My Health Profile™

Sample, here are the results and personalized action plan from your recent screening.
March 20, 2020

Blueprint for Wellness®

Quest Diagnostics™

Contents

Sample, THANK YOU for taking an active role in your health. While this report is no substitute for a comprehensive medical evaluation from your personal doctor, inside you'll find results that will give you a good idea of your current health, as well as:

- Tips that can serve as a guide for improving or maintaining your overall wellness
- A quick, easy-to-understand Medical Summary Report to share with your doctor
- Highlighted areas where you should focus on improvement
- Space to jot down notes or questions about your personal health goals

Because your privacy is important, all information in your MyHealth Profile is confidential, and your employer will not have access to individual results.

Again, thanks for taking this important first step toward a healthier you.

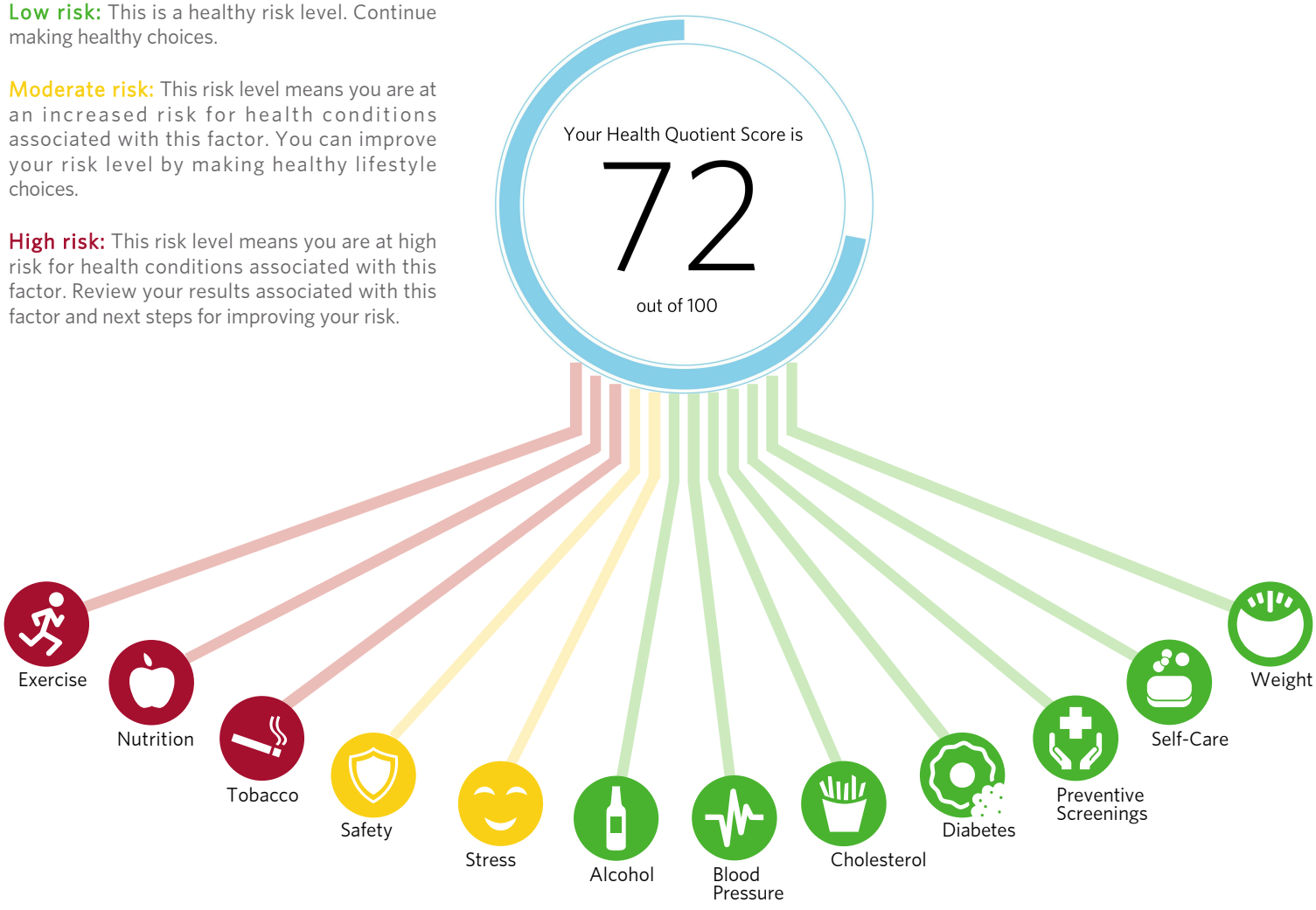
Your Health Quotient

Sample, every journey to better health starts with a first step: learning where you stand. That's why we created the Health Quotient Score.
This unique measure of overall health uses both data from your lab results and answers from your Health Questionnaire. The result is a comprehensive outline of your strengths and weaknesses, and a first glimpse of your overall health state that can help to determine action items for maintaining and improving your health.
Just like on a test, the higher the score, the better your condition and the lower your risk for chronic conditions, and vice versa. But remember - this is just a snapshot. Go through your complete MyHealth Profile to learn more about your health and wellness, and what you can do to improve it.

Low risk: This is a healthy risk level. Continue making healthy choices.

Moderate risk: This risk level means you are at an increased risk for health conditions associated with this factor. You can improve your risk level by making healthy lifestyle choices.

High risk: This risk level means you are at high risk for health conditions associated with this factor. Review your results associated with this factor and next steps for improving your risk.



Learn more about your risk for each risk factor at My.QuestForHealth.com

Congratulations

Congratulations, your results show you are in a healthy range for multiple risk factors linked to common health conditions. Pay special attention to the 'How to Maintain' sections within your results for healthy lifestyle tips to stay at low risk for health conditions. Please note that you may have other test results that are considered at risk for other health conditions. Be sure to share these results with your doctor for more information.

Additional Health Insights: Metabolic Syndrome

Metabolic syndrome is defined by five health risk factors, listed here. Based on your screening results you have passed 5 out of 5 metabolic syndrome criteria which means that you are at low risk for heart disease, diabetes and stroke.

You may notice that the target ranges for metabolic syndrome are different from some of the target ranges listed elsewhere in this report. This is because metabolic syndrome has been linked to these risk factors at the specific target ranges listed on this page.

Metabolic syndrome can only be diagnosed by a doctor. If you fall into the high risk category for any of the health risk factors that contribute to metabolic syndrome, be sure to follow up with your doctor. Improving those risk factors can help you prevent metabolic syndrome, which may also lower your risk of developing more serious diseases.

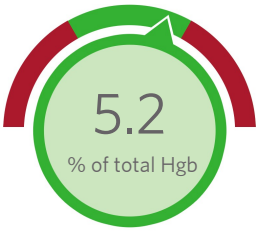
	YOUR RESULTS
BLOOD PRESSURE Target Range: Less than 130/85 mm/Hg	93/53
GLUCOSE Target Range: Less than 100 mg/dL	78
HDL CHOLESTEROL Target Range: Greater than or equal to 40 mg/dL	101
WAIST CIRCUMFERENCE Target Range: Less than or equal to 40 inches	33
TRIGLYCERIDES Target Range: Less than 150 mg/dL	148

Find out what you can do now to reduce your risk of metabolic syndrome in the "How to Improve" section of each result that is out of optimal range. And for more information about metabolic syndrome, visit **www.Heart.org/MetabolicSyndrome**.

