

# 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

- 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

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% |