

# PERSONALIZED prevention

**Name:** Sam Sample  
**Date of Birth:** 8/3/2017  
**Last 4 SSN:** 123  
**Gender:** M

Dear Sam,

Thank you for participating in your company-sponsored health screening. We would like to congratulate you for taking the first step in proactively managing your health. The information in this packet is purely confidential and should not be read by anyone other than you. Please check the above information to ensure it is correct. If you notice any of the information is incorrect please DO NOT open this packet and inform a Personalized Prevention representative immediately.

The information in this packet is designed to educate you on different aspects of your screening results, and is not intended to diagnose any condition. Any results indicated as high risk in your results packet should be further discussed with your primary care physician to decide the best course of action.

● **METABOLIC SYNDROME** is a condition caused by a grouping of risk factors that when combined together increase your risk for certain chronic diseases. If you have 3 or more of these risk factors outside the acceptable range please consult your physician to discuss a plan to help you reduce your health risk.

- Waist Measurement:  $\geq 40$  inches for Men,  $\geq 35$  inches for Women, and/or BMI  $\geq 30$
- Elevated Triglycerides:  $\geq 150$
- Low HDL:  $< 40$  in Men or  $< 50$  in Women
- Elevated Blood Pressure:  $\geq 130 / 85$
- Fasting Blood Glucose:  $\geq 100$

If you have any questions, concerns, or would like to speak with one of our health coaches please contact Personalized Prevention at 1-800-515-6641 or [support@personalizedprevention.com](mailto:support@personalizedprevention.com).

To Your Good Health,

Personalized Prevention

Item. 20A

Name: Sam Sample  
 Date of Birth: 8/3/2017  
 Last 4 SSN: 123

Reporting Date: 8/3/2017  
 Sample ID: 123456

**CHEMISTRY RESULTS**

| Determination         | Your Result | High/Low | Preferred Range  | Test Guide  |
|-----------------------|-------------|----------|--|---|
| GLUCOSE               | 112.00      | H        | 65-99 mg/dL  | This test measures the blood sugar level, and will be elevated for several hours after eating and drinking. A fasting glucose results of 100-125 mg/dL may indicate a risk for prediabetes according to the American Diabetes Association, while higher levels may be found in diabetes.  |
| HEMOGLOBIN A1C        | 7.50        | H        | 4.8-5.6%   | This test is completed if the glucose is > 100 mg/dL and shows the level of the blood sugar in the blood over a 2-3 month period. It can also be used to screen for or aid in the diagnosis of <b>diabetes</b> . The higher the level of glucose in the blood is associated with greater heart, kidney, nerve, and eye disease. |
| BLOOD UREA NITROGEN   | 12.00       |          | 18-39 yrs: 6-20<br>40-59 yrs: 6-24<br>60-89 yrs: 8-27<br>>89 yrs: 10-36 mg/dL        | BUN is a by-product of protein metabolism and is cleared by the kidneys. Elevations can result from any type of kidney disorder, strenuous exercise, or diuretic medications  |
| CREATININE            | 0.93        |          | M >14 yrs: .76-1.27<br>F >14 yrs: .57-1 mg/dL  | A by-product of muscle metabolism, also cleared by the kidneys. Elevations suggest kidney or muscular disorders. Protein diets may cause mild elevations  |
| BUN/CREATININE RATIO  | 13.00       |          | M 18-59 yrs: 9-20<br>F 18-59 yrs: 9-23<br>M >59 yrs: 10-24<br>F >59 yrs: 12-28 mg/dL | This ratio is determined by taking the creatine levels in the blood and dividing them by the BUN levels. A high ratio may show kidney disease, kidney stones, or intestinal bleeding. Low ratio results are found in pregnancy, liver disease, or with a low protein diet.  |
| eGFR If Africn Am.    | 118.00      |          | >59 mL/min/1.7   | Abnormal results may be an indication of kidney damage, chronic kidney disease or used to monitor kidney status. Calculated results are reported separately for African American and Non-African Americans.   |
| eGFR If NonAfricn Am. | 102.00      |          | >59 mL/min/1.7   | Abnormal results may be an indication of kidney damage, chronic kidney disease or used to monitor kidney status. Calculated results are reported separately for African American and Non-African Americans.   |
| SODIUM                | 141.00      |          | 134-144 mmol/L   | Sodium may be used to evaluate conditions such as dehydration, swelling, or disease of the heart, lung, or kidney. Sodium is an electrolyte that is vital to normal nerves and muscle function and helps regulate the amount of fluid in the body.  |
| POTASSIUM             | 5.20        |          | 3.5-5.2 mmol/L   | Potassium is an electrolyte that is important in muscle function, helping to transmit messages between nerves and muscles, and is important to heart function. Used to evaluate Kidney disease, heart disease or high blood pressure.   |
| CHLORIDE              | 101.00      |          | 97-106 mmol/L  | Chloride is an electrolyte that helps keep a proper fluid and acid/alkaline pH balance in the body. This test detects abnormal blood chloride levels to monitor certain health conditions such as high blood pressure, heart failure, kidney disease, and liver disease.  |