Diabetes Risk

The pancreas is a relatively small organ located right behind your stomach. It has two main functions that help your body convert the food you eat into fuel. The exocrine function aids in digestion while the endocrine function creates and releases hormones to regulate your blood sugar. Because of these critical roles, your pancreas can be tied to several serious health issues.

SAMPLE, JOT DOWN YOUR THOUGHTS AND QUESTIONS HERE AS YOU READ YOUR RESULTS.



((REFERENCE RANGE: 4.0-5.6 % of total Hgb))

HEMOGLOBIN A1C

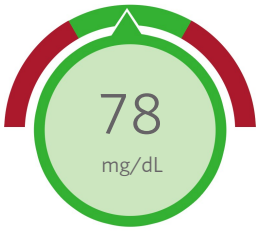
Your result was in the normal range. You are not showing signs of insulin resistance at this time. If you have already been told that you have diabetes this level is consistent with good glucose control.

Hemoglobin A1c measures the average amount of blood sugar (glucose) level for the past two to three months. The blood level of glucose is tightly controlled by hormones, especially insulin produced by the pancreas. Consistently, high blood glucose is typically observed in individuals with uncontrolled diabetes or undiagnosed diabetes. In people with diabetes, insulin is either less effective or not produced in sufficient quantity thus making it harder to manage the amount of sugar passing through the blood.

HOW TO MAINTAIN

- Slow down at meal time. Eating slowly gives you more time to savor your food and can prevent over-eating.
- Burn up that glucose with exercise. Work with your doctor to plan a safe, effective exercise program for you.
- Eat at least three meals daily at consistent times. Remember, food is your body's fuel source--like gas in a car.
- Visit **Diabetes.org** to learn more.

If you have pre-diabetes or diabetes, consider talking with your doctor about the availability of diabetes self-management education.



(REFERENCE RANGE: 65-99 mg/dL)

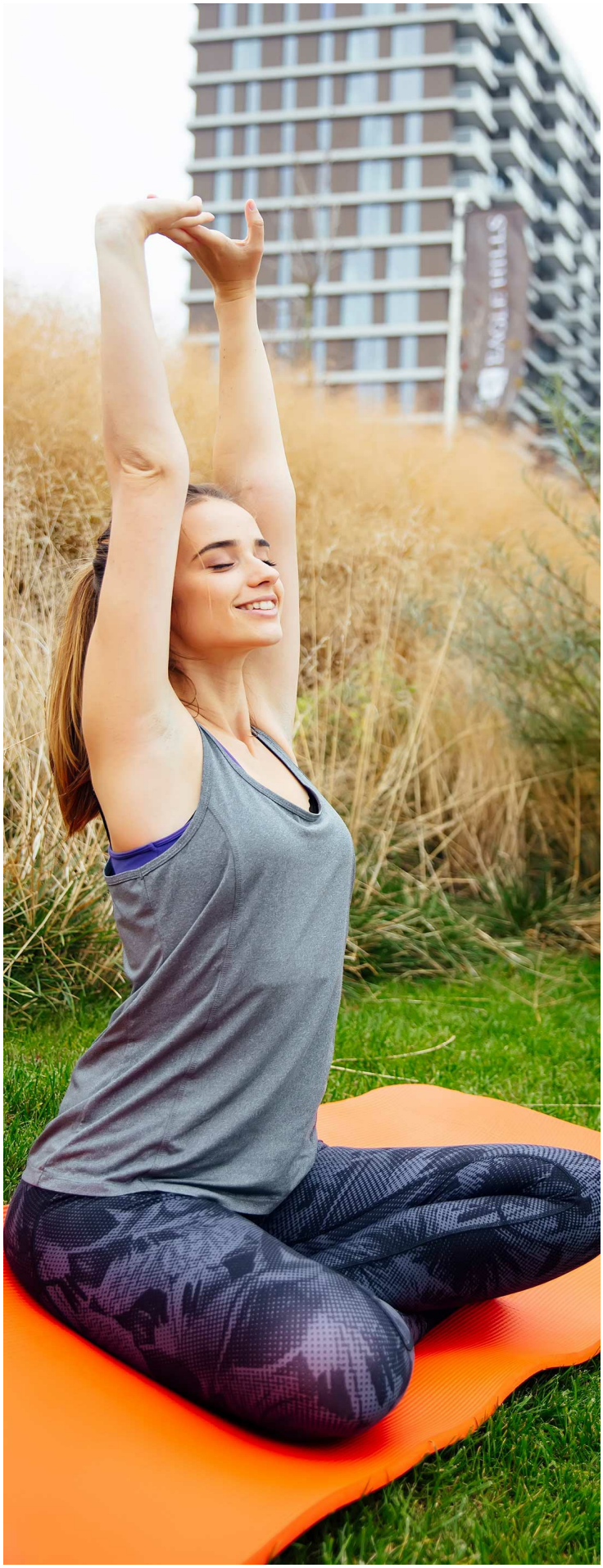
GLUCOSE

Your glucose result falls within the normal Reference Range and suggests that you are not showing any biochemical signs of diabetes, hyperglycemia, hypoglycemia or other conditions that can be associated with glucose levels that are too high or too low.

Glucose ("blood sugar") is the chief source of energy for all cells in the body. Glucose levels are regulated by hormones produced by your pancreas, including insulin. A glucose level outside the optimal range could be a sign that the body is not correctly producing or using insulin. These conditions are hypoglycemia (low blood sugar), prediabetes (elevated blood sugar), and diabetes (high blood sugar). For the most accurate result you should fast (not eat or drink anything but water) for at least 8 hours before your screening. If you were not fasting at the time of your screening, you should interpret your result against an optimal range of less than 140 mg/dL.

HOW TO MAINTAIN

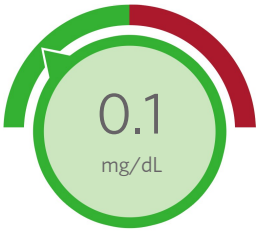
- Boost your metabolism with strength training. Strength training can lower glucose levels by increasing lean muscle and reducing body fat.
- Make your carbohydrates count. Choose from healthy carbohydrates, such as whole grains, fruits, vegetables, legumes (beans/peas) and low-fat or fat-free milk and yogurt.
- Did you know that exercise can relieve stress and lower blood glucose? Include exercise in your daily schedule.
- Visit **Diabetes.org** to learn more.



Liver Health

The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During this process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being.

SAMPLE, JOT DOWN YOUR THOUGHTS AND QUESTIONS HERE AS YOU READ YOUR RESULTS.

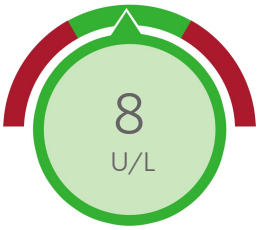


DIRECT BILIRUBIN

((REFERENCE RANGE: < OR = 0.2 mg/dL))

Your result falls within the normal Reference Range.

Direct bilirubin is a specific form of bilirubin that is formed in the liver and excreted in the bile. Normally very little of this form of bilirubin is found in the blood. However, in liver disease, this form of bilirubin leaks into the blood so a high level of direct bilirubin may indicate a problem with the liver cells.



GGT

(REFERENCE RANGE: 3-50 U/L)

Your result falls within the normal Reference Range.

