

myhealthIQ

Randy Johnson III
123 Demo Main Street
Somewhere, TN 37215

Dear Randy,

Thank you for participating in the myhealthIQ wellness program. The following report is an educational tool designed to identify health risk factors you can control and provide you with suggestions for making positive lifestyle changes.

Your myhealthIQ Score

Your myhealthIQ Score is **41**. Your myhealthIQ Score qualifies as **Extreme Risk**. The following table shows the five ranges of myhealthIQ Scores.

Minimal	Moderate	Medium	High	Extreme
100 - 86	85 - 71	70 - 61	60 - 51	50 points or less

Your myhealthIQ Score represents the risk that a number of existing and modifiable risk factors (those that you can do something about), place on your health. The myhealthIQ Score is calculated using several physical measurements (such as, height and weight) and/or blood tests results obtained during your worksite health screening. None of the answers from your Health Risk Assessment questionnaire are used to determine your score, but they are used in your wellness report to help explain the link between your lifestyle and chronic illness. From one period to another, you can increase (improve) your score by lowering the number of modifiable risk factors that you have.

Your 10-Year Risk of a Heart Attack (Framingham Study)

Your screening results indicated that you have a **11% chance** of having a heart attack in the next 10 years.

That means that your risk of heart attack is **2.8 times higher than** that of a person your age with normal blood pressure, glucose and cholesterol.

Your Cardiac Risk Age (Framingham Study)

Using your age, cholesterol, blood pressure, glucose and nicotine scores, your Cardiac Risk Age was determined. Although your age at the time of your screening was **43**, your Cardiac Risk Age calculated to **50**.

That means your **current** risk of a heart attack is **7 years higher than** that of the average person your age.

(The 10-Year Risk and Cardiac Risk Age assessment tool uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. This tool is designed for adults aged 30 and older. The risk factors included in the Framingham calculation are age, LDL cholesterol, HDL cholesterol, systolic blood pressure, diastolic blood pressure, glucose, and nicotine.) This assessment does not include other cardiac risks factors, such as smoking, obesity or diabetes which contribute to the development of coronary artery disease and increase the risk of a heart attack. For a detailed explanation of possible risks associated with your lifestyle habits, please review this report in full.

Next Steps

After reviewing your myhealthIQ Report, we encourage you to:

1. Make positive changes in your life that will decrease your overall health risks.
2. If needed, talk to your health care provider about these risks.

If these steps are followed, you will be on your way to improving your myhealthIQ Score and your future health.

If after reviewing your results you have any questions, please contact Healthways Customer Service at (866) 449-9705 Monday-Friday, 9:00 a.m.-5:00 p.m. Central Time.

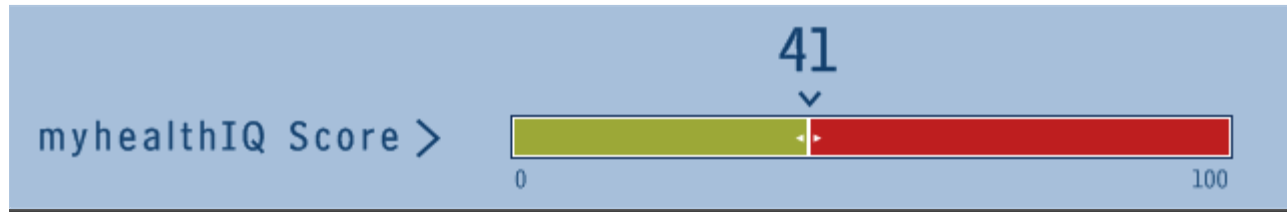
Thank you for participating in the myhealthIQ Wellness Program.

To your good health,

The myhealthIQ team at Healthways, Inc.



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Patent Pending. Terms Of Use



RANDY JOHNSON III

Your myhealthIQ Score needs your immediate attention. You are at "extreme risk" of developing or you may be treating lifestyle related disease or chronic illness. If you are not currently under the care of a medical physician, you need to review your myhealthIQ Report with a medical professional immediately. Together with your doctor, do what you can to work toward a treatment and lifestyle plan that will improve your current quality of life.

BIOMEDICAL DATA

Only the Ten lifestyle biomarkers listed below have determined your myhealthIQ Score.

Test Results	Minimal Risk	Moderate Risk	Medium Risk	High Risk	Extreme Risk	Contact Doctor
Blood Pressure - Your blood pressure was 140/100.						
Total Cholesterol - Your cholesterol reading was 301 mg/dL.						
Total Cholesterol / HDL Ratio - Your current ratio was 6.84.						
Weight Control - Your BMI calculation was 30.7.						
HDL (Good) Cholesterol - Your HDL cholesterol was 44 mg/dL.						
LDL (Bad) Cholesterol - Your LDL cholesterol was 176 mg/dL.						
Triglycerides - Your triglycerides level was 407 mg/dL.						
Glucose - Your glucose level was 105 mg/dL.						
GGT - Your GGT level was 87 U/L.						
Nicotine - Your test for nicotine was Negative.						

BLOOD PRESSURE

	EXTREME (0 PTS)	High (4 pts)	Medium (8 pts)	Moderate (11 pts)	Minimal (14 pts)
Systolic	160 or more	140 - 159	130 - 139	120 - 129	Less than 120
Diastolic	100 or more	90 - 99	85 - 89	80 - 84	Less than 80

Your current Blood Pressure reading of 140/100 is significantly higher than the normal range, which puts you in the Extreme Risk category.

This risk category may put you at risk for serious conditions like heart disease and stroke.

What is blood pressure and what is a normal range?

Blood pressure is a measurement of the force of blood against the walls of the arteries. Blood pressure readings include two numbers. The first number in the reading is called the systolic blood pressure (the top number of the fraction). It is the force that blood exerts on the artery walls as the heart contracts. The second number in the reading is the diastolic blood pressure (the bottom number of the fraction). It is the force that blood exerts on the artery walls between heartbeats, when the heart is at rest. Blood pressure below 120/80 is normal. Keeping your blood pressure within a normal range can lower your risk of heart attack, stroke, and kidney disease. It is important to have your blood pressure checked on a regular basis to detect whether you are at risk for hypertension.

What is high blood pressure?

When you have high blood pressure, or hypertension, the force of blood against your artery walls is too strong. High blood pressure can damage your arteries, heart, and kidneys, and lead to atherosclerosis and stroke. Hypertension is called a "silent killer" because it rarely causes symptoms that you can feel and would alert you to contact your health care provider.

Having high blood pressure is a serious health risk. If you do not have any organ damage or other risk factors for heart disease, your health care provider will likely recommend lifestyle changes and possibly medications. Your goal blood pressure may be lower than the normal range if you have conditions such as diabetes, heart failure, or chronic kidney disease.

