## **Executive Physical Exam**

#### Name

Ms. Patient Name

#### **Provider**

Dr. John Doe

**Cardiovascular Department** 

#### **Visit**

03/01/2021

(Follow-Up 9)

#### **Patient Portal Instructions**

Access your patient portal, powered by PhysioAge Health Analytics, from your device or desktop at

https://welllifem.com.pages.on-traport.net/ExecutivePhysicals

You may contact Well Life Family Medicine by calling us at (806) 355-9355

# **Your Result Summary**

Visit your patient to see individual results

### **Your Biomarkers of Aging**

eggetnot found or type unki.

#### PhysioAge 51.1

#### Years

capetnot found or type unks.

## TelomerAge 58

Years

eggetnot found or type unki.

### ImmunoAge 54

Years

earetnot found or type unki.

## CardioAge 57

Years

repernot found or type unkno

#### PulmoAge 88 Years

appernot found or type unkno

## NeuroAge 30 Years

pagetnot found or type unkno

**CutoAge 35 Years** 

## **Your Report Card**

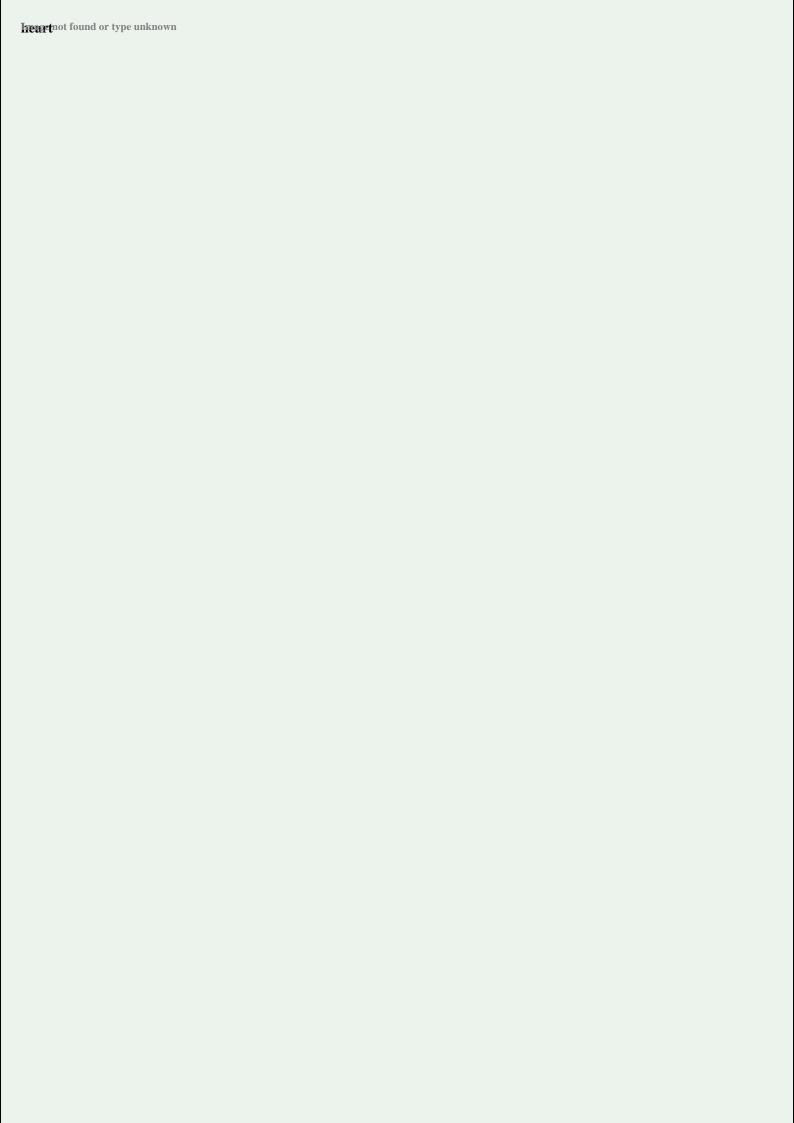
**Your GPA (4-point scale):** 

- **A**Helthspan Potential
- **B**Heart Health
- **C**Cardiovascular Risk
- **D**Diabetes & Glucose
- **ABody Composition**
- **ALung Health**
- **CBrain Health**