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**CHEMISTRY RESULTS (continued)**

| Determination        | Your Result | High/Low | Expected Range   | Test Guide  |
|----------------------|-------------|----------|--|---|
| ALKALINE PHOSPHATASE | 95.00       |          | M 18 yrs: 56-127<br>F 18 yrs: 43-101<br>>18 yrs: 39-117<br>IU/L            | An enzyme found primarily in the bone and liver that may indicate bone, liver or kidney disorders. Generally higher in children than in adults because of its role in the bone making processes. Levels may be elevated at times of pregnancy.                      |
| TOTAL PROTEIN        | 7.30        |          | 6-8.5 g/dL   | Proteins are used in the body for immunity or to carry substances in the blood. Very low values may be associated with tissue swelling or malnutrition. High values may suggest dehydration, or chronic inflammation.   |
| GLOBULIN             | 2.90        |          | 2-4.5 g/DL   | These are proteins in the blood that help fight infection, aid blood clotting, and transport nutrients and fats to the muscles. Low levels may be due to kidney, liver, or digestion issues. High levels may be due to inflammation or immune insufficiency.        |
| ALBUMIN              | 4.40        |          | 3.2-5.6 g/dL   | Higher values represent dehydration, while lower values are generally a result of kidney or liver problems.   |
| ALBUMIN/GLOBULIN     | 1.50        |          | .7-2.0 g/dL  | A low A/G ration may be due to overproduction of globulins from autoimmune or other disease, or a low production of albumin from liver or kidney issues. A high A/G ratio may reveal an immune deficiency or leukemia.  |
| CALCIUM              | 9.80        |          | 18-59 yrs: 8.7-10.2<br>M >59 yrs: 8.6-10.2<br>F >59 yrs: 8.7-10.3<br>mg/dL | Used to screen for, diagnose, and monitor a range of conditions relating to the bones, muscles (like the heart), nerves, kidneys, teeth, and parathyroid gland. Abnormal levels are associated with an underlying condition.  |
| CARBON DIOXIDE       | 26.00       |          | 18 – 29 mmol/L   | Usually measured to evaluate lung function and acid/base balance. Abnormal results may indicate lack of oxygen intake, trouble releasing carbon dioxide, or in more severe cases, issues with kidney function.  |
| TOTAL BILIRUBIN      | 0.60        |          | 0-1.2 mg/dL  | A by-product of the breakdown of old red blood cells and is made into a water soluble form in the liver. Elevations may be due to anemia, chronic liver disease, and carcinoma.   |
| SGOT (AST)           | 44.00       | H        | 0-40 IU/L  | Enzyme which has three main sources, skeletal muscle, heart muscle, and liver tissues. Elevations can be due to disease or trauma to the muscles, to heart damage, and to various liver diseases. SGOT may also be elevated in the presence of certain medications. |
| SGPT (ALT)           | 73.00       | H        | M >17 yrs: 0-44<br>F >17 yrs: 0-32 IU/L                                    | An enzyme present in many tissues including the liver. Elevations occur in acute viral hepatitis and other liver disorders. SGPT may also be elevated in the presence of certain medications.   |

