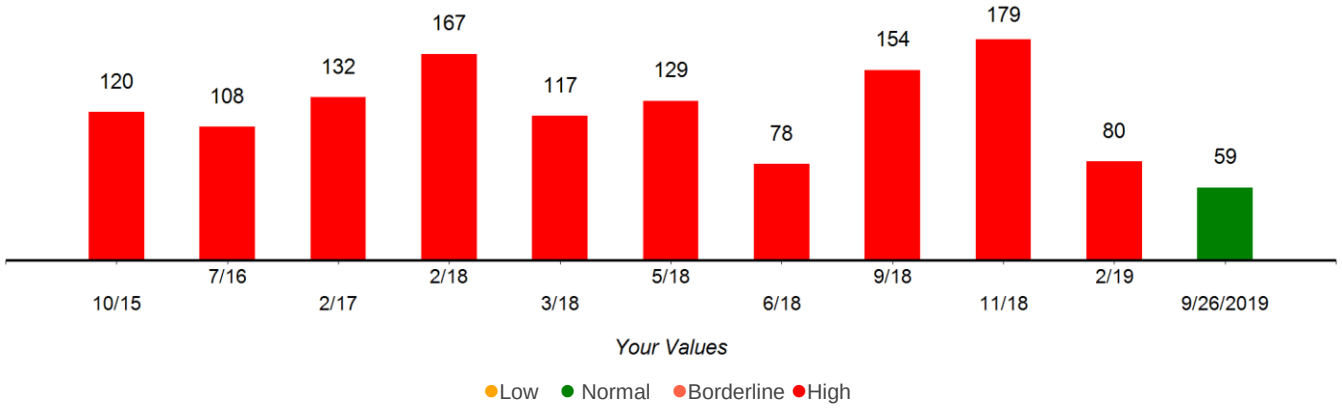


Liver Function Tests Group: GGT

The GGT (gamma glutamyl transferase enzyme) is found predominately inside the liver. When the liver bile system is inflamed, obstructed, or infected this enzyme spills out into the bloodstream. This enzyme is very sensitive as small elevations in the blood can be seen from alcohol, liver stressors, and certain other medications.

Normal Range	Your Value	Your Rating	Normal High
0 - 65	**59** IU/L	**Normal**	0 50 100 150 200 250 300

Your blood GGT level is within the normal range. The GGT test is very sensitive. Most people will have an elevated GGT at some transient point in their life from a viral infection or even alcohol use. These transient elevations generally resolve in a few days, and unless there is an ongoing medical illness are not medically significant.



Hormonal Assays Group

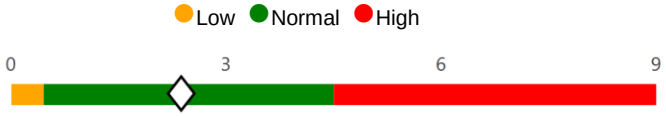
Your Score: 67

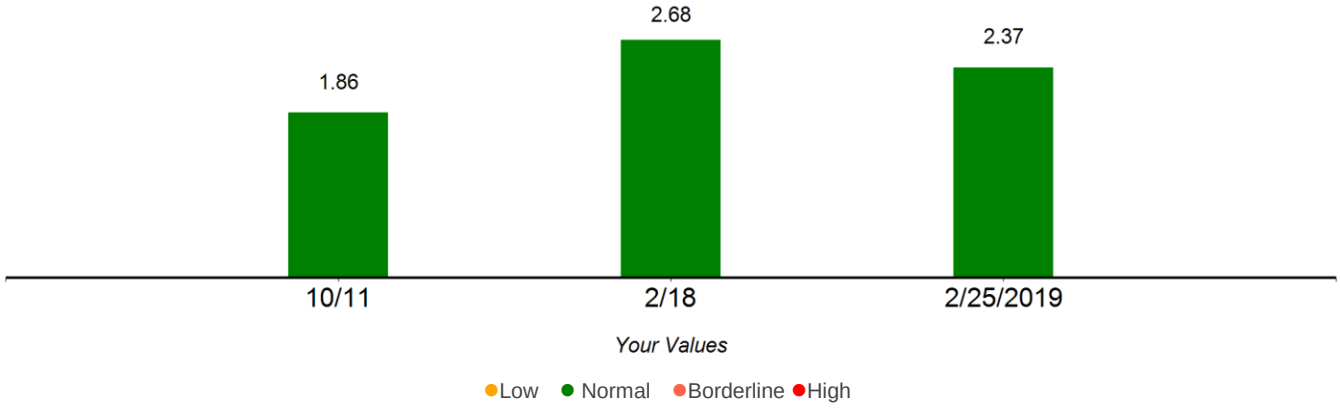
Concern Watch Good

Hormonal Assays Group: TSH (3rd generation)

The Thyroid Stimulating Hormone (TSH, 3rd generation, more sensitive) is a blood test and is an indirect measure of thyroid gland function. The TSH is a chemical, secreted by the brain, which modulates the thyroid gland's production of thyroid hormone. The TSH tests for hyperthyroidism and hypothyroidism.