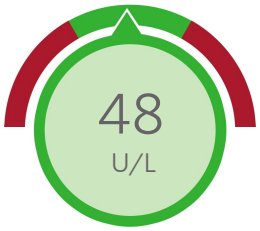
Gamma-glutamyl transferase (GGT) is produced in highest concentration within bile ducts in the liver and can be used as an indicator of liver disease. It may also rise with alcohol consumption and certain medications.

TOTAL BILIRUBIN

(REFERENCE RANGE: 0.2-1.2 mg/dL)

Your result falls within the normal Reference Range.

Bilirubin is the main pigment in bile and a major product of normal red cell breakdown. It is helpful in evaluating liver function, various anemias and in evaluating jaundice, yellowing of the skin.

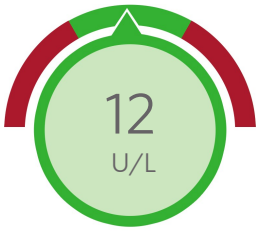


ALKALINE PHOSPHATASE

Your result falls within the normal Reference Range.

(REFERENCE RANGE: 33-115 U/L)

Alkaline phosphatase is an enzyme found primarily in bone and the liver. Elevated levels may indicate the presence of bone or liver disorders. It is commonly increased when the bile duct is blocked which may be caused by gallstones. The enzyme activity also increases following fractures and in growing children and pregnant women.

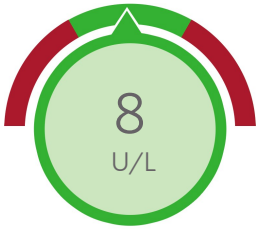


AST

Your result falls within the normal Reference Range and is not associated with liver disease.

(REFERENCE RANGE: 10-30 U/L)

Aspartate aminotransferase (AST) is an enzyme found in the liver and in cardiac and skeletal muscle. AST may rise in liver, heart, and muscle disorders. It can also rise following strenuous, prolonged exercise.

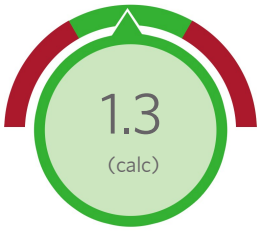


ALT

Your result falls within the normal Reference Range and is not associated with liver disease.

(REFERENCE RANGE: 6-29 U/L)

Alanine aminotransferase (ALT) is an enzyme produced primarily in the liver, skeletal and heart muscle. ALT is present in the liver in a higher concentration than AST and is more specific for differentiating liver injury from muscle damage. ALT rises in the instance of liver disease.



ALBUMIN/GLOBULIN RATIO

Your result falls within the normal Reference Range and indicates a ratio level not associated with a disease state.

(REFERENCE RANGE: 1.0-2.5 (calc))

An alternative way to tell if the albumin or globulin levels in the blood are abnormal is to compare the level of albumin to the level of globulin. If both the albumin and globulin results fall within the specified reference ranges, then a high or low A/G ratio result is not generally considered significant. A high globulin level and low albumin/globulin ratio may suggest high production of globulin that may be due to chronic infections, autoimmune disease, multiple myeloma, and other medical conditions.

GLOBULIN

Your result falls within the normal Reference Range and indicates a globulin level not associated with a disease state.

((REFERENCE RANGE: 1.9-3.7 g/dL (calc)))

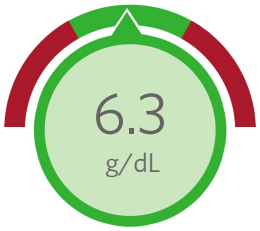
Globulin is not measured directly. It is calculated as the difference between the total protein and the albumin levels. The globulins are a group of about 60 different proteins that are part of the immune system, which help to fight or prevent infections. They also play an important role in blood clotting, and serve as carrier proteins for hormones.

ALBUMIN

Your result falls within the normal Reference Range and indicates an albumin level that is usually not associated with a disease state.

(REFERENCE RANGE: 3.6-5.1 g/dL)

Albumin is the largest portion of total blood protein. Decreased blood albumin may indicate many disorders including poor nutrition and advanced liver disease. Modest decreases in albumin may be seen in people with low thyroid gland function and protein-losing conditions.

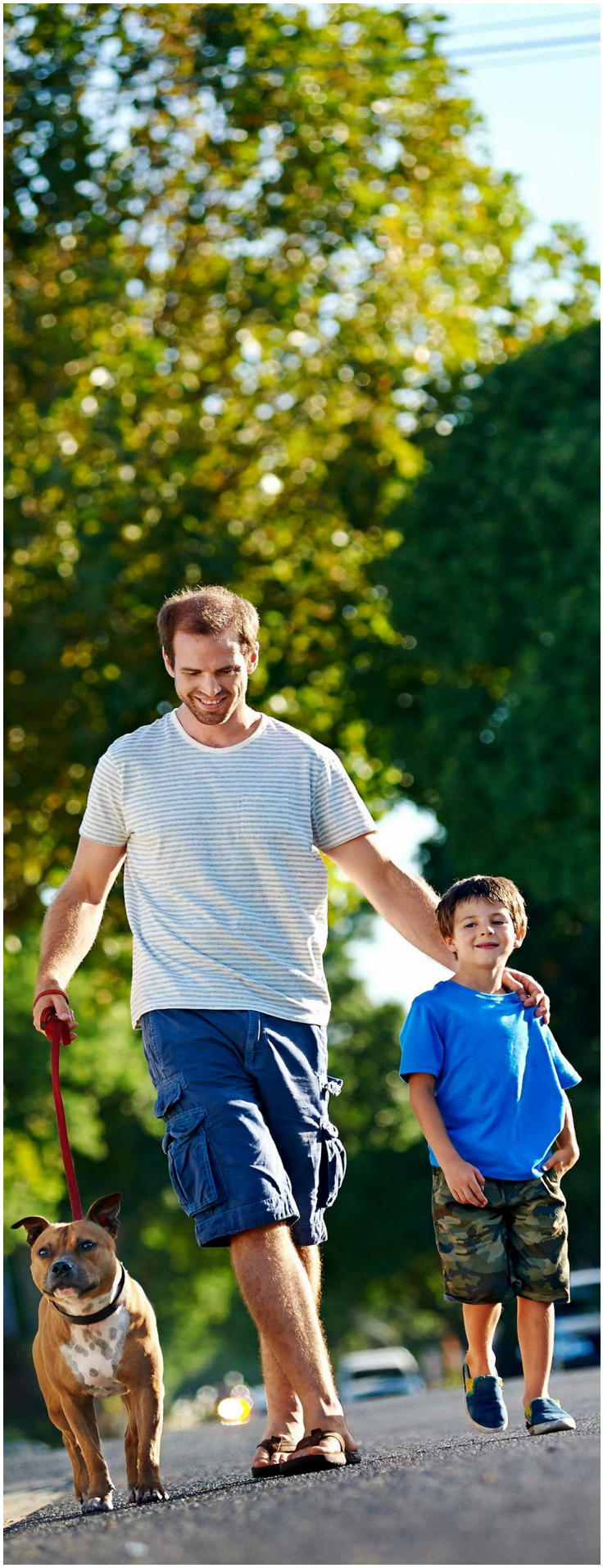


(REFERENCE RANGE: 6.1-8.1 g/dL)

TOTAL PROTEIN

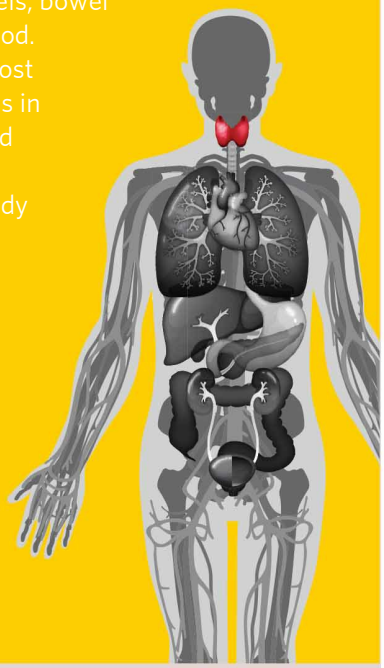
Your result falls within the normal Reference Range.

