

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

Executive Physical Exam

Your Result Summary

Visit your patient to see individual results

Your Biomarkers of Aging



PhysioAge 51.1 Years

heart not found or type unknown

TelomerAge 58 Years

heart not found or type unknown

ImmunoAge 54 Years

heart not found or type unknown

CardioAge 57 Years

heart not found or type unknown

PulmoAge 88 Years

heart not found or type unknown

NeuroAge 30 Years

heart not found or type unknown

CutoAge 35 Years

B - 2.95

Your Report Card

Your GPA (4-point scale):
AHealthspan Potential

- BHeart Health
- CCardiovascular Risk
- DDiabetes & Glucose
- ABody Composition
- ALung Health
- CBrain Health
- DHormone Health
- ABlood
- BNutrition
- CTrace Essential Minerals
- DMajor Essential Minerals
- BKidney Functions
- BLiver Functions
- CImmune Health and Inflammation
- DInfectious disease

Your Recommendations

From Dr. John Doe

heartnot found or type unknown
Time restriction eating
Eat between 12 pm to 8 pm daily Based on your Percent Bodyfat
heartnot found or type unknown
Start meditation
heartnot found or type unknown
Start HIIT training
follow the guide Based on your ImmunoAge
heartnot found or type unknown
Vitamin C 500 mg
Take one a day with food
heartnot found or type unknown
TA-65 500 IU
Take one a day first thing in the morning Based on your TelomerAge
heartnot found or type unknown
Estradiol 5 mg/ml cream 30 ml Topi-pump
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
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Arterial Thickness

Right Carotid Artery Plaque	ABSENT	ABSENT
Left Carotid Artery Plaque	ABSENT	ABSENT

Cardiovascular Risk

Total Cholesterol	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	µIU/mL	<16	<5.0	12.8	-22%
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Cognitive Function

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 Psychomotor 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	4.0-10.0	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

Thyroid Stimulating Hormone	1.2	mIU/L	0.4-4.5	0.025-1.500	1.400	-14%
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