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

Executive Physical Exam

Your Result Summary

Visit your patient to see individual results

Your Biomarkers of Aging

PhysioAge 51.1 Years

TelomerAge 58 Years

ImmunoAge 54
Years

CardioAge 57
Years

PulmoAge 88 Years

NeuroAge 30 Years

CutoAge 35 Years

Your Report Card

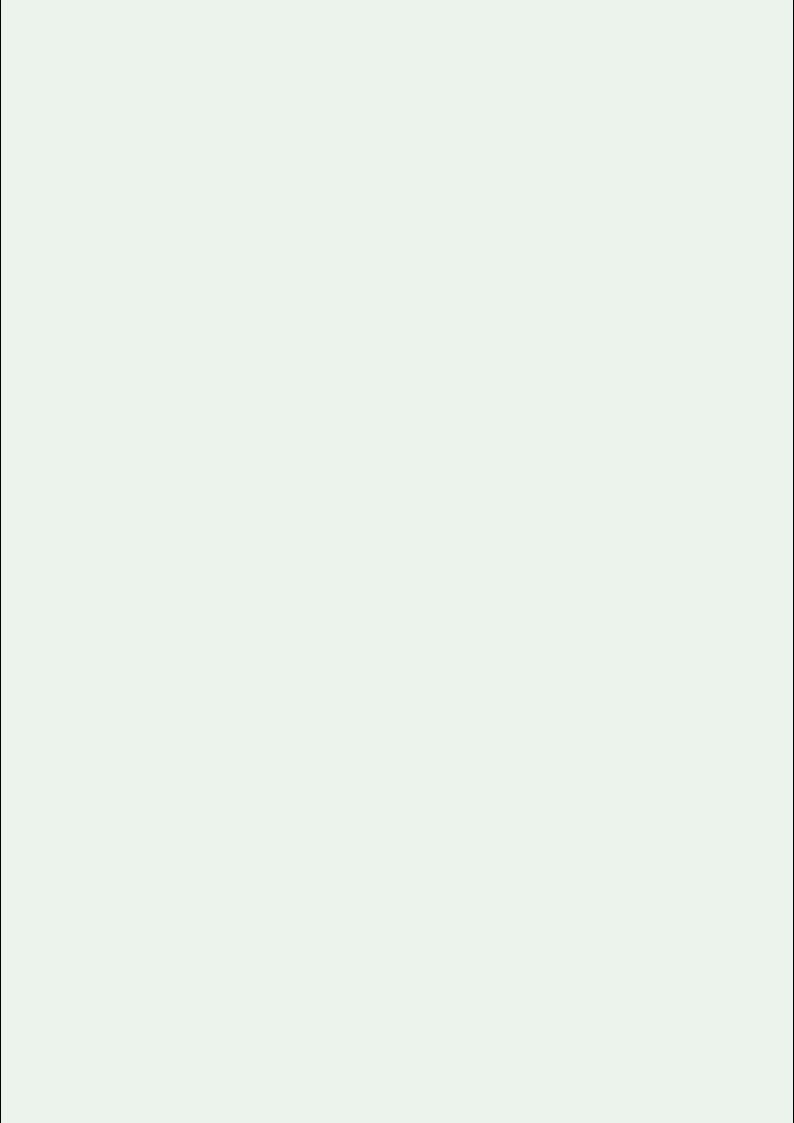
Your GPA (4-point scale):

