

## Health Quotient Score

Peter, your Health Quotient score is created based on your responses from the Blueprint for Wellness™ online risk assessment and your screening results. The Health Quotient score is like a test grade that is driven by your responses to the assessment and your screening results. Just like a test, a higher score means you are at a higher level of well-being and a lower score suggests you may be at higher risk for developing chronic conditions. Throughout this report you will find helpful tips to improve your score and improve your health.

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## Health Quotient from Personal Wellness Report



### Heart Blood Tests

The heart is a muscular organ located in the chest. The heart and blood vessels comprise the cardiovascular system. The heart pumps blood throughout the body. In spite of the fact that all of the body's blood flows through it, it needs to be supplied with life-giving blood by its own set of blood vessels. These blood vessels, called coronary arteries, deliver the oxygen that allows the heart to perform its function. When a disease known as atherosclerosis reduces the blood flow from the coronary arteries to the heart, it can cause chest pain, which is called angina. If the blood flow is severely reduced, it can cause death of some of the heart muscle and may lead to a heart attack.



### TRIGLYCERIDES

Triglycerides are fats composed of fatty acids and glycerol. Triglycerides combine with proteins to form particles called lipoproteins that transport fats through the bloodstream. These lipoproteins carry triglycerides from the liver to other parts of the body that need this energy source. Triglycerides then return to the liver where they are removed from the body. The level of triglycerides in your blood can indicate how efficiently your body processes the fat in your diet. Accurate results require a minimum of a twelve-hour fast (no food or drink except water and medication) prior to testing.

Your result falls within the normal Reference Range.



### CHOLESTEROL, TOTAL

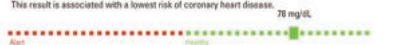
Cholesterol is an essential body fat needed to produce substances such as hormones and bile. High levels of cholesterol are usually associated with a higher risk of heart disease and narrowed blood vessels. Lipids included in total cholesterol are HDL cholesterol, LDL cholesterol, and triglycerides.

Your result falls within the normal Reference Range.



### HDL CHOLESTEROL

HDL cholesterol is commonly called "good" cholesterol because it can aid in the removal of excess cholesterol in body tissues and help prevent the accumulation of LDL cholesterol in the arteries. Higher levels of HDL cholesterol are desirable.



## Preventive Screenings

Being healthy also requires being responsible for regularly monitoring your well-being. According to your age and gender, there are several preventive screenings you should consider. Use this information to help keep you on the road to good health. It's also always important to schedule regular checkups with your physician.

SCREENING TESTS	AGE 18-39	AGE 40-49	AGE 50-64	AGES 65 AND OLDER
Heart Health: Blood Pressure Test <i>(Self-Monitoring Test Recommended)</i>	At least every 2 years*	At least every 2 years*	At least every 2 years*	At least every 2 years*
Cholesterol Test <i>(Fasting Test Using Lipid and Blood Chemistry)</i>	Start at age 20 discuss with your doctor or nurse.	Adults who have any of the following risk factors: - Family history of high cholesterol - Preexisting Heart Disease in a first-degree relative - Diabetes - Smoker or Former Smoker - High blood pressure.	Adults who have any of the following risk factors: - Family history of high cholesterol - Preexisting Heart Disease in a first-degree relative - Diabetes - Smoker or Former Smoker - High blood pressure.	Adults who have any of the following risk factors: - Family history of high cholesterol - Preexisting Heart Disease in a first-degree relative - Diabetes - Smoker or Former Smoker - High blood pressure.
Diabetic: Blood Glucose Test <i>(Fasting or Random Glucose Test)</i>	Discuss with your doctor or nurse.	Start at age 45 then every 3 years.	Every 2 years.*	Every 2 years.*
Breast Health: Mammogram <i>(Mammogram Screen)</i>	Every 1-2 years.	Every 1-2 years.	Every 1-2 years.	Every 1-2 years.
Breast Self Exam <i>(Breast Cancer Self-Exam)</i>	Once a Month	Once a Month	Once a Month	Once a Month
Reproductive Health: Pap test and Pelvic Exam <i>(All Pap Smears Done Annually)</i>	Every 1-2 years if you have been sexually active or are older than 21.	Every 1-3 years	Every 1-3 years	Every 1-3 years
Colon Health: Fecal occult blood test <i>(Screen for Blood Cancer)</i>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Colonoscopy <i>(Screen for Blood Cancer)</i>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.

\* Discuss with your doctor or nurse.  
\* Before age 55 in men and 65 in women.