Total protein has two main components—albumin and globulin. The body's protein is derived from ingested food and therefore is influenced by the quality of diet, as well as by liver and kidney function.

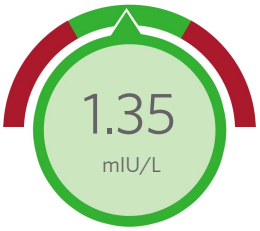


Thyroid Health

Your thyroid is a small, butterfly-shaped gland located in the lower part of the front of your neck. Through the hormones it produces, the thyroid gland influences almost all of the metabolic processes in your body, including heart rate, energy levels, bowel function and mood. As one of the most important glands in the body, thyroid health is key to keeping your body functioning normally.



SAMPLE, JOT DOWN YOUR THOUGHTS AND QUESTIONS HERE AS YOU READ YOUR RESULTS.



(REFERENCE RANGE: 0.40-4.50 mIU/L)

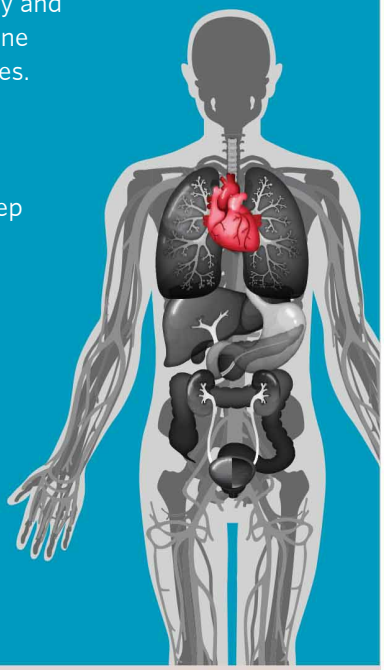
TSH

Your test indicated an appropriate level of TSH, a result that is usually not associated with thyroid disorders. With aging, thyroid function decreases and TSH levels increase.

The thyroid gland produces hormones that regulate or affect many bodily functions. **Thyroid stimulating hormone (TSH)** is the hormone which controls the thyroid gland function. An excess or deficiency of these hormones can affect energy levels, mood, and many functions. When the thyroid gland fails, due to primary disease of the thyroid, TSH levels increase. This condition is called primary hypothyroidism meaning low functioning of the thyroid. In contrast, when the thyroid gland is overactive and producing too much thyroid hormone, the TSH level decreases. This is called primary hyperthyroidism, meaning excessive functioning of the thyroid. Both hypothyroidism and hyperthyroidism can be detected by the TSH test.

Heart Health

Your heart is one of the most important organs in your body. Every day, it beats around 100,000 times, pumping blood through an extensive network of blood vessels. It's responsible for supplying oxygen to your body, removing waste materials, supplying energy and delivering immune system responses. Given all these essential functions, it's important to keep your heart healthy.



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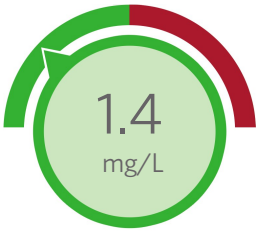


HS-CRP

Your result falls within the normal Reference Range. Continue to make healthy choices like exercising and eating well.

(REFERENCE RANGE: < OR = 3.0 mg/L)

Highly sensitive C-reactive protein (hsCRP) is made by the liver in response to infection, tissue injury or inflammation. Even low values, previously regarded as normal, have been shown to be a risk factor for atherosclerosis (fatty deposits lining the walls of blood vessels). Results of this test can help predict your risk of developing atherosclerotic heart disease. Buildup of these fatty deposits can cause chest pain, called angina, and eventually lead to a heart attack. Your risk increases with increasing levels of CRP.

CHOLESTEROL/HDL RATIO

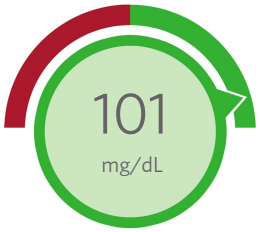
This result is associated with the lowest risk of coronary heart disease.

(REFERENCE RANGE: < 5.0 (calc))

Total cholesterol/HDL cholesterol ratio is a calculation obtained by dividing the total cholesterol level by the HDL cholesterol level and is another indicator of heart disease risk. A ratio of less than 5.0 is associated with a lower risk of heart disease. A ratio of less than 3.5 is highly desirable.

HOW TO MAINTAIN

- Go for the whole-grains. Try brown rice or whole-wheat pasta. Switch from white bread to whole-wheat bread.
- Use liquid oils instead of solid fats (such as shortening) in your cooking and baking.



(REFERENCE RANGE:
> OR = 40 mg/dL)

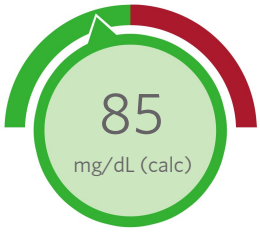
HDL CHOLESTEROL

Your result is associated with the lowest risk of coronary heart disease. If your result is 70 mg/dL or greater, your cardiovascular disease risk estimate, as predicted by your total cholesterol and LDL cholesterol, is reduced by your elevated HDL cholesterol.

High Density Lipoprotein (HDL) cholesterol is commonly called "good" cholesterol. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high. Elevated HDL cholesterol is associated with decreased risk of heart disease. A low level of HDL cholesterol can be associated with increased risk for heart disease. Genetic factors or conditions including liver disease, malnutrition, or hyperthyroidism may decrease HDL cholesterol levels. Smoking and drinking alcohol may also decrease your HDL cholesterol level.

HOW TO MAINTAIN

- Try adding almonds or walnuts to hot or cold cereal for extra crunch and some healthy fat.
- Did you know that exercise is associated with healthy HDL cholesterol levels? The more you exercise, the better your HDL cholesterol.
- Choose a margarine or spread without hydrogenated or partially-hydrogenated oils. Remember to double-check the ingredients list.
- Visit **Heart.org** to learn more.



((REFERENCE RANGE:
< 130 mg/dL (calc)))

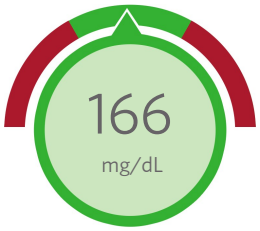
LDL CHOLESTEROL

Your result is associated with a low risk of coronary heart disease. The target of <100 mg/dL is the desirable range for primary prevention. You should be aware it is also important to consider other factors including smoking, diabetes, blood pressure, family history, and the results of other tests in assessing your risk for coronary heart disease (CHD). If you have been diagnosed with diabetes or CHD, or have 2 or more risk factors for CHD, your healthcare provider may recommend a lower LDL target. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.