What Should You Do?

It is strongly recommended that you discuss these worksite health screening results, including your blood pressure reading, with your health care provider. Although this reading of your blood pressure was higher than normal, high blood pressure can only be diagnosed by your health care provider - usually by taking several readings of your blood pressure over time. Your health care provider can establish your blood pressure range and discuss a treatment plan with you.

TOTAL CHOLESTEROL

EXTREME (0 PTS)	High (1 pts)	Medium (1 pts)	Moderate (2 pts)	Minimal (2 pts)
260 or more	240 - 259	221 - 239	200 - 220	Less than 200

Your current Total Cholesterol is 301 mg/dL, which puts you in the Extreme Risk category.

ALERT!

Your Total Cholesterol level is significantly higher than the normal range required to reduce your risk of disease. Based on the guidelines provided by the National Cholesterol Education Program, the normal range for total cholesterol is less than 200 mg/dL. This range may vary if a person has certain health conditions such as heart disease or diabetes.

It is highly recommended that you contact your health care provider and review the results of this report. Your health care provider may provide further testing and if needed, discuss a treatment plan with you.

More about Cholesterol

Cholesterol is a waxy, fatlike substance (lipid) that your body needs for many important functions, such as producing new cells. If you eat too many high-cholesterol foods and/or too much saturated fat, or if you have an inherited tendency to make too much cholesterol, your cholesterol levels may be too high. This increases your risk for hardening of the arteries, or atherosclerosis, and can lead to life-threatening illnesses, such as coronary artery disease (CAD), heart attack, or stroke.

There are two basic ways of lowering your cholesterol: 1) modifying your lifestyle and 2) taking medications. Your health care provider may first recommend the therapeutic lifestyle changes (TLC) recommended by the National Cholesterol Education Program, such as modifying your diet, quitting smoking, losing weight, and exercising. If you cannot lower your cholesterol to desirable levels with lifestyle changes, your health care provider may prescribe medications, such as a statin, along with your new diet and exercise plan.

Treatment for high cholesterol is based on your risk of developing coronary artery disease (CAD) or whether you already have CAD or conditions equally as serious, such as diabetes. Your cholesterol level and risk for CAD will guide your treatment.

Generally, high cholesterol is a "silent" condition that rarely causes its own symptoms. As a result, many people do not realize that they have high cholesterol. You may want to bring a copy of this report to share with your health care provider. Your health care provider may provide further testing and if needed, discuss a treatment plan with you.

TOTAL CHOLESTEROL / HDL RATIO

EXTREME (0 PTS)	High (1 pts)	Medium (2 pts)	Moderate (3 pts)	Minimal (4 pts)
6.05 or more	4.95 - 6.04	4.05 - 4.94	3.35 - 4.04	Less than 3.35

Your current Total Cholesterol to HDL ratio is 6.84, which puts you in the Extreme Risk category.

ALERT!

Your total cholesterol/HDL cholesterol ratio is significantly above the normal range required to reduce your risk of disease. It is highly recommended that you contact your health care provider and review the results of this report. Your health care provider may provide additional tests and if needed, determine a treatment plan for you.

How to Read Your Total Cholesterol/HDL Ratio Score

The total cholesterol/HDL ratio is a measurement that determines your risk for developing heart disease. The ratio is obtained by dividing the HDL cholesterol level score into the total cholesterol score. For example, if a person has a total cholesterol of 217 mg/dL and an HDL cholesterol level of 54 mg/dL, their test result would be 4.02. Lowering the ratio of total cholesterol to HDL may reduce the risk of atherosclerosis which can lead to life-threatening illnesses, such as coronary artery disease (CAD), heart attack, or stroke. The ideal ratio for each individual may be different, especially if a person has certain health conditions such as heart disease or diabetes. Follow-up with your health care provider to determine the best total cholesterol/HDL ratio for you.

WEIGHT CONTROL

	Extreme (0 pts)	EXTREME (0 PTS)	High (4 pts)	Medium (8 pts)	Minimal (24 pts)
Body mass index	35.0 or more or less than 18.5	30.0 - 34.9	27.1 - 29.9	25.0 - 27.0	18.5 - 24.9

Using the measurements taken during the worksite wellness screening, your Body Mass Index calculation equals 30.7 and your waist circumference equals 43.5 inches. This puts you in the Extreme Risk category.

What is BMI?

Body Mass Index determines if you are at a healthy weight for your height and gender. It is calculated using your height and your weight, and gives you information about how your weight compares to others of the same height and who are of the same gender. The BMI reference ranges come from the National Heart, Lung and Blood Institute.

An elevated BMI may put you at risk for certain diseases--such as heart disease, high blood pressure, stroke, cancer, and type 2 diabetes. Improving your BMI can improve your health and help prevent disease.

Waist Circumference

Excess weight, as measured by BMI, is not the only risk to your health. So is the location of fat on your body. If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs. This is true even if your BMI falls within the normal range.

An increased waist circumference is representative of excessive visceral (intra-abdominal) fat. This fat is stored deep within the abdomen, packed around the internal organs. Excessive visceral fat may result in a "pot belly" or "beer belly" where the abdomen protrudes excessively.

Women with a waist measurement of more than 35 inches and men with a waist measurement of more than 40 inches are at a higher risk for developing type 2 diabetes, abnormal concentrations of lipoproteins (e.g., LDL, HDL, Triglycerides) in the blood (dyslipidemia), hypertension, and cardiovascular disease.

In some cases, extremely active individuals will have an artificially high BMI. Active individuals tend to be more muscular, and since muscle weighs more than other body tissues, these individuals will have a higher weight compared to others at their same height (which will give them a higher BMI). This will make them seem like they are at more risk, but they are actually considered healthy.

How Can I Improve my Weight Related Risks?

In general, exercise and dietary changes are needed to improve BMI and decrease abdominal fat. Exercise should include aerobic activities such as walking or swimming and weight training exercises such as lifting free weights or using weight machines. Aerobic activities are generally best at helping you lose weight and improving your BMI. Weight training exercises are generally best at increasing your amount of lean muscle tissue compared to your fat tissue.

Dietary changes can also improve your BMI. By taking in fewer calories every day, your weight - and therefore your BMI - will decrease. The best way to improve your BMI is to improve your diet and also increase your physical activity or exercise.

Remember: Before you start any exercise program or change your diet, it is important to talk to your health care provider. He or she may have specific restrictions on exercise and/or diet based on your health history - or may even have suggestions to help you.

