Blueprint for Wellness®

RAJESH, Here is Your **MyTest Profile™** to help you build a healthier life.

RAJESH, THANK YOU for taking an active role in your health by participating in your recent biometric screening.

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

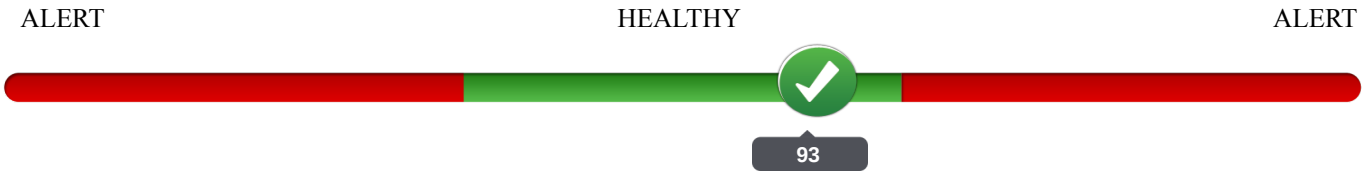
Because your privacy is important, all information in your MyTest is confidential and is controlled in accordance with our Privacy Policy that conforms to Federal Privacy (HIPAA) guidelines.

Pancreas Health

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.

Glucose

Reference Range: 65-99 mg/dL



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.

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.

Total Cholesterol

Reference Range: 125-199 mg/dL

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.

Triglycerides

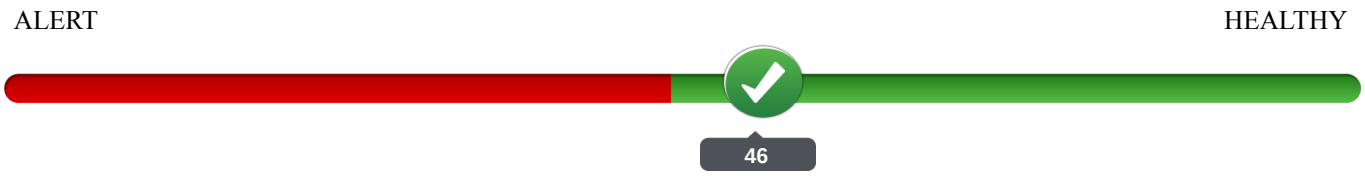
Reference Range: < 150 mg/dL

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.

HDL Cholesterol

Reference Range: > OR = 40 mg/dL



Your result is associated with a lower 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. A normal range can be greater than or equal to 40 mg/dL depending upon your gender. If you are undergoing hormone therapy or are unsure of which reference applies, please consult with your physician.

Cholesterol/HDL Ratio

Reference Range: < 5.0 (calc)

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

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.

LDL Cholesterol

Reference Range: < 100 mg/dL (calc)

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

Low Density Lipoprotein (LDL) Cholesterol is considered "bad" cholesterol and an elevated level is associated with an increased risk of heart disease. LDL can increase with a diet high in cholesterol and saturated fats. For many people LDL levels are based on heredity. Lifestyle choices including diet, exercise, and many medications are effective in lowering LDL level. If you have other cardiovascular risk factors or are on statin therapy you should discuss your results with your doctor.

Non-HDL Cholesterol

Reference Range: < 130 mg/dL

Your result falls within the normal reference range. If you have diabetes plus 1 major ASCVD risk factor, treating to a non-HDL goal of <100mg/dL (where LDL is <70mg/dl) is considered a therapeutic option. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.

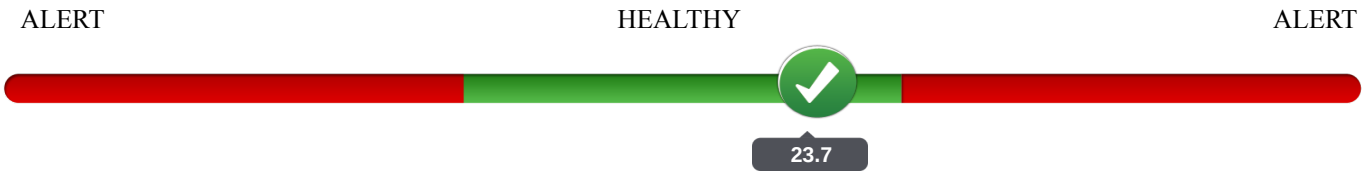
* Non-HDL cholesterol * is an important measure of heart disease risk that has a stronger relationship with heart disease than any other individual lipid measurement. Doctors generally use it as a secondary target, specifically, if triglycerides are more than 199 mg/dL after the LDL cholesterol goal is reached. The secondary goal for non-HDL cholesterol (total cholesterol – HDL cholesterol) is 30 mg/dL higher than the LDL cholesterol goal. If you have other cardiovascular risk factors or are on statin therapy, your healthcare provider may prefer a lower target level for you.

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.

Body Mass Index (BMI)

Reference Range: 18.5-24.9 (calc)



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.

Blood Pressure

Reference Range: < 120/80 mmHg

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)

RAJESH, 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.

RAJESH SHANAM **30 years old | Male | 6' 0" | 175 lbs.**
Date Collected: 03/19/2022
Testing performed at Quest Diagnostics-Wood Dale
1355 Mittel Blvd Wood Dale IL 60191-1024
Medical Director: Anthony V Thomas, M.D.

	Mar 2022	Nov 2021
Pancreas Health		
Glucose Reference Range: 65-99 mg/dL	**93**	102
Heart Health		
Total Cholesterol Reference Range: 125-199 mg/dL	**166**	177
Triglycerides Reference Range: < 150 mg/dL	**137**	138
HDL Cholesterol Reference Range: > OR = 40 mg/dL	**46**	48
Cholesterol/HDL Ratio Reference Range: < 5.0 (calc)	**3.6**	3.7
LDL Cholesterol Reference Range: < 100 mg/dL (calc)	**96**	105
Non-HDL Cholesterol Reference Range: < 130 mg/dL	**120**	129
Physical Measures		
Body Mass Index (BMI) Reference Range: 18.5-24.9 (calc)	**23.7**	24.4

	Mar 2022	Nov 2021
Physical Measures		
Blood Pressure Reference Range: < 120/80 mmHg	**108/62**	103/60

Laboratory Notes

FASTING:YES

(**Glucose**)	Fasting reference interval
(**LDL Cholesterol**)	Reference range: <100 Desirable range <100 mg/dL for primary prevention; <70 mg/dL for patients with CHD or diabetic patients with > or = 2 CHD risk factors. LDL-C is now calculated using the Martin-Hopkins calculation, which is a validated novel method providing better accuracy than the Friedewald equation in the estimation of LDL-C. Martin SS et al. JAMA. 2013;310(19): 2061-2068 (http://education.QuestDiagnostics.com/faq/FAQ164)
(**Non-HDL Cholesterol**)	For patients with diabetes plus 1 major ASCVD risk factor, treating to a non-HDL-C goal of <100 mg/dL (LDL-C of <70 mg/dL) is considered a therapeutic option.