

# 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.ontraport.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

Heart not found or type unknown

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

## Your Report Card

Your GPA (4-point scale):

A Helthspan Potential

B Heart Health

C Cardiovascular Risk

D Diabetes & Glucose

A Body Composition

A Lung Health

C Brain Health

- D**Hormone Health
- A**Blood
- B**Nutrition
- C**Trace Essential Minerals
- D**Major Essential Minerals
- B**Kidney Functions
- B**Liver Functions
- C**Immune Health and Inflammation
- D**Infectious disease

# Your Recommendations

From Dr. John Doe

Heart not found or type unknown

Heart

**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 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
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	?IU/mL	<16	<5.0		12.8	-22%
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 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						
Thyroid Stimulating Hormone	1.2	mIU/L	0.4-4.5	0.025-1.500	1.400	-14%