Low Density Lipoprotein (LDL) cholesterol is considered "bad" cholesterol and elevated LDL cholesterol is associated with an increased risk of heart disease. LDL cholesterol often increases with a diet high in cholesterol and saturated fats. For many people, their LDL cholesterol value is based on heredity. Lifestyle choices, including diet, exercise and many medications are effective in lowering the LDL cholesterol level. For persons with other cardiovascular risk factors (diabetes, high blood pressure, smoking, family history of premature atherosclerotic cardiovascular disease [ASCVD], personal history of ASCVD, or albuminuria) or those on statin therapy, your healthcare provider may recommend a lower LDL target.

HOW TO MAINTAIN

- Lean protein is great for maintaining a healthy LDL Cholesterol. Try grilling or cooking fish filets tonight.
- Exercising with a friend, neighbor, or family member can boost your motivation, add accountability, and make it fun.
- Read the ingredients list on baking mixes, crackers, and other snacks. Avoid those that contain hydrogenated or partially-hydrogenated oils.
- Visit **Heart.org** to learn more.



(REFERENCE RANGE: 125-199 mg/dL)

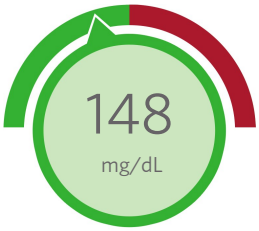
TOTAL CHOLESTEROL

Your result falls within the normal Reference Range.

Total Cholesterol is a combination of three types of cholesterol: HDL, LDL, and part of triglycerides. High cholesterol may put you at risk for heart disease or stroke. A low cholesterol measurement can indicate other health conditions. It is possible for your total cholesterol to be high when your other cholesterol results are in healthy ranges. In this case, we recommend focusing on your triglycerides (if available), LDL, and HDL cholesterol results.

HOW TO MAINTAIN

- Keep it interesting. Try new exercise activities to improve your overall fitness and prevent boredom.
- Choose oatmeal, whole-wheat toast, or a whole-grain English muffin instead of a doughnut or pastry at breakfast.
- Visit **CDC.gov/cholesterol** to learn more.



(REFERENCE RANGE: < 150 mg/dL)

TRIGLYCERIDES

Your result falls within the normal Reference Range.

Triglycerides are fats composed of fatty acids and glycerol. They are moved through the bloodstream by combining with proteins to form particles called lipoproteins. Triglycerides pass from the liver to other parts of the body that need lipoproteins for energy. Triglycerides then return to the liver where they are removed from the body. The level of triglycerides in your blood tells how well your body processes the fat in your diet. Accurate results require fasting for nine to twelve hours (no food or drink except water and medication) prior to testing.

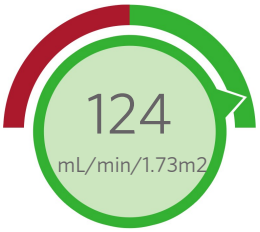
HOW TO MAINTAIN

- Drink water instead of sugary drinks.
- Choose fish rich in omega-3 fatty acids to lower your triglycerides. Try using canned tuna or salmon for sandwiches.
- Resist the temptation to purchase cupcakes and cookies. Try eating vegetables for a healthy snack.

Kidney Health

The kidneys are a pair of fist-sized organs located in the back of the abdomen. All the blood in your body passes through the kidneys several times a day, where waste is removed. In addition to removing waste, they control your body's fluid and electrolyte balance. Kidney health plays a major role in overall body health.

SAMPLE, JOT DOWN YOUR THOUGHTS AND QUESTIONS HERE AS YOU READ YOUR RESULTS.



EGFR

An eGFR >= 60 sixty indicates an appropriate level of creatinine, a result that is usually not associated with kidney disorders.

((REFERENCE RANGE: > OR = 60 mL/min/1.73m2))

TEST TEST **Estimated Glomerular Filtration Rate (eGFR)** is a test for kidney damage. eGFR is calculated using your serum creatinine result, age and gender. Creatinine is not sensitive to early renal damage since it varies with age, gender and ethnic background. If you are African American, your eGFR is estimated differently. Since race is not reported in this screening, you will need to use the reported result that is associated with your race. To get a African American specific result, you can multiply this result by 1.21 to get your true eGFR. The same reference ranges will apply.

CREATININE

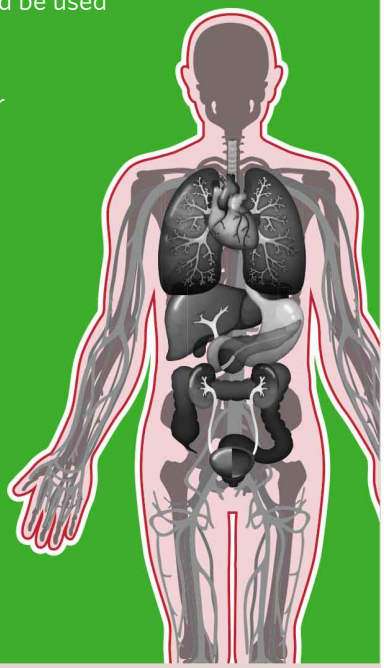
Your test indicated an appropriate level of creatinine, a result that is usually not associated with kidney disorders.

(REFERENCE RANGE: 0.50-1.10 mg/dL)

TEST **Creatinine** is derived from muscles and released into the blood. It is removed from the body by the kidneys. When the creatinine level is elevated, a decrease in kidney function is suggested. For patients 50 years of age and older, and whom identify as African-American the upper reference range for creatinine is approximately 10-15% higher.

Physical Measures

During your screening, physical measurements were taken to provide you with more information about your health. These measures are considered risk factors for chronic health conditions, like heart disease, diabetes and stroke. These measures should be used with all of your blood tests to understand your risk for these conditions.



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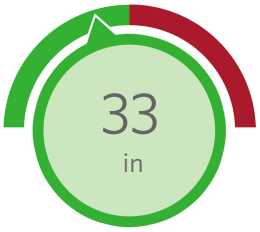


(REFERENCE RANGE: < OR = 40 in)

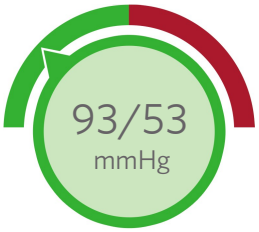
WAIST CIRCUMFERENCE

Your result falls within the normal Reference Range.

Waist circumference measures the stored fat around your waist area, also known as "abdominal obesity" or "having an apple shape". It can provide a different look at your weight related health risk than a body mass index (BMI). If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs. Many diseases, such as heart disease and diabetes, are associated with having higher amounts of abdominal obesity. This is true even if your BMI falls within the normal range.

HOW TO MAINTAIN

- Did you know that walking is a great way to reduce belly fat and strengthen the muscles in the lower back? Grab a friend and take 10 minute walking breaks during your work day.
- Eat at home more often and dine out less. Strive to dine out no more than once or twice each week.
- Stress over a long period of time can increase fat build-up around your mid-section. Smiles and laughter can go a long way toward stress relief.



