



Patient: Shawn Baker

March 06, 2018

Mr. Shawn Baker

Dear Participant:

Our team at SpecialtyHealth has received your lab work and the results have been reviewed. In this letter you will find a summary of the results along with numerous charts and graphs. Additionally, each test is explained with your findings and the normal ranges.

The "Big 5 chart" (located on page 3) demonstrates your health risk factors in the categories displayed.

Green signifies Good or Low Risk;

Yellow signifies Caution or Moderate risk; and,

Red signifies Danger or High risk.

Your collective results indicate you are at **MODERATE RISK**.

Medical studies have shown that most people can reduce or even reverse their health risks (REDS AND YELLOWS) with lifestyle changes; diet, exercise, sleep and stress management.

SpecialtyHealth's Wellness and Prevention Program is designed to determine if you are at risk for cardiovascular disease and metabolic disorders; including Type 2 Diabetes, pre-diabetes, insulin resistance, heart disease, high blood pressure and high cholesterol. Many health problems today are associated with lifestyle; it is estimated that 70% of the money spent on healthcare in the U.S. is spent on medical conditions that are preventable with lifestyle modifications.

SpecialtyHealth's focus is on prevention and lifestyle modifications; getting to the bottom of the problem and working with you, listening to you and providing you with solutions not just treating your symptoms with unnecessary drugs and procedures.



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Now that we have your assessment results, you can be scheduled for an initial appointment with our Wellness Team. At the appointment we will design with you a personalized program focused on prevention and lifestyle modifications. Our staff of health coaches maybe available to you for ongoing appointments. They may all be contacted in person, by mail, by telephone, and, for some groups may travel to your worksite. The information provided in this document is not a substitute for your doctor's care and should be used as a practical guide.

Our Wellness staff will give you a call to schedule. If you do not hear from us within one week (1) of receiving this letter, please call us at 775-398-3635 or 888-784-7960.

We want to wish you the best and provide you all the support you need on your journey to a healthy life.

Sincerely,

Jacqueline Cox, RN, BSN, MPA
President/CEO
Scott L. Hall, MD
Sharon Mattioli, APRN

wellnessfrontdesk@specialtyhealth.com

Phone: 775.398.3635

Cc: Scott L. Hall, MD















DISCLAIMER: The information provided in this document is not a substitute for your doctor's care and should be used as a practical guide to better health through life-style change. Physician availability for certain services may be dependent on the state you live in, licensure, scope of practice, restrictions or other requirements in your state. This is not an insurance product. Many of the items may not be covered by your insurance company and therefore will be your responsibility.




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Agency: Private Individuals


"THE BIG 5"

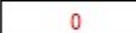
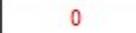
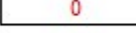
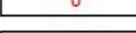
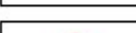

Physical Date:
HQ Date: 02/26/2018

RISK	OBSESITY	BLOOD PRESSURE	BREATHING		LIPID PROBLEMS					BLOOD SUGAR	TOTALS
	BMI	BP	Tobacco Use	Aerobic (METs)	Chol	LDL	HDL	Triglyc	Ratio	Glucose	
HIGH	≥ 30	$\geq 140/90$	Yes	≤ 8.6	≥ 240	≥ 131	< 40	> 200	> 4.50	≥ 100	
MODERATE	25-29.99	120/80-139/89	Past	$> 8.6 \ \& \ < 11.0$	200-239	100-130	40-59	150-200	3.50-4.50	90-99	
LOW	< 25	$< 120/80$	No	≥ 11.0	< 200	< 100	≥ 60	< 150	< 3.50	< 90	
YOU MEASURED											

FRAMINGHAM RISK ASSESSMENT	
Age:	51
Gender:	Male
Total Cholesterol:	192
HDL:	40
Current Smoking:	No
Systolic BP:	120
<i>10 Year Risk of Developing Hard CHD</i>	
Framingham Risk Score:	7%
Score Date:	02/26/2018
Score if Cardiac or Diabetic Condition:	>

