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Test2020, THANK YOU for taking an active role in your health. While this report is no substitute for a comprehensive medical exam from your doctor, inside you'll find results that will give you a good view of your current health.

G6 cares about your health and well-being and wants you to feel your very best! That's we offer programs designed to better manage your health. Some of these program are free to you! Visit G6benefits.com for more info!

- Naturally Slim Lose weight without dieting
- Diabetes Management Program learn how to manage the disease
- 2nd MD Second Medical Review for chronic conditions
- Teladoc Behavioral Health convenient mental health assistance

This guide contains a Medical Summary Report. Don't forget to share this with your doctor.

Again, thanks for taking this important first step toward a healthier you.

Congratulations

Congratulations, your results show you are in a healthy range for multiple risk factors linked to common health conditions. Pay special attention to the 'How to Maintain' sections within your results for healthy lifestyle tips to stay at low risk for health conditions. Please note that you may have other test results that are considered at risk for other health conditions. Be sure to share these results with your doctor for more information.



Additional Health Insights: Metabolic Syndrome



YOUR

Metabolic syndrome is defined by five health risk factors, listed here. Based on your screening results you have passed 5 out of 5 metabolic syndrome criteria which means that you are at low risk for heart disease, diabetes and stroke.

You may notice that the target ranges for metabolic syndrome are different from some of the target ranges listed elsewhere in this report. This is because metabolic syndrome has been linked to these risk factors at the specific target ranges listed on this page.

Metabolic syndrome can only be diagnosed by a doctor. If you fall into the high risk category for any of the health risk factors that contribute to metabolic syndrome, be sure to follow up with your doctor. Improving those risk factors can help you prevent metabolic syndrome, which may also lower your risk of developing more serious diseases.

	RESULTS
BLOOD PRESSURE Target Range: Less than 130/85 mm/Hg	117/77
GLUCOSE Target Range: Less than 100 mg/dL	95
HDL CHOLESTEROL Target Range: Greater than or equal to 50 mg/dL	58
WAIST CIRCUMFERENCE Target Range: Less than or equal to 35 inches	34
TRIGLYCERIDES Target Range: Less than 150 mg/dL	122

Find out what you can do now to reduce your risk of metabolic syndrome in the "How to Improve" section of each result that is out of optimal range. And for more information about metabolic syndrome, visit www.Heart.org/MetabolicSyndrome.



Diabetes Risk

The pancreas is a relatively small organ located right behind your stomach. It has two main functions that help your body convert the food you eat into fuel. The exocrine function aids in digestion while the endocrine function creates and releases hormones to regulate your blood sugar. Because of these critical roles, your pancreas can be tied to several serious health issues.





(REFERENCE RANGE: 65-99 mg/dL)

GLUCOSE

Your glucose result falls within the normal Reference Range and suggests that you are not showing any biochemical signs of diabetes, hyperglycemia, hypoglycemia or other conditions that can be associated with glucose levels that are too high or too low.

Glucose ("blood sugar") is the chief source of energy for all cells in the body. Glucose levels are regulated by hormones produced by your pancreas, including insulin. A glucose level outside the optimal range could be a sign that the body is not correctly producing or using insulin. These conditions are hypoglycemia (low blood sugar), prediabetes (elevated blood sugar), and diabetes (high blood sugar). For the most accurate result you should fast (not eat or drink anything but water) for at least 8 hours before your screening. If you were not fasting at the time of your screening, you should interpret your result against an optimal range of less than 140 mg/dL.

HOW TO MAINTAIN



Boost your metabolism with strength training. Strength training can lower glucose levels by increasing lean muscle and reducing body fat.



 Did you know that exercise can relieve stress and lower blood glucose? Include exercise in your daily schedule.

Make your carbohydrates count. Choose from healthy carbohydrates, such as whole grains, fruits, vegetables, legumes (beans/peas) and lowfat or fat-free milk and vogurt.

Heart Health

Your heart is one of the most important organs in your body. Every day, it beats around 100,000 times, pumping blood through an extensive network of blood vessels. It's responsible for supplying oxygen to your body, removing waste materials, supplying energy and delivering immune system responses. Given all these essential functions, it's important to keep your heart healthy.