Normal Range	Your Value	Your Rating
0.45 - 4.5	**2.37** uIU/mL	**Normal**

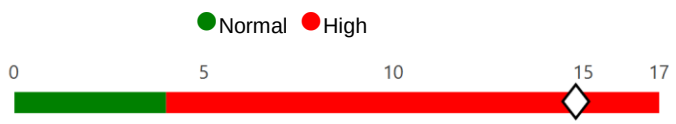




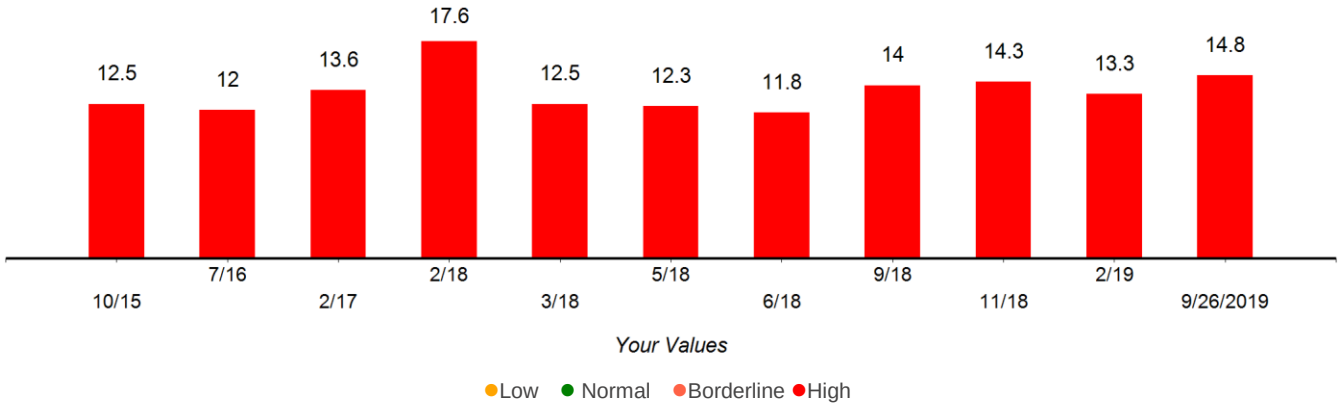
Hormonal Assays Group: PSA

The PSA (Prostate Specific Antigen) is a molecule released by the male prostate gland into the bloodstream. The actual PSA level is related to age, size of the prostate gland, and the individual. Tracking both the absolute value of the PSA and the change in the PSA level each year are both valuable tools in screening for prostate cancer.

Normal Range	Your Value	Your Rating
0 - 4	**14.8** ng/ML	**High**



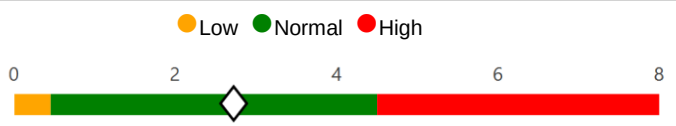
Your PSA level is above the normal range. Conditions such as Benign Prostatic Hypertrophy (BPH), infections of the prostate, prostatic inflammation, and prostate cancer can cause elevations in the PSA level. Please discuss this result very soon with your physician as many situational and personal factors affect the interpretation of the PSA level for any individual.



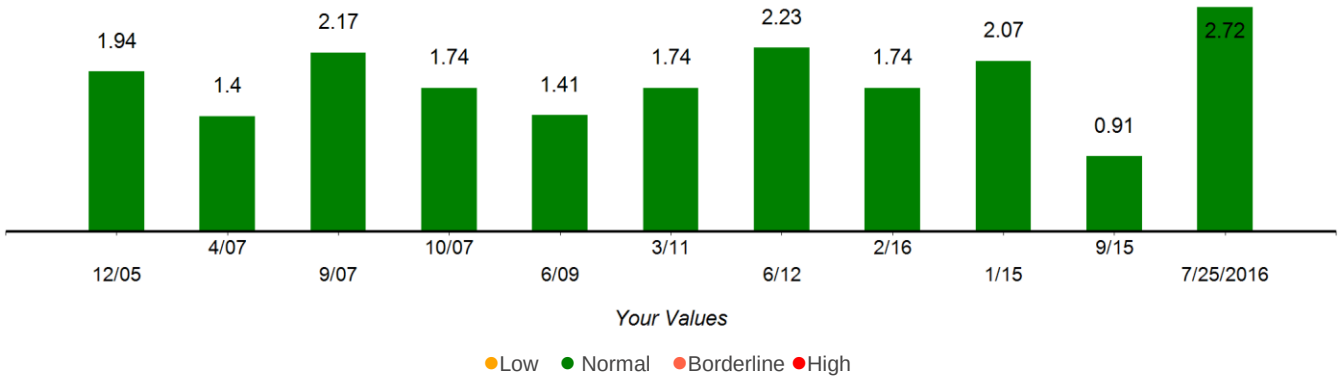
Hormonal Assays Group: TSH (2nd generation)

The Thyroid Stimulating Hormone (TSH, 2nd generation) blood test is an indirect measure of thyroid gland function. The TSH is a chemical, secreted by the brain, which modulates the thyroid gland's production of thyroid hormone. The TSH tests for hyperthyroidism and hypothyroidism.