TRIG/HDL RATIO
HIGH ≥ 3.0
LOW < 3.0


NON HDL
HIGH ≥ 160
MODERATE 130-159
LOW < 130


METABOLIC SYNDROME		
Abdominal Obesity (Waist):	Men ≥ 40 in; Women ≥ 35 in. or BMI ≥ 30	
Triglycerides:	≥ 150 or if taking medication for elevated blood triglycerides:	
HDL Cholesterol:	Men < 40 ; Women < 50 :	
Blood Pressure:	Sys ≥ 130 ; Dias ≥ 85 or Patient is Hypertensive:	
Fasting Glucose:	≥ 100 or Patient is Diabetic:	
Metabolic Syndrome:	3 or More Factors Present:	

HEALTH CONDITIONS

Autoimmune	No	Post MI/Stent	No
Cancer TX	No	Diabetic	No
Depression	No	Hypertensive	No
Obesity/Gastic bypass	No	Family History	No
Other	No		

You have **2** High Risk Factors.

Summary:

1. You have **2** high risk factors on ATPIII
2. Your Triglyceride and HDL ratio is **1.4**.
3. Your Metabolic Score is **0**; 3 or more is consider high risk for metabolic syndrome.
4. Your non-HDL score is **152**.
5. Non-Caucasian males/females may be risk for Insulin Resistance with TG/HDL ratios of ≥ 2.5



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SUMMARY OF YOUR RISK

Obesity/BMI/waist circumference (Slightly elevated BMI)

Body Mass Index (BMI) is a measurement of body composition based on height and weight. A normal BMI is less than 25. A waist circumference (WC) is considered normal for a male if less than 40 inches and for a female if less than 35 inches. Although a BMI can be used for most men and women, it does have some limits: it may overestimate body fat in athletes and others who have a muscular build. Also, excess fat in the stomach area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips. An elevated BMI is associated with an increased risk of heart disease and strokes, High Blood Pressure, diabetes, certain cancers, sleep apnea, arthritis and infertility. **Your BMI is slightly elevated at 29. Normal BMI is less than 25.**

High Blood Pressure (Moderate Risk)

Blood Pressure is considered high if over 140/90; and if you are diabetic over 130/80. High blood pressure is an independent risk factor for heart disease, stroke and kidney disease. The World Health Organization rates High Blood Pressure as one of the most important causes of premature death worldwide. High Blood Pressure stresses your body's blood vessels, causing them to clog or weaken. High Blood Pressure can lead to hardening and narrowing of the blood vessels making them more likely to block from blood clots or bits of fatty material breaking off from the lining of the blood vessel wall. Damage to the arteries can also create weak places that rupture easily or thin spots that balloon out the artery wall resulting in an aneurism. **Your blood pressure is Moderate Risk at 120/75. Normal Blood Pressure is less than 120/80.**

Total Cholesterol (NORMAL w/o NMR)

Your total cholesterol is within normal limits below 200. Total cholesterol can underestimate risk associated with cholesterol levels in a large percent of the population, **therefore we highly recommend a simple advanced blood test to measure the cholesterol particles in your blood.**

LDL Cholesterol (HIGH)

You have an elevated LDL above 100. This is the "bad" cholesterol associated with heart disease. LDL cholesterol can underestimate bad cholesterol levels in a large percent of the population, **therefore we highly recommend a simple advanced blood test to measure the cholesterol particles in your blood. Your LDL cholesterol is considered HIGH RISK at 141. Normal LDL cholesterol is less than 100.**

HDL Cholesterol (Moderate Risk)

HDL is the "good" cholesterol associated with heart health. Your HDL is low and is often found



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in heart disease. Exercise, smoking cessation, maintaining a healthy weight and a diet low in carbohydrates can all help to increase HDL levels. **Your LOW HDL cholesterol is considered Slightly Low at 40. Ideal HDL Cholesterol is greater than 60.**

Triglycerides (NORMAL)

You have normal triglyceride levels. Triglycerides are the fat in the blood that gets elevated from excess carbohydrate or alcohol intake, inactivity, smoking, and being overweight (normal less than 150). Maintaining a healthy lifestyle can keep your triglyceride levels within normal limits.