HDL (GOOD) CHOLESTEROL

Extreme (0 pts)	HIGH (1 PTS)	Medium (1 pts)	Moderate (2 pts)	Minimal (2 pts)

Less than 40	40 - 44	45 - 49	50 - 59	60 or more
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Your current HDL Cholesterol is 44 mg/dL, which puts you in the High Risk category.

ALERT!

Your HDL cholesterol is significantly lower than the normal range required to reduce your risk of disease. It is highly recommended that you contact your health care provider and review the results of this report. Your health care provider may provide further testing and if needed, discuss a treatment plan with you.

How to Read Your HDL Score - "Higher is Better"

Based on the guidelines provided by the National Cholesterol Education Program, HDL cholesterol that is less than 40 mg/dL is low. Low HDL cholesterol places a person at increased risk for heart disease. High HDL results (greater than 60 mg/dL) can actually protect you. The HDL score should be read with the understanding that a higher score is actually better. The ideal score for each individual may be different, especially if a person has certain health conditions such as heart disease or diabetes.

More about HDL

High-density lipoprotein cholesterol (HDL) is sometimes called "good" cholesterol because it helps prevent cholesterol from building up in your arteries. It is mostly protein with only a small amount of fat. HDL cholesterol helps clear the bad cholesterol from the body by picking up leftover cholesterol from the bloodstream and carrying it back to the liver for disposal. If you are at risk for heart disease, it may be beneficial to raise your HDL cholesterol levels. Low HDL cholesterol increases the risk of coronary artery disease. High levels of HDL appear to help protect against atherosclerosis, heart attack, stroke, and other complications.

As part of the treatment for unhealthy cholesterol levels, your health care provider may recommend using the therapeutic lifestyle changes (TLC) recommended by the National Cholesterol Education Program. These lifestyle changes include:

- TLC cholesterol-lowering diet.
- Exercise.
- Weight loss, if needed.

LDL (BAD) CHOLESTEROL

Extreme (0 pts)	HIGH (2 PTS)	Medium (4 pts)	Moderate (6 pts)	Minimal (8 pts)
190 or more	160 - 189	130 - 159	100 - 129	Less than 100

Your current LDL Cholesterol is 176 mg/dL, which puts you in the High Risk category. Your LDL value was calculated due to elevated Triglycerides.

ALERT!

Your LDL Cholesterol is significantly higher than the normal range required to reduce your risk of disease. It is highly recommended that you contact your health care provider and review the results of this report.

How to Read Your LDL Score - "Lower is Better"

Based on the guidelines provided by the National Cholesterol Education Program, an LDL level less than 100 mg/dL is considered optimal (the best), and an LDL level less than 130 mg/dL is considered near optimal. The ideal score for each individual may be different, especially if a person has certain health conditions such as heart

disease or diabetes.

More about LDL

LDL, also known as Low-Density Lipoprotein, carries cholesterol in the blood. LDL is used to predict your risk of developing heart disease. Of all the forms of cholesterol in the blood, the LDL cholesterol is considered the most important form in determining risk of heart disease. This type of cholesterol is considered bad because it deposits excess cholesterol in the walls of blood vessels, which contributes to atherosclerosis as well as heart disease. For this reason, having a low LDL level will help protect you against the development of heart disease.

If you fall into a moderate-, or high-risk category, your health care provider will probably want you to begin therapeutic lifestyle changes (TLC). Depending on your LDL level and risk for Coronary Artery Disease (CAD), lifestyle changes alone may be enough to lower your cholesterol to a desirable number. But if you also need to take medication, following lifestyle changes will make the medication more effective. Generally, unless you have CAD or are at high risk for CAD, therapeutic lifestyle changes should be tried first for at least 3 months.

New guidelines from the National Cholesterol Education Panel have listed LDL reduction as the primary target of coronary heart disease risk-reduction. This panel recommends using medication more intensively to lower LDL in people who have a moderate to very high risk of CAD. You are also considered at very high risk if you have CAD and you also have diabetes, acute coronary syndrome, or metabolic syndrome or if you smoke.

TRIGLYCERIDES

Extreme (0 pts)	HIGH (2 PTS)	Medium (4 pts)	Moderate (6 pts)	Minimal (8 pts)
500 or more	200 - 499	175 - 199	150 - 174	Less than 150

Your current Triglycerides level is 407 mg/dL, which puts you in the High Risk category.

ALERT!

Your triglyceride level is significantly higher than the normal range required to reduce your risk of disease. Based on the guidelines provided by the National Cholesterol Education Program, triglyceride levels below 150mg/dL are considered normal.

It is highly recommended that you contact your health care provider and review the results of this report.

More about Triglycerides

Triglycerides are a type of fat that is carried in the blood by very low-density lipoproteins. Only a small amount of triglycerides is normally found in the blood; most are stored in fat tissue. This type of fat can build up in artery walls and may cause atherosclerosis. A high triglyceride level along with high LDL cholesterol can also increase the risk of heart attack.

Talk with your health care provider about ways to reduce your triglyceride levels. Doing this, along with reducing other risk factors for coronary artery disease (CAD), can reduce your risk of having a heart attack, or stroke.

GLUCOSE

Extreme (0 pts)	High (2 pts)	Medium (4 pts)	MODERATE (8 PTS)	Minimal (10 pts)
125 or more	119 - 124	110 - 118	100 - 109	Less than 100

Your current fasting Glucose level is 105 mg/dL, which puts you in the Moderate Risk category.

Your glucose results, at the time of your worksite health screening, are considered slightly higher than normal.

Understanding Your Blood Glucose Test

This test measures your blood glucose (sugar) level. A normal fasting glucose is less than 100 mg/dL. A person may have pre-diabetes with a fasting blood glucose level of 101-124 mg/dL, and a fasting blood glucose level of 125 mg/dL or more is considered high.

The fasting blood glucose test is used to determine health risk related to diabetes and other conditions; however, one reading is not enough to diagnose diabetes. More than one reading is required because blood glucose levels can vary widely over the course of the day and across different days. A blood glucose level can be influenced by many things including illness, what you eat, stress, exercise, and taking certain medications.

Please note, the purpose of providing this test result for you is to help you identify possible health risks and to encourage follow-up with your health care provider. Only with a thorough check-up from your health care provider can any condition such as diabetes be diagnosed. Please discuss your test results with your health care provider.

It is recommended that before taking this test, you "fast" from food and liquids (other than water) for eight hours. If this is not done prior to the test, it can affect test results.

More about Blood Glucose

Blood glucose testing is used to screen healthy, symptom-free individuals for pre-diabetes and diabetes because diabetes is a common disease that begins with few symptoms. Discuss with your health care provider how often you should screen for diabetes, and work to keep it low through lifestyle modifications, including eating a balanced diet, managing your weight, exercising, and avoiding tobacco.

