



Thank you for attending a 9Health Fair! We are excited to give you access to our new results dashboard where you can view your easy-to-read results in a central location. The following pages are a copy of your results dashboard and education about the tests you received, along with information for how to improve or maintain your health. **This copy is for your records only.** Please click the “Results for Your Healthcare Provider” on the dashboard page to access results you can share with your healthcare provider and have loaded into your medical records.

Here are some tips to help you read your report:

First Page – this summary page covers all of the tests you received and your results relative to the medical reference ranges for each test. For each test, you will find them categorized alongside your result and reference range.

9HealthFair		Participant	Example
Blood Chemistry		Result	Reference Range
Muscle Bone Function	Calcium	9.9	Normal 8.6–10.3
	Magnesium	2.3	Normal 1.5–2.5
	Phosphate	4.6	High 2.5–4.5
Heart Health	Cholesterol	209	High <200
	HDL (High Density Lipoprotein)	71	Normal >40
	Triglycerides	254	High <100
	LDL (Low Density Lipoprotein)	139	High <100
	Cholesterol:HDL Ratio	3.4	Normal <5.0
Electrolytes	Chloride	100	Normal 98–105
	Potassium	4.1	Normal 3.5–5.5
	Sodium	140	Normal 135–145
Liver and Kidney Function	Alkaline Phosphatase	91	Normal 40–115
	Bilirubin, Direct	0.1	Normal <0.2
	Bilirubin, Total	0.5	Normal 0.2–1.2
	BUN (Blood Urea Nitrogen)	29	High 7–25
	Creatinine	1.07	Normal 0.60–1.35
	eGFR (Non-African American)	94	Low >60
	eGFR (African American)	63	Normal >60
	GGT (Gamma-Glutamyltransferase)	26	Normal 3–46
	AST (Aspartate Aminotransferase)	26	Normal 10–40
	ALT (Alanine Aminotransferase)	35	Normal 0–40
Good	Protein, Total	6.2	High 6.5–8.1
	Albumin	4.7	Normal 3.8–5.1
	Globulin	1.5	Normal 1.9–3.7
Good	Uric Acid	6.1	High 4.0–8.0
Thyroid Function	TSH (Thyroid Stimulating Hormone)	0.24	Low 0.40–4.00

Blood Chemistry

Muscle Bone
Function

1

Calcium
Magnesium
Phosphate

Example

Result

9.9

2.3

4.6

Normal
Normal
High

2

Reference Range

8.6–10.3

1.5–2.5

2.5–4.5

3

Screening Name – (1) located on the far left of the page, these are the names of each individual test performed.

Result - (2) Numeric value of the test result and a description of what range it falls into.

If your result is in within a **normal** range, that will be indicated in **green**. If it is **out-of-range or high**, it will be indicated in **red**. Any value marked in this manner should be discussed with your healthcare provider to better understand its significance. This is especially important if you received a phone call from 9Health Fair shortly after your participation at the fair urging you to see your healthcare provider regarding a specific value.

Reference Range – (3) located on the far right of the page and is defined as the optimal, desired range of test results for patients of the same age and gender as the participant. TNP: 'Test Not Performed'.

Symbols – “<” means less than; “>” means greater than

LDL Comment – “Optimal < 100; Near Opt. 0-129” means that an LDL result less than 100 is best, while values up to 129 are almost as good.

Glucose Comment – “Fasting/65-99 MG/DL” means that, if you consumed no food for the recommended 12 hours, a normal glucose reading would be in the range 65-99 MG/DL.

Informational Pages – in the pages following your summary results, you’ll find additional information about the tests you received and information on either how to improve or maintain your health based on those results.

Trend Reporting – this chart, if you have attended more than one fair, a graph will be shown of the lab results from all fairs you attended and registered for online. It allows for a side by side comparison of your results over time. The results are arranged in columns with the date of the results at the bottom of each column.