Normal Range	Your Value	Your Rating
0.45 - 4.5	**2.72** uIU/mL	**Normal**



Your blood TSH level is within the normal range. Thyroid disorders are most commonly picked up by lab findings of an abnormal TSH. Your normal TSH level makes thyroid problems unlikely.



Nutrition Panel Group

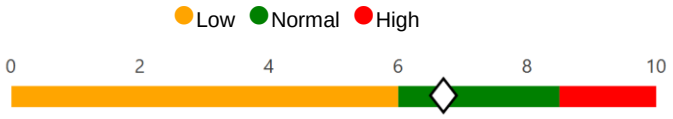
Your Score: 75

Concern Watch Good

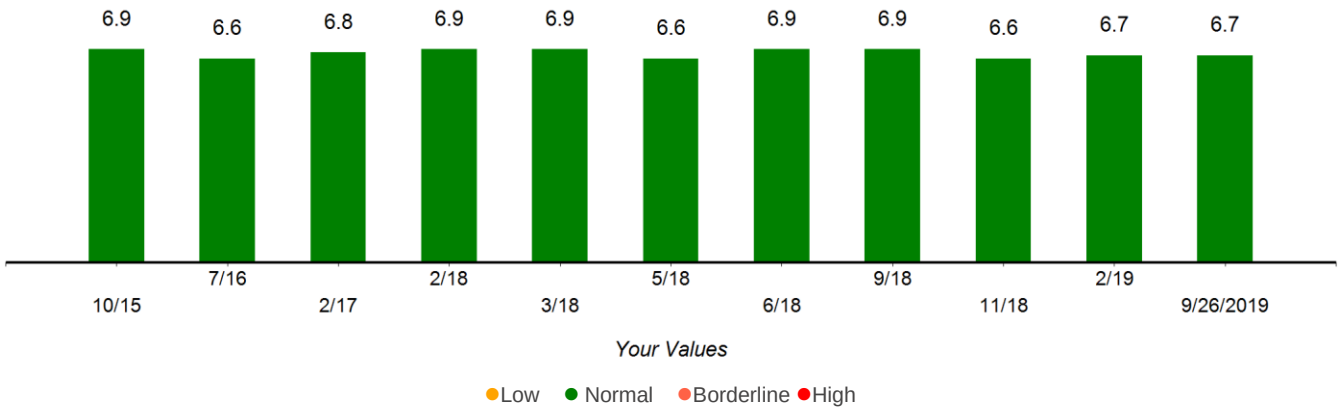
Nutrition Panel Group: Total Protein

The blood Total Protein is the sum of the Albumin level and the Globulin level.

Normal Range	Your Value	Your Rating
6 - 8.5	**6.7** g/dL	**Normal**



Your blood Total Protein level is within the normal range. This test is normal if your Albumin and Globulin levels are normal.

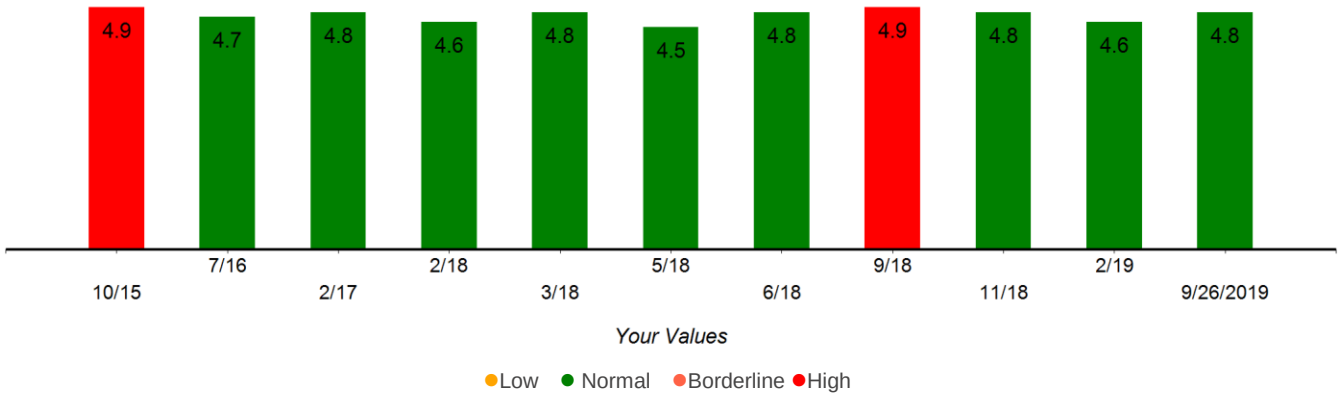


Nutrition Panel Group: Albumin

The blood Albumin level measures the predominate protein in your bloodstream. Albumin is made in the liver and functions to transport many important molecules around in the body. New Albumin protein molecules are made every 21 days depending on overall body health and nutritional intake.

Normal Range	Your Value	Your Rating	Low Normal High
3.6 - 4.8	**4.8** g/dL	**Normal**	0 4 8 11

Your blood Albumin level is within the normal range. Monitoring the Albumin level is one way to medically measure overall body nutrition status. Maintaining a normal Albumin level requires a good protein intake.