Glucose is a type of sugar found in carbohydrate foods. It is the main source of energy used by the body. Normally, your blood glucose levels increase slightly after you eat. This increase in your blood glucose causes your pancreas to release insulin. Insulin helps to move the glucose from your blood into your cells where it can be used as energy. Blood glucose levels that remain high over time can cause damage to your eyes, kidneys, nerves, and blood vessels. It may also be indicative of the presence of diabetes.

Pre-Diabetes and Diabetes

Pre-diabetes is also referred to as impaired glucose tolerance or impaired fasting glucose. It is a warning sign that you are at risk for developing type 2 diabetes. Compared with people who have normal blood sugar levels, people with pre-diabetes have 1 1/2 times the risk of developing cardiovascular disease.

Treatment for pre-diabetes focuses mainly on eating a healthy diet that spreads carbohydrate intake throughout the day, eating foods low in saturated fat and high in soluble fiber, losing weight, and getting regular exercise. These measures may sound simple, but they are very important in keeping your blood sugar levels within the target range. In some cases your health care provider may prescribe medication in addition to diet and exercise.

Type 2 diabetes is a lifelong condition in which sugar (glucose) remains in the blood rather than entering the body's cells to be used for energy. Between 90% and 95% of people with diabetes have type 2 diabetes. Most others have type 1. A few have other forms of the disease, such as gestational diabetes and secondary diabetes.

Most people who develop type 2 diabetes have pre-diabetes first. Type 2 diabetes is a lifelong condition in which the body does not make enough of the hormone insulin or does not respond to it properly. Over time, type 2 diabetes can lead to serious complications such as heart and large blood vessel disease, stroke, blindness, nerve and kidney disease.

If left untreated, the persistent high blood sugar levels in people with diabetes causes damage to blood vessels and nerves throughout the body, increasing your risk of eye, heart, blood vessel, nerve, and kidney disease.

Controlling diabetes requires making significant long-term lifestyle changes that may seem overwhelming at first. Your health care provider and/or a dietitian can help you follow a diet that spreads carbohydrates throughout the day, can encourage you to get regular exercise, and can show you how to monitor your blood sugar level at home. You may also learn about oral medication or insulin which are used to control blood sugars. Oral medications for the control of blood sugars may be given alone or with insulin depending on your individual treatment needs and the advice of your physician.

GGT

Extreme (0 pts)	MINIMAL (4 PTS)
300 or more	Less than 300

Your current GGT level is 87 U/L, which puts you in the Minimal Risk category.

Congratulations, your GGT level is within the normal range.

More about GGT

The GGT test is used to screen for conditions of the liver and pancreas including injury to these areas of the body. GGT levels can also be used to evaluate long-standing alcohol abuse and response to medication therapy. If you have a normal or low GGT, it is unlikely that you have liver disease and damage.

NICOTINE

Extreme (0 pts)	MINIMAL (24 PTS)
Positive	Negative

Your Nicotine test came out Negative, which puts you in the Minimal Risk category.

Congratulations, your worksite health screening results show that you have avoided nicotine use and second-hand exposure. However, you indicated on the Health Risk Assessment that you do smoke.

Remaining smoke free and avoiding environmental tobacco smoke is one of the most important things you can do to minimize your risk of developing a lifestyle-related illness.

Understanding Your Test Results

Nicotine exposure can occur through chewing tobacco, second-hand smoke, nicotine replacement therapy (such as the patch or gum), or smoking cigarettes, pipes, or cigars.

The myhealthIQ program measures the level of cotinine in your blood to determine your exposure to nicotine. Cotinine is a chemical that is made by the body from nicotine; the cotinine test is used to see how much nicotine (if any) has entered your body. Remember, this test will pick up all sources of nicotine exposure including second-hand smoke exposure (smoke from others smoking around you) and nicotine replacement therapy.

ESTIMATED GLOMERULAR FILTRATION RATE

Extreme	MINIMAL
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Using data collected during your worksite health screening, your eGFR was calculated at 115.7

mL/min/1.73m²

Estimated Glomerular Filtration Rate (eGFR) is used to determine how well your kidneys are functioning. GFR is estimated based on your serum creatinine (the amount of creatinine found in your blood sample) along with your age and gender. Normal GFR ranges between 90 -120 but it varies depending on age, gender and body size.

Your Estimated Glomerular Filtration Rate was calculated using the Quadratic GFR equation developed by the Mayo Clinic. Compared to serum creatinine, eGFR is more reliable in detecting early stages of kidney disease. A GFR below 30 indicates severe kidney disease. GFR values below 15 indicate kidney failure and generally require dialysis or a kidney transplant.

Kidneys are organs that are located near the middle of the back, just below the rib cage, one on each side of the spine. They filter blood and remove wastes, along with water from the body in the form of urine. If the kidneys stopped filtering blood, waste and toxins would not be removed and eventually damage the body.

Kidney disease, much like high blood pressure, is considered a silent killer because it rarely causes symptoms that you can feel until it is too late. There is no cure for kidney disease. If the disease is caught in the early stages, medications and lifestyle changes may be able to make your kidneys last longer.

Most common risks for kidney disease include:

- Diabetes
- Hypertension (high blood pressure)
- Family history of kidney disease

METABOLIC SYNDROME

Results from your worksite wellness screening show 4 out of 5 positive markers for Metabolic Syndrome which places you at Extreme Risk.

Metabolic syndrome is a collection of health risks, related to the body's metabolism, that increase your chance of developing heart disease, stroke, and diabetes. The condition is also known by other names including Syndrome X, insulin resistance syndrome, and dysmetabolic syndrome. According to a national health survey, more than one in five Americans has metabolic syndrome.

The American Heart Association and the National Heart, Lung, and Blood Institute recommend that the metabolic syndrome be identified as the presence of three or more of the conditions below.







Condition	Extreme Range	Your Values
Abdominal Obesity	Equal to or greater than 40 in	43.5 in
High Triglycerides	Equal to or greater than 150 mg/dl	407 mg/dl
Low HDL Cholesterol	Less than 40 mg/dl	44 mg/dl
Fasting Blood Glucose	Equal to or greater than 100 mg/dl	105 mg/dl
High Blood Pressure	Equal to or greater than 130/85 mm Hg	140/100 mm Hg

To reduce your metabolic syndrome risk factors, lifestyle changes are the first-line interventions. These lifestyle changes include:

- Weight loss to achieve a desirable weight and waist size.
- Increased physical activity, with a goal of at least 30 minutes of moderate-intensity activity on most days of the week.
- Healthy eating habits that include reduced intake of saturated fat, trans fat and cholesterol along with an increase in fiber intake.

