

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%
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%