(REFERENCE RANGE: 125-199 mg/dL)

✓ TOTAL CHOLESTEROL

Your result falls within the normal Reference Range.

Total Cholesterol is a combination of three types of cholesterol: HDL, LDL, and part of triglycerides. High cholesterol may put you at risk for heart disease or stroke. A low

cholesterol measurement can indicate other health conditions. It is possible for your total cholesterol to be high when your other cholesterol results are in healthy ranges. In this case, we recommend focusing on your triglycerides (if available), LDL, and HDL cholesterol results.

HOW TO MAINTAIN

Keep it interesting. Try new exercise activities to improve your overall fitness and prevent boredom.



wheat toast, or a wholegrain English muffin instead of a doughnut or pastry at breakfast.

Visit <u>CDC.gov</u> to learn more



(REFERENCE RANGE: < 150 mg/dL)

TRIGLYCERIDES

Your result falls within the normal Reference Range.

Triglycerides are fats composed of fatty acids and glycerol. They are moved through the bloodstream by combining with proteins to form particles called lipoproteins.

Triglycerides pass from the liver to other parts of the body that need lipoproteins for energy. Triglycerides then return to the liver where they are removed from the body. The level of triglycerides in your blood tells how well your body processes the fat in your diet. Accurate results require fasting for nine to twelve hours (no food or drink except water and medication) prior to testing.

HOW TO MAINTAIN

- Drink water instead of sugary drinks.
- Choose fish rich in omega-3 fatty acids to lower your triglycerides. Try using canned tuna or salmon for sandwiches.
- Resist the temptation to purchase cupcakes and cookies. Try eating vegetables for a healthy snack.





(REFERENCE RANGE: > OR = 50 mg/dL

HDL CHOLESTEROL

Your result is associated with a lower risk of coronary heart disease. If your result is 70 mg/dL or greater, your cardiovascular disease risk estimate, as predicted by your total cholesterol and LDL cholesterol, is reduced by your elevated HDL cholesterol.

High Density Lipoprotein (HDL) cholesterol is commonly called "good" cholesterol. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high. Elevated HDL cholesterol is associated with decreased risk of heart disease. A low level of HDL cholesterol can be associated with increased risk for heart disease. Genetic factors or conditions including liver disease, malnutrition, or hyperthyroidism may decrease HDL cholesterol levels. Smoking and drinking alcohol may also decrease your HDL cholesterol level.

HOW TO MAINTAIN

- Try adding almonds or walnuts to hot or cold cereal for extra crunch and some healthy fat.
- 🕺 Did you know that exercise is associated with healthy HDL cholesterol levels? The more you exercise, the better your HDL cholesterol.
- Choose a margarine or spread without hydrogenated or partially-hydrogenated oils. Remember to double-check the ingredients list.
- Visit Heart.org to learn more



((REFERENCE RANGE: < 100 mg/dL (calc)))

LDL CHOLESTEROL

Your result is associated with a low risk of coronary heart disease (CHD). The target of <100 mg/dL is the desirable range for primary prevention. It is important to consider other factors including smoking, diabetes, blood pressure, family history, and the results of

other tests in assessing your risk for CHD. If you have been diagnosed with diabetes, CHD, or have 2 or more risk factors for CHD, your doctor may recommend a lower LDL target. Always seek the advice of your doctor if you have any questions.

Low Density Lipoprotein (LDL) Cholesterol is considered "bad" cholesterol and an elevated level is associated with an increased risk of heart disease. LDL can increase with a diet high in cholesterol and saturated fats. For many people LDL levels are based on heredity. Lifestyle choices including diet, exercise, and many medications are effective in lowering LDL level. If you have other cardiovascular risk factors or are on statin therapy you should discuss your results with your doctor.

HOW TO MAINTAIN

- 🖒 Lean protein is great for 🦪 maintaining a healthy LDL Cholesterol. Try grilling or cooking fish filets tonight.
- Read the ingredients list \(\infty\) on baking mixes, crackers, and other snacks. Avoid those that contain hydrogenated or partially-hydrogenated oils.
- Exercising with a friend, neighbor, or family member can boost your motivation, add accountability, and make it fun.
- Visit Heart.org to learn more



(REFERENCE RANGE: < 5.0 (calc))

CHOLESTEROL/HDL **RATIO**

This result is associated with the lowest risk of coronary heart disease.