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**CARDIAC RISK RESULTS**

| Determination                      | Your Result | High/Low | Expected Range   | Test Guide  |
|------------------------------------|-------------|----------|------------------|---|
| HIGH DENSITY LIPOPROTEIN (HDL)     | 35.00       | L        | >39 mg/dL        | Lipoproteins are a combination of fats (lipids) and protein for transport in the blood. HDL transports cholesterol from the tissues of the body to the liver so it can be eliminated in the bile. HDL cholesterol is therefore considered the "good" cholesterol. The higher the HDL cholesterol level, the lower the risk of coronary artery disease. The ideal range for men is 40 mg/dL and above and for women is 50 mg/dL and above. |
| TRIGLYCERIDES                      | 176.00      | H        | 0 – 149 mg/DL    | Triglycerides are a type of fat (lipid) found in the blood, which result from excess intake of calories, alcohol, processed foods, or "white fluffy foods" (pasta, tortilla, pastries, and others). High triglycerides are one of the risk factors to indicate metabolic syndrome, and are associated with an increased risk of heart disease, diabetes, or stroke.   |
| CHOLESTEROL                        | 263.00      | H        | 100-199 mg/dL    | Cholesterol is a blood lipid (fat) which has a direct relationship with the chances of developing coronary heart disease. Elevated cholesterol levels can be hereditary, or from excess dietary intake of processed foods. Your total blood cholesterol will fall into one of these categories:<br>Less than 200 mg/dL = Desirable<br>200-239 mg/dL = borderline high<br>240 mg/dL & over = High  |
| VERYLOW DENSITY LIPOPROTEIN (VLDL) | 35.00       |          | 5-40 mg/dL       | Circulating fatty acids are converted by the liver to form triglycerides that are packaged with carrier proteins and cholesterol to be transported as very low density lipoproteins in the blood. These tests are specifically calculated to determine the risk of coronary heart disease.  |
| LOW DENSITY LIPOPROTEIN (LDL)      | 193.00      | H        | 0-99 mg/dL       | Low density lipoprotein is known as the "bad" cholesterol. High levels of LDL carry cholesterol through the blood, "painting" it on arteries in combination with calcium and plaques.   |
| CHOLESTEROL/HDL RATIO              | 7.50        | H        | M 0-5<br>F 0-4.4 | The ratio shows how much of the total cholesterol comes from the "healthy" HDL cholesterol and indicates how much protection is being offered by the HDL cholesterol. Higher ratio numbers are associated with higher risk for heart disease.   |
| LDL/HDL RATIO                      | 5.50        | H        | 0-3.60           | Low Density Lipoprotein divided by High Density Lipoprotein. The higher this ratio, the greater the risk for coronary atherosclerosis.  |

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**SERUM ANTIGENS PANEL RESULTS**

*SERUM ANTIGEN ASSAYS ARE NOT SPECIFIC FOR MALIGNANCY AND THUS CANNOT BE INTERPRETED AS ABSOLUTE EVIDENCE OF THE PRESENCE OR ABSENCE OF MALIGNANT DISEASE. SYMPTOMS OR ELEVATED TEST RESULTS SHOULD BE REFERRED TO A PHYSICIAN FOR REPEAT TESTING AND CLINICAL EVALUATION.*

| Determination                   | Your Result | High/Low | Expected Range | Test Guide  |
|---------------------------------|-------------|----------|----------------|---|
| PROSTATE SPECIFIC ANTIGEN (PSA) | 2.00        |          | 0.0-4.0 ng/mL  | The measurement of a glycoprotein protease found only in prostate tissue. PSA is present in small quantities in healthy males but a result above 4.0 ng/mL is considered high. Elevations can occur with benign prostate hypertrophy, inflammation, prostatitis, or prostate cancer. As with any test, any elevated results should be reviewed by your physician. |

**THYROID PANEL RESULTS**

| Determination                     | Your Result | High/Low | Expected Range     | Test Guide  |
|-----------------------------------|-------------|----------|--------------------|---|
| THYROID STIMULATING HORMONE (TSH) | 2.6         |          | 0.450-4.500 uIU/mL | is produced by the pituitary gland to stimulate the thyroid gland. Abnormal levels aid in determining potential thyroid or pituitary disorders. |

**ADDITIONAL TESTS RESULTS**

| Determination | Your Result | High/Low | Expected Range | Test Guide   |
|---------------|-------------|----------|----------------|--|
| COTININE      | -           |          | NEGATIVE       | A metabolite of nicotine. Aids in detecting tobacco users from non-tobacco users.  |
| Vitamin D     | 19.20       | L        | 30-100 ng/mL   | Measures the amount of vitamin D in the blood. The body needs vitamin D to absorb calcium, which helps make bones and muscles healthy and strong. Results can be used to determine bone and overall health of an individual. |