- **D**Hormone Health
- **ABlood**
- **B**Nutrition
- **C**Trace Essential Minerals
- **D**Major Essential Minerals
- **B**Kidney Functions
- **B**Liver Functions
- **CImmune Health and Inflammation**
- **D**Infectious disease

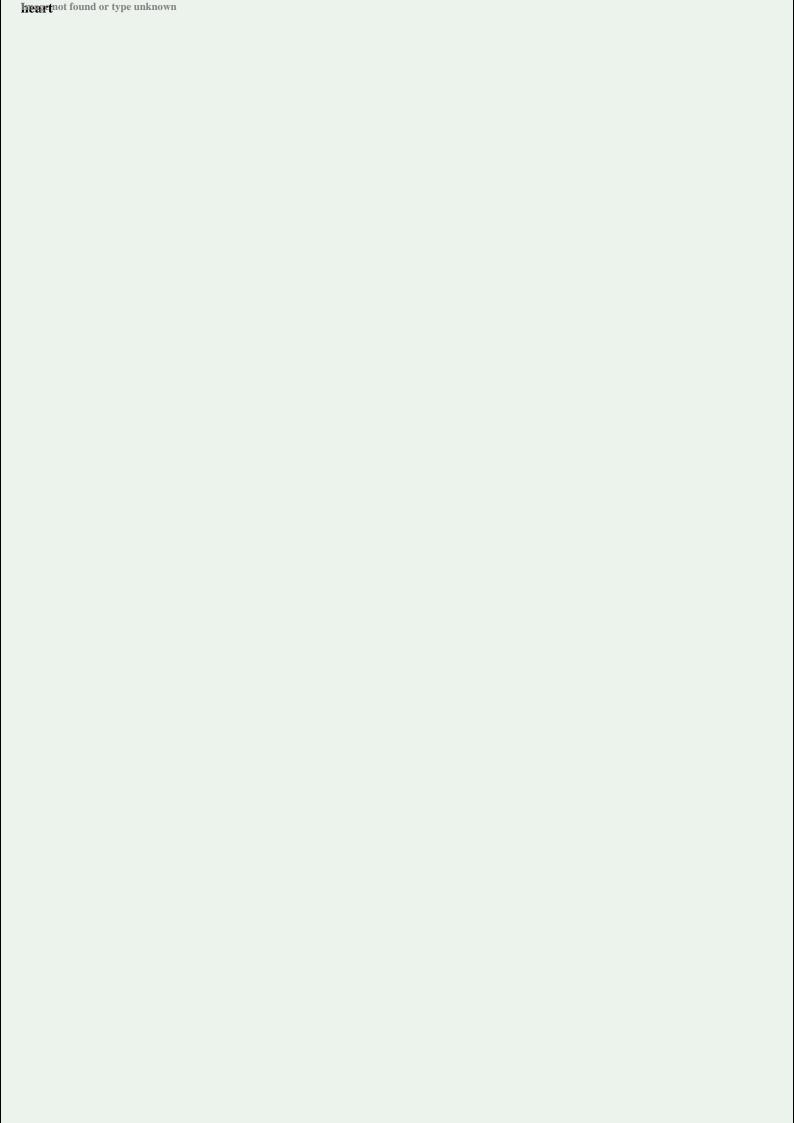
## **Your Recommendations**

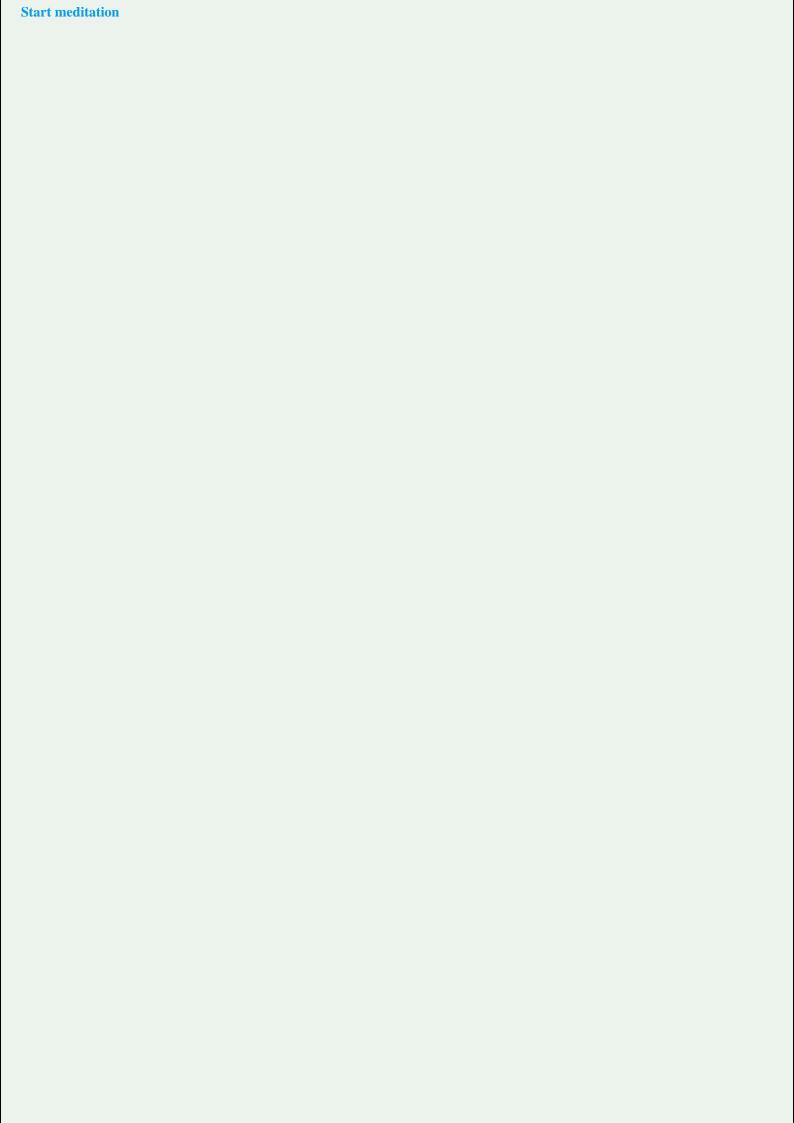
From Dr. John Doe

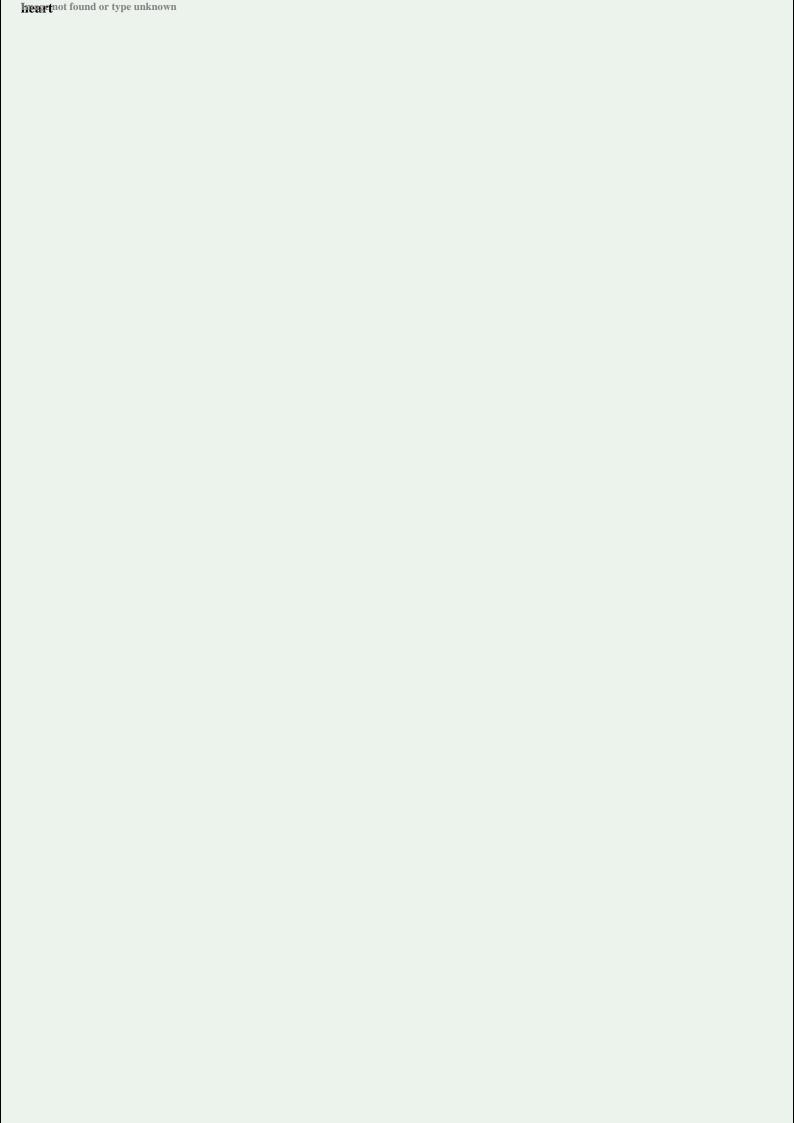