If you have any questions regarding your results, please call 9Health Fair at 303-698-4455 or 800-332-3078 and ask to speak to a nurse.

Thank you again for attending a 9Health Fair. We look forward to serving you again during the next fair season.



Participant:

Fair: Quest Patient Service Center (Closed) (03/2020)

Blood Chemistry

		Result		Reference Range
Muscle Bone Function	Calcium	TNP	Normal	8.9–10.4
	Magnesium	TNP	Normal	1.5–2.5
	Phosphate	TNP	Normal	2.5–4.5
Heart Health	Cholesterol	TNP	Normal	<170
	HDL (High Density Lipoprotein)	TNP	Normal	>45
	Triglycerides	TNP	Normal	<90
	LDL (Low Density Lipoprotein)	TNP	Normal	<110
	Cholesterol/HDL Ratio	TNP	Normal	≤ 5.0
Electrolytes	Chloride	TNP	Normal	98–110
	Potassium	TNP	Normal	3.8–5.1
	Sodium	TNP	Normal	135–146
Liver and Kidney Function	Alkaline Phosphatase	TNP	Normal	48–230
	Bilirubin, Direct	TNP	Normal	≤ 0.2
	Bilirubin, Total	TNP	Normal	0.2–1.1
	BUN (Blood Urea Nitrogen)	TNP	Normal	7–20
	Creatinine	TNP	Normal	0.60–1.26
	GGT (Gamma-Glutamyltransferase)	TNP	Normal	9–31
	AST (Aspartate Aminotransferase)	TNP	Normal	12–32
	ALT (Alanine Aminotransferase)	TNP	Normal	8–46
	Protein, Total	TNP	Normal	6.3–8.2
Gout	Uric Acid	TNP	Normal	2.1–7.6
Thyroid Function	TSH (Thyroid Stimulating Hormone)	TNP	Normal	0.50–4.30
Diabetes	Glucose	TNP	Normal	65–99 Fasting
Red Blood Cell Function	Iron	TNP	Normal	27–164
Other Health	Lactate Dehydrogenase (LDH or LD)	TNP	Normal	100–220

HgbA1C

Diabetes	Hemoglobin A1c	TNP	Normal	≤ 5.7
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9Health contacts all health fair participants who have a screening result within a certain range, so you may have received a call about this result already.

Blood Chemistry



Muscle Bone Function

✓ Calcium

Result	Reference Range
TNP	Normal 8.9–10.4

Description

8.6-10.2 mg/dL

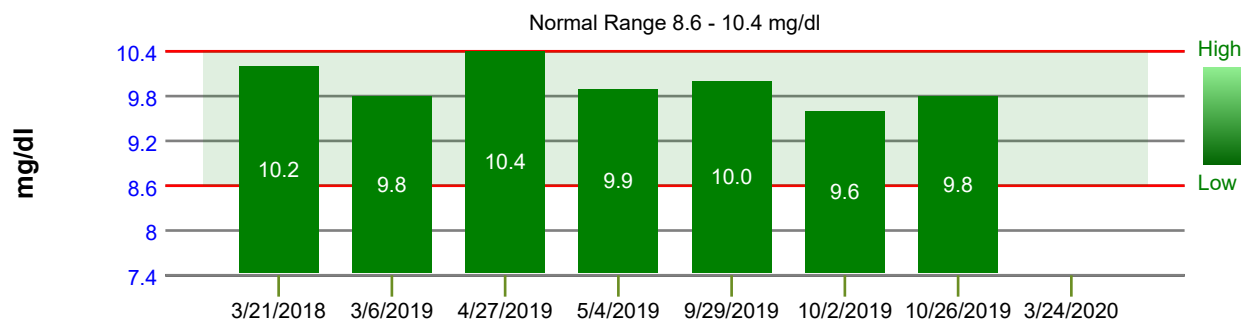
Calcium is one of the most important elements in the body, essential for maintenance and repair of bone and teeth, heart function and blood clotting. Ninety-nine percent of calcium in your body is contained in your bones-only one percent is in the blood. Low levels of calcium in the blood are associated with malnutrition, eating disorders, secondary to some medications, and abnormalities with absorption of vitamin D, low parathyroid gland function, and advanced kidney disease. If your result is out-of-range, please make sure to discuss this with your health care provider.

