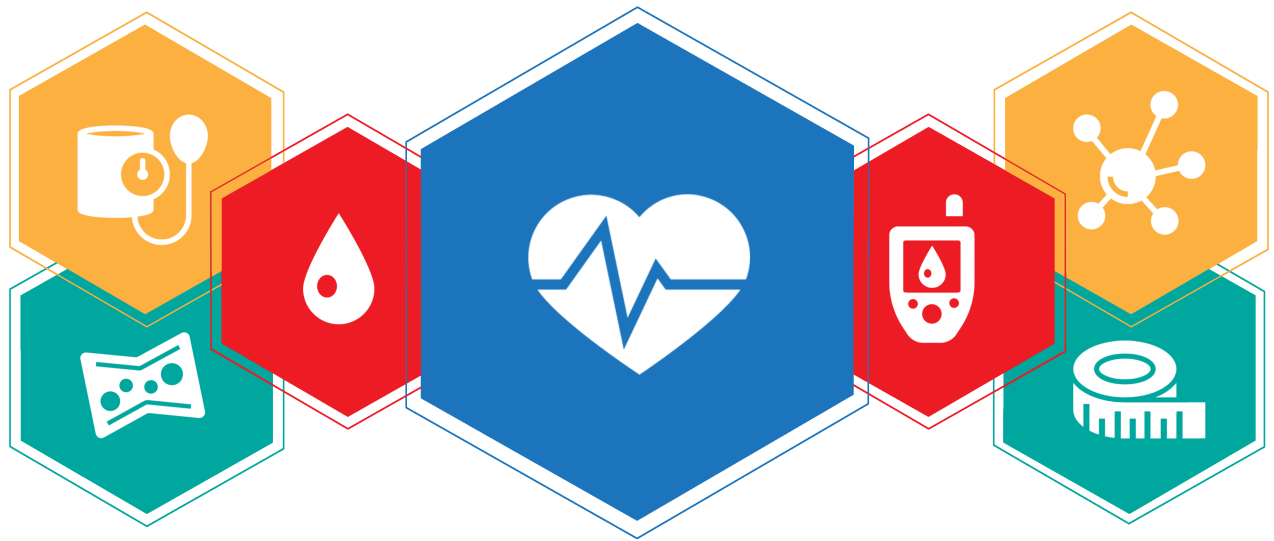


MY HEALTH PROFILE



eHealthScreenings
A Premise Health® company



Screening Summary

Name Firstname Lastname

Age 23

DOB 1/1/2000

Fasting No

Height 5 Ft 2 In

Weight 160.0 lbs

Legal Sex M

Date Reported 3/2/2024

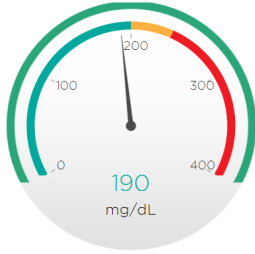
TEST DESCRIPTION	YOUR RESULT	LOW RISK	MOD RISK	HIGH RISK
Total Cholesterol	✓ 190 mg/dL	< 200 mg/dL	200-239 mg/dL	≥ 240 mg/dL
HDL	⊖ 50 mg/dL	≥ 60 mg/dL	40 - 59 mg/dL	< 40 mg/dL
LDL	⊖ 120 mg/dL	< 100 mg/dL	100 - 159 mg/dL	≥ 160 mg/dL
Triglycerides	⊖ 170 mg/dL	< 150 mg/dL	150 - 199 mg/dL	≥ 200 mg/dL
Glucose (Non-Fasting)	✓ 80 mg/dL	< 140 mg/dL	140 - 200 mg/dL	> 200 mg/dL
Blood Pressure	! 150/80 sys/dia mm Hg	< 120 and < 80 sys/dia mm Hg	120-139 or 80-89 sys/dia mm Hg	≥ 140 or ≥ 90 sys/dia mm Hg
BMI	⊖ 29.30	18.50 - 24.9	25.0 - 29.9	< 18.5 or ≥ 30.0
Waist Circumference	✓ 20.00 Inches	≤ 40 inches	N/A	> 40 inches
Nicotine/Cotinine	✓ Negative	Negative	N/A	Positive
HbA1c	✓ 5.40 %	< 5.7%	5.7% - 6.4%	≥ 6.5%
Metabolic Syndrome*	⊖ 2 Risk Indicators	0 risk factors	1 to 2 risk factors	≥ 3 risk factors

The information is based on data collected during your health screenings. If a value falls outside of the desirable range, it could mean that your test results were inaccurate due to variety of different factors, such as eating shortly before your blood was collected. However, it may indicate a problem that needs your attention. If you do not know why you are outside of the desired range, please check with your doctor to see if further testing should be done.

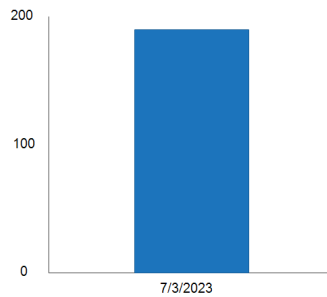
*Please note the optimal ranges for all tests listed on the Health Report are based on standards set by the National Institutes Health (NIH) or by the processing laboratory. Please note that your incentive is based on the Metabolic Syndrome ranges listed on the "Metabolic Syndrome" result page.



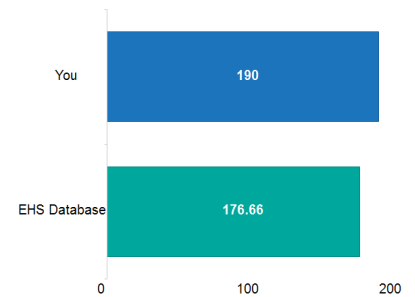
TOTAL CHOLESTEROL



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT



LOW RISK Your Result is: 190 mg/dL

PERFECT! Your total cholesterol levels are right where they need to be. It's normal to have cholesterol - in fact, it's an imperative part of a healthy body because it's used for producing cell membranes and hormones, and serves other needed bodily functions, such as the digestion of dietary fat. But it's important to keep it in check - and you're right on target!