### **Time restriction eating**

Eat between 12 pm to 8 pm daily Based on your Percent Bodyfat

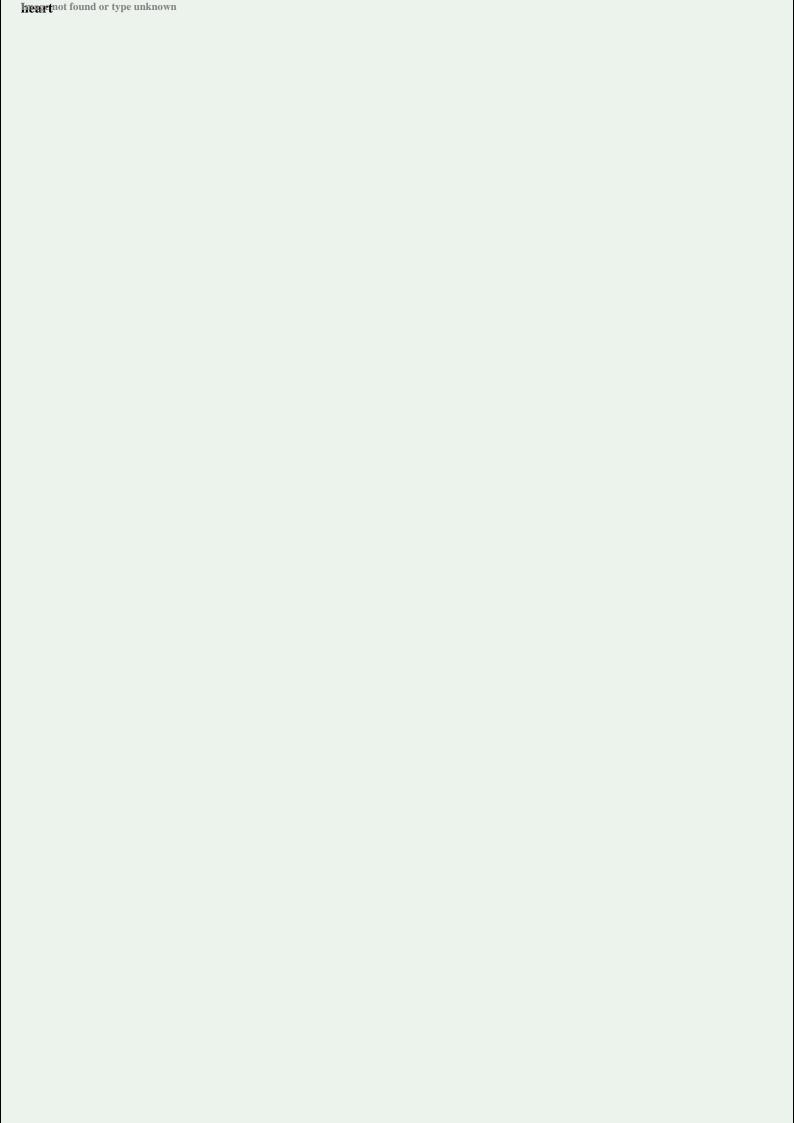






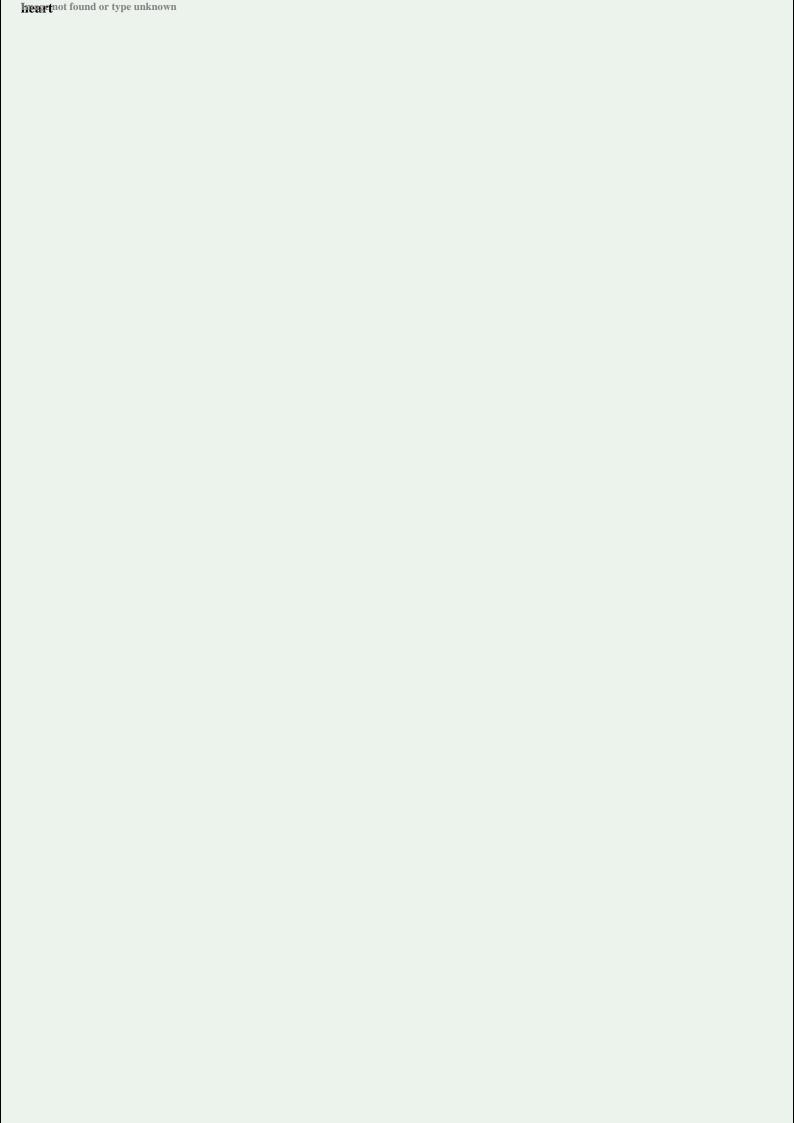
## **Start HIIT training**

follow the guide Based on your ImmunoAge



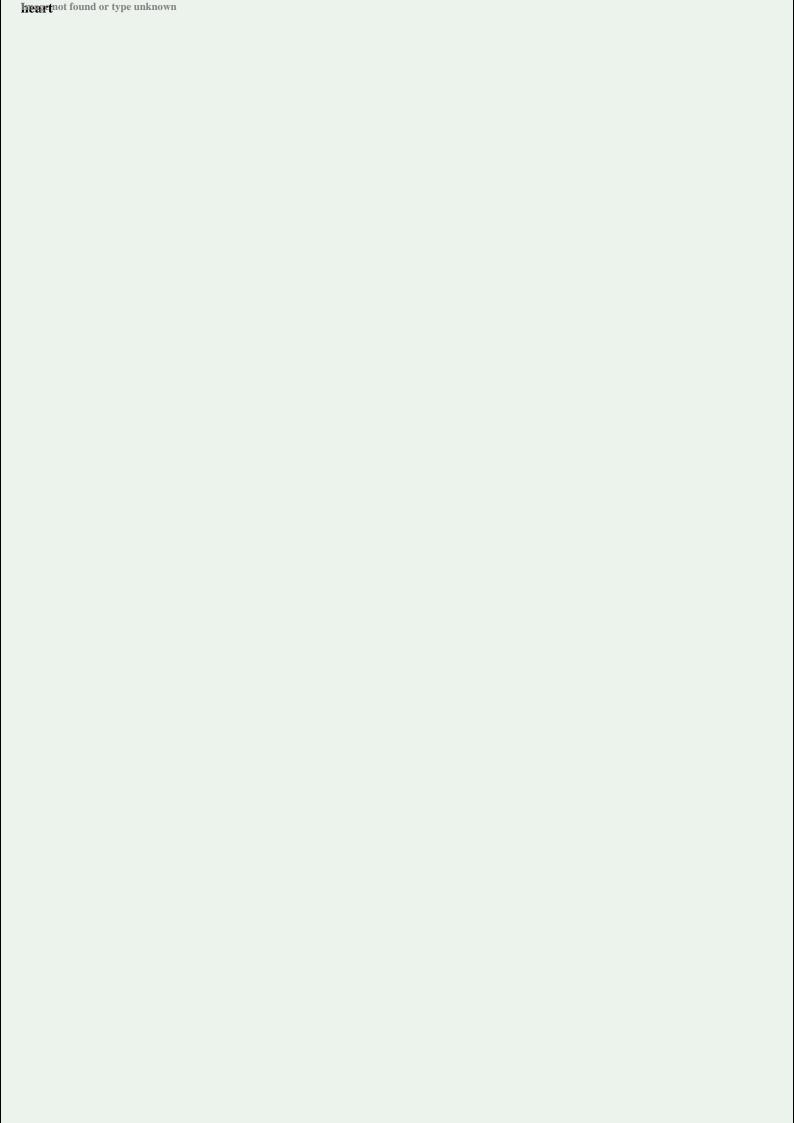
## Vitamin C 500 mg

Take one a day with food



## **TA-65 500 IU**

Take one a day first thing in the morning Based on your TelomerAge