How To Maintain

Maintain healthy levels of calcium consumption: Older adults need more calcium to protect their bone health and stave off and help prevent osteoporosis. It's important to speak with your health care provider about a plan to keep your calcium intake at optimal levels.

Incorporate regular weight-bearing activity: Strength and muscle training can help maintain and improve bone strength.

Maintain a healthy BMI: Having a low BMI is associated with low bone mass and increased bone loss. Maintain a healthy weight to help reduce your risk of bone loss.



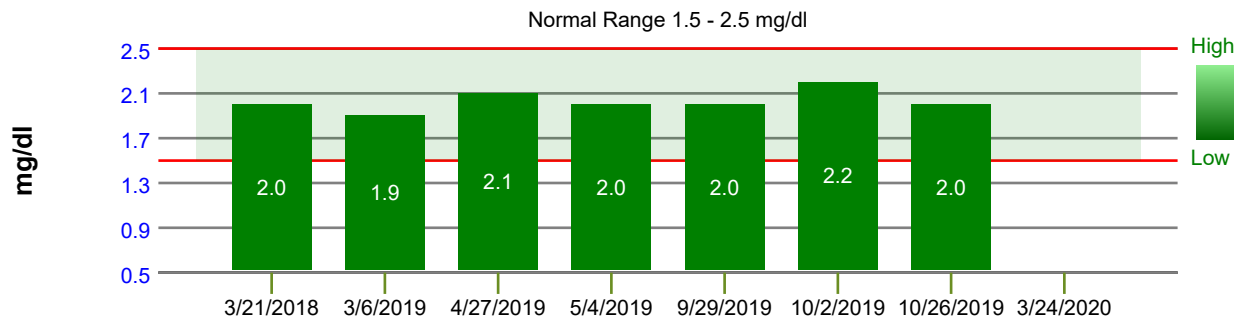


Description

Magnesium is essential to all cells in our bodies. Hundred of enzymes require magnesium for their function. 60% of magnesium is found in our bones, 20% is found in skeletal muscles, and nearly all of the rest within other cells. Low levels are generally associated with development of asthma, diabetes, and osteoporosis. Magnesium redistributes to two primary compartments during exercise, adipose (fat) tissue and muscle cells. A key function of magnesium involves energy production. Thus, if insufficient magnesium is present, performance may be impaired. Within recommended amounts, magnesium appears to play a role in reducing the risk of heart disease and stroke. Green leafy vegetables such as spinach are also rich in magnesium as are spices, nuts, cereals, coffee, cocoa, tea, and many vegetables. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Magnesium: Overall wellness depends on a number of factors, like magnesium level, that are not always associated with a single organ. More common are low levels which are associated with development of asthma, diabetes, and osteoporosis. If your result is out-of-range, please make sure to discuss this with your health care provider.