- Low Risk < 200 mg/dL
- Moderate Risk 200-239 mg/dL
- High Risk ≥ 240 mg/dL

FACTORS FOR UNHEALTHY RANGES INCLUDE:

SMOKING

HIGH BLOOD PRESSURE (140/90 mmHg or higher or if on blood pressure medication)

LOW HDL "Good" Cholesterol (less than 40 mg/dL)

AGE (males 45 years or older; females 55 years or older)

FAMILY HISTORY (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)

WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance found in the walls of cells throughout the body. Your body can make all the cholesterol it needs. When there is too much cholesterol in your blood, it can build up on your artery walls putting you at risk for heart attack and stroke, the two leading causes of death in the United States. There are typically no signs or symptoms of high cholesterol. Total blood cholesterol is a measure of the total amount of cholesterol in your blood, including HDL "good" cholesterol, LDL "bad" cholesterol, and other lipid components.

TIPS

GET MOVING. Whether it's a walk in the park or you're heading to the gym, do something and do it regularly. 30 minutes a day is recommended for everyone. If you have a busy schedule, try doing exercises in 10 minute intervals several times a day.

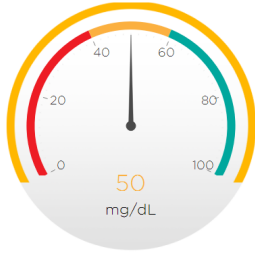
EAT HEALTHY. Simple changes in your diet can make big changes in your total cholesterol. Saturated fat and cholesterol in the food you eat make your blood cholesterol level rise. Reducing the amount of saturated fat and cholesterol in your diet helps lower your total blood cholesterol level. In addition, try to eat more fish, olive oil, fiber and walnuts.

LOSE WEIGHT. Losing weight can help lower your cholesterol levels and it is especially important for those with high triglycerides, low HDL levels and large waist measurements (40 inches or higher for males and 35 inches or higher for females). Losing 5 to 10% of your body weight can help to significantly reduce your cholesterol levels.

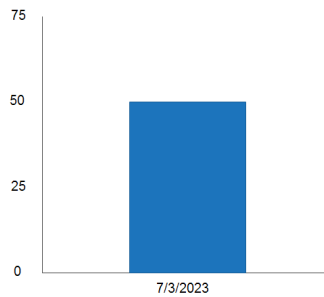




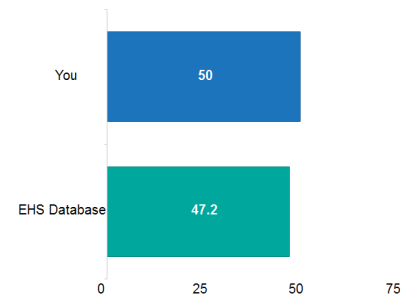
HDL



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

WHAT IS HDL?

HDL, or “high-density lipoprotein”, is considered “good” cholesterol because it helps remove LDL cholesterol from the arteries. Experts believe HDL acts as a scavenger, carrying LDL cholesterol away from the arteries and back to the liver, where it is broken down and passed from the body. A healthy level of HDL cholesterol may also protect against heart attack and stroke, while low levels of HDL cholesterol have been shown to increase the risk of heart disease.

TIPS

DON'T SMOKE. Not smoking can increase your HDL cholesterol by up to 10%.

GET MOVING AND LOSE SOME WEIGHT. Within two months of starting, frequent aerobic exercise can increase HDL cholesterol by about 5%. Your best bet for increasing HDL cholesterol is to exercise briskly for 30 minutes five times a week. Examples of brisk, aerobic exercise include walking, running, cycling, swimming, playing basketball or anything that increases your heart rate.

EAT HEALTHY. Simple changes in your diet can make big changes in your HDL cholesterol. Foods that help increase your HDL cholesterol levels are:

- Whole grains, such as “Old Fashioned” oatmeal, oat bran and 100% whole wheat and grain products.
- Nuts, such as walnuts, almonds and brazil nuts
- Plant sterols, such as beta-sitosterol and sitostanol (typically found in margarine spreads such as Promise Activ or Benecol)
- Omega-3 fatty acids, such as fatty fish, fish oil supplements, flaxseeds and flaxseed oil

***For HDL N/A: HDL cannot be calculated when one’s triglycerides are > 500 mg/dL, resulting in a “N/A” value.*

YOUR RESULT

MOD RISK Your Result is: 50 mg/dL

Your HDL “good” cholesterol level is low and out of optimal range. Low HDL cholesterol levels increase the risk of cardiovascular disease, but you can turn things around! Many lifestyle changes can assist in raising HDL levels such as aerobic exercise, weight loss, quitting smoking, and improving your diet.

✓ Low Risk ≥ 60 mg/dL
○ Moderate Risk 40 - 59 mg/dL
! High Risk < 40 mg/dL

FACTORS FOR UNHEALTHY RANGES INCLUDE:

SMOKING

OBESITY Having a body mass index (BMI) of 30 or greater.

LARGE WAIST CIRCUMFERENCE Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

POOR DIET Foods that are high in cholesterol, such as red meat and full-fat dairy products, will increase your total cholesterol. Eating saturated fats, found in animal products, and trans fats, found in some commercially baked cookies and crackers, can also increase your total cholesterol level.

