

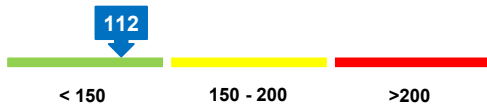
BLOOD TEST REPORT

Patient Jane Doe	Patient ID HD930304	Non-smoker BMI 19.2 Waist 26 in
DOB 3/4/1993 (24 yrs)	Report Date and Time 11/1/2017 12:00	Medications None indicated
Gender F	Received Date and Time 10/26/2017 13:00	
Systolic blood pressure Unspecified	Specimen Collection Date and Time Blood Spot 10/17/201 9:20:00	Provider ID: 0000 Doctor T 17387 63rd Ave Lake Oswego OR 97035 Ph: xxx-xxx-xxxx
	Hours of Fasting 12:00	
	Family History of Heart Disease Yes Diabetes No Cancer Yes	

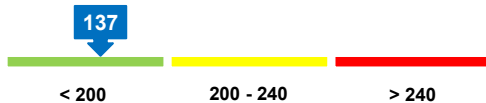
YOUR TEST RESULTS

■ Normal Range
 ■ Borderline High
 ■ Low or High
 ■ Your Levels

Triglycerides (mg/dL)



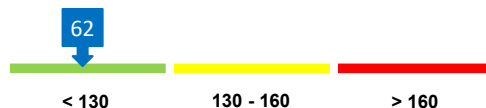
Cholesterol (mg/dL)



HDL (mg/dL)



LDL (mg/dL)



What do your test results mean?

Triglycerides. Increased plasma triglyceride levels are indicative of a metabolic abnormality and, along with elevated cholesterol, are considered a risk factor for atherosclerotic disease. In the presence of other coronary heart disease risk factors, both borderline-high (150-200 mg/dL) and high values (>200 mg/dL) require attention. Triglyceride concentrations >1,000 mg/dL can lead to abdominal pain and may be life-threatening due to chylomicron-induced pancreatitis.

Total cholesterol is a measure of the total amount of cholesterol in your blood, including low-density lipoprotein (LDL) cholesterol and high density lipoprotein (HDL) cholesterol

HDL (good) cholesterol With HDL cholesterol, higher levels are better. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can all result in lower HDL cholesterol.

LDL (bad) cholesterol A low LDL cholesterol level is considered good for your heart health. However, your LDL number should no longer be the main factor in guiding treatment to prevent heart attack and stroke, according to new guidelines from the American Heart Association. For patients taking statins, the guidelines say they no longer need to get LDL cholesterol levels down to a specific target number. A diet high in saturated and *trans* fats raises LDL cholesterol.

This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness. This test was developed and its performance characteristics determined by AYUMETRIX. It has not been cleared or approved by the FDA. The laboratory is regulated under CLIA as qualified to perform high-complexity testing.

Page 2 of 2