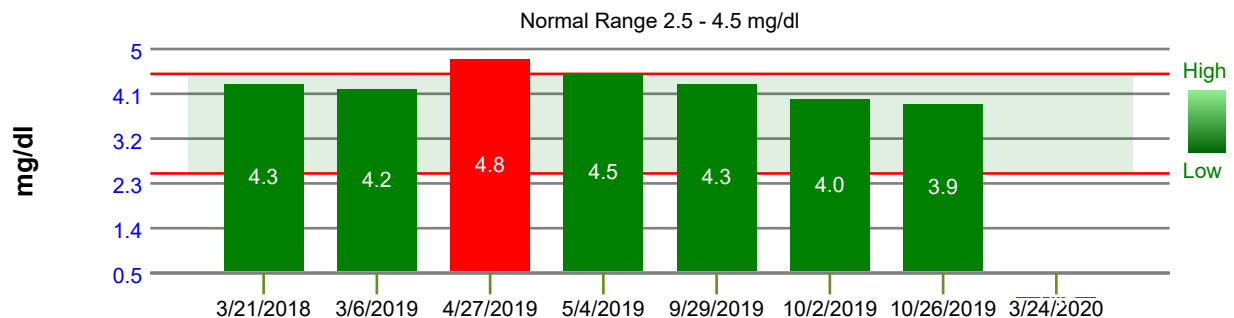


Description

Phosphate is required to build and sustain and bone. Most phosphate in the body is contained in bone. There is an inverse relationship between blood levels of phosphate and calcium, but the balance may be disturbed because of disease. For example, excess phosphate is excreted by the kidneys and increased levels of phosphate are seen most often in kidney disease. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Phosphate: Overall wellness depends on a number of factors, like phosphate level, that are not always associated with a single organ. But these key indicators, combined with your health history and other information, can give you and your health care provider a more complete picture of your body's health. If your result is out-of-range, please make sure to discuss this with your health care provider.





Heart Health



Cholesterol

TNP

Normal

<170

Description

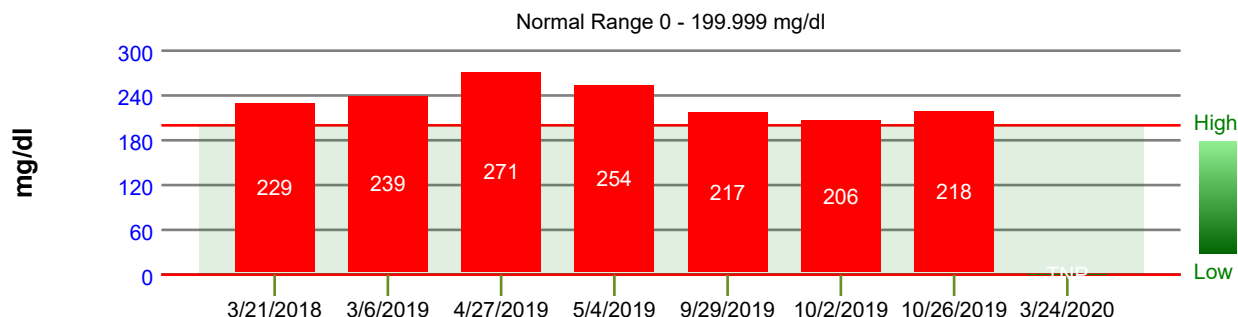
Total Cholesterol is a combination of three types of cholesterol: HDL, LDL and part of triglycerides. High cholesterol may put you at risk for heart disease or stroke. A low cholesterol measurement can indicate other health conditions. It is possible for your total cholesterol to be high when your other cholesterol results are in healthy ranges. In this case, we recommend focusing on your triglycerides (if available), LDL and HDL cholesterol results. If your result is out-of-range, please make sure to discuss this with your health care provider.

How To Maintain

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

Cut down on your sugar intake: Resist the temptation to purchase cupcakes and cookies. Try eating vegetables for a healthy snack.

Choose fish rich in omega-3 fatty acids: Try using canned tuna or salmon for sandwiches.



Heart Health



HDL (High Density Lipoprotein)