Ratio total cholesterol to HDL (HIGH)

You have an elevated total cholesterol to HDL ratio greater than 3.5. A higher ratio means a higher risk of heart disease. **Your cholesterol to HDL ratio is considered HIGH RISK at 4.80. Normal Ratio Cholesterol to HDL is less than 3.5**

TRIG to HDL ratio (NORMAL)

The TRIG to HDL ratio is a risk indicator of heart/cardiovascular disease. Your TRIG to HDL ratio is normal indicating you are not **INSULIN RESISTANT**. **INSULIN RESISTANCE** is a state in which your body has a lowered response to insulin that helps regulate the level of glucose (sugar) in the body. **However, this ratio may underestimate your risk of INSULIN RESISTANCE on your routine metabolic test.** **INSULIN RESISTANCE** is a serious health condition often seen in individuals who are overweight or obese. We highly recommend an inexpensive advanced test to determine if you have insulin resistance. Insulin resistance is easily controlled with proper diet and exercise.

Non HDL Cholesterol (Moderate Risk)

You have an elevated non-HDL cholesterol level above 130. Your non-HDL cholesterol is your total cholesterol minus your HDL (good) cholesterol which is considered a predictor of heart disease risk. **Your non-HDL cholesterol is considered to be Moderate Risk at 152. Normal Non-HDL Cholesterol is less than 130.**

LDL-P (Moderate Risk)

You have an elevated LDL-P (goal less than 1000). This is a measurement of LDL particles (bad cholesterol) in blood. High numbers of LDL particles in the blood build up in the arteries and cause heart disease. So a higher number of LDL particles (LDL-P) indicates a higher risk of heart disease. **An elevated LDL-P is considered Moderate Risk at 1273. Normal LDL-P is less than 1000.**

LP(a) (NORMAL)

You have a normal LP(a) level (normal less than 75). This is a measurement of a genetic



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variant LDL marker that if elevated, increases your risk for heart disease and stroke. High levels of LP(a) are known to be one of the more serious risk factors in heart disease.

- **Please note: your lab results may vary if done at a non-LabCorp facility.**

LP-IR (NORMAL)

You are not insulin resistant (IR) with a normal IR score of less than 45. Keeping this level below 45 can decrease your risk of diabetes and heart disease. The LP-IR score is an assessment of insulin resistance. Insulin resistance is the decreased ability of the body to use sugars properly. Using this method, it is possible to predict Diabetes early enough that it can be treated with lifestyle, nutrition, and exercise changes.

Thyroid-TSH (NORMAL)

Your TSH is normal showing no thyroid dysfunction. When your thyroid function is abnormal, your ability to process cholesterol is hindered.

- **Please note: your lab results may vary if done at a non-LabCorp facility.**

Vitamin D (NORMAL)

Your Vitamin D is within normal limits. Low levels have been associated with increased inflammation which may contribute to some cancers, including colorectal cancer, diabetes, high blood pressure and dementia. Vitamin D is essential for strong bones and helps prevent osteoporosis.

Your blood work and health risk assessment are guides to help us understand which lifestyle changes are working and most effective for you. If you are HIGH RISK we want you to get blood work every three (3) months. If you are MODERATE RISK we want you to get blood work every six (6) months; LOW RISK should get blood work annually. This special lab panel helps us assess and monitor where you are so we can modify your customized wellness program if needed.

The SpecialtyHealth Wellness Team is made up of physicians, nurse practitioners, registered dietitians, fitness experts, stress management experts and health coaches. Our multidisciplinary team works with you to help you achieve your health goals

Sometimes lifestyle changes alone cannot reduce your risk factors enough. In these cases, medications for high blood pressure, high cholesterol and high blood sugar may be indicated. We may be limited to practice in some states, however, in those cases, we are happy to work with you and your physician if a prescription or other testing or procedures are needed.