FAMILY HISTORY (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)

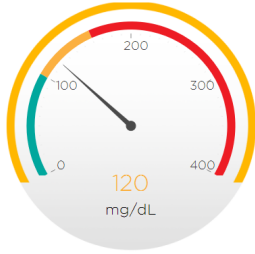
LACK OF PHYSICAL ACTIVITY Exercise helps boost your body’s HDL “good” cholesterol while lowering your LDL “bad” cholesterol.

DIABETES High blood sugar can contribute to lower HDL cholesterol.

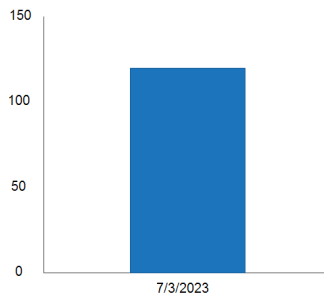




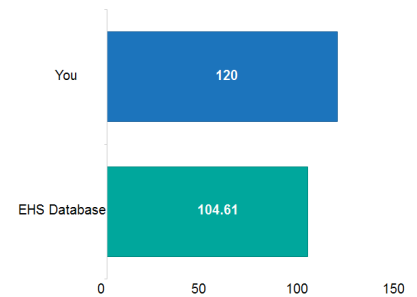
LDL



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

WHAT IS LDL?

YOUR RESULT

MOD RISK Your Result is: 120 mg/dL

Your LDL “bad” cholesterol levels are elevated and out of the optimal range. LDL ranges can be affected by food that you may have consumed within 10 to 12 hours of being screened. Improving your nutrition and exercising are simple lifestyle changes that can drastically improve your LDL cholesterol values. If you do not know why your LDL levels are out of range, discuss with your provider.

- Low Risk < 100 mg/dL
- Moderate Risk 100 - 159 mg/dL
- High Risk ≥ 160 mg/dL

FACTORS FOR UNHEALTHY RANGES INCLUDE:

- SMOKING**
- OBESITY** Having a body mass index (BMI) of 30 or greater.
- LARGE WAIST CIRCUMFERENCE** Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.
- POOR DIET** Foods that are high in cholesterol, such as red meat and full-fat dairy products, will increase your total cholesterol. Eating saturated fats, found in animal products, and trans fats, found in some commercially baked cookies and crackers, can also increase your total cholesterol level.
- FAMILY HISTORY** (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)
- LACK OF PHYSICAL ACTIVITY** Exercise helps boost your body's HDL “good” cholesterol while lowering your LDL “bad” cholesterol.
- DIABETES** High blood sugar can contribute to lower HDL cholesterol.

LDL, or “low-density lipoprotein”, is sometimes called the “bad” cholesterol because high levels of LDL cholesterol can build up in your arteries, causing heart disease. LDL contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, heart attack or stroke can result.

TIPS

GET MOVING. Physical activity can help to lower LDL cholesterol. The benefits come even with moderate exercise, such as brisk walking – so get a pedometer and aim for 10,000 steps a day. If you work at a desk, get up and walk around for five minutes every hour. Some experts recommend seven days a week, but the key is to be consistent.

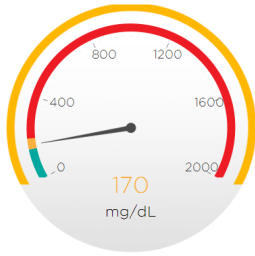
EAT HEALTHY. Simple changes in your diet can make BIG changes in your LDL cholesterol. Try to eat more avocados, oatmeal, fish, olive oil and nuts. In addition, cut back on the cholesterol and total fat, especially saturated and trans fats. Trans fats, which are sometimes found in margarines and store-bought cookies, crackers and cakes are particularly bad for your cholesterol levels.

LOSE WEIGHT. If you're overweight, shed the extra pounds. Weight loss helps lower LDL cholesterol. Even a small-to-moderate weight loss can make an impact. Clinical experts recommend losing 5 to 10% of your body weight to significantly reduce your cholesterol levels. Just remember that losing weight can lower LDL, but levels will go back up unless you make lasting dietary and lifestyle changes.

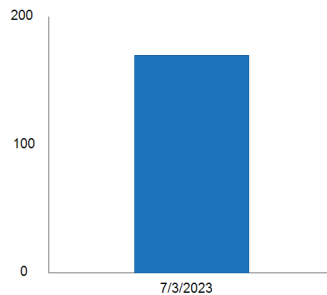
***For LDL N/A: LDL cannot be calculated when one's triglycerides are > 400 mg/dL or the total cholesterol, HDL, or triglycerides are outside of the machines ranges, resulting in a "N/A" value.*



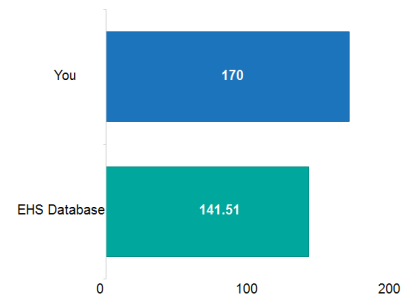
TRIGLYCERIDES



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT

MOD RISK Your Result is: 170 mg/dL

Your triglyceride levels are elevated and out of the optimal range. Triglyceride ranges can be affected by food that you consumed within 10 to 12 hours of being screened. Too many triglycerides in the blood may contribute to a hardening of the arteries or a thickening of the artery walls (atherosclerosis), which can increase the risk of stroke, heart attack and heart disease.

- Low Risk < 150 mg/dL
- Moderate Risk 150 - 199 mg/dL
- High Risk ≥ 200 mg/dL

FACTORS FOR UNHEALTHY RANGES INCLUDE:

SMOKING

OBESEITY Having a body mass index (BMI) of 30 or greater.