TNP

Normal

>45

Description

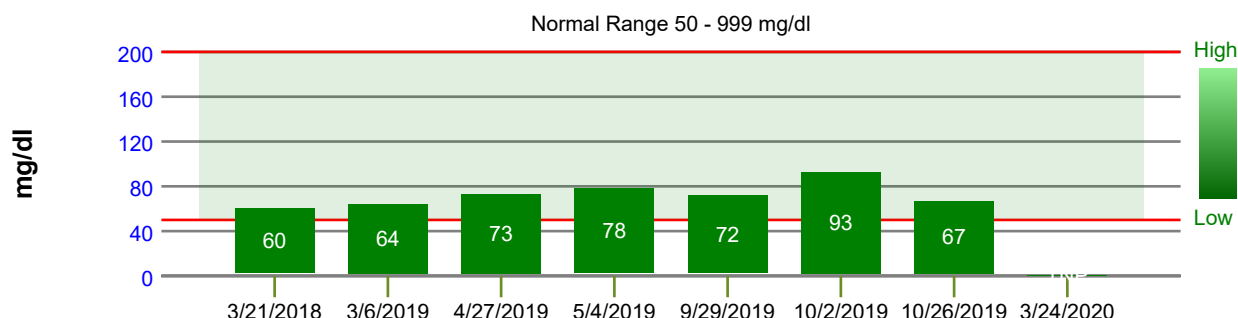
High Density Lipoprotein (HDL) cholesterol is commonly called "good" cholesterol. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high. Elevated HDL cholesterol is associated with decreased risk of heart disease. A low level of HDL cholesterol can be associated with 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. If your result is out-of-range, please make sure to discuss this with your health care provider.

How To Maintain

Add healthy fats to your meals: Try adding almonds or walnuts to hot or cold cereal for extra crunch and some healthy fat.

Choose a margarine or spread: Make sure to pick one without hydrogenated (or partially-hydrogenated) oils and remember to double-check the ingredients list.

Incorporate some activity in your day: Did you know that exercise is associated with healthy HDL cholesterol levels? The more you exercise, the better your HDL cholesterol will be.





Description

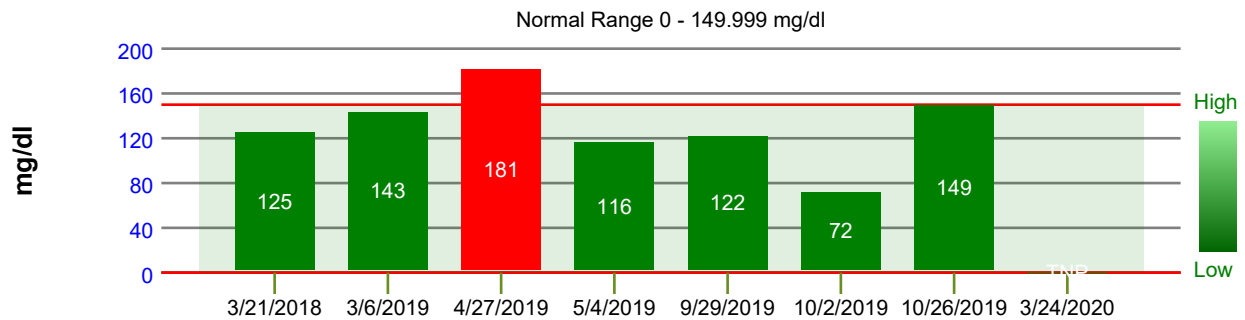
Triglycerides are fats composed of fatty acids and glycerol. They are moved through the bloodstream by combining with proteins to form particles called lipoproteins. Triglycerides pass from the liver to other parts of the body that need lipoproteins for energy. Triglycerides then return to the liver 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. Although fasting is not required the most accurate results require fasting for ten to twelve hours (no food or drink except water and medication) prior to testing. If your result is out-of-range, please make sure to discuss this with your health care provider.

How To Maintain

Drink water: Substitute water for sugary drinks wherever possible and drink alcohol in moderation.

Choose fish rich in omega-3 fatty acids: Try using canned tuna or salmon for sandwiches. This can help to lower your triglycerides.

Cut down on your sugar and carbohydrate intake: Resist the temptation to purchase items such as cupcakes, chips, and cookies. Instead, try eating vegetables for a healthy snack.