- **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

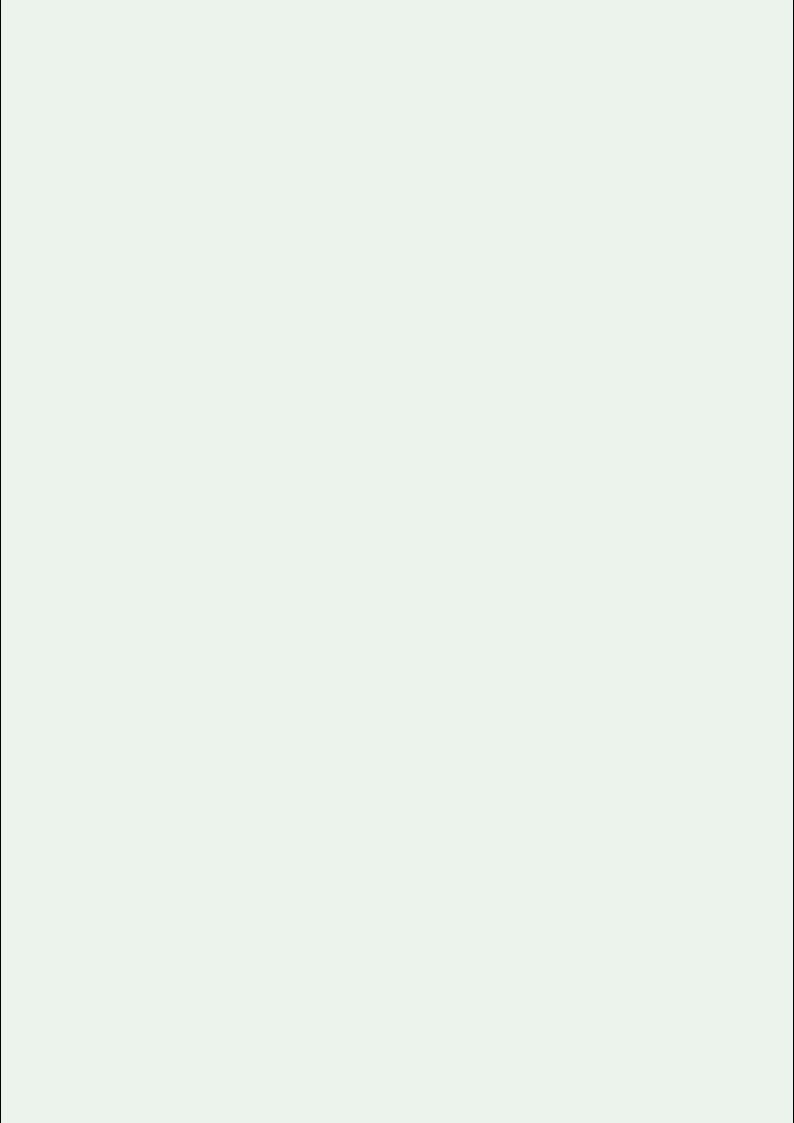
Your Recommendations

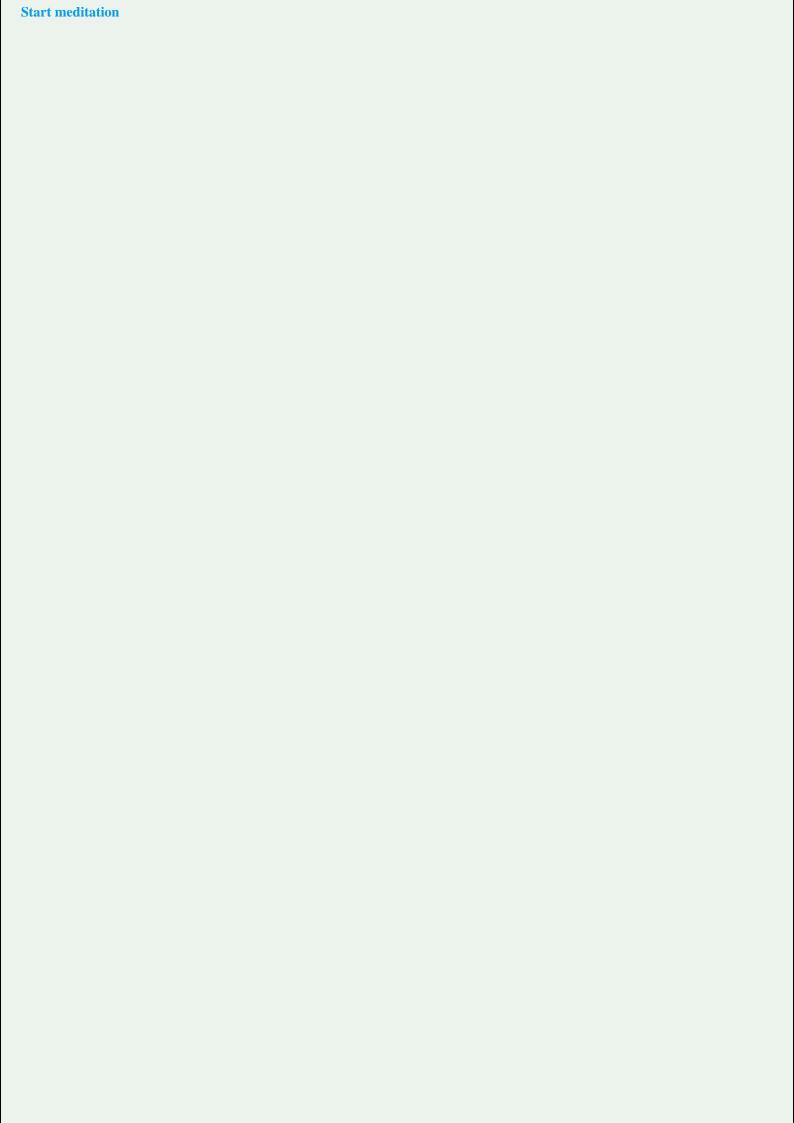
From Dr. John Doe