Thank you for your medical summary report is below. Be sure to share this information with your doctor. At Quest Diagnostics, we take our commitment to your good health far beyond the laboratory. That's why we apply our ideals of quality, service and innovation to other aspects of health care such as the Blueprint for Wellness program. As the leader in laboratory diagnostics, we believe that diagnosis is just one step to wellness.

Helping you understand and prevent disease is our priority. If you have any questions please call 1-800-800-9400. Representatives are available Monday through Friday, 7:30 a.m. to 8:30 p.m. Central.

### Medical Summary Report

John O Sample	male	6'	160 lbs
Blood Pressure Results from 11-07:	120/78		
Heart Blood Tests	10-06	11-06	04-07 11-07
TOTAL CHOLESTEROL	Reference range < 200 mg/dL	196	196
HDL CHOLESTEROL	Reference range > 40 mg/dL	42	42
TRIGLYCERIDES	Reference range < 150 mg/dL	144	144
CARDIO CRP	Reference range < 3.0 mg/dL	1.20	1.20
TSH	Reference range 0.4-5.5 mIU/dL	1.40	1.40
FREE T4	Reference range 0.8-1.8 ng/dL		
UREA NITROGEN (BUN)	Reference range 7-25 mg/dL	3	3
CREATININE	Reference range 0.5-1.2 mg/dL	0.70	0.70
BUN-CREATININE RATIO	Reference range 6-25 calculated	10	10
CALCIUM	Reference range 8.5-10.4 mg/dL	9.40	9.40
GLUCOSE	Reference range 65-99 mg/dL	96	96
ALBUMIN	Reference range 3.5-5.1 g/dL	4.20	4.20
TOTAL PROTEIN	Reference range 6.0-8.2 g/dL	6.70	6.70
GLOBULIN	Reference range 2.2-4.2 g/dL	2.50	2.50
THE ALBUMIN GLOBULIN RATIO	Reference range 1.70-1.70	1.70	1.70
ALKALINE PHOSPHATASE	Reference range 20-125 u/L	46	46
AST	Reference range 2-40 u/L	14	14
ALT	Reference range 2-35 u/L	12	12
TOTAL BILIRUBIN	Reference range 0.2-1.3 mg/dL	0.30	0.30
DIRECT BILIRUBIN	Reference range 0.0-0.2 mg/dL	0.10	0.10
GGT	Reference range 2-40 u/L	30	30
URIC ACID*	Reference range 1.7-7.5 mg/dL	6.40	6.40
IRON*	Reference range 135-145 nmol/L	165	140
CHLORIDE	Reference range 99-110 mmol/L	107	107
POTASSIUM	Reference range 3.5-5.3 mmol/L	4.40	4.40
IRON	Reference range 35-175 ug/dL	53	53
TIBC	Reference range 200-400 ug/dL	309	309
IRON/TIBC % SATURATION	Reference range 15-50% calculated	17	17
FERRITIN	Reference range 10-104 ng/dL	25	25

At the end of the report, there is a physician "tear out" or "print out" summary page of all the laboratory test values that participants can share with their physician.

## PRINTED REPORT SAMPLES

## Printed and Online Results

After a completed Health Risk Assessment and a blood draw at a Quest Diagnostics Patient Service Center, participants receive results in the mail and online. The confidential and comprehensive, easy-to-read 20+ page printed report contains detailed action plans outlined for each individual. And according to the participant's age and gender, they will be instructed on the appropriate preventive screenings and dietary suggestions they should consider. Both the printed and online report displays laboratory "values" and provides detailed explanations of each clinical test performed.

The online reports is a dynamic report that explains and shows the body systems and provide definitions for the risk levels.

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JOHN here are your screening results. Clinical laboratory testing gives you an important insight into what is happening within your body. In the following pages you will see a summary of your laboratory test results grouped by body system and disease.

**YOUR REPORT**

- Your Health > Health Quotient > Your Results
- Your Wellness > Action Plan > Preventive Screenings > Additional Resources
- Your Summary > Medical Summary
- Print Report

**Blood Test Results**

Not all your buttons above or organs to reveal overview of each test, then click to see your detailed information.

- Heart
- Thyroid
- Kidney
- Bone
- Pancreas
- Liver
- Other
- Reproductive

**Heart Results**

The heart pumps blood throughout the body. The heart and blood vessels comprise the cardiovascular system. In spite of the fact that all of the body's blood flows through it, it needs to be supplied with life-giving blood by its own set of blood vessels. These blood vessels, called coronary arteries, deliver the oxygen that allows the heart to perform its function.

## ONLINE REPORT SAMPLE