(REFERENCE RANGE: < 120/80 mmHg)

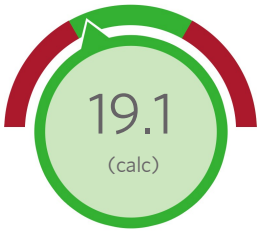
BLOOD PRESSURE

Your result is in the normal range and is considered to be optimal. This means your blood pressure does not put you at increased risk for experiencing a cardiovascular event.

Blood pressure (BP) is the force of blood pushing against the artery walls as the heart pumps blood. Having high BP can damage the heart and blood vessels and lead to other health problems, such as heart attack and stroke. When assessing a high BP risk category, if either the top number or the bottom number falls into a risk range, that is sufficient to be assigned to the higher risk category. A normal value for BP is less than 120/80 mmHg. Elevated BP: 120-129/Less than 80. Stage 1 high BP: 130-139/80-89 Stage 2 high BP: 140-180/90-120. Hypertensive crisis: Greater than 180/Greater than 120. All BP ranges from the American Heart Association (www.heart.org)

HOW TO MAINTAIN

- Aerobic exercise lowers the blood pressure by strengthening the heart and the blood vessels.
- Try a relaxation technique, such as deep breathing or meditation.
- Think fresh! Fresh foods tend to be lower in sodium (salt).



(REFERENCE RANGE: 18.5-24.9 (calc))

BODY MASS INDEX (BMI)

Your result is in the normal range. A result in the normal range means that you are at lower risk for cardiovascular disease, diabetes and other diseases.

Body Mass Index (BMI) is an indication of body fat. It is calculated by multiplying your weight in pounds by 703, then dividing by height in inches squared. Target values are between 18.5 and 24.9. A BMI of 25 or above is linked to an increased risk for health conditions such as heart disease, stroke and diabetes. A BMI of less than 18.5 is considered increased risk for electrolyte imbalances and osteoporosis.

HOW TO MAINTAIN

- Healthy eating starts with the foods you buy at the supermarket. Plan to makeover your pantry with more healthy foods today.
- Beware of the pitfalls of mindless eating. Avoid late-night snacking. Don't eat in front of the TV.
- When it comes to exercise, the most important thing is getting started. You can always build your exercise routine over time.

Other Health Factors

Overall wellness depends on a number of factors that are not always associated with a single organ. But these key indicators, combined with your health history and other information, can give you and your doctor a more complete picture of your body's health.

SAMPLE, JOT DOWN YOUR THOUGHTS AND QUESTIONS HERE AS YOU READ YOUR RESULTS.

FERRITIN

(REFERENCE RANGE: 20-345 ng/mL)

A low ferritin value indicates decreased iron reserves and is consistent with iron deficiency, especially when the iron/TIBC percent saturation is also low. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.

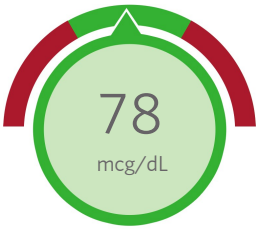
Ferritin, another protein, is the best indicator of the amount of uncommitted iron reserve that the body has in storage and is useful in the diagnosis of hypochromic microcytic anemia (low red blood cell count associated with small red blood cells).

PERCENT SATURATION

(REFERENCE RANGE: 15-50 (calc))

Your results fall within the normal Reference Range.

Transferrin percent saturation (Percent Saturation) is obtained by comparing the iron level to the TIBC level. It is a simple way to compare the amount of iron in the blood to the capacity of the blood to transport iron. The calculated ratio sometimes highlights an abnormality that is not obvious by reviewing the individual test results.

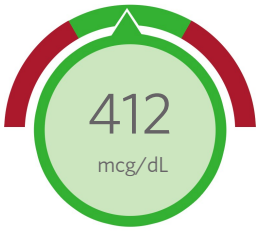


TOTAL IRON

(REFERENCE RANGE: 40-175 mcg/dL)

Your result falls within the normal Reference Range.

The body must have **iron** to make hemoglobin and to help transfer oxygen to the muscles. If the body is low in iron, all body cells, particularly muscles in adults and brain cells in children, do not function up to par. On the other hand too much iron in the body can cause injury to the heart, pancreas, joints, testicles, ovaries, and other organs and tissues. Iron excess is found in the hereditary disease called hemochromatosis which occurs in about 3 out of every 1000 people. Any value outside the specified Reference Range should be evaluated by your healthcare provider.

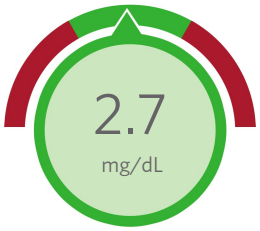


(REFERENCE RANGE: 250-450 mcg/dL)

TIBC

Your result falls within the normal Reference Range.

Iron is best interpreted with the **total iron binding capacity (TIBC)**. The TIBC reflects the total capacity of the blood to carry iron. The percent saturation is the ratio of the iron to TIBC. It is a reflection of remaining capacity to carry iron.



(REFERENCE RANGE: 2.5-7.0 mg/dL)

URIC ACID

Your value falls within the normal Reference Range.

Uric acid is one of the byproducts from the breakdown of cells. A high level of uric acid in your blood may cause gout, arthritis or kidney stones. Kidney disease, stress, alcohol and certain diuretics may also raise the uric acid level. High uric acid levels should be evaluated by your health care provider, whereas low values are not generally considered significant. Therapeutic target for gout patients: <6.0 mg/dL.

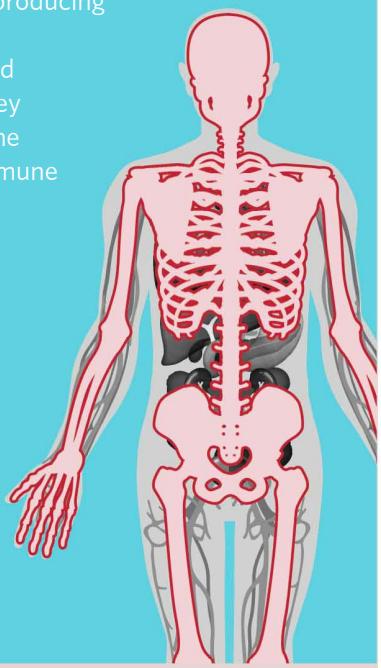
(REFERENCE RANGE: ng/mL)

PSA

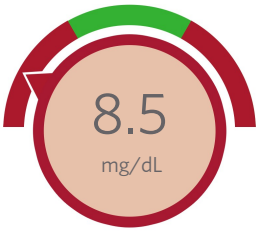
The prostate is a walnut-sized gland in men that is adjacent to the urinary bladder and produces seminal fluid. Prostate cancer is among the most common cancers affecting men with incidence increasing with age. **Prostate specific antigen (PSA)** testing measures levels of a protein produced in the prostate. PSA tests, digital rectal examinations, and on occasion other tests and procedures, are used for early detection and to determine who should receive biopsies of their prostate. PSA levels may be elevated due to an infection of the prostate, an increase in the size of the prostate which is common as men age, or prostate cancer. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about testing or your results.

Bone Health

The adult skeleton is made up of 206 bones. Bones provide body structure, allow movement and protect your internal organs. In addition, many bones contain bone marrow, a thick, jelly-like substance in the center of the bone that is responsible for producing new blood cells. Maintaining good bone health is key to long-term bone strength and immune function.



