1st Optimal

Health • Hormones • Weight Loss

Your Lab Results Overview

Prepared For:

1stOptimal.com

Who We Are

1st Optimal helps women and men optimize health through personalized plans integrating lifestyle, exercise, supplementation, nutrition, and medications. As a cutting-edge telehealth platform, we offer tailored hormone therapy, precision weight management, and performance-driven care, all designed to help you thrive from home.

5 Things to Know

1. Unlike traditional medicine, which focuses on treating symptoms and illnesses, our approach is proactive and personalized, optimizing your health based on functional ranges.

2. Lab values outside the optimal range do not necessarily indicate disease but may suggest areas that could benefit from targeted support.

3. Your results serve as a guide to help optimize your biomarkers, prevent dysfunction, and enhance overall performance.

4. Our expert clinical team carefully reviews your labs to determine eligibility for therapies and recommend necessary interventions. Any key findings will be discussed in detail during your 1:1 consultation with your clinician or coach.

5. If a prescription is needed, it will be provided by a licensed clinician based on your individualized assessment.

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Free Resources

Quizzes

- **Is GLP-1 Right For Me? Quiz**
- **Men's Hormone Health Quiz**
- **Women's Hormone Health Quiz**
- **Thyroid Health Quiz**
- **Gut Health & Food Sensitivity Quiz**

Guides

- **Peptide Guide**
- **Creatine Guide**
- **Magnesium Guide**
- **Women's Health Guide**
- **Men's Health Guide**

Educational Articles

- **Hidden Keys to Fat Loss**
- **Understanding GLP-1s Guide**
- **Gut Health Exercise Article**
- **Carb Cycling Guide**

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Thank You!

❯ Your Next Step

Schedule your virtual call to take a deep dive into your results and what they mean to you. Your results will be used to build a custom treatment plan with our medical team.

Questions? Let's Talk!

📞 (816) 744-6814

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