Estradiol 5 mg/ml cream 30 ml Topipump

Apply 2 pumps behind knees daily after showing Based on your Estradiol

# **Executive Physical Exam**

# **Execeptional Results**

Physician's Report

Name	Result	Units	Lab Ref Range	Optimal Range	Baseline	Change	Source
Arterial Thickness							
Right Carotid Artery Plaque	ABSENT				ABSENT		
Left Carotid Artery Plaque	ABSENT				ABSENT		
Cardiovascular Risk							
<b>Total Cholesterol</b>	167	mg/dL	125-200	122-175		173	-3%
Very Low Density Lipoprotein 1	16	mg/dL	5-40	<30		24	-33%
Cholesterol/HDL Ratio	1.6	Ratio		<3.0		3.3	-52%
Coenzyme Q10	1.8	mg/dL	0.44-1.64	1.50-3.00			
LDL/HDL Ratio	1.9	Ratio		1.50-3.00			
Diabetes & Glucose							
Insulin	10	?lU/mL	<16	<5.0		12.8	-22%
<b>Cognitive Function</b>							
Standard Composite Memory	117		90-109	>109		106	10%
Standard Verbal Memory	122		90-109	>109		109	12%
Standard Visual Memory	118		90-109	>109		100	18%
Standard Phychoomotor Speed	109		90-109	>109		94	16%
Standard Cognitive Flexibility	110		90-109	>109		110	0%
Sex Hormones							
Free Testosterone	5	pg/mL	0.1-6.4.4	4.0-10.0		4.4	14%

Free Testosterone %	2	%	0.5-1.8	1.00-2.00	1.00	100%
Estradiol	67	pg/mL		50.0-200.0	8.7	670%
Thyroid Function						
<b>Thyroid Stimulating Hormone</b>	1.2	mlU/L	0.4-4.5	0.025-1.500	1.400	-14%