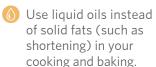
Total cholesterol/HDL cholesterol ratio is a calculation obtained by dividing the total

cholesterol level by the HDL cholesterol level and is another indicator of heart disease risk. A ratio of less than 5.0 is associated with a lower risk of heart disease. A ratio of less than 3.5 is highly desirable.

HOW TO MAINTAIN



Go for the whole-grains. Try brown rice or wholewheat pasta. Switch from white bread to whole-wheat bread





(REFERENCE RANGE: < 130 mg/dL

NON-HDL CHOLESTEROL

Your result falls within the normal reference range. If you have diabetes plus 1 major ASCVD risk factor, treating to a non-HDL goal of <100mg/dL (where LDL is <70mg/dl) is considered a therapeutic option. Always seek the

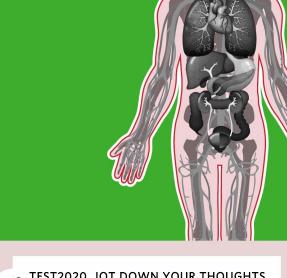
advice of your doctor or qualified healthcare provider if you have any questions about your result.

'* Non-HDL cholesterol'* is an important measure of heart disease risk that has a stronger relationship with heart disease than any other individual lipid measurement. Doctors generally use it as a secondary target, specifically, if triglycerides are more than 199 mg/dL after the LDL cholesterol goal is reached. The secondary goal for non-HDL cholesterol (total cholesterol - HDL cholesterol) is 30 mg/dL higher than the LDL cholesterol goal. If you have other cardiovascular risk factors or are on statin therapy, your healthcare provider may prefer a lower target level for you.

Physical <u>Measu</u>res

conditions.

During your screening, physical measurements were taken to provide you with more information about your health. These measures are considered risk factors for chronic health conditions, like heart disease, diabetes and stroke. These measures should be used with all of your blood tests to understand your risk for these



TEST2020, JOT DOWN YOUR THOUGHTS AND QUESTIONS HERE AS YOU READ YOUR RESULTS.
- CON RESOLTS.



(REFERENCE RANGE: 18.5-24.9 (calc))

BODY MASS INDEX (BMI)

Your result is in the normal range. A result in the normal range means that you are at lower risk for cardiovascular disease, diabetes and other diseases.

Body Mass Index (BMI) is an

indication of body fat. It is calculated by multiplying your weight in pounds by 703, then dividing by height in inches squared. Target values are between 18.5 and 24.9. A BMI of 25 or above is linked to an increased risk for health conditions such as heart disease, stroke and diabetes. A BMI of less than 18.5 is considered increased risk for electrolyte imbalances and osteoporosis.

HOW TO MAINTAIN

- Healthy eating starts with the foods you buy at the supermarket. Plan to makeover your pantry with more healthy foods today.
- Beware of the pitfalls of mindless eating. Avoid late-night snacking.

 Don't eat in front of the
- When it comes to exercise, the most important thing is getting started. You can always build your exercise routine over time.



(REFERENCE RANGE: < 120/80 mmHg

BLOOD PRESSURE

Your result was in the normal range and is considered to be optimal. This means your blood pressure does not put you at increased risk for experiencing a cardiovascular event.