Description

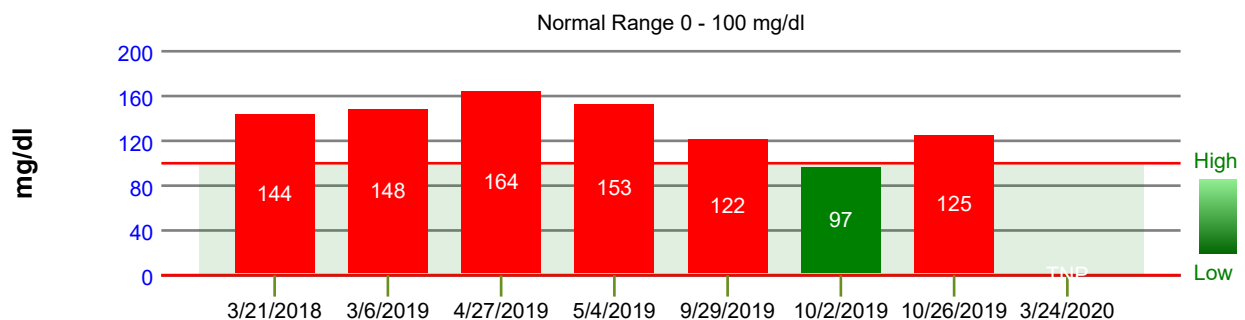
Low Density Lipoprotein (LDL) cholesterol is considered "bad" cholesterol. Elevated LDL cholesterol is associated with an increased risk of heart disease. LDL cholesterol often increases with a diet high in cholesterol and saturated fats. For many people, their LDL cholesterol is based on heredity. Lifestyle choices including diet and many medications are effective in lowering the LDL cholesterol level. If your result is out-of-range, please make sure to discuss this with your health care provider.

How To Maintain

Choose lean protein: Lean protein is great for maintaining a healthy LDL Cholesterol. Try grilling or baking fish filets.

Know your ingredients: Read the ingredients list on baking mixes, crackers and other snacks. Avoid those that contain hydrogenated (or partially-hydrogenated) oils.

Incorporate some activity in your day: Exercising with a friend, neighbor or family member can boost your motivation, add accountability and make it fun.





Description

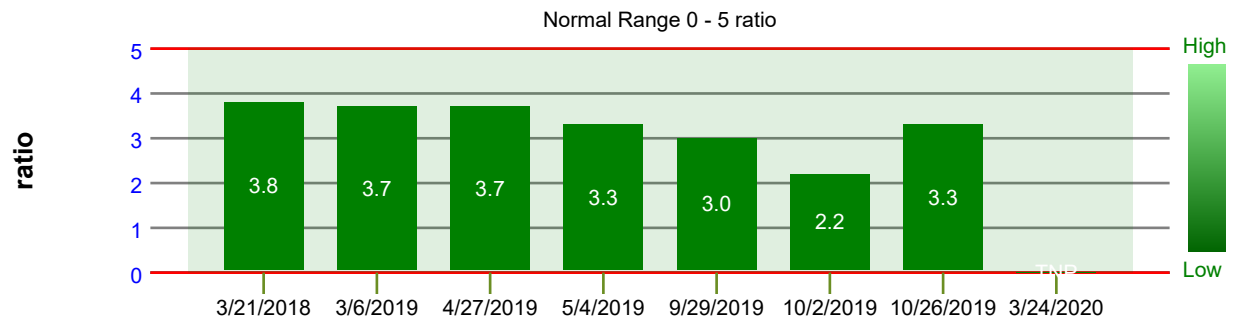
Total cholesterol/HDL cholesterol ratio is a calculation obtained by dividing the total cholesterol level by the HDL cholesterol level and is another indicator of heart disease risk. A ratio of 5.0 or less is associated with a lower risk of heart disease. A ratio of less than 3.5 is highly desirable. If your result is out-of-range, please make sure to discuss this with your health care provider.

How To Maintain

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

Cut out solid fats: Use liquid oils instead of solid fats (such as shortening) in your cooking and baking.