HEALTH RISK ASSESSMENT SUMMARY

The following information is generated from your Health Risk Assessment answers. You may learn about the areas of your health that you are managing well. You may also discover unknown risk factors and uncover areas of your lifestyle that can be improved. Please look at this report carefully. You may also want to discuss it with your doctor or health care provider to determine what aspects of your lifestyle you can change to improve your overall health.

	Minimal Risk	Moderate Risk	Medium Risk	High Risk	Extreme Risk
Alcohol & Substance Abuse					
Health Related Fitness					
Safety					
Health Care Practices					
Men's Preventative Health					
Emotional Health					

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ALCOHOL & SUBSTANCE ABUSE

AT RISK

Minimum Risk

Your self-assessment places you At Risk for alcohol abuse.

Nearly a third of all adults in this country engage in risky drinking or drug use. People in this group face the potential for several negative consequences:

- They are more likely to increase their use of substances to harmful levels
- They are at risk for developing moderate to serious health conditions
- They often report depression, anxiety, and difficulties with life stress
- They may experience problems at home and work, difficulty with relationships, and may express dissatisfaction with their lives
- They sometimes continue to use alcohol and other substances even though they realize that such use leads to recurrent problems, including legal and financial trouble

Based on these kinds of risks to your health and well-being, you may want to consider the benefits of reducing or eliminating your use of alcohol and drugs. You don't have to be an alcoholic or addict to consider taking one or more steps toward improving your health. For example, you can take some simple steps to improve stress management skills rather than using alcohol and drugs to relax or cope with stress. Such skills might include:

- Learn to relax by using stress reduction techniques
- Communicate effectively with family, friends and co-workers
- Manage negative feelings and share what's on your mind
- Get advice on how to handle problems better at home and work
- Ask for assistance to deal with difficult issues
- Review your company benefits plan for confidential resources such as a mental health provider to find assistance to deal with the normal difficulties that life presents
- Attend a meeting of a self-help organization, such as Alcoholics Anonymous, in your area. Such groups offer support and encouragement from people who have made significant positive changes in their lives

Information about the long-term effects of alcohol and drug use is available at:

Alcohol: <http://www.niaaa.nih.gov/FAQs/General-English/default.htm>

Other Drugs: <http://www.drugabuse.gov/Infofacts/index.html>

Information about self-help groups in your area is available at:

Check your local telephone directory under Alcoholics Anonymous [http://www.alcoholics-anonymous.org/?](http://www.alcoholics-anonymous.org/?Media=PlayFlash)

Media=PlayFlash

Alcoholics Anonymous Site Call 1-800-4AL-ANON <http://www.al-anon.org/>

Substance Abuse Call to Action

Alcohol Abuse Call to Action

HEALTH RELATED FITNESS

VERY POOR

Poor

Fair

Good

Excellent

Your self-assessment of your participation in routine fitness activities is Very Poor. Health-related fitness helps you feel your best and reduces the risk of Heart attacks, colon cancer, diabetes, and high blood pressure. Being fit

helps you to have more energy throughout the day for work or school, and energy left over to enjoy your leisure time.

Your fitness rating is based on an evaluation of two areas of fitness: Aerobic and Strength Training. Although it is not scored, Stretching/Flexibility Fitness is also important. You should incorporate all three types of Fitness into your workout regime.

1. Aerobic (cardio-respiratory) fitness is the body's ability to use oxygen efficiently and depends upon the condition of your heart, lungs, and muscles. This type of fitness increases the amount of oxygen that is delivered to your muscles, which allows them to work longer. Experts recommend activity at moderate intensity (equal to a brisk walk) for at least 30 minutes a day, 5 days a week and building up to vigorous exercise for at least 20 minutes a day, 3 times a week. (Vigorous exercise is done at a pace that increases your heart rate to 70% or more of your maximum heart rate. Your maximum heart rate is the fastest your heart can beat at a maximum activity level. To find your target heart for exercising, use the target heart rate calculator.)
2. Strength Training includes building stronger muscles and increasing how long you can use them (endurance). Resistance training through weight lifting and body movements such as push-ups can improve muscular fitness.

Benefits of strength training

- Increased muscular strength.
 - Increased strength of tendons and ligaments.
 - Potentially improves flexibility (range of motion of joints).
 - Reduced body fat and increased lean body mass (muscle mass).
 - Potentially decreases resting systolic and diastolic blood pressure.
 - Positive changes in blood cholesterol.
 - Improved glucose tolerance and insulin sensitivity.
 - Improved strength, balance, and functional ability in older adults.
3. Flexibility is the ability to stretch your muscles and the tendons and ligaments that connect them to your bones. Flexibility is reduced when muscles become short and tightened with disuse causing an increase in injury and strains.

You're in **Preparation**, the third stage of change, for regular moderate exercise. This means you're ready to exercise 30 minutes a day, 5 to 7 times a week within the next month. This is a good place to start.

A helpful strategy in this stage is to **make a commitment** to exercise regularly. Here are some steps that can help you start.

- Tell others about your plan.
- Pick a date to start exercising regularly.
- Write down your commitment to exercise and place it in a spot you see every day, like your mirror.

These kinds of small changes will help you get even closer to making exercise a regular part of your life.

Before you start or increase an exercise program, it is important to talk to your health care provider. He or she may have specific restrictions on exercise based on your health history.

SAFETY

EXTREME

High

Medium

Moderate

Minimal

- You responded that you wear seat belts 100% of the time.

Motor vehicle accidents are a leading cause of death in the U.S., accounting for more than 40,000 fatalities each year. Research has found that the combined lap/shoulder seat belts commonly found in the front sets of vehicles today, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45% and light truck occupants by 60%.

Wearing your seat belt 100% of the time while driving or riding in a vehicle has tremendous potential for preventing injuries, saving lives, and reducing costs associated with accidents. Lap and shoulder belts have been shown, when properly fastened, to prevent passengers from being thrown around or outside of the vehicle and from being launched through the windshield.

- You normally drive more than 10 mph over the speed limit

Speeding is a contributing factor in fatal crashes that kill approximately 13,500 people every year. In fact, the #1 unsafe driving behavior that contributes to collisions is speeding. More than two-thirds of all accidents and fatalities can be prevented by abiding by posted speed limits, avoiding excessive lane changes, stopping at yellow lights, and keeping a safe distance between you and the vehicle in front of you.

- Within the last 30 days, you have reported to have driven or ridden in a vehicle when the driver perhaps had too much to drink. This places you at Extreme Risk.