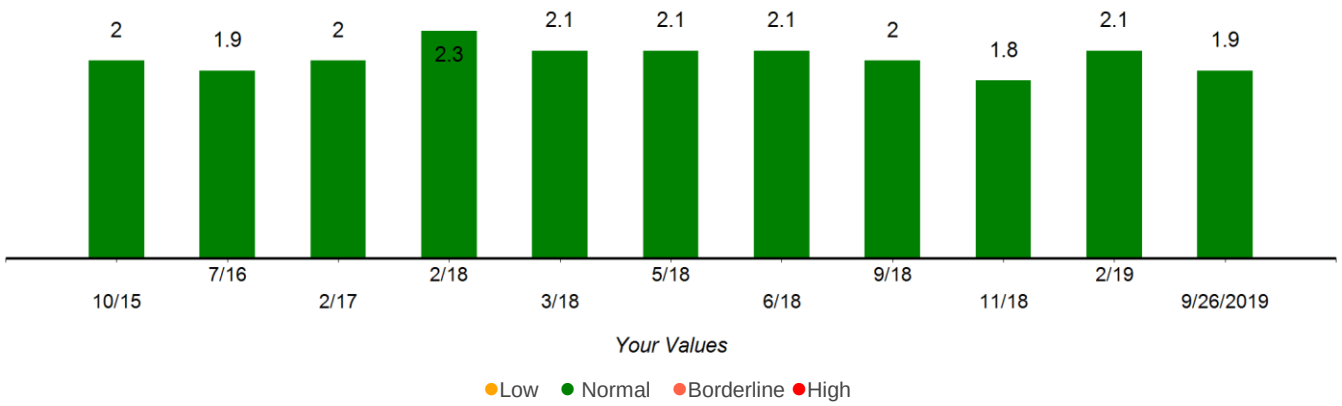


Nutrition Panel Group: Globulin

The blood Globulin level is the total amount of antibodies in your bloodstream helping your immune system. The globulins are manufactured inside specialized white blood cells and function to defend the body from infectious invaders. The level of immune globulins in the bloodstream can increase dramatically in response to super infections or autoimmune disease.

Normal Range	Your Value	Your Rating	Low Normal High
1.5 - 4.5	**1.9** g/dL	**Normal**	0 1 2 3 4 5 6 7

Your blood Globulin level is within the normal range. Globulin levels can fluctuate based on the body immune system alert status. If fighting off an infection, the Globulin level will increase transiently.

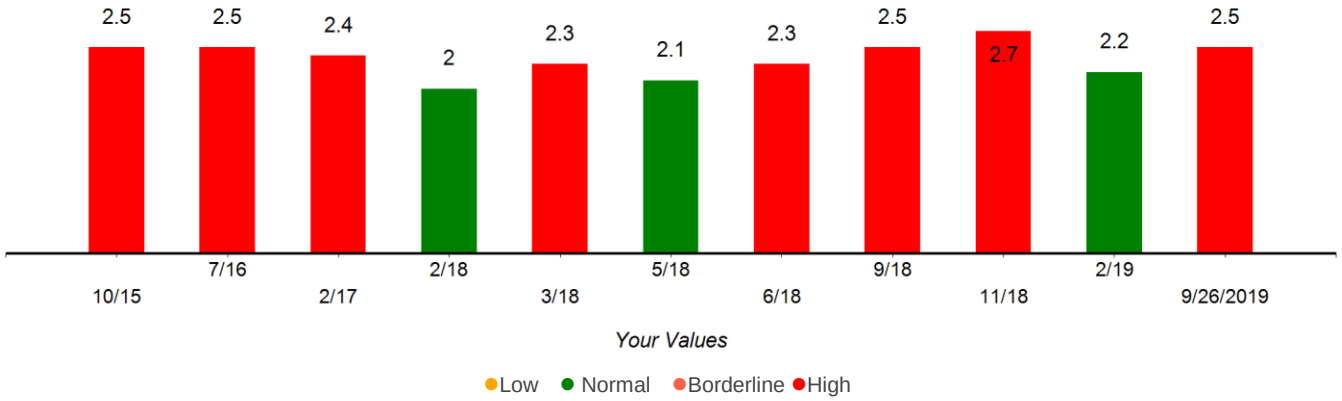


Nutrition Panel Group: A/G Ratio

The Albumin to Globulin Ratio (A/G Ratio) is comparative way to view the serum albumin and globulin levels. Each of these protein components should be evaluated first on its own scale; however, the A/G Ratio in the blood can also lend insight to a person's overall protein status.

Normal Range	Your Value	Your Rating	Low Normal High
1.2 - 2.2	**2.5** ratio	**High**	0 4 8 11

Your A/G Ratio is above the normal Ratio. Most likely, this elevated calculated Ratio results from a reduced Globulin level. Reduced Globulin levels are most commonly due to poor nutrition protein intake or protein loss in the urine.