Patient: **Shawn Baker**
 Employer/Agency: **Private Individuals**
 Physical Date:
 HQ Date: **02/26/2018**

Age: **51**
 Lab Test Date:
 Advanced Lab Test Date: **03/01/2018**
 Initial Appt. Date:

ADVANCED RISK RESULTS

Advanced Lab Test	Your Score	Low	Moderate	Borderline-High	High	Very High
LDL-P	1273	< 1000	1000 - 1299	1300 - 1599	1600 - 2000	> 2000
LP(a)	2	Low < 75	High ≥ 75			
LP-IR	36	Not Insulin Resistant ≤ 44.99	Insulin Resistant ≥ 45.0			
Thyroid (TSH)	3.010	Range 0.450 - 4.5	Out of Range Low > 4.5	Out of Range High < 0.450		
Vitamin D, 25-Hydroxy	30.3	Range 30.0 - 100.0	Out of Range Low < 30.0	Out of Range High > 100.0		
Hemaglobin A1c		Normal ≤ 5.6	Pre-Diabetic 5.7 - 6.4	Diabetic > 6.4		

HEALTH CONDITIONS

	Positive		Positive
Autoimmune	No	Post MI/Stent	No
Cancer TX	No	Diabetic	No
Depression	No	Hypertensive	No
Obesity/Gastic bypass	No	Family History	No
Other	No		

You have 0 Advanced Risk Factors.



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SUMMARY OF YOUR ROUTINE TEST RESULTS

<u>Routine Lab Results</u>	<u>Previous</u>	<u>Current</u> <u>02/26/2018</u>	<u>Considered HIGH RISK</u>
Body Mass Index	N.A.	29	>= 30 is HIGH RISK
Waist Circumference	N.A.	36	Male > 40 inches / Female > 35 inches
Blood Pressure	N.A./N.A.	120/75	>= 140/90 is HIGH RISK
Tobacco Use	N.A.	No	Yes, is HIGH RISK
Aerobic Capacity	N.A.	N.A.	< 7.6 is HIGH RISK
Total Cholesterol	N.A.	192	>= 240 is HIGH RISK
<i>(Cholesterol is no longer considered an accurate measurement for risk of heart attack; 1/2 who have heart attacks have normal cholesterol levels)</i>			
LDL cholesterol	N.A.	141	>= 131 is HIGH RISK
HDL Cholesterol	N.A.	40	< 40 (Men) < 50 (Women) is HIGH RISK
Non HDL	N.A.	152	>= 160 is HIGH RISK
Triglycerides	N.A.	54	> 200 is HIGH RISK
Ratio	N.A.	4.80	> 4.5 is HIGH RISK
Blood Sugar	N.A.	N.A.	> 100 is HIGH RISK
Insulin Resistance	N.A.	1.4	> 3.0 is HIGH RISK (>2.5 Female & Hispanic)
Metabolic Syndrome	N.A.	No	3 or more markers (see Big 5 Chart)

HEALTH CONDITIONS

<u>MEDICAL HISTORY</u>	<u>Previous</u>	<u>Current</u> <u>02/26/2018</u>	<u>(Positive response put you at risk)</u>
Family history of Heart Disease	N.A.	No	(mother or father)
Autoimmune Disease	N.A.	No	
Cancer Treatment	N.A.	No	
Depression	N.A.	No	
Obesity/Gastric Bypass	N.A.	No	
Post MI (heart attack)	N.A.	No	
Diabetes 1 or 2 (please indicate)	N.A.	No	
Hypertension	N.A.	No	
Other	N.A.	No	





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SUMMARY OF YOUR ADVANCED LAB RESULTS - NMR Lipo Profile Test

<u>Advanced Lab Results</u>	<u>Previous</u>	<u>Current 02/26/2018</u>	<u>Considered HIGH RISK</u>
LDL-P	N.A.	1273	>= 1600 is HIGH RISK (> 2000 VERY HIGH)
LP(a)	N.A.	2	>= 75 is HIGH RISK
LP-IR	N.A.	36	>= 45.0 is HIGH RISK
Thyroid (TSH)	N.A.	3.010	> 4.5 OR < 0.450 is HIGH RISK
Vitamin D, 25-Hydroxy	N.A.	30.3	> 100.0 OR < 30.0 is HIGH RISK
Hemoglobin A1c	N.A.	N.A.	> 6.4 is HIGH RISK

See attached results

1. SpecialtyHealth's Big 5; red light, yellow light, green light.
2. Routine and Advanced risk reports.
3. Your personalized graphs.