LACK OF PHYSICAL ACTIVITY The less active you are, the more triglycerides may be stored in your body.

POOR DIET Consuming more calories than your body can burn by eating foods high in carbohydrates and fats.

LARGE WAIST CIRCUMFERENCE Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

DIABETES Poorly controlled diabetes.

EXCESSIVE ALCOHOL CONSUMPTION

WHAT ARE TRIGLYCERIDES?

Triglycerides are a type of fat found in your blood. Every time you eat, your body converts the extra calories it doesn't need into triglycerides, which are then stored in your fat cells and used later for energy. If you regularly eat more calories than you burn, especially the "easy" calories like carbs and fats, it can lead to high triglycerides.

High triglycerides are often associated with other conditions that increase the risk of heart disease and stroke like obesity and metabolic syndrome. In addition, high triglycerides are sometimes a sign of poorly controlled type 2 diabetes, low levels of thyroid hormones, and liver or kidney disease.

TIPS

CUT BACK ON THE CALORIES. Remember that extra calories are converted to triglycerides and stored as fat. Reducing your calories will reduce your triglycerides.

AVOID REFINED FOODS. Simple carbohydrates, such as sugar and foods made with white flour, can increase triglycerides.

CHOOSE HEALTHY FATS. Switch out meats that contain saturated fats for fish high in omega-3 fatty acids and healthier fats found in plants, such as olive, peanut and canola oils.

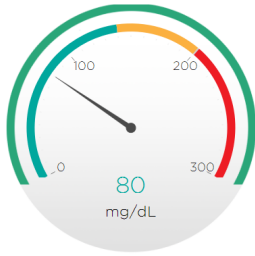
LIMIT THE ALCOHOL YOU DRINK. Alcohol is high in calories and sugar and has a particularly potent effect on triglycerides. Even small amounts of alcohol can raise triglyceride levels, so be careful.

ELIMINATE TRANS FATS. Trans fat can be found in some fried foods and processed products such as cookies, crackers and snack cakes. You can tell that a food has trans fat in it if it contains partially hydrogenated oil on the nutritional label.

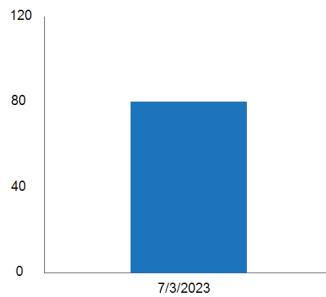
EXERCISE REGULARLY. Aim for at least 30 minutes of physical activity every day of the week. Regular exercise can help lower triglycerides, so take a brisk daily walk, swim laps, or join a gym. If you don't have time to exercise for 30 minutes, try squeezing it in 10 minutes at a time. If you're overweight, losing 5 to 10 pounds can help lower your triglycerides.



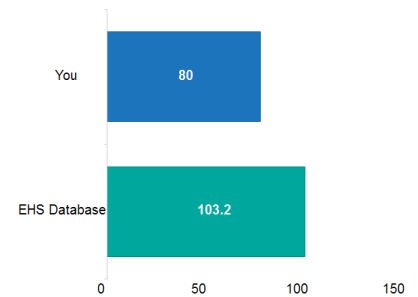
GLUCOSE NON-FASTING



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT



LOW RISK Your Result is: 80 mg/dL

NICE! Your glucose or blood sugar level is right where it needs to be. Glucose tests are used to diagnose pre-diabetes, diabetes hypoglycemia and hyperglycemia - all potentially serious diseases that need to be monitored on a regular basis.



Low Risk
< 140 mg/dL



Moderate Risk
140 - 200 mg/dL



High Risk
> 200 mg/dL

FACTORS FOR UNHEALTHY RANGES INCLUDE:

FAMILY HISTORY OF DIABETES

INCONSISTENT MEAL SCHEDULE Irregular meal schedules can cause drops and spikes in your blood sugar levels.

POOR DIET Consuming foods and drinks that contain high amounts of refined sugar such as sodas and juices.

OBESITY Having a body mass index (BMI) of 30 or greater.

LARGE WAIST CIRCUMFERENCE Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

LACK OF EXERCISE Exercise can boost your body's natural insulin activity.

WHAT IS GLUCOSE?

Glucose, which comes from carbohydrates in our diet, is the fuel that powers every cell in your body. Normally, your glucose levels increase after you eat. This increase causes your pancreas to release insulin (a hormone helps your body use glucose as an energy source) to keep your glucose levels from getting too high.

There are many factors that can change your glucose levels, so it's important to recognize dips and spikes in order to manage them. When your levels go up, you might experience fatigue, increased thirst, blurry vision, or frequent urination. Levels that remain high over time can damage your eyes, kidneys, nerves and blood vessels. This is most common with diabetes, where there's a problem with the cell using insulin, a problem with the pancreas producing insulin, or both. When your levels go down, you might experience dizziness, irritability, sweating, weakness, and lack of coordination. These symptoms can be caused by irregular meal schedules, being more active than usual, or taking medicine that doesn't regulate your diabetes at the time.

TIPS

GO NUTS. Almonds, walnuts, and pistachios contain healthy fats that slow the body's absorption of sugar.

VEG OUT. Eating non-starchy vegetables such as broccoli, cucumbers, and carrots can help prevent surges in blood sugar levels while providing essential nutrients.

DON'T SKIP MEALS. It's important to spread out your daily food intake, starting with breakfast. Consuming more food in just one or two meals a day causes greater fluctuations in blood sugar levels.

DON'T DRINK ON AN EMPTY STOMACH. If you haven't eaten, drinking alcohol can cause your blood sugar to drop, even up to 24 hours after ingestion.