Vitals Group

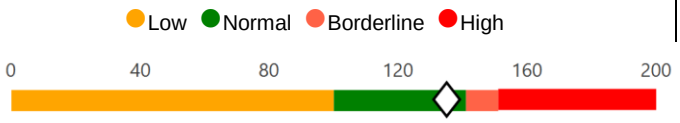
Your Score: 100

Concern Watch Good

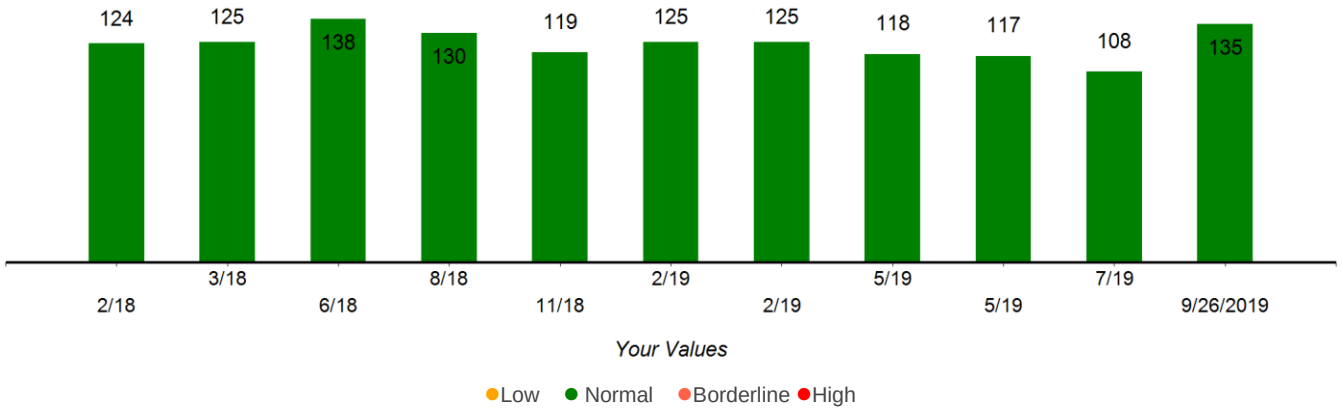
Vitals Group: Systolic Pressure

The Systolic Blood Pressure (SBP) is the top number on a routine blood pressure reading. The SBP represents the pulse pressure created with each beat of the heart. The systolic pressure measurement is reported in millimeters (mm) of Mercury (Hg).

Normal Range	Your Value	Your Rating
100 - 140	**135** mmHg	**Normal**



Your Systolic Blood Pressure (SBP) was within the normal range. It is generally accepted that the lower your SBP the better, meaning that a number below 120 is ideal.

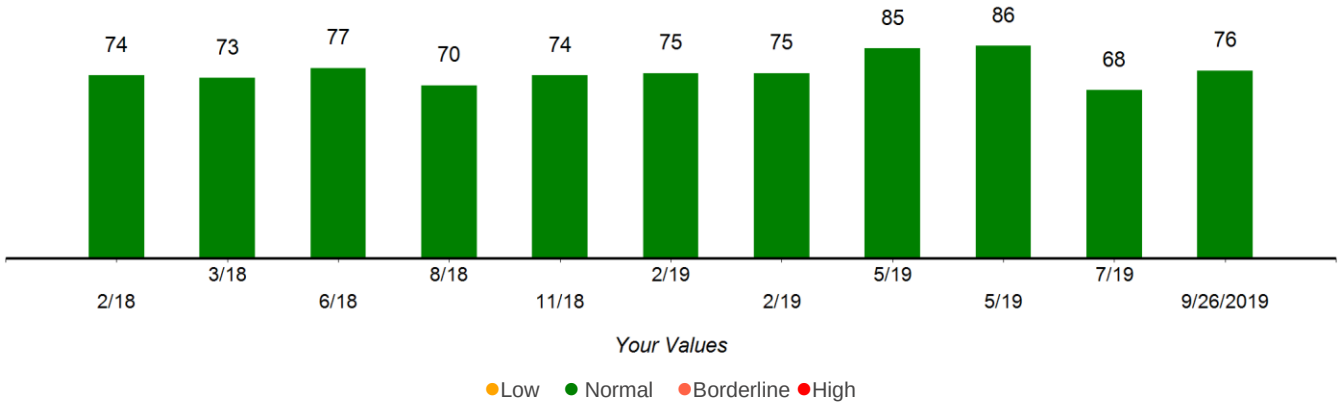


Vitals Group: Diastolic Pressure

The Diastolic Blood Pressure (DBP) is the bottom number on a routine blood pressure reading. The DBP represents the resting baseline pressure inside the vessels. The diastolic blood pressure measurement is also reported in millimeters (mm) of Mercury (Hg).

Normal Range	Your Value	Your Rating	Low Normal Borderline High
50 - 89	**76** mmHg	**Normal**	0 30 60 90 120 150

Your Diastolic Blood Pressure (DBP) was within the normal range. DBP goes down both during and up to 12 hours after vigorous exercise.

