CareATC®

PERSONAL HEALTH
SUMMARY

DRAW DATE:

John N. Doe
1234 S Elm St
Tulsa, OK 74134

RESULTS AT A GLANCE

CURRENT RISK LEVEL

Your Personal Health Summary contains critical values.

HOW TO READ YOUR RESULTS

🟢 **Normal** Results that fall within the normal range are displayed in green.

🟡 **Abnormal** Results that fall within the abnormal range are displayed in yellow. The term "abnormal" indicates the values lay outside of normal ranges and should be monitored and discussed with your doctor.

🔴 **Critical** Results that fall within the critical range are displayed in red. Lab values within the critical range should be addressed by your doctor immediately.

VITALS

Test Name	Result	Risk	Previous	% Change	Normal
Height	66.75	🟢	66.75	0	0-99
Weight	164	🟢	162	-1%	0-99
Body Mass Index (BMI)	25.9	🟢	23.2	-10%	18.5-24.9
Waist Measurement	33	🟢	32	-3%	0-4.4
Systolic Pressure	102	🟢	118	16%	0-149
Diastolic Pressure	66	🟢	71	8%	65-79
Tobacco Usage	YES	🔴	YES	NA	NO

HEART

Test Name	Result	Risk	Previous	% Change	Normal
Total Cholesterol	66.75	🟡	66.75	0	0-99
LDL-Low Density Lipoproteins	164	🟢	162	-1%	0-99
HDL-High Density Lipoproteins	25.9	🟢	23.2	-10%	18.5-24.9
Ratio of Cholesterol to HDL	33	🟢	32	-3%	0-4.4
Triglycerides	102	🟢	118	16%	0-149

KIDNEYS

Test Name	Result	Risk	Previous	% Change	Normal
Sodium (Na)	66.75	🟢	66.75	0	0-99
Potassium (K)	164	🟢	162	-1%	0-99
Chloride (Cl)	25.9	🟢	23.2	-10%	18.5-24.9
Carbon Dioxide (CO2)	33	🟢	32	-3%	0-4.4
Blood Urea Nitrogen (BUN)	102	🟢	118	16%	0-149
Creatinine, Serum	0.84	🟢	.87	1%	0.57-1.00
BUN/Creat Ratio	14	🟢	16	1%	9-23
Calcium (Ca)	9.9	🟢	9.4	1%	8.7-10.2

ENDOCRINE

Test Name	Result	Risk	Previous	% Change	Normal
Glucose (Glu)	66.75	🟢	66.75	0	0-99
Hemoglobin A1c (HbgA1c)	164	🟢	162	-1%	0-99
Thyroid Stimulating Hormone	25.9	🟢	23.2	-10%	18.5-24.9
PSA	0.6	🟢	0.6	0	0-4

LIVER

Test Name	Result	Risk	Previous	% Change	Normal
Albumin	66.75	🟢	66.75	0%	0-99
Total Protein	164	🟢	162	-1%	0-99
Globulin	25.9	🔴	23.2	-10%	18.5-24.9
Alk Phosphatase	33	🟢	32	-3%	0-4.4
ALT (SGPT)	102	🟢	118	16%	0-149
AST (SGOT)	0.84	🟢	.87	1%	0.57-1.00
Bilirubin, Total	14	🟢	16	1%	9-23
A/G Ratio	9.9	🟢	9.4	1%	8.7-10.2

COMPLETE BLOOD COUNT

Test Name	Result	Risk	Previous	% Change	Normal
White Blood Cells (WBC)	66.75	🟢	66.75	0%	0-99
Red Blood Count (RBC) (F)	164	🟢	162	-1%	0-99
Hemoglobin (HGB)	25.9	🟢	23.2	-10%	18.5-24.9
Hematocrit (HCT) (Female)	33	🟢	32	-3%	0-4.4
Platelets (PLT)	102	🟢	118	16%	0-149

HEALTH PROFILE

CARDIOVASCULAR DISEASE RISK ESTIMATOR

Heart attack and stroke are usually caused by atherosclerotic cardiovascular disease (ASCVD). ASCVD develops because of a build-up of sticky cholesterol-rich plaque. Over time, this plaque can harden and narrow the arteries.

The ASCVD Risk Estimator takes into account variables that you can't change - age, gender, and race. Along with variables that healthy living and medications can affect - **HDL Cholesterol, Total Cholesterol, Systolic Blood Pressure,** and **smoking status.**

10-Year Risk	Lifetime Risk
20%	**25%**
8% with optimal risk factors.	*10% with optimal risk factors.*

WAIST TO HEIGHT RATIO (WHtR)

Your WHtR is a measure of abdominal fat accumulation and is calculated by dividing your waist circumference by your height in inches. WHtR has been shown to be one of the most effective predictors of cardiovascular health risk and life expectancy.

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Your WtHr

Underweight	Optimal	Overweight	Obese
Under 0.43	0.43 - 0.52	0.53 - 0.62	Over 0.63

SO, WHAT NOW?

1. Schedule a PHA review

2. Activate your Patient Portal

3. Download the CareATC app

4. Watch your PHA Live video

5. Update communication preferences

patients.careatc.com
800.993.8244

CareATC®