EAT WHOLE GRAINS. Oat bran, barley, and rye are fiber-rich foods that contain beta-glucan. This soluble fiber decreases the rate of digestion and prevents spikes in blood sugar.

PLAN AHEAD. Anticipate the unexpected by carrying healthy snacks that can prevent your blood sugar level from dropping too low.

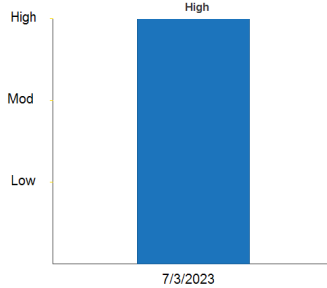




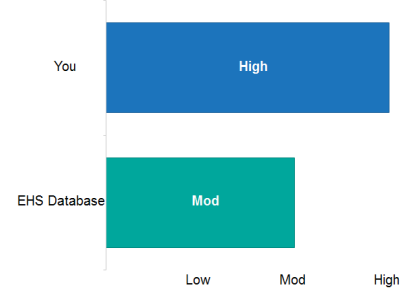
BLOOD PRESSURE



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT



HIGH RISK Your Result is: 150/80 sys/dia mm Hg

WARNING Your blood pressure reading puts you into a hypertensive range. High blood pressure, which usually has no symptoms, is a primary risk factor for heart disease and stroke. A single reading doesn't mean you have high blood pressure, but it is a sign that further observation is required. Check it frequently in the morning to see if it remains elevated. If the results remain high, discuss with your provider immediately.

Low Risk < 120 and < 80 sys/dia mm Hg	Moderate Risk 120-139 or 80-89 sys/dia mm Hg	High Risk ≥ 140 or ≥ 90 sys/dia mm Hg
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FACTORS FOR UNHEALTHY RANGES INCLUDE:

SMOKING

EXCESSIVE ALCOHOL CONSUMPTION

LACK OF PHYSICAL ACTIVITY EXERCISE can help lower your systolic blood pressure.

OBESITY Having a body mass index (BMI) of 30 or greater.

DIABETES Those who have diabetes frequently have high blood pressure.

POOR DIET Eating processed foods that are high in sodium, like chips and lunch meats, can be contributing factor.

LARGE WAIST CIRCUMFERENCE Risk increases for males with a waist circumference of 40 inches or higher and females with a waist circumference of 35 inches or higher.

WHAT IS BLOOD PRESSURE?

Blood pressure is written as two numbers, such as 112 over 78. The top number, systolic, is the pressure when the heart beats. The bottom number, diastolic, is the pressure when the heart rests between beats. Normal blood pressure is below 120 and 80. If you're an adult and your systolic pressure is 120 to 139, or your diastolic pressure is 80 to 89 (or both), you have "prehypertension". High blood pressure (also known as hypertension) is a pressure of 140 systolic or higher and/or 90 diastolic or higher and that stays high over time.

The tricky thing about high blood pressure is that it usually has no signs or symptoms which is why it is so dangerous. The only way to know if your blood pressure is high is to get it checked regularly. About 76 million Americans over the age of 20 have it, and many don't even know they have it. Untreated high blood pressure can lead to stroke, heart attack, angina, heart failure, kidney failure and peripheral arterial disease (PAD).

TIPS

GET ACTIVE. Exercise is key to the management of hypertension. 30 minutes of moderate exercise every day of the week can boost heart health.

LOWER STRESS. Keeping stress under control with regular relaxation has been found to help lower high blood pressure. Allow yourself some time each day to unwind and enjoy life.

CUT OUT TOBACCO AND REDUCE ALCOHOL CONSUMPTION. Tobacco use and drinking excessive amounts of alcohol can contribute to high blood pressure.

LOSE WEIGHT. Obesity and being overweight is a major contributor to high blood pressure. Set a goal and try to keep your body mass index, or BMI, between 18 and 24.9.

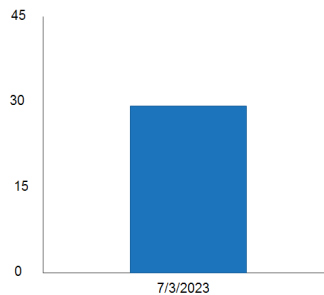
CHANGE YOUR DIET. Studies have found that a diet low in sodium has a big benefit when it comes to lowering hypertension. Cutting back on high-sodium foods is recommended for people with high blood pressure. Instead, fill up on whole grains, fresh fruits and vegetables to help lower high blood pressure.



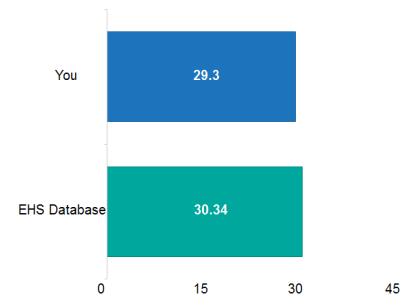
BMI



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT

MOD RISK Your Result is: 29.30

Your BMI puts you out of the optimal range. This means you may be overweight and at a higher risk for serious medical conditions such as diabetes, heart disease and stroke. To lower your BMI, increase the number of times you exercise every week and decrease the amount of foods high in salt and fat in your diet. Discuss with your provider to learn more.

✓ Low Risk 18.50 - 24.9
 ⊖ Moderate Risk 25.0 - 29.9
 ! High Risk < 18.5 or ≥ 30.0

FACTORS FOR UNHEALTHY RANGES INCLUDE:

LACK OF EXERCISE Inactivity can promote the buildup of excess calories in your body, which are then stored as body fat.

GENETICS The way your body regulates your appetite, how efficiently your body converts food into energy and how your body burns calories during exercise can be affected by genetics.