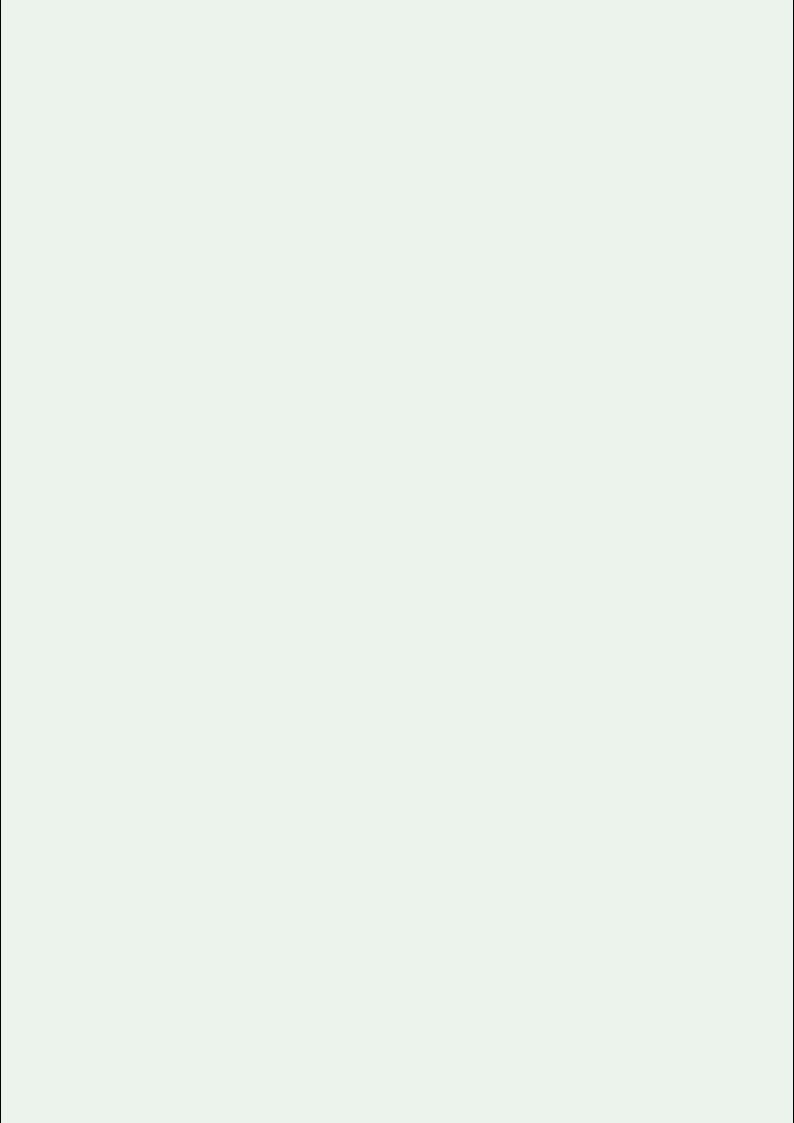


Time restriction eating

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

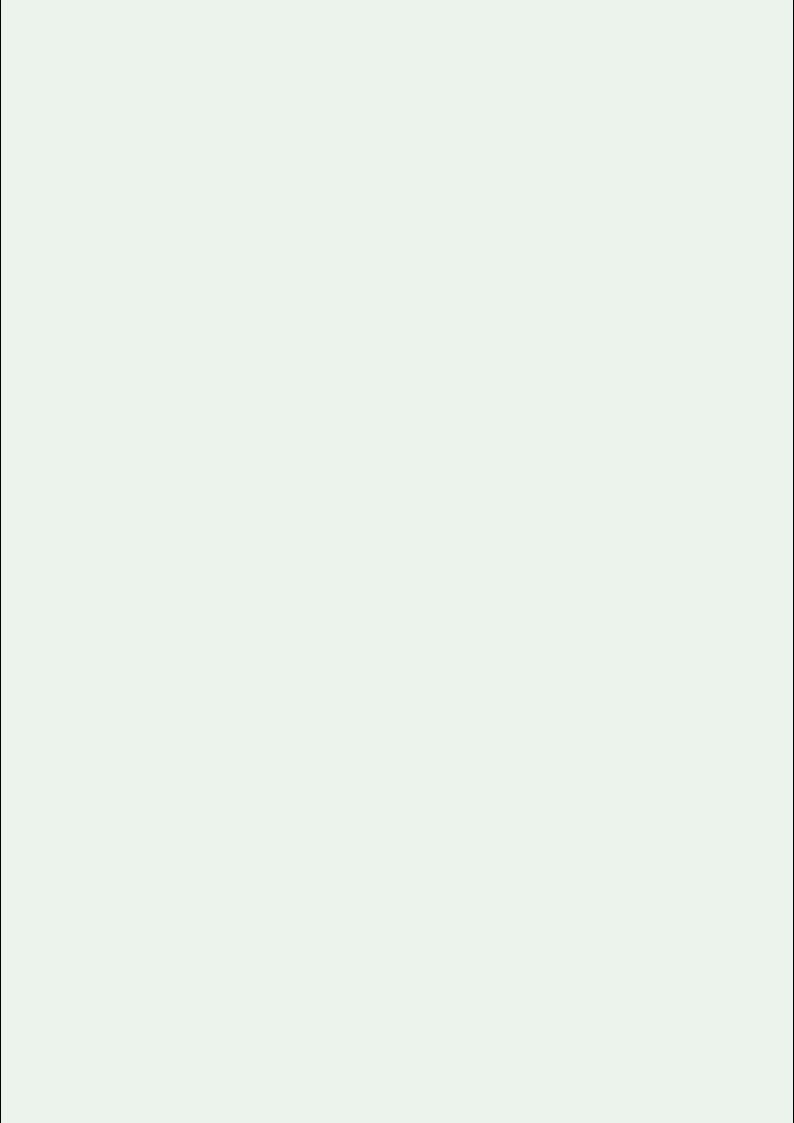






