

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

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

**B - 2.95**








## Your Report Card

Your GPA (4-point scale):  
AHealthspan Potential  
BHeart Health

- C
- D
- A
- A
- C
- D
- A
- B
- C
- D
- B
- B
- C
- D

# Your Recommendations

From Dr. John Doe

not found or type unknown  
Time restriction eating  
Eat between 12 pm to 8 pm daily Based on your Percent Bodyfat  
not found or type unknown  
Start meditation  
not found or type unknown  
Start HIIT training  
follow the guide Based on your ImmunoAge  
not found or type unknown  
Vitamin C 500 mg  
Take one a day with food  
not found or type unknown  
TA-65 500 IU  
Take one a day first thing in the morning Based on your TelomerAge  
not 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  
not found or type unknown

# 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	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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