UNBALANCED DIET Eating an unbalanced ratio of carbohydrates, fats and proteins per meal can contribute to weight gain.

LIMITED NUTRITIONAL INTAKE Diets that limit the amount of nutrients your body receives can result in weight gain, as your body may crave more calories until it feels satisfied.

EXCESS CALORIE CONSUMPTION Consuming more calories than your body can burn by eating foods that are high in carbohydrates and sugars may cause your body to store the excess amount calories as body fat.

IRREGULAR SLEEP ROUTINE Too much or not enough sleep can cause changes in certain hormones that increase your appetite. This could cause you to crave foods high in calories which can contribute to weight gain.

WHAT IS BMI?

BMI, or body mass index, is a quick and easy way to see if your weight is within the normal or average range for your height. BMI is a number that reflects body weight adjusted for height and is calculated by using the ratio of your weight to your height. Once you have your BMI, you can find out where you fit in the BMI range.

While most people with BMI in the overweight, obese, or dangerously obese ranges have extra body fat, there are exceptions. Athletes, such as bodybuilders, are heavy because of their muscle mass, not their body fat. However, most individuals who are overweight or obese are at an increased risk for many diseases and health conditions including the following: hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems and some types of cancers (endometrial, breast and colon).

TIPS

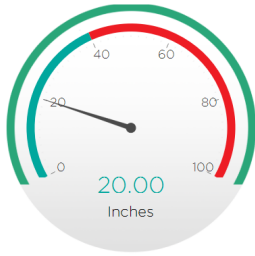
GET MOVING. Whether it's a walk in the park or you're heading to the gym, do something and do it regularly. 30 minutes a day is recommended for everyone. If you have a busy schedule, try doing exercises in 10 minute intervals several times a day.

CUT BACK ON CALORIES. Remember that extra calories equal extra pounds. Reducing your calories will reduce your BMI. Avoid foods with refined sugar, white flour or that are high in fat.

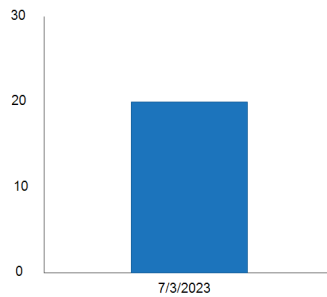
EAT AT HOME. One simple way to improve your diet is to cook for yourself and limit eating out. Fast foods are usually high in fat, salt, and oil. Eating at home benefits the whole family! Learn to cook healthy meals and make dining a family event. By eating at home, you can save money, reduce stress and lower your BMI!



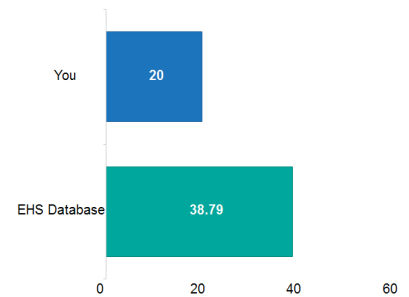
WAIST CIRCUMFERENCE



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT



LOW RISK Your Result is: 20.00 Inches

KEEP IT UP! Your waist circumference measurement is within the desirable range.



Low Risk
≤ 40 inches



Moderate Risk
N/A



High Risk
> 40 inches

FACTORS FOR UNHEALTHY RANGES INCLUDE:

GENETICS The way your body regulates your appetite, how efficiently your body converts food into energy and how your body burns calories during exercise can be affected by genetics.

UNBALANCED DIET Consuming an unbalanced ratio of proteins, fats and carbohydrates per meal can contribute to weight gain.

LACK OF PHYSICAL ACTIVITY Inactivity can promote the buildup of excess calories in your body, which are then stored as body fat.

OBESITY Having a body mass index (BMI) of 30 or greater.

EXCESS CALORIE CONSUMPTION Consuming more calories than your body can burn by eating foods that are high in carbohydrates and sugars, may cause your body to store the excess amount of calories as body fat.

WHAT IS WAIST CIRCUMFERENCE?

Waist circumference is a measurement around your waist, using a tape measure. You start at the top of your hip bone, then bring the tape measure all the way around, level with your belly button. Make sure it's not too tight and that it's straight and don't hold your breath while measuring. Waist circumference, which is linked to abdominal fat, is strongly associated with an increased risk of type 2 diabetes, cardiovascular disease and even death.

Abdominal fat, or visceral fat, is the fat surrounding the liver and other abdominal organs. This type of fat is very metabolically active which means that it releases fatty acids, inflammatory agents and hormones that ultimately lead to higher LDL cholesterol, triglycerides, blood glucose and blood pressure. Together, all these things put you at a higher risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

TIPS

GET ACTIVE. Whether it's a walk in the park or you're heading to the gym, do something and do it regularly. 30 minutes a day is recommended for everyone. If you have a busy schedule, try doing exercises in 10 minute intervals several times a day.

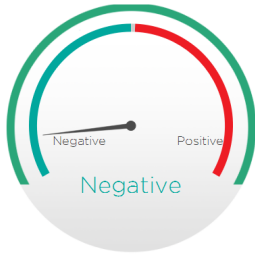
CUT BACK ON CALORIES. Remember that extra calories equal extra inches. Reducing your calories will reduce your waist circumference. Avoid foods with refined sugar, white flour or that are high in fat.

EAT AT HOME. One simple way to improve your diet is to cook for yourself and limit eating out. Fast foods are usually high in fat, salt, and oil. Eating at home benefits the whole family! Learn to cook healthy meals and make dining a family event. By eating at home, you can save money, reduce stress and decrease your waist circumference!