In a national survey performed by the National Highway Traffic Safety Administration (NHTSA), about 32% of the driving age public admitted driving within two hours of consuming alcoholic beverages. In 2005, the NHTSA reported 16,885 people in the U.S. died in alcohol-related motor vehicle crashes, representing 39% of all traffic-related deaths.

A single DUI (Driving Under the Influence) conviction could cost you as much as \$5,000 or more after all fines and fees have been paid. Although laws vary from State to State, consequences of DUI include:

- revocation of drivers license
- jail time
- criminal conviction
- possible seizure and/or forfeiture of vehicle
- with a DUI on your record, obtaining car insurance will be difficult and expensive

Resource:

National Highway Traffic Safety Administration - Research - Fatality Reduction by Safety Belts for Front-Seat Occupants of Cars and Light Trucks

Additional information on this topic can be found at <http://www.nsc.org/issues/drivsafe.htm>

HEALTH CARE PRACTICES

Extreme	HIGH	Medium	Moderate	Minimal
---------	-------------	--------	----------	---------

Your reported Healthcare Practices put you at High Risk based on the following:

- Non-compliance with blood pressure and/or cholesterol medications.
- No flu shot within the last 12 months.

Taking personal responsibility and being more proactive in managing to keep your good health before illness occurs can improve your quality of life, how you look and feel and your performance at work. Be sure to take all medications as prescribed, practice caution when illness or injury are likely to occur and be proactive in your prevention by getting recommended dental and physical exams.

Dental

- You responded that you have seen a dentist within the past 12 months.

The American Dental Association recommends having your teeth cleaned and an oral exam performed at least twice a year. Although you may properly brush and floss every day, small amounts of minerals and plaque remain that require professional cleaning. Routine oral exams are used to check for tooth decay, periodontal (gum) disease and oral cancer.

Recent studies suggest that periodontal (gum) disease increases the risk of heart attack, stroke, diabetes and other systemic conditions.

For more information, visit [Basic Dental Care](#)

MEN'S PREVENTATIVE HEALTH

Extreme	HIGH	Medium	Moderate	Minimal
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Your Personal Health Risk of High Risk is based on the following:

- Family history of chronic illness
- You do not regularly perform self exam of testicles for lumps.

Having a family history of chronic illness, avoiding routine primary care, not performing self-exam and/or not effectively managing your chronic conditions puts you at higher risk of serious illness. Make it a point to get an annual check up with your personal physician and take your medications as prescribed. If you're unhappy with the side effects of your current medications, discuss it with your physician or seek a second opinion. Be proactive about maintaining your health and prevention practices. You can start by completing the recommended screenings, based on your age, that are listed below.

Test Name	Purpose	Recommendations
Colorectal Screening	To screen for potential colon cancer.	Routine screening is often recommended for men who are older than age 50. You may need to begin screening earlier if you have Crohn's disease or ulcerative colitis. The frequency of screening depends on the type of test you receive. Discuss how often you should have a colorectal screening with your doctor or health care provider.
Prostate Cancer Screening	To screen for potential prostate cancer.	Prostate specific antigen (PSA) testing and digital rectal examination (DRE) can effectively detect prostate cancer in its early stages. Routine screening is often recommended for men who are older than 50. You may need to begin screening at age 45 if you are African American or if you have family members with a history of prostate cancer. You should discuss this matter with your doctor to determine what is right for you regarding this recommendation.

Heart Health

The Framingham Heart Study began in 1948, is directed by the National Heart, Lung, and Blood Institute, and is one of the most important public health studies in American medical history. The study's goal is to learn why

people get cardiovascular disease, and how it evolves and results in death in the general population. This information helps researchers find out, over a long period of time, how those who develop cardiovascular diseases differ from those who don't.

Your 10-Year Risk of a Heart Attack (Framingham Study)

Your screening results indicated that you have a **11% chance** of having a heart attack in the next 10 years.

Your Cardiac Risk Age (Framingham Study)

Your Cardiac Risk Age was determined using your age, cholesterol, blood pressure, glucose and nicotine scores. Although your age at the time of your assessment was **43**, your Cardiac Risk Age calculated to **50**.

The 10-Year Risk and Cardiac Risk Age assessment tool uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. This tool is designed for adults aged 30 and older. The risk factors included in the Framingham calculation are age, LDL cholesterol, HDL cholesterol, systolic blood pressure, diastolic blood pressure, glucose, and nicotine.) This assessment does not include other cardiac risks factors, such as smoking, obesity or diabetes which contribute to the development of coronary artery disease and increase the risk of a heart attack. For a detailed explanation of possible risks associated with your lifestyle habits, please review this report in full.

EMOTIONAL HEALTH

Extreme

High

MEDIUM

Moderate

Minimal

From your self-assessment results, your emotional health is Medium Risk.

Emotional health affects the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. Everyday factors can influence your emotional health, things like family or work problems, loss and disappointments, and other unpleasant experiences.

Possible Risks

- Currently, you do not effectively practice stress management.
- You have suffered a personal loss or misfortune in the past year.

Stress

Based on your self-assessment results, you are currently at low risk for stress, based on the stressors and concerns you reported. You most likely feel that you handle stress well, and that you do a reasonably good job balancing the various demands that life brings. As you may know, stress is a normal part of everyone's life and negative feelings and problems are normal responses to excessive stress.

With accurate information and ongoing support, people who experience minimal or low risk emotional health can maintain and even strengthen their ability to cope with life's difficulties. For example, they can take steps to:

- Learn new ways to relax and reduce stress
- Improve their communication and self-management skills
- Maintain good networks of support during stressful times

You can also talk to your health care provider or health plan for a referral to resources such as an emotional health counselor.

Effectively managing stress means setting aside time for regular relaxation, physical activity, talking with friends, and/or social activities.

You answered that you don't effectively manage stress, but you're getting ready to start in the next six months. You are in the **Contemplation** stage, a good place to start!

In this stage, try to **notice your feelings** about stress and how it can affect people. Your feelings are an important part of understanding yourself, your thoughts, and your behaviors. For example:

- Think about people you know whose lives have improved when they effectively manage stress.
- Be inspired by people like you who are working at learning ways to effectively manage stress.
- Remember other times in your life when you have been able to make a healthy change.
- Allow yourself to feel scared when you think about how stress can affect both your mental and physical health.

Another important strategy to use in this stage is to **get the facts** about stress management. Look for ways to learn more about your stress, and how you can manage it. You could:

- Look through newspapers or magazines about how to manage stress.
- Ask friends or family members what they do to deal with stress.

Using these strategies can help you get ready to manage stress and live a healthier lifestyle.

Depression

Depression is not just "feeling blue" or "down in the dumps." Symptoms of depression include sadness, trouble concentrating, low energy, changes in sleep or appetite, and loss of pleasure in activities you once enjoyed.