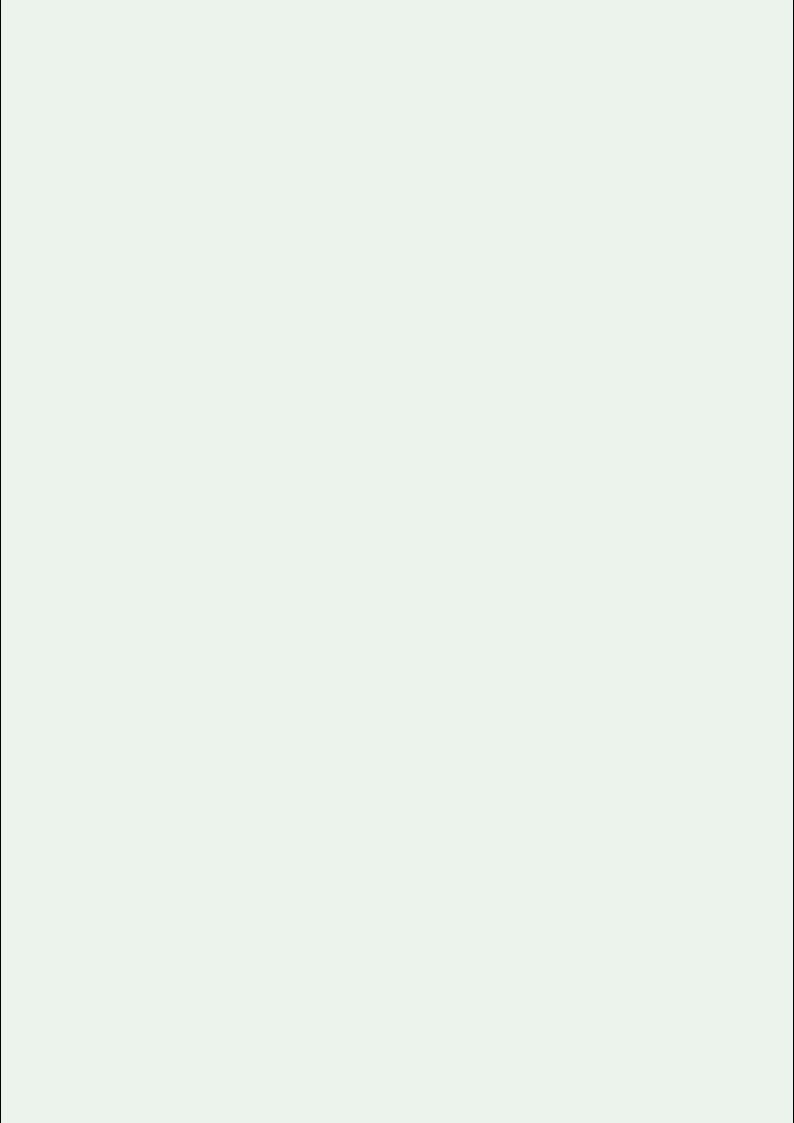
Start HIIT training

follow the guide Based on your ImmunoAge



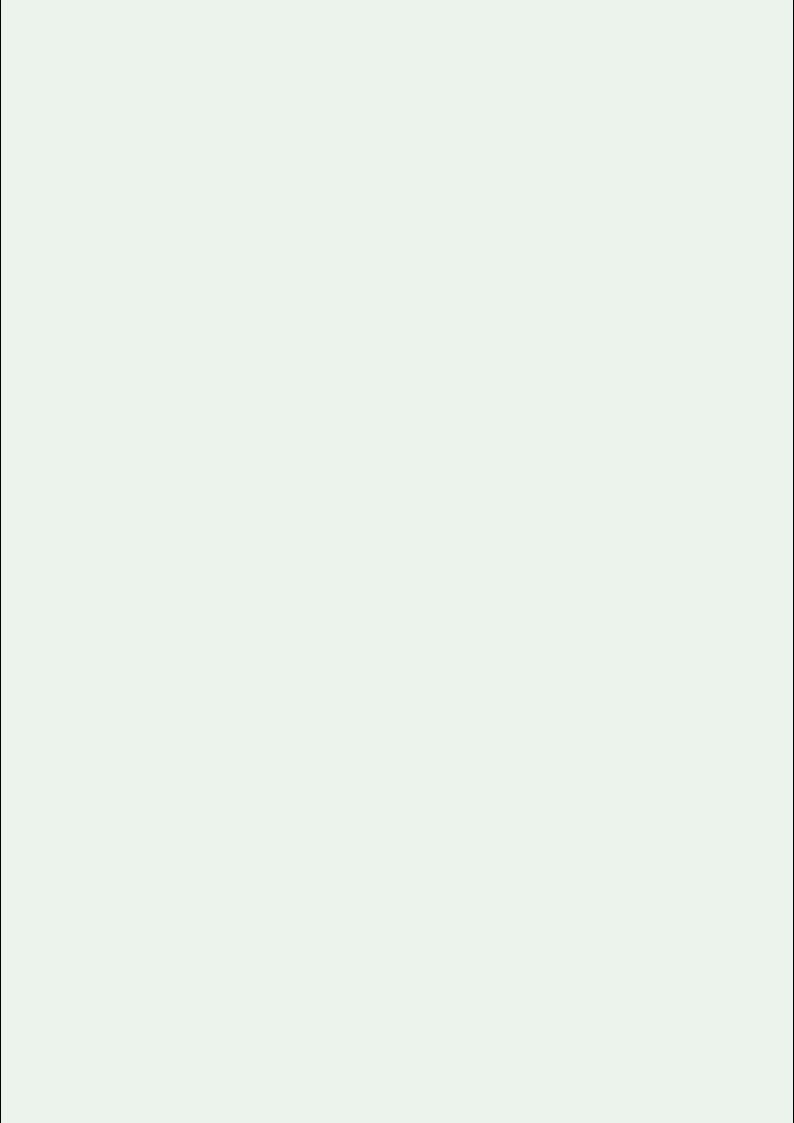
Vitamin C 500 mg

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							
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	?lU/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	mlU/L	0.4-4.5	0.025-1.500	1.400	-14%