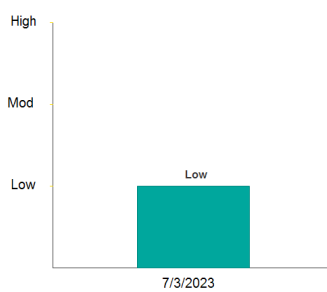




NICOTINE | COTININE



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT



LOW RISK Your Result is: Negative

KEEP IT UP! Your Nicotine/Cotinine levels are right where they need to be. Maintaining a tobacco free lifestyle in combination with other good health habits will assist you in minimizing risk factors for many medical conditions and help you stay healthy and fit!

✓ Low Risk Negative
⊖ Moderate Risk N/A
! High Risk Positive

RISK FACTORS:

SMOKING

SECONDHAND SMOKE

WHAT IS NICOTINE?

Cotinine is the primary metabolite of nicotine and is most often tested to evaluate tobacco use from cigarettes, cigars, e-cigarettes, chewing tobacco and other products containing nicotine.

In the blood, the nicotine level can rise within a few seconds of a puff on a cigarette. How much it rises depends on the amount of nicotine in the cigarette and how deeply you inhale. The rate at which nicotine is metabolized varies from person to person due to genetic differences. When someone stops using tobacco, it can take over two weeks for a person's blood to reach the same cotinine levels as someone who does not use tobacco.

Long-term use of tobacco products can increase the risk of developing diseases including lung cancer, COPD, stroke, heart disease and respiratory infections. In addition, it can exacerbate asthma and promote blood clot formation. No tobacco product is safe for pregnant women to use, as nicotine can cross the placenta and interfere with fetal and postnatal development. For additional help, consult with a physician to quit smoking or look into smoking cessation programs.

TIPS

LEARN TO RELAX. In the past, smoking may have been your way to deal with stress, instead try deep breathing, yoga and meditation.

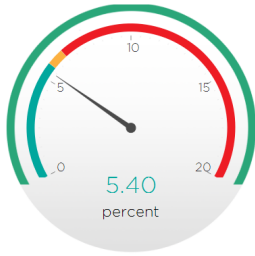
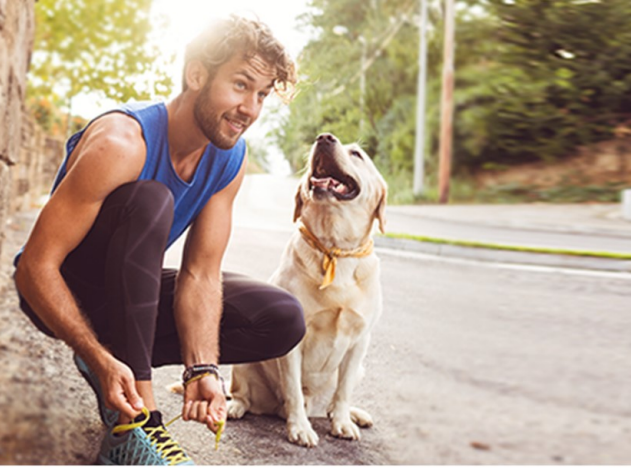
TAKE 5. If you feel like you're going to give in to your tobacco craving, tell yourself that you must first wait 5 minutes and then do something to distract yourself for that period of time. This simple trick may be enough to derail your tobacco craving.

AVOID TRIGGERS. Cravings for tobacco are likely to be strongest when and where you smoked or chewed tobacco in the past – at parties or bars, in the car, or while watching television. Identify your trigger and have a plan in place to avoid giving in to the urge.

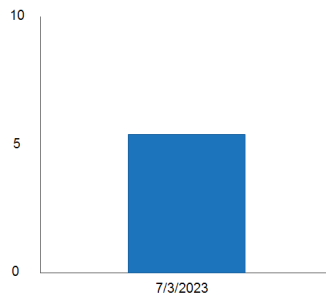
YOU CAN'T HAVE 'JUST ONE'. You might be tempted to have just one cigarette to satisfy a tobacco craving, but don't fool yourself into believing that you can stop at just one. Cigarettes are like potato chips, having just one leads to another... and another... and another.



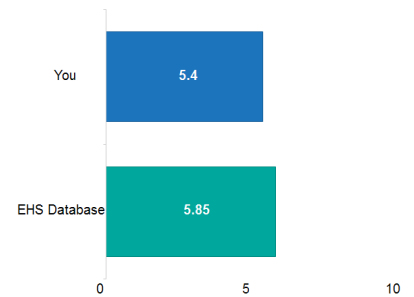
HbA1c



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT



LOW RISK Your Result is: 5.40 %

NICE WORK! Your HbA1c level is in the normal range. Whether you are fasting or have eaten a meal, your body is releasing and using the right amount of insulin to take care of the glucose (sugar). Try to keep up the good work. Make sure you maintain good nutrition and exercise regularly to keep your HbA1c levels in the right spot!

✓ Low Risk < 5.7%
 ⊖ Moderate Risk 5.7% - 6.4%
 ! High Risk ≥ 6.5%

FACTORS FOR UNHEALTHY RANGES INCLUDE:

DIABETES High blood sugar increases the amount of glycated hemoglobin in your blood.

HIGH GLUCOSE LEVELS (greater than 125 mg/dL)

POOR DIET Your body digests sugars faster than starches and fibers, so consuming foods and drinks that contain high amounts of refined sugar such as candies and juices can increase your blood sugar levels.

INCONSISTENT MEAL SCHEDULE Irregular meal schedules can cause drops and spikes in your blood sugar levels.

WHAT IS HbA1c?

The HbA1c (hemoglobin A1c) test measures the glucose (blood sugar) in your blood by assessing the amount of glycated hemoglobin. Hemoglobin is a protein within red blood cells that carries oxygen throughout your body. As glucose enters the bloodstream it binds to hemoglobin, or glycate. If diabetes is not controlled or if more glucose enters the bloodstream, higher amounts of hemoglobin become glycate.