SAMPLE, JOT DOWN YOUR THOUGHTS AND QUESTIONS HERE AS YOU READ YOUR RESULTS.



(REFERENCE RANGE: 8.6-10.2 mg/dL)

CALCIUM

A low value can indicate inadequate absorption, malnutrition, vitamin D deficiency or low albumin (protein). Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.

Calcium is one of the most important elements in the body, essential for maintenance and repair of bone and teeth, heart function and blood clotting. Ninety-nine percent of the calcium in your body is contained in your bones-only one percent is in the blood. Low levels of calcium in the blood are associated with malnutrition, eating disorders, secondary to some medications, and abnormalities with absorption of vitamin D, low parathyroid gland function, and advanced kidney disease. High levels can be caused by bone disease, excessive use of antacids and milk, cancer, excessive vitamin D and some hormone disorders. An abnormal calcium level should be evaluated by your healthcare provider.

Get on the Path to Better Health

Improving and maintaining health has many benefits. By choosing one or two simple chores from the tips below, you can get healthier and stay that way.

Steps to a Healthier Lifestyle

☑ Check off what you believe you can accomplish

STRESS

Stress can lead to high blood pressure and even heart disease. Everyone benefits from learning how to manage stressful times. Some of the signs of stress are lack of concentration, irritability, anger, overeating and sleep difficulties. There are some things you can do to help manage stress:

- ☐ Take slow, deep breaths.
- ☐ Remove yourself from the situation.
- ☐ Go for a walk.
- ☐ Speak up if something is bothering you.

EXERCISE

Having trouble fitting 30 minutes of exercise in? Here are some easy ways to get started:

- ☐ Make time during your favorite TV shows – try stretching, jumping jacks or push-ups while watching.
- ☐ Make your chores count – from mowing to mopping, do chores at a faster pace to get your heart rate up.
- ☐ Make family time active time – take a walk together or play games that include physical activity.

National Heart Lung and Blood Institute provides information about exercise. – **The Office of Disease Prevention and Health Promotion provides information about exercise. health.gov/paguidelines/guidelines/adults.aspx**

WEIGHT MANAGEMENT

Successfully managing your weight plays a large role in managing your cholesterol, triglycerides and risk for conditions such as arthritis and diabetes. You can achieve and stay at your ideal weight by eating healthy and taking part in physical activity.

Centers for Disease Control and Prevention: Healthy Weight provides information about weight loss and management. – **www.cdc.gov/healthyweight/**

NUTRITION

Here are a few tips to help you practice eating healthier:

- ☐ Keep an eye on portions – use a smaller plate or bowl. When eating out, choose a smaller option, share a dish or take home part of your meal.
- ☐ Enjoy your food more to eat less – take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories.

Nutrition.gov provides information about weight loss and management. – **www.nutrition.gov/weight-management/**

Guide to Making Healthier Food Choices

Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy and sports drinks are a major source of added sugar and calories.

Make half your grains whole grains

To eat more whole grains substitute a whole-grain product for a refined product; for example, eat whole-wheat bread instead of white bread or brown rice instead of white rice.

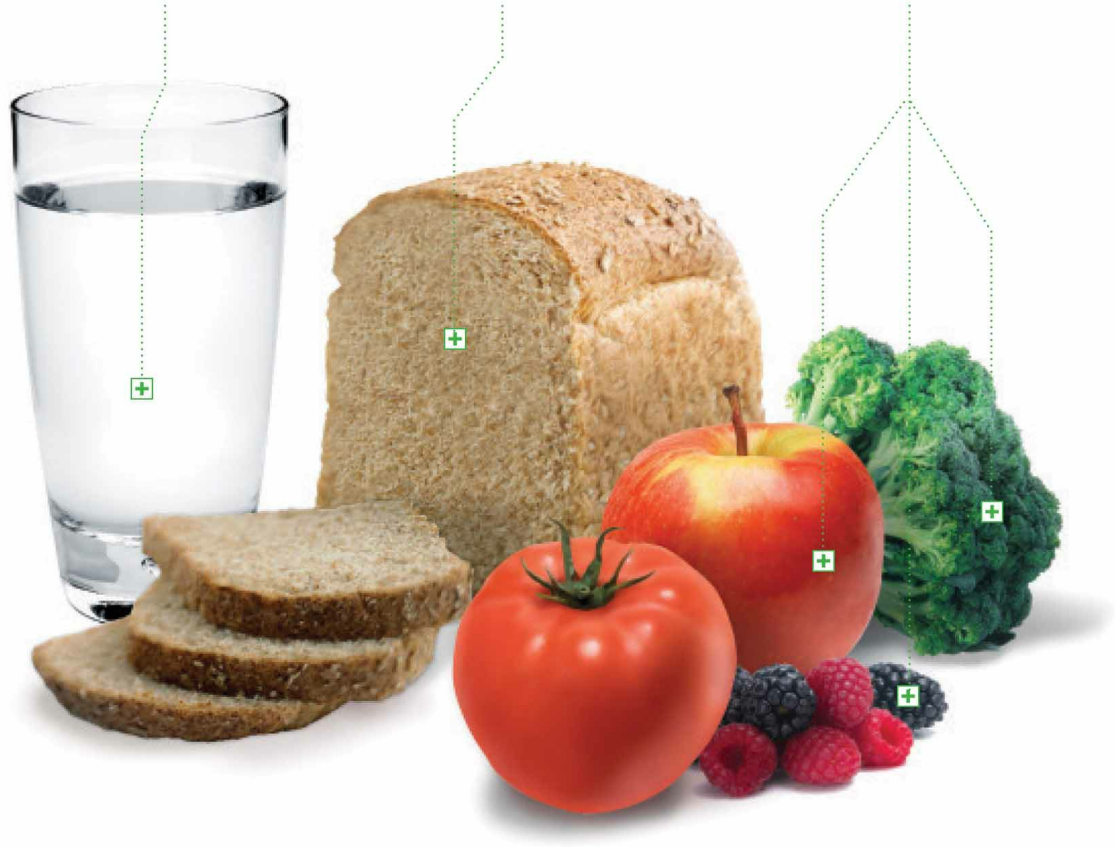
Make half your plate fruits and vegetables

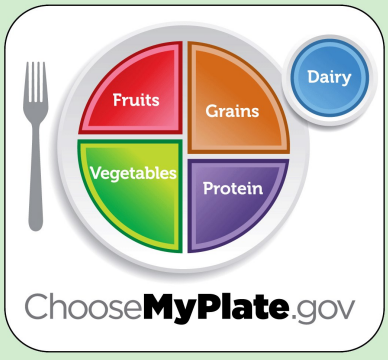
Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes, broccoli and other vegetables. Add fruit as part of main or side dishes or as dessert.

Eat these foods more often

Make vegetables, fruits, whole grains and fat-free or 1% milk and dairy products the basis for meals and snacks. These foods have the nutrients you need for health, including potassium, calcium, vitamin D and fiber.

*Nutrition tips from the United States Department of Agriculture, 2011.





Eating healthy doesn't have to be hard. Go online for additional information and easy-to-use food and activity tracking tools to help you make healthier choices at every meal.