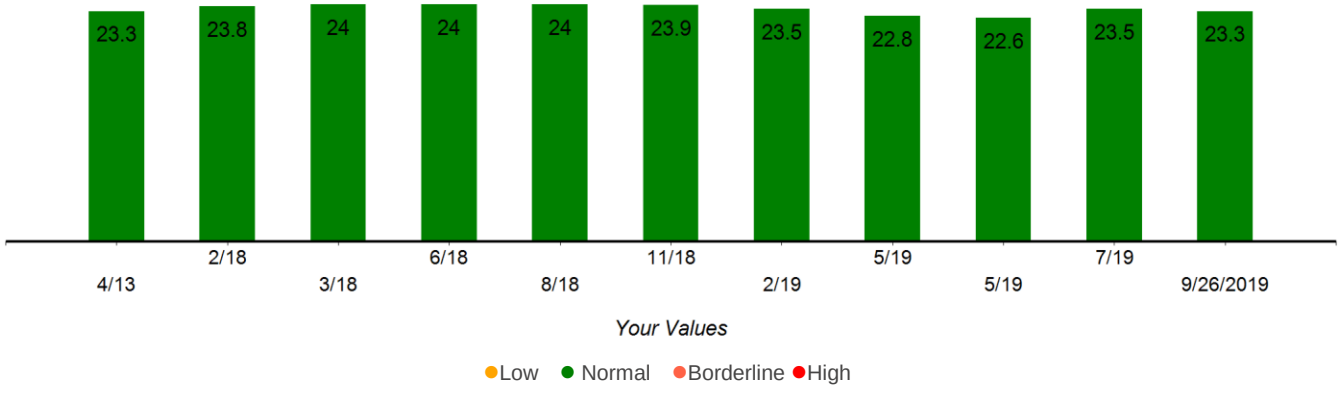


Vitals Group: Body Mass Index (BMI)

The Body Mass Index (BMI) is a calculated formula that factors in your height and weight in order to objectively defining your ideal body weight. The Body Mass Index is a well-researched tool for evaluating individual body weight. An elevated BMI increases your risk for diabetes, high blood pressure, and heart disease. Normal BMIs are less than 25.

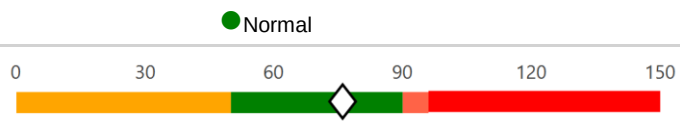
Normal Range	Your Value	Your Rating	Normal High
0 - 25	**23.3** index	**Normal**	0 5 10 15 20 25 30 35

Your BMI is within the normal range (0 to 25). Your BMI does not put you in a high-risk category for weight related medical complications. Please make sure exercise part of your routine weekly activities.

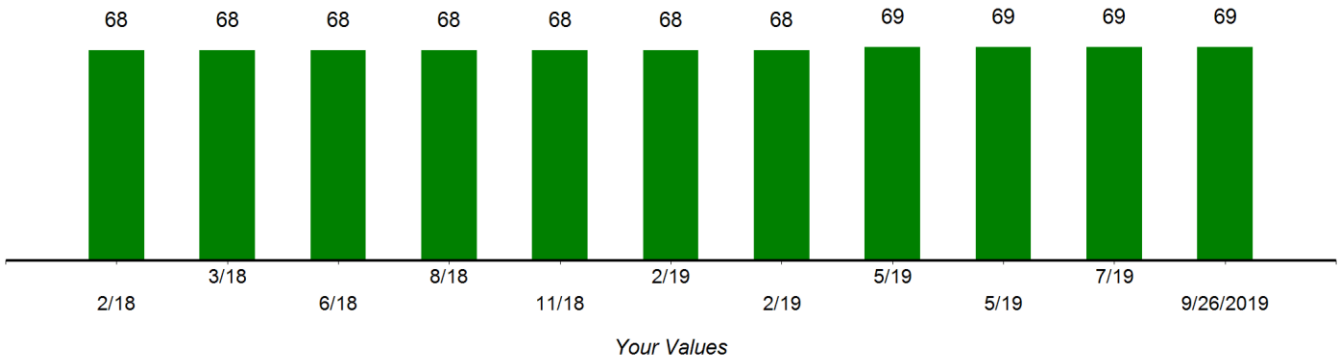


Vitals Group: Height

Height (measured in inches) generally increases through the teenage years. Height is maintained until slight declines occur due to age, illness or bone conditions.

Normal Range	Your Value	Your Rating	
0 - 100	**69** inches	**Normal**	

Height is generally constant after adolescence and declines slightly in the older years.