Glucose testing is an important and useful tool for managing your blood sugar and/or diabetes on a day-to-day basis. However, it only provides a snapshot of what's happening, not long-term information. HbA1c is a blood test that gives you a long term picture and shows how well you are managing your diabetes by measuring your average blood sugar level over the past two to three months.

TIPS

GET MOVING. Whether it's a walk in the park or you're heading to the gym, do something and do it regularly. 30 minutes a day is recommended for everyone. If you have a busy schedule, try doing exercises in 10 minute intervals several times a day.

BE CONSISTENT. It's important to stay consistent and stick to a schedule with your eating. Skipping meals, waiting too long between meals, or eating too much or too often can cause your blood sugar levels to fall and rise too much. Make a plan and stick with it.

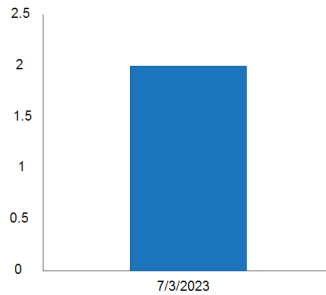
EAT HEALTHY. Simple changes in your diet can make big changes in HbA1c. You can load up on non-starchy vegetables, but be careful of serving sizes when eating fruits, lean proteins, fats, and complex carbohydrates like bread, potatoes, and other starches. In addition, using a salad plate instead of a full-size dinner plate can help prevent overeating. Finally, avoid processed foods as much as possible and say no to sodas and fruit juice.



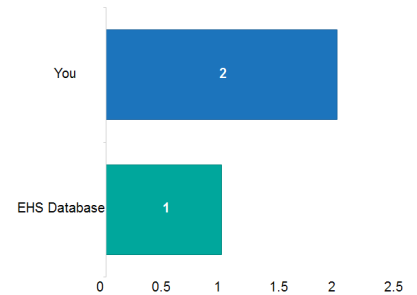
METABOLIC SYNDROME



YOUR RESULT



RESULTS COMPARISON



BENCHMARKING

YOUR RESULT

MOD RISK Your Result is: 2 Risk Indicators

You have one or two risk factors that are associated with metabolic syndrome. Each risk factor can increase your risk of diabetes and heart disease, so it's important that you start making some positive changes. Discuss your current risk factors with your health care provider to see what they recommend to get things back on track.

- Low Risk 0 risk factors
- Moderate Risk 1 to 2 risk factors
- High Risk ≥ 3 risk factors

RISK FACTORS INCLUDE:

LARGE WAIST CIRCUMFERENCE For males this means having a waist circumference of 40 inches or more and for females it's a waist circumference of 35 inches or more.

HIGH TRIGLYCERIDE LEVEL (150 mg/dL or greater)

LOW HDL "GOOD" CHOLESTEROL For men this means having a level less than 40 mg/dL and for females it's a level less than 50 mg/dL.

HIGH BLOOD PRESSURE (having a blood pressure of 130/85 mmHg or higher)

HIGH FASTING BLOOD SUGAR (100 mg/dL or higher)

WHAT IS METABOLIC SYNDROME?

Metabolic syndrome is the name for a group of conditions that occur together which increases your risk of heart disease, stroke and diabetes.

The five conditions described below are the metabolic syndrome risk factors. You can have any one of these risk factors by itself, but they tend to occur together. The more risk factors you have, the greater your risk is for heart disease, diabetes and stroke. To be diagnosed with metabolic syndrome, you must have at least three of the five risk

TIPS

GET MOVING. 30 minutes of exercise a day is recommended for everyone and it's a simple way to not only increase your HDL "good" cholesterol levels but to also lower your blood pressure and triglycerides. Exercise doesn't have to be complicated; it can be as simple as taking a walk or playing basketball. Just remember that the key is to be consistent and exercise regularly.

STOP SMOKING. The use of tobacco products can have major effects on your health, as well as your blood pressure and HDL "good" cholesterol levels. Talk to your health care provider if you need help kicking that cigarette habit.

EAT HEALTHY. As many healthy eating plans instruct, limit the intake of unhealthy fats and avoid refined foods with sugar and white flour. Instead, focus on consuming healthier food options such as fruits, vegetables, fish and whole grains.

LOSE WEIGHT. Obesity and being overweight is a major contributor to metabolic syndrome. Healthy weight loss can help improve all sorts of health problems. The goal is a body mass index, or BMI, of between 18 and 24.9. Positive lifestyle changes like healthier eating and regular exercise can help you shed a few pounds.

THE FOLLOWING FACTORS INCREASE YOUR CHANCES:

AGE Your risk for metabolic syndrome increases with age. About 40% of people over the age of 60 are affected.


RACE Hispanics and Asians may be at a greater risk of metabolic syndrome than are people of other races.


OBESITY Having a body mass index (BMI) of 30 or greater.


DIABETES Those who have a family history of type 2 diabetes or females who have had diabetes during pregnancy.

OTHER DISEASES Your chances could increase if you've had cardiovascular disease, nonalcoholic fatty liver disease or polycystic ovary syndrome.

YEARLY COMPARISON

INCREASED RISK  **Results in Red = High Risk**

SAME  **Results in Yellow = Moderate Risk**

DECREASED RISK  **Results in Green = Low Risk**

Test Description	03/02/2022					
Total Cholesterol	190					
HDL	50					
LDL	120					
Triglycerides	170					
Glucose	80					
Blood Pressure	150/80					
BMI	29.30					
Waist Circumference	20.00					
Nicotine/Cotinine	Negative					
HbA1c	5.40					
Metabolic Syndrome	2					