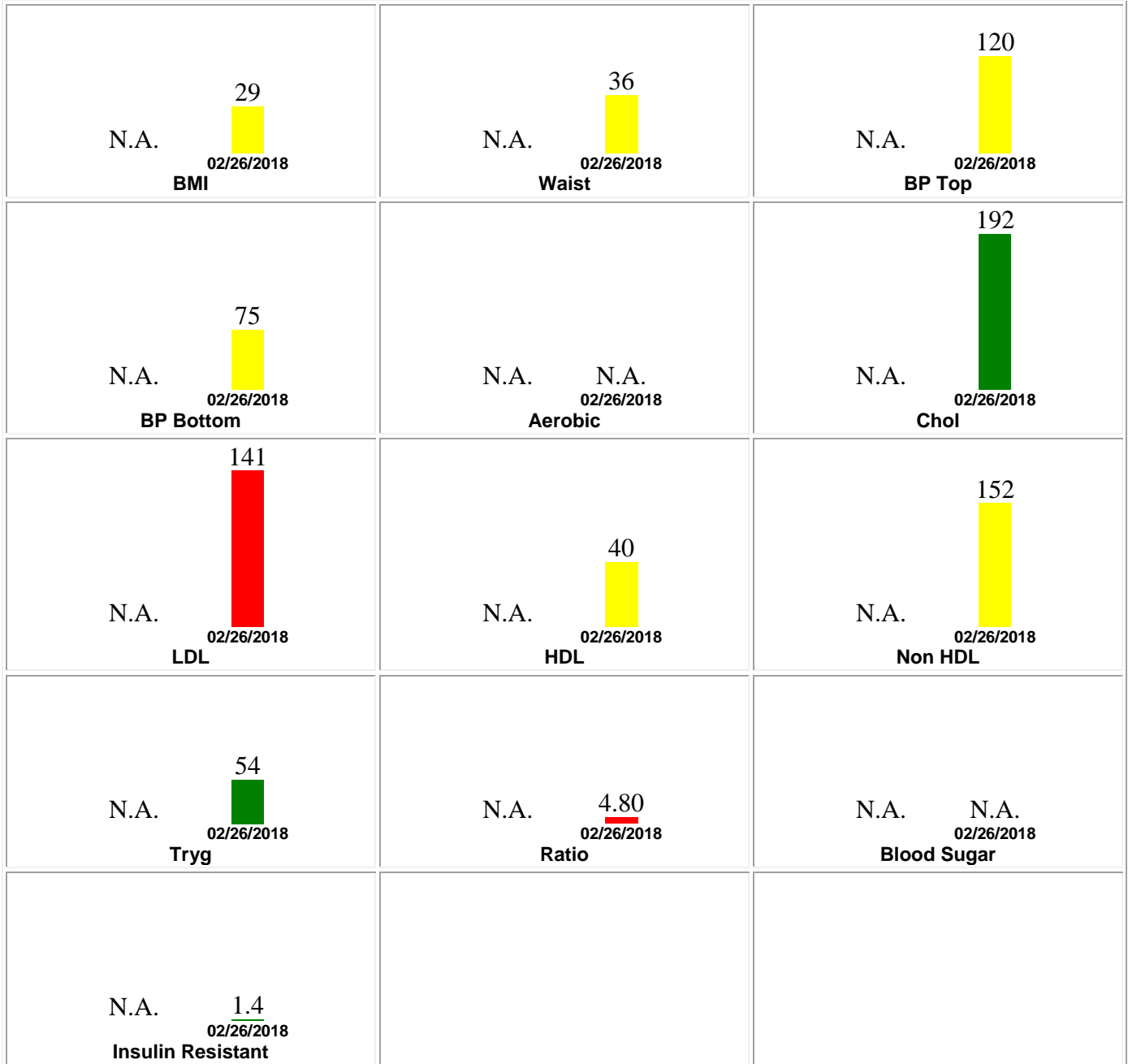




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ROUTINE LAB GRAPHS





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ADVANCED LAB GRAPHS