**PHYSICAL MEASUREMENTS**

|                   |      |                 |        |
|-------------------|------|-----------------|--------|
| Height:           | 72   | Blood Pressu    | 140/90 |
| Weight:           | 228  | Body Fat %:     | -      |
| Waist Circumferen | 41   |                 |        |
| Body Mass Index   | 30.9 |                 |        |
|                   |      | Less than 18.5: |        |
|                   |      | Underweight     |        |
|                   |      | 18.5 - 24.9 :   |        |
|                   |      | Normal          |        |
|                   |      | 25.0 - 29.9 :   |        |
|                   |      | Overweight      |        |
|                   |      | > = 30.0 :      |        |
|                   |      | Obese           |        |

## MY RESULTS REPORT

The information below is based on your prior biometric screening results. If a value falls outside of the optimal range, it could be from multiple factors. We recommend that you consult with your primary care physician to follow up and discuss next steps.

| MY RESULTS                   |          |   |   |   |   |                                      |
|------------------------------|----------|---|---|---|---|--------------------------------------|
| Test Description             | 8/3/2017 |   |   |   |   | Optimal Ranges                       |
| Total Cholesterol            | 263      | - | - | - | - | <200                                 |
| HDL                          | 35       | - | - | - | - | >59                                  |
| LDL                          | 193      | - | - | - | - | <100                                 |
| Triglycerides                | 176      | - | - | - | - | <150                                 |
| Glucose                      | 112      | - | - | - | - | <100                                 |
| HbA1c                        | 7.5      | - | - | - | - | Healthy: 4.8 - 5.6<br>Diabetic: <7.0 |
| Blood Pressure -<br>Systolic | 140      | - | - | - | - | <120                                 |
| Blood Pressure - Diastolic   | 90       | - | - | - | - | <80                                  |
| BMI                          | 30.9     | - | - | - | - | 18.5-24.9                            |
| Waist Circumference          | 41       | - | - | - | - | Male: ≤40<br>Female: ≤35             |
| PSA                          | 2        | - | - | - | - | 0.0 - 4.0                            |
| TSH                          | 2.6      | - | - | - | - | 0.450 - 4.500--                      |
| Body Fat%                    | -        | - | - | - | - | Female: 12 - 32%<br>Male: 6 - 24%    |

Low Risk
Moderate Risk
High Risk

# KNOWING YOUR NUMBERS ... IMPROVING YOUR HEALTH

The risk factors listed below might be affected by your nutrition and activity level. Managing a healthy body weight will improve most values. Medications may be necessary if numbers are extremely out of line. Please update your numbers with your physician.

| Values   | Action Steps  |
|--|---|
| <b>Waist Measurement</b><br>≥ 40" Male<br>≥ 35" Female<br>Or 30+ pounds overweight   | ▼ High calorie foods<br>▲ Exercise and fitness<br>▲ Fiber and whole foods in diet   |
| <b>Elevated Triglycerides</b><br>≥150<br>Or on drug treatment for high triglycerides   | ▼ Refined carbohydrates (white fluffy stuff)<br>▼ High fat foods<br>▼ Alcoholic Beverages   |
| <b>Cholesterol Values</b><br><br><b>High LDL</b><br><br>Borderline 130 - 159<br>High Risk 160 - 189<br><br>Very High Risk ≥ 190                | ▲ Consumption of heart-healthy foods: nuts, whole grains, fish, soy<br>▲ Fiber: fruits and vegetables<br>▲ Heart healthy fats: olive oil, fish oils, avocado, nuts and seeds                      |
| <b>Low HDL</b><br><br>Optimal ≥ 60<br>Male < 40<br>Female < 50<br>Or drug treatment for low HDL cholesterol                                    | ▼ Saturated fat, high-cholesterol foods and trans-fats: fatty animal foods, processed and fried foods<br>▼ Tobacco use (all forms)<br>▲ Exercise and fitness                                      |
| <b>Elevated Blood Pressure</b><br><br>Pre-hypertension 120 - 139 / 80-89<br>Hypertension Stage I ≥ 140 / 90<br>Hypertension Stage II ≥ 160/100 | ▲ Exercise and fitness<br>▲ Consumption of heart-healthy foods<br>▼ Salt and sodium: processed and restaurant prepared foods<br>▼ Tobacco use<br>▼ Alcoholic Beverages<br>▼ Caffeinated Beverages |
| <b>Fasting Blood Glucose</b><br>≥ 100<br>Or on drug treatment for elevated glucose   | ▼ Refined carbohydrates (white fluffy stuff)<br>▲ Fiber: fruits and vegetables<br>▲ Increase daily activity   |