Your answers show that you are not currently at risk for clinical depression. If you think you may be experiencing some symptoms of depression, or if you have concerns about your mood, here are some proven methods for preventing depression:

1. Controlling negative thinking every day
2. Engaging in healthy, pleasant activities on most days
3. Practicing stress management on most days
4. Exercising for 30 minutes or more on most days.
5. Getting professional help when needed.

Using effective methods to prevent depression can help you maintain a healthy mood and sense of well-being.

For more information visit:

National Institute of Mental Health (NIMH)
Public Inquiries: (301) 443-4513

MedlinePlus - Interactive Tool

Sleep

You reported that on average you sleep 5 - 7 hours per night, this places you at low risk.

An estimated 70 million people in the United States suffer from sleep problems, and more than 50 percent of them have a chronic sleep disorder. While everyone is different, it is recommended that most people receive 7 - 8 hours of sleep each day. Not receiving the right amount of sleep may affect your physical and emotional health, relationships with friends and family, and your performance at work.

If you feel tired during the day, find yourself dozing off or experience lack of energy, you may need more sleep or may be suffering from a sleeping disorder such as insomnia, narcolepsy, restless leg syndrome or sleep apnea.

To help you get more or a better quality of sleep:

- Stick to a regular sleep schedule (including weekends).

- Exercise regularly, but not within 5-6 hours of bedtime.
- Avoid alcohol, caffeine and nicotine before going to bed.
- Avoid large meals or drinks late in the day.
- Do not use your bedroom for paying bills, watching TV or other daily tasks.
- Speak with your doctor regarding prescription or over-the-counter medications which may interfere with your sleep.

If the above strategies do not assist you in obtaining better sleep, speak with a health care provider for a treatment plan better suited for you.

For more information visit Sleep Problems and Your Guide to Sleep.

EATING HABITS

Following proper dietary guidelines and having good eating habits can promote health and reduce the risk for major chronic diseases.

Healthy Eating means doing both of the following:

- Eating a diet that is low in fat
- Eating the number of calories that allows you to reach and maintain a healthy weight.

You are in the **Contemplation** stage for healthy eating. This means that in the next six months, you are intending to eat the appropriate number of calories and to eat a diet that is low in fat.

One of the key strategies for making progress is to **make a commitment** to healthy eating. Promise yourself that you will make low-fat, lower-calorie choices when you are ready and believe in your ability to keep that promise. Consider taking some small steps toward eating healthier. For example, tell yourself that you can do it! Or, write down your plans to eat healthier and let others know about them. Making a commitment will help you get ready to make healthy eating a part of your life.

Calories are units used to measure energy. Calories are in everything we eat and when referred to in nutrition, it is a way of describing the amount of energy your body can get from eating or drinking that particular food. Your body needs calories of energy for everything it does; this includes daily activities of walking and working, to basic metabolic functions as in breathing or thinking.

The more active you are, the more calories your body needs to operate properly. Eating more calories than you need will result in the extra energy being stored as fat. To lose weight, you need to burn more calories than you eat. One pound of body weight is equivalent to 3,500 calories. If your goal is to lose one pound per week, you will need a deficit of 500 calories per day.

The below chart was published by the US Department of Agriculture - Center for Nutrition Policy and Promotion and assigns individuals to a calorie level based on their sex, age and activity level.

Activity Level	Males			Activity Level	Females			
	AGE	Sedentary*	Mod. Active*		Active*	AGE	Sedentary*	Mod. Active*
19-20		2600	2800	3000	19-20	2000	2200	2400
21-25		2400	2800	3000	21-25	2000	2200	2400
26-30		2400	2600	3000	26-30	1800	2000	2400
31-35		2400	2600	3000	31-35	1800	2000	2200
36-40		2400	2600	2800	36-40	1800	2000	2200
41-45		2200	2600	2800	41-45	1800	2000	2200
46-50					46-50			

	2200	2400	2800		1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.
SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.
MOD. ACTIVE = at least 30 min up to 60 min a day of moderate physical activity in addition to daily activities.
ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.



Food Pyramid

Eating the right number of calories is half the battle. Eating the right types of calories also matters. A well balanced diet is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, "trans" fats, cholesterol, salt (sodium), and added sugars.

For a personalized eating plan based on your age, sex, weight and activity level, we recommend speaking with a dietician. A good dietician can quickly make recommendations that will allow you to enjoy the foods you like, improve your consumption of healthier foods, and change your diet based on your current health needs.

For more information on the food pyramid, visit: The United States Department of Agriculture - MyPyramid Plan website.

* The recommendations above and in MyPyramid are for the general public over 18 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

IMMUNIZATIONS

Recommended Adult Immunization Schedule for common wellness-related vaccines¹.

Vaccine	For Whom	How Often
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Everyone	Booster every 10 years
Influenza (flu)	Everyone age 50 and over should get a flu shot every year. Others may reduce their risk of getting the flu by getting vaccinated against influenza every year.	Annually
Pneumonia	Everyone age 65 and over. Recommended for some individuals less than 65 years of age with certain chronic medical conditions, weak immune system and/or other risk factors.	One (1) dose may be readministered after 5 years to individuals with certain chronic medical

conditions and to those vaccinated before age 65.

¹The above is general information based on recommendations by the Advisory Committee on Immunization Practices (ACIP). Please consult a physician familiar with your medical history and current medical conditions for personalized immunization advice.

YOUR SUMMARY DATA

Randy Johnson III's myhealthIQ Score

Test Name		Date: 03/12/2008
Total Score		41

Tests that impact your myhealthIQ score

Test Name	Reference Range	Date: 03/12/2008
Abdomen circumference	N/A	43.50 in
Blood Pressure	N/A	140/100
Body mass index	N/A	30.7
Cholesterol (Total)	160 - 240	301 mg/dL
eGlomerular Filtration Rate	60.0 - 120.0	115.7 mL/min/1.73m ²
Gamma-glutamyl transferase	0 - 65	87 U/L
Glucose	60 - 109	105 mg/dL
High Density Lipoprotein	35 - 80	44 mg/dL
Low Density Lipoprotein	90 - 171	176 mg/dL
Nicotine	N/A	Negative
Total Cholesterol/HDL Ratio	0.00 - 5.00	6.84
Triglycerides	0 - 200	407 mg/dL

Other tests

Test Name	Reference Range	Date: 03/12/2008
Age at time of exam	N/A	43 yrs

Albumin	3.8 - 5.0	4.5 g/dL
Bilirubin	0.00 - 1.40	0.50 mg/dL
Blood Urea Nitrogen	8 - 25	10 mg/dL
Body height	N/A	71.00 in
Body weight	N/A	220 lbs
Calcium	8.4 - 10.2	9.5 mg/dL
Globulin	2.2 - 3.7	3.3 g/dL
Phosphate, Alkaline	39 - 117	94 U/L
Protein total	6.5 - 8.3	7.8 g/dL
Serum Creatinine	0.60 - 1.49	1.00 mg/dL
Transferase, Alanine	0 - 50	193 U/L
Transferase, Aspartate	0 - 40	78 U/L

Randy Johnson III's Summary Data

Heritage Labs, Inc., Olathe, KS 66061
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DESCRIPTION OF LAB TESTS

BUN

A blood urea nitrogen (BUN) test measures the amount of nitrogen in your blood that comes from the waste product urea. A BUN test is done to estimate how well your kidneys are functioning. If you are pregnant, a decreased BUN level can occur normally in the second or third trimester of pregnancy.