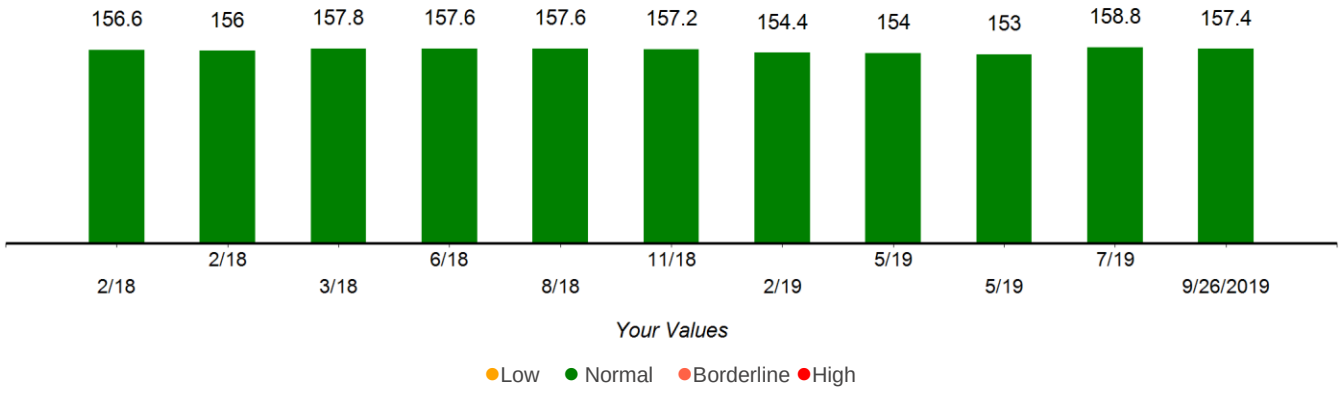


Vitals Group: Weight

Weight (measured in pounds) is critical factor in maintaining good health. Please refer to your Body Mass Index (BMI) for detail explanation.

Normal Range	Your Value	Your Rating	
0 - 10000	**157.4** lbs.	**Varies**	

Please advise your physician of any unexplained weight change.



Behavioral Group

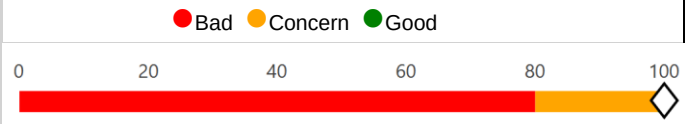
Your Score: 100

Concern Watch Good

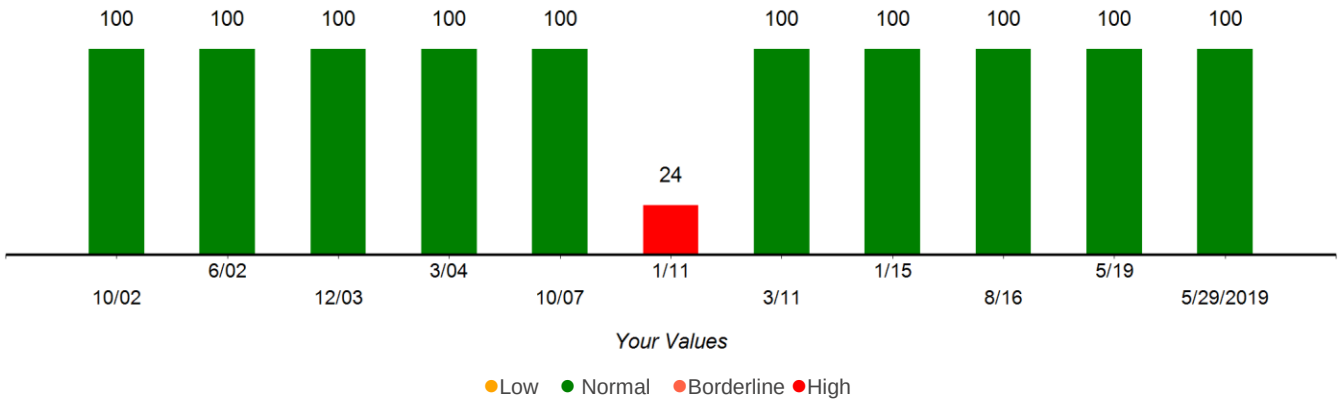
Behavioral Group: Seatbelt Use

Seatbelt use is the single quickest and most effective way to prevent significant medical injury from car accidents. By wearing a lap/shoulder seat belt, you substantially reduce your chance of premature death. But, about 30% of American's do not buckle up. Seat belts are approximately 50% effective for preventing fatality in severe crashes. Seat belts have saved 13,000 lives each year, while 7,000 die because they did not use belts.

Normal Range	Your Value	Your Rating
99 - 100	**100** %	**Good**



Wearing your seatbelt at all times is important. We are glad that you do. Seatbelt use will save the life of someone you know in your lifetime!