Blood pressure (BP) is the force of

blood pushing against the artery walls as the heart pumps blood. Having high BP can damage the heart and blood vessels and lead to other health problems, such as heart attack and stroke. When assessing a high BP risk category, if either the top number or the bottom number falls into a risk range, that is sufficient to be assigned to the higher risk category. A normal value for BP is less than 120/80 mmHg. Elevated BP: 120-129/Less than 80. Stage 1 high BP: 130-139/80-89 Stage 2 high BP: 140-180/90-120. Hypertensive crisis: Greater than 180/Greater than 120. All BP ranges from the American Heart Association (www.heart.org)

HOW TO MAINTAIN

- Aerobic exercise lowers Think fresh! Fresh foods the blood pressure by strengthening the heart and the blood vessels.
- Try a relaxation technique, such as deep breathing or meditation.
- tend to be lower in sodium (salt).
- Nisit <u>Heart.org</u> to learn more



(REFERENCE RANGE: < OR = 35 in)

WAIST **CIRCUMFERENCE**

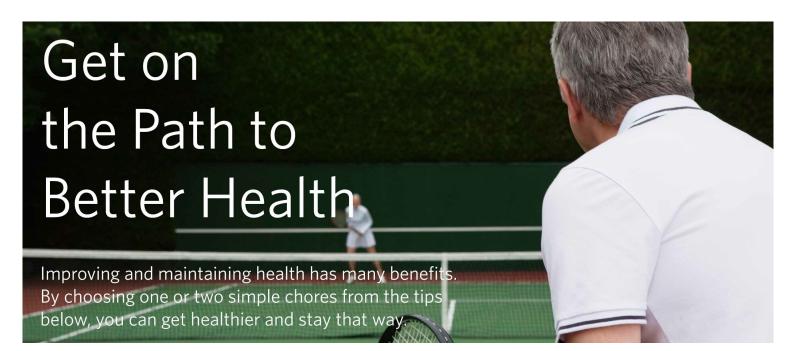
Your result falls within the normal Reference Range.

Waist circumference measures the stored fat around your waist area, also known as "abdominal obesity" or "having an apple shape".

It can provide a different look at your weight related health risk than a body mass index (BMI). 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. Many diseases, such as heart disease and diabetes, are associated with having higher amounts of abdominal obesity. This is true even if your BMI falls within the normal

HOW TO MAINTAIN

- Did you know that walking is a great way to reduce belly fat and strengthen the muscles in the lower back? Grab a friend and take 10 minute walking breaks during your work day.
- Eat at home more often and dine out less. Strive to dine out no more than once or twice each week.
- Stress over a long period of time can increase fat build-up around your midsection. Smiles and laughter can go a long wav toward stress relief.



Steps to a Healthier Lifestyle



Stress can lead to high blood pressure and even heart disease. Everyone benefits from learning how to manage stressful times. Some of the signs of stress are lack of concentration, irritability, anger, overeating and sleep difficulties. There are some things you can do to help manage stress:

- ☐ Take slow, deep breaths.
- Remove yourself from the situation.
- Go for a walk.
- Speak up if something is bothering you.

EXERCISE

Having trouble fitting 30 minutes of exercise in? Here are some easy ways to get started:

- ☐ Make time during your favorite TV shows try stretching, jumping jacks or push-ups while watching.
- ☐ Make your chores count from mowing to mopping, do chores at a faster pace to get your heart rate up.
- ☐ Make family time active time take a walk together or play games that include physical activity.
- National Heart Lung and Blood Institute provides information about exercise. - The Office of Disease Prevention and Health Promotion provides information about exercise. health.gov/paguidelines/guidelines/adults.aspx



WEIGHT MANAGEMENT

Successfully managing your weight plays a large role in managing your cholesterol, triglycerides and risk for conditions such as arthritis and diabetes. You can achieve and stay at your ideal weight by eating healthy and taking part in physical activity.

Centers for Disease Control and Prevention: Healthy Weight provides information about weight loss and management. -

www.cdc.gov/healthyweight/

NUTRITION

Here are a few tips to help you practice eating healthier:

- Keep an eye on portions use a smaller plate or bowl. When eating out, choose a smaller option, share a dish or take home part of your meal.
- Enjoy your food more to eat less take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories.
- Nutrition.gov provides information about weight loss and management.
 - www.nutrition.gov/weight-management/

Guide to Making Healthier Food Choices

Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy and sports drinks are a major source of added sugar and calories.

Make half your grains whole grains

To eat more whole grains substitute a whole-grain product for a refined product; for example, eat whole-wheat bread instead of white bread or brown rice instead of white rice.