CREATININE

Creatinine is a product used in skeletal muscle contraction. Creatinine tests measure creatinine levels in your blood to provide information about how well your kidneys are working.

URIC ACID

Uric acid is produced by the breakdown of the body's cells. High levels of uric acid in the blood can cause the excess uric acid to be deposited in the body's joints, leading to a painful arthritis condition called gout. High levels of uric acid may also lead to kidney failure or result in the formation of uric acid kidney stones.

BILIRUBIN

Bilirubin is a brownish yellow substance found in bile. It is produced when the liver breaks down hemoglobin from red blood cells. Bilirubin is then removed from the body through the stool (feces) and gives stool its normal brown color. Bilirubin levels are typically used to measure liver or gall bladder function. The most obvious symptom of high bilirubin levels is jaundice, a condition in which the skin and whites of the eyes appear yellow.

AST (SGOT or Aspartate Transferase)

AST formerly was called serum glutamic oxaloacetic transaminase (SGOT). AST is normally found in the cells primarily in your heart and liver and there is small levels in your blood stream at all times. When a cell dies the cell releases AST. When body tissue or an organ such as the heart or liver is diseased or damaged, additional AST is released into the bloodstream. The amount of AST in the blood is directly related to the extent of tissue damage. After severe damage, AST levels rise in 6 to 10 hours and remain high for about 4 days. Very high levels of AST (SGOT) may also indicate cirrhosis of the liver, which is caused by alcohol abuse, or a form of hepatitis. Cholesterol meds can also elevate your AST level. An elevation of AST should be shared with your physician and he/she will probably want to repeat this test.

ALT (SGPT or Alanine Transferase)

ALT formerly was called serum glutamic pyruvic transaminase (SGPT). ALT is normally found in the cells primarily in your liver. Lesser quantities are found in your heart, kidneys, and skeletal muscle. There are small levels in your blood stream at all times. When a cell dies the cell releases ALT. Because the primary site of ALT is the liver this test is most specific to the function of the liver. ALT is measured to determine whether the liver is damaged or diseased. Low levels of ALT are normally found in the blood. However, when the liver is damaged or diseased, it releases ALT into the bloodstream, causing levels of the enzyme to rise. Cholesterol meds can also elevate your ALT level. An elevation of ALT should be shared with your physician and he/she will probably want to repeat this test.

ALP (Alkaline Phosphatase)

ALP is an enzyme found in many areas but mostly in the liver and bone. Some conditions can release large amounts of ALP into the bloodstream. These conditions include rapid bone growth (during puberty), bone disease (osteomalacia or Paget's disease), or damaged liver cells. If ALP levels in the blood are high, further testing may be done to determine the cause of the elevated ALP levels. Typically, a modest elevation of this enzyme is not cause for concern, unless it remains elevated on a repeated test.

TOTAL SERUM PROTEIN

Proteins are essential building blocks of all cells and tissues in your body and are important for growth and overall health. The total protein test measures the level of all proteins that are in the plasma portion of your blood and may reflect the presence of liver disease, nutritional status, kidney disease, as well as other conditions. An elevated protein level may indicate dehydration, liver problems, or chronic inflammation. If your protein level is low, it may indicate a kidney disorder or a disorder in which protein is not digested or absorbed properly. Typically, a modest elevation of protein is not cause for concern, unless it remains elevated on a repeated test.

ALBUMIN

Albumin is a protein produced mainly in the liver. It helps keep the blood fluid from leaking out of blood vessels. Albumin also helps carry some medications and other substances through the blood and is important for tissue growth and healing. When albumin levels drop, fluid may collect in the ankles (pedal edema), lungs (pulmonary edema), or abdomen (ascites). Abnormal levels can also mean abnormal liver or kidney function. Typically, a modest elevation of albumin is not cause for concern, unless it remains elevated on a repeated test.

GLOBULIN

Globulin is made up of different proteins that are formed by the liver and by the immune system. Certain globulins (haptoglobins) bind with hemoglobin. Other globulins transport metals, such as iron, in the blood and help fight infection. Typically, a modest elevation of globulin is not cause for concern, unless it remains elevated on a repeated test.

CALCIUM

Calcium is the most plentiful mineral in the body and one of the most important. The body needs it to build and repair bones and teeth, help nerves function, make muscles contract, clot blood, and allow proper function of the heart. Under normal conditions, the level of calcium in the blood is carefully controlled. When blood calcium levels fall (hypocalcemia), calcium is released from bones to restore proper blood levels. When blood calcium levels rise (hypercalcemia), the excess calcium may be stored in bone or passed out of the body in urine and stool. Most people who have abnormal blood calcium levels do not have any symptoms. Usually, calcium levels need to be extremely high or low to cause symptoms. Typically, a modest elevation of calcium is not cause for concern, unless it remains elevated on a repeated test.

LDH

Lactic dehydrogenase (LDH) is an enzyme that helps produce energy. It is present in almost all of the tissues in the body and becomes elevated in response to cell damage. LDH levels help diagnose heart attack, lung disease, lymphoma, anemia, and liver disease. They also help determine how well chemotherapy is working during treatment for lymphoma.

LDL/HDL RATIO

The low density lipoprotein to high density lipoprotein ratio (LDL/HDL ratio) is the ratio of bad cholesterol levels (LDL) to good cholesterol levels (HDL). This ratio is used to predict the risk of heart disease. A high ratio means that there is an increased risk for heart disease while a low ratio means there is a low risk.

VLDL (Very Low Density Lipoprotein)

Very low density lipoprotein (VLDL) is often called "bad cholesterol" because it deposits cholesterol on the walls of arteries. Increased VLDL levels are associated with heart disease. Low levels of VLDL can be an inherited tendency or a sign of low levels of protein in the blood, which can be caused by malnutrition.



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