Tobacco and Nicotine Group

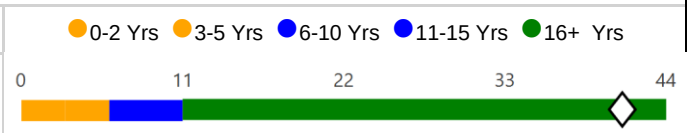
Your Score: 100

Concern Watch Good

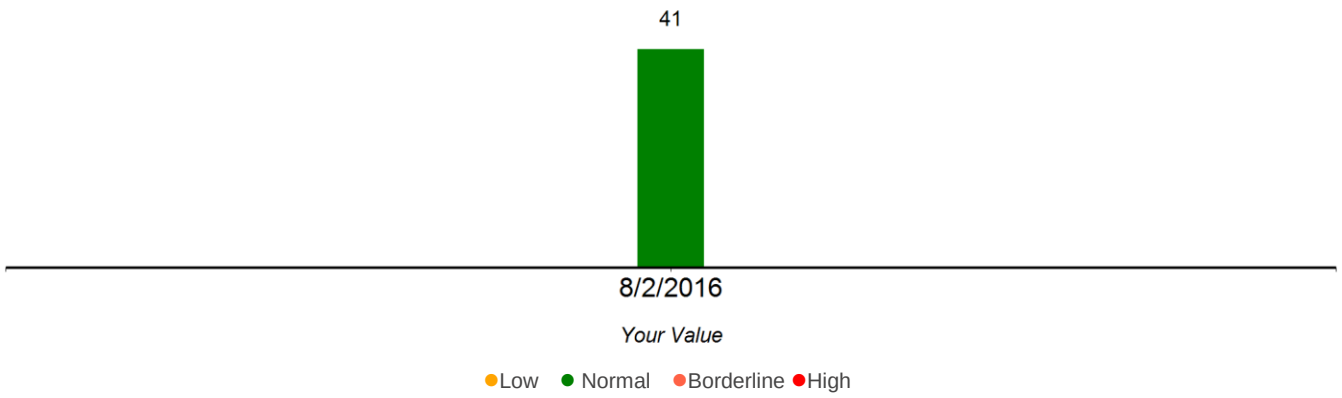
Tobacco and Nicotine Group: Smoke Free Status (male)

According to the 1990 Surgeon General report, smoking cessation at all ages reduces the risk of premature death. That is, the longer you stay smoke free, the longer you will live and have a healthier life. Among former smokers, the decline in risk of death compared with continuing smokers begins shortly after quitting and continues for at least 10 to 15 years. After 10 to 15 years of being smoke free, risk of death is nearly that of a person who never smoked.

Normal Range	Your Value	Your Rating
6 - 10	**41** Years	**16+ Yrs**



Congratulations, you have been smoke free for 16 or more years. Your risk of death is about the same as that of a person who never smoked.



Preventive Screens Group

Your Score: 0

Concern Watch Good

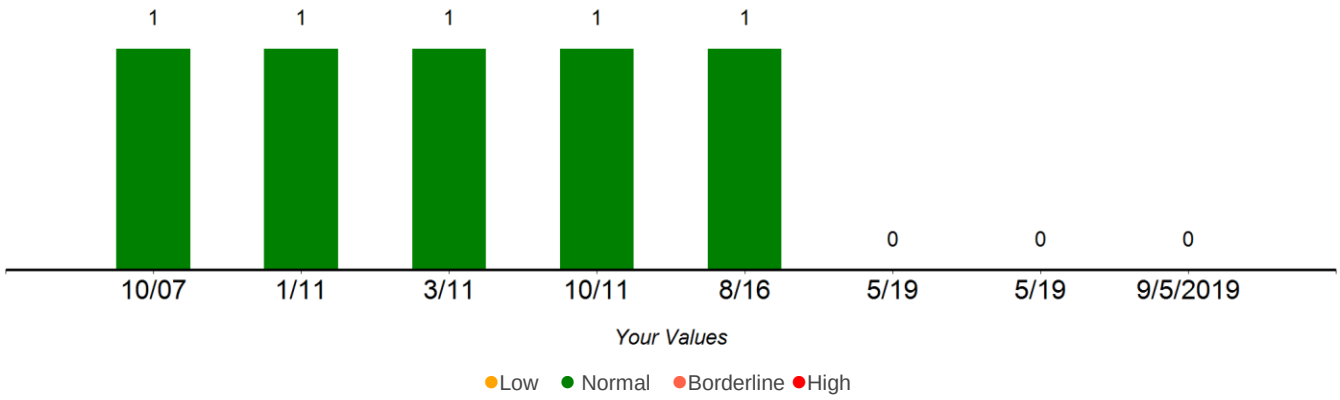
Preventive Screens Group: Eye Exam in Past 12 Months

An eye exam is one of the best ways to protect your vision because it can detect eye problems at their earliest stage - when they're most treatable. Regular eye exams give your eye care professional a chance to help you correct or adapt to vision changes. And eye care specialists can give you expert tips on ways to reduce eyestrain and how to care for your eyes. A comprehensive medical eye exam by an Eye Doctor: Once between age 20 and 39, Twice between age 30 and 39, every two years between age 40 to 64, every one to two years for age 65 and older.

Normal Range	Your Value	Your Rating
0.5 - 1	**No (=0)** Binary	Concern

Concern Good

If you have gone more than two years without an eye exam, you should schedule an appointment with your eye M.D.



Exercise Group

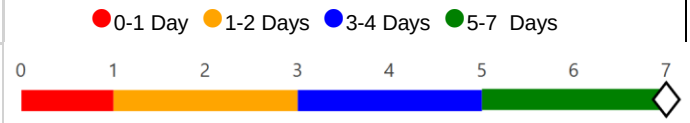
Your Score: 100

Concern Watch Good

Exercise Group: Exercise (Days Per Week)

Exercise and physical fitness has many benefits, such as: Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity. Exercise keeps joints, tendons and ligaments flexible so it's easier to move around and reduces some of the effects of aging. It contributes to your mental well-being and helps treat depression, relieve stress and anxiety. It increases your energy and endurance helps you sleep better. See the Physician to determine the best exercise for you.

Normal Range	Your Value	Your Rating
3 - 4.9	**7** days/wk	**5-7 Days**



Congratulations! You are exercising 5 or more days a week. You are getting the benefits mentioned above. Keep up the good work.