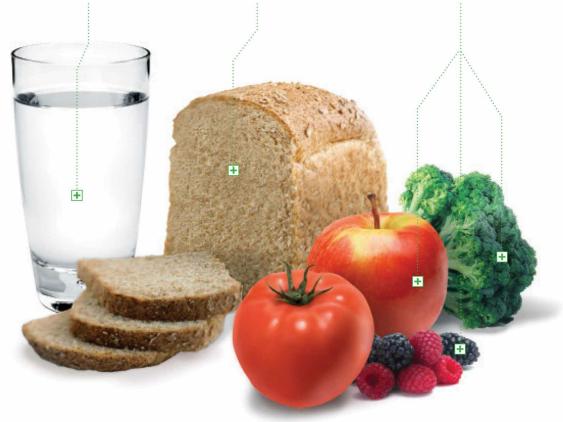
Make half your plate fruits and vegetables

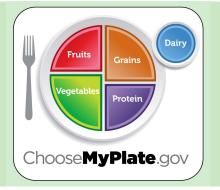
Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes, broccoli and other vegetables. Add fruit as part of main or side dishes or as dessert.

Eat these foods more often

Make vegetables, fruits, whole grains and fat-free or 1% milk and dairy products the basis for meals and snacks. These foods have the nutrients you need for health, including potassium, calcium, vitamin D and fiber.

*Nutrition tips from the United States Department of Agriculture, 2011.





Eating healthy doesn't have to be hard. Go online for additional information and easy-to-use food and activity tracking tools to help you make healthier choices at every meal.

www.ChooseMyPlate.gov

Health Resources Just for You

By providing you with this valuable personal health profile, you can use this as a guide in discussing your overall care with your doctor. In addition, the below resources can be used as tools to help improve your health.

- Nisit Heart.org to learn more about your blood pressure results as well as tips for controlling your blood pressure. Select 'Conditions' then 'High Blood Pressure' to view topics related to blood pressure
- Learn more about your Hemoglobin A1c result at <u>Diabetes.org</u>. Look for tips to control your blood sugar and prevent diabetes under 'Diabetes Basics'.
- 🕟 CDC.gov provides information on a variety of health and safety topics. Use this site to search for more information on health topics that interest you.
- Check out HealthFinder.gov for information on additional health topics. Select 'Health Topics A to Z' to find the topic you would like to learn more about.
- Learn more about your cholesterol results at Heart.org by selecting 'Conditions', then 'Cholesterol'.
- Enroll in the G6 Company-paid Naturally Slim healthy weight loss program. Visit G6Benefits.com to learn more
- Enroll in the G6 Company-paid Aetna Diabetes Plus program. Visit <u>G6Benefits.com</u> to learn more.







Get Moving with 30 Minutes of Exercise a Day

Exercise is one of the best ways to improve your overall health. Not only does it help you lose weight, it can also boost energy and mood while easing stress levels. Plus, you don't have to be a professional athlete to develop a regular fitness routine. No matter what your age, weight or fitness level, there are all kinds of great exercise options.

Here are a few ideas to help you fit exercise into your routine. Even just a few minutes of moderate activity is better than nothing at all. So take a look at the checklist on the right, and mark several options to help you reach at least 30 minutes of activity most days.

Pick Several Exercise Options to Try Over the Next Few Months

TAKE A DANCE CLASS

■ DO SIT-UPS OR PUSH-UPS

GO FOR A BIKE RIDE

☐ JOIN A RUNNING CLUB

☐ WALK TO WORK

☐ PLAY BASKETBALL WITH FRIENDS

□ PRACTICE YOGA

/

☐ LIFT WEIGHTS WHILE WATCHING TV

■ SWIM LAPS

Ш —

□ PLAY SOFTBALL

TRY AN INTERVAL WORKOUT

☐ TAKE A MARTIAL ARTS CLASS

■ WALK THE DOG

GET MOVING → Adding more physical activity to the things you do every day is a great start. Walk or ride a bike instead of driving. Take the stairs at work. Dance while you clean the house. Go for a walk over lunch.