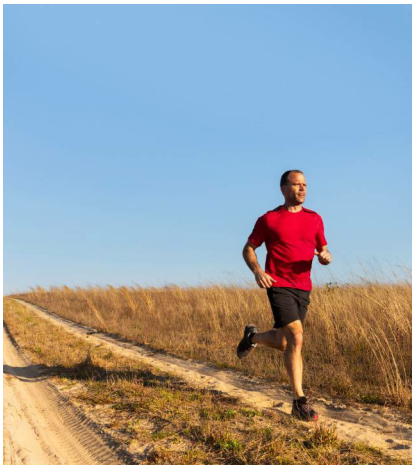
www.ChooseMyPlate.gov

Health Resources Just for You

By providing you with this valuable personal health profile, you can use this as a guide in discussing your overall care with your doctor. In addition, the below resources can be used as tools to help improve your health.

- Learn more about your cholesterol results at **Heart.org** by selecting 'Conditions', then 'Cholesterol'.
- **CDC.gov** provides information on a variety of heath and safety topics. Use this site to search for more information on health topics that interest you.
- Check out **HealthFinder.gov** for information on additional health topics. Select 'Health Topics A to Z' to find the topic you would like to learn more about.
- Visit **Heart.org** to learn more about your blood pressure result and tips for controlling your blood pressure. Select 'Conditions' then 'High Blood Pressure' to view topics related to blood pressure.
- **Diabetes.org** is a great resource for learning more about your glucose. Be sure to check out their tips for managing your blood sugar under 'Food & Fitness'.
- Learn more about your Hemoglobin A1c result at **Diabetes.org**. Look for tips to control your blood sugar and prevent diabetes under 'Diabetes Basics'.

Preventive Screenings



According to your age and gender, there are several preventive screenings you should consider. Use this information to help keep you on the road to good health. It's always important to schedule regular checkups with your physician.

Males ages 18-39:

Screening Type	Screening
Prostate Health Prostate Cancer Screening (American Cancer Society, 2014)	No testing recommended*
Immunization Flu shot (Centers for Disease Control and Prevention, 2015)	Every year*
Liver Health Hepatitis C (U.S. Preventive Services Task Force, 2013) (Centers for Disease Control and Prevention, 2012)	No testing recommended*

* Discuss with your doctor or nurse. † Before age 55 in men and 65 in women.

Looking for the recommended preventive screenings for your family or friends?
To see more preventive screening recommendations, go to the *Health Resources* menu on your online results.

Medical Summary Report for Your Doctor

Sample Participant

34 years | Male | 65" | 115 lbs.

Screening Results from: 03/20/2020
Testing Facility: Quest Diagnostics - *St. Louis
10101 RENNER BLVD
LENEXA KS 66219
Medical Director: William Becker DO, MPH

This report serves as an easy reference to review all of your testing results, including data from previous years. We encourage you to use this information in conjunction with an exam by your doctor, not as a replacement for one. We hope this summary will be a good starting point for conversations with your doctor about improving your overall health.

	03/20/20
Pancreas Health	
Hemoglobin A1c ((Reference Range: 4.0-5.6 % of total Hgb))	5.2
Glucose (Reference Range: 65-99 mg/dL)	78
Liver Health	
Direct Bilirubin ((Reference Range: < OR = 0.2 mg/dL))	0.1
GGT (Reference Range: 3-50 U/L)	8
Total Bilirubin (Reference Range: 0.2-1.2 mg/dL)	0.3
Alkaline Phosphatase (Reference Range: 33-115 U/L)	48
AST (Reference Range: 10-30 U/L)	12
ALT (Reference Range: 6-29 U/L)	8
Albumin/Globulin Ratio (Reference Range: 1.0-2.5 (calc))	1.3
Globulin ((Reference Range: 1.9-3.7 g/dL (calc)))	2.7

	03/20/20
Albumin (Reference Range: 3.6-5.1 g/dL)	3.6
Total Protein (Reference Range: 6.1-8.1 g/dL)	6.3
Thyroid Health	
TSH (Reference Range: 0.40-4.50 mIU/L)	1.35
Heart Health	
hs-CRP (Reference Range: < OR = 3.0 mg/L)	1.4
Cholesterol/HDL Ratio (Reference Range: < 5.0 (calc))	1.6
HDL Cholesterol (Reference Range: > OR = 40 mg/dL)	101
LDL Cholesterol ((Reference Range: < 130 mg/dL (calc)))	85
Total Cholesterol (Reference Range: 125-199 mg/dL)	166
Triglycerides (Reference Range: < 150 mg/dL)	148

Medical Summary Report for Your Doctor (continued)

03/20/20

Kidney Health

✓ eGFR ((Reference Range: > OR = 60 mL/min/1.73m2))	124
✓ Creatinine (Reference Range: 0.50-1.10 mg/dL)	0.51

Physical Measures

✓ Waist Circumference (Reference Range: < OR = 40 in)	33
✓ Blood Pressure (Reference Range: < 120/80 mmHg)	93/53
✓ Body Mass Index (BMI) (Reference Range: 18.5-24.9 (calc))	19.1

Other Health Factors

! Ferritin (Reference Range: 20-345 ng/mL)	8
✓ Percent Saturation (Reference Range: 15-50 (calc))	19
✓ Total Iron (Reference Range: 40-175 mcg/dL)	78
✓ TIBC (Reference Range: 250-450 mcg/dL)	412
✓ Uric Acid (Reference Range: 2.5-7.0 mg/dL)	2.7
PSA (Reference Range: ng/mL)	4.0

Bone Health

! Calcium (Reference Range: 8.6-10.2 mg/dL)	8.5

Become More Active in Your Healthcare

A great way to stay healthy is to be active in your own healthcare. **You can start by sharing your screening results with your doctor and asking questions like:**

- ☐ What do you think about my results in the red ranges?
- ☐ Should I have any other preventive screenings?
- ☐ What behaviors can I change to improve my health?
- ☐ Where can I find more health-related information?
- ☐ Is it safe for me to start a physical activity program?
- ☐ How do I learn more about healthy eating habits?
- ☐ What is a good health improvement goal for me?

If medication is prescribed:

- ☐ How do you spell the name of that medication?
- ☐ How will this medicine improve my health?
- ☐ What side effects might I have?
- ☐ How will this medication interact with others I am taking?
- ☐ What additional behaviors can I do to improve my health?

Use this space to write down other questions you have:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

For more information, visit
www.ahrq.gov/questions

Learn More About Your Results Online.

For additional insight into your screening results, be sure to view your results online. You'll find a variety of interactive tools, information and links not included in this booklet. We encourage you to use these online resources to better understand your results and improve your overall health.

Login Instructions

You should have received information with specific login instructions several weeks ago. To get started, please visit:

My.QuestForHealth.com

Your employer may have provided you with an alternative URL for accessing your screening results.

If you've already registered, simply enter your username and password. If not, enter your organization's registration key, which is:

SAMPLEREG

Then follow the prompts to set up a username and password. You can log in with this information after you have registered to view your results.

Terms and Conditions

The full Terms and Conditions for this program can be accessed by logging in to My.QuestForHealth.com.

IMPACTS

See how your results affect specific areas and functions of the body with this interactive tool.

HISTORY

Compare your results to those from your previous screenings and averages for your age and gender.

HEALTH CONDITIONS

Find out how your results are related to common medical conditions, including metabolic syndrome, heart disease and diabetes.

HEALTH RESOURCES

Access a wide variety of resources, articles and videos about healthy living that will help you reach your goals.

Blueprint for Wellness®

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