MAKE IT FUN → Pick exercises and activities that you really enjoy. Try new things until you find options that are fun for you. Head outside and take a hike, go biking, play catch or take tennis lessons START SLOW → One of the biggest exercise mistakes people make is overdoing it. So, be sure to set realistic goals. 10 to 15 minutes four days per week may be a good start. Once this becomes habit and you start seeing progress, you can add more time or frequency.

JOIN A GROUP → Exercise with your friends, or join a group with similar interests. They can help you stay motivated and inspire you with their own success stories. It's also a great time to socialize.

Look for Good Fats

Healthy fats are an important part of your diet, aiding in the absorption of nutrients and helping lower cholesterol levels. Healthy fats have a positive impact on multiple lipid measurements including total cholesterol and triglycerides. By replacing saturated fats with monounsaturated and polyunsaturated fats you can reduce your risk of heart disease. Simply knowing what kind of fats to look for and practicing moderation can make a big difference in your health. Limit saturated fat to 5 to 6 percent of daily calories and minimize the amount of trans fat you eat.

MONOUNSATURATED: Nuts, canola oil and olive oil are good sources of these fats, which lower total cholesterol while increasing good (HDL) cholesterol. Focusing on healthy fats while reducing unhealthy fats has been shown to aid in maintaining a healthy

POLYUNSATURATED: Found in fish as well as corn, soy and sunflower oils, these fats improve cholesterol levels and may reduce the risk of Type 2 diabetes. They also contain omega-3 fatty acids which are beneficial to overall heart health.

> Pumpkin and sunflower seeds, along with nuts like walnuts or almonds, are good sources of monounsaturated fats.

Fish such as salmon. trout and sardines are an excellent source of polyunsaturated fats and omega-3s.

By boosting levels of HDL ("good" cholesterol), avocados provide the healthy kind of fat your body needs.

Avoid Bad Fats

Fatty animal-based foods and packaged foods often contain bad fats. Foods with these fats can also be a good source of other important nutrients, so moderation is important to maintain a healthy diet.

SATURATED: These fats raise total cholesterol, increasing your risk for heart disease and stroke. Fatty meats and full-fat dairy foods including cheese, ice cream and whole milk are the main source of saturated fats.

TRANS: Although trans fats are being removed from many packaged foods, partially hydrogenated fat, or trans fat, is still found in some margarine, shortening, fast food, cookies, crackers, granola bars and popcorn.

Bacon contains saturated fats and contributes to clogged arteries that block blood flow.

Many restaurants have stopped using trans fats, but fast food is still a leading source of bad fats.

Bad fats tend to be solid at room temperature like butter or margarine.



Preventive Screenings



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 always important to schedule regular checkups with your physician.

Females ages 50-64:

Screening Type	Screening	
Heart Health Blood Pressure Measurement (American Heart Association, 2019)	At each regular healthcare visit or at least once per year.*	
Diabetes Blood glucose test or hemoglobin A1c test (US Preventive Services Task Force, 2015)	Screen every three years for type 2 diabetes in adults with normal glucose levels. Screen as part of cardiovascular risk assessment in adults age 40-70 who have a BMI of 25 or greater.*	
Immunization Flu shot (Centers for Disease Control and Prevention, 2015)	Every year*	
Liver Health Hepatitis C (US Preventive Services Task Force, 2020) (Centers for Disease Control and Prevention, 2020)	The CDC and USPSTF recommend screening for hepatitis C virus (HCV) infection in persons at high risk for infection. They also recommend offering one-time screening for HCV infection for adults 18 years and older.*	
Heart Health Lipid panel (cholesterol) test (US Preventive Services Task Force, 2008)	USPSTF strongly recommends screening ages 45 and older if you are at increased risk for coronary heart disease.	
Reproductive Health Pap and Human Papilloma Virus (HPV) tests and Pelvic Exam (US Preventive Services Task Force, 2018)	USPSTF strongly recommends Pap and HPV co-test every 1-3 years. In some women, the period between testing may be extended to 5 years.	
Breast Health Mammography (American Cancer Society, 2017)	The American Cancer Society recommends annual mammograms for women aged 50-54 and biennial mammograms for women 55 and older with the option to continue annual mammograms.*	
Colorectal Health Fecal occult blood test/fecal immunochemical test (FOBT/FIT) Colonoscopy or sigmoidoscopy (American Cancer Society, 2018)	Screen every year for colorectal cancer using FOBT/FIT in adults, or Sigmoidoscopy every 5 years* or Colonoscopy every 10 years*	

^{*} Discuss with your doctor or nurse. † Before age 55 in men and 65 in women.

Looking for the recommended preventive screenings for your family or friends?

To see more preventive screening recommendations, go to the *Health Resources* menu on your online results.

Blueprint for Wellness®



09/01/20

34

Medical Summary Report for Your Doctor

Test2020 G6hosp

53 years | Female | 65" | 141 lbs.

Screening Results from: 09/01/2020 Testing Facility: Quest Diagnostics-Tampa

4225 E Fowler Ave Tampa FL 33617-2026 Medical Director: Glen L Hortin

This report serves as an easy reference to review all of your testing results, including data from previous years. We encourage you to use this information in conjunction with an exam by your doctor, not as a replacement for one. We hope this summary will be a good starting point for conversations with your doctor about improving your overall health.

⊘ Waist Circumference

(Reference Range: < OR = 35 in)

	09/01/20			
Pancreas Health				
⊘Glucose (Reference Range: 65-99 mg/dL)	95			
Heart Health				
▼Total Cholesterol (Reference Range: 125-199 mg/dL)	176			
▼Triglycerides (Reference Range: < 150 mg/dL)	122			
♥ HDL Cholesterol (Reference Range: > OR = 50 mg/dL)	58			
VLDL Cholesterol ((Reference Range: < 100 mg/dL (calc)))	96			
◆ Cholesterol/HDL Ratio (Reference Range: < 5.0 (calc))	3.0			
Non-HDL Cholesterol (Reference Range: < 130 mg/dL)	118			
Physical Measures				
	23.5			
⊘Blood Pressure (Reference Range: < 120/80 mmHg)	117/77			

Medical Summary Report for Your Doctor (continued)

Become More Active			
in Your Healthcare			
A great way to stay healthy is to be active in your own healthcare. You can start by sharing your screening results with your doctor and asking questions like:			
☐ What do you think about my results in the red ranges?			
☐ Should I have any other preventive screenings?			
☐ What behaviors can I change to improve my health?			
☐ Where can I find more health-related information?			
☐ Is it safe for me to start a physical activity program?			
☐ How do I learn more about healthy eating habits?			
☐ What is a good health improvement goal for me?			
If medication is prescribed:			
☐ How do you spell the name of that medication?			
☐ How will this medicine improve my health?			
☐ What side effects might I have?			
☐ How will this medication interact with others I am taking?			
☐ What additional behaviors can I do to improve my health?			
Use this space to write down other questions you have:			
For more information, visit www.ahrq.gov/questions			

Learn More **About Your** Results Online.

For additional insight into your screening results, be sure to view your results online. You'll find a variety of interactive tools, information and links not included in this booklet. We encourage you to use these online resources to better understand your results and improve your overall health.



Login Instructions

You should have received information with specific login instructions several weeks ago. To get started, please visit:

My.QuestForHealth.com

Your employer may have provided you with an alternative URL for accessing your screening results.

If you've already registered, simply enter your username and password. If not, enter your organization's registration key, which is:

G62020

Then follow the prompts to set up a username and password. You can log in with this information after you have registered to view your results.

Terms and Conditions

The full Terms and Conditions for this program can be accessed by logging in to My.QuestForHealth.com.



☼ IMPACTS

See how your results affect specific areas and functions of the body with this interactive tool.



✓ HISTORY

Compare your results to those from your previous screenings and averages for your age and gender.



HEALTH CONDITIONS

Find out how your results are related to common medical conditions, including metabolic syndrome, heart disease and diabetes.



HEALTH RESOURCES

Access a wide variety of resources, articles and videos about healthy living that will help you reach your goals.

Blueprint for Wellness®



10101 Renner Boulevard Lenexa, KS 66219

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RETURN SERVICE REQUESTED

TEST2020 G6HOSP 1201 MAIN ST TAMPA FL 33613