Incorporate some activity in your day: Exercising with a friend, neighbor or family member can boost your motivation, add accountability and make it fun.

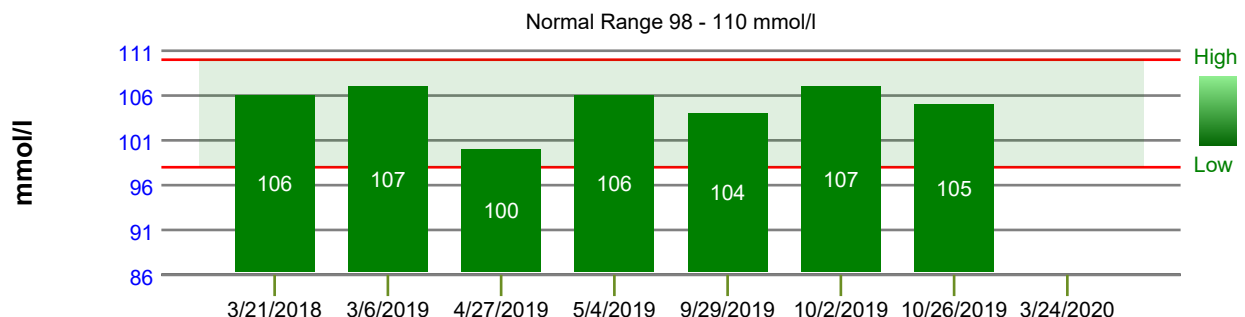


Description

Chloride is a mineral that we get from salt in our diet and is closely associated with water balance. Elevated levels may indicate dehydration or certain kidney disorders. Low levels can be caused by vomiting, diarrhea, excessive sweating or kidney disease. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Chloride: Overall wellness depends on a number of factors, like chloride level, that are not always associated with a single organ. But these key indicators, combined with your health history and other information, can give you and your doctor a more complete picture of your body's health. If your result is out-of-range, please discuss this with your health care provider.



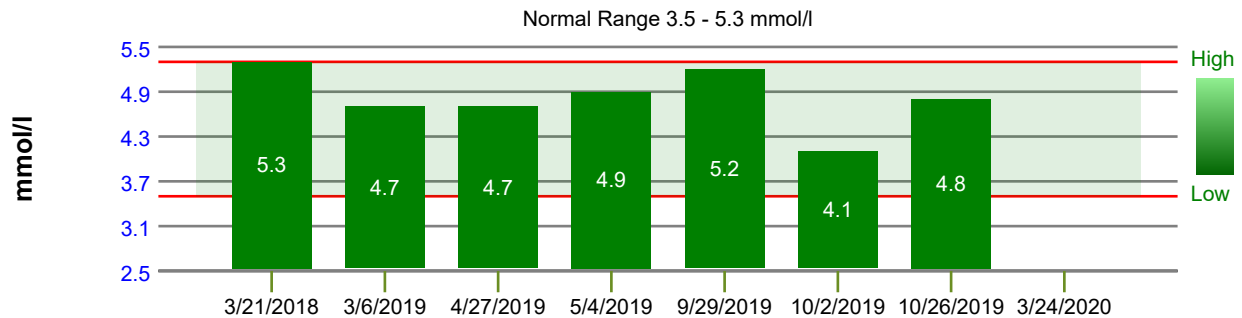


Description

Potassium is one of the body's principal minerals, found primarily inside cells. It helps maintain water balance as well as proper function of nerves and muscles. Low or high levels in the blood are of critical significance and should be evaluated by your health care provider. This is especially important if you are taking a diuretic or heart medication. A high level may indicate kidney or liver disease, too much medication or bodily injury, such as a burn. A low level of potassium can develop rapidly, most frequently produced as a side effect of drugs that cause increased urination. If your result is out-of-range, please discuss this with your health care provider.

About This Test

Potassium: Overall wellness depends on a number of factors, like potassium level, that are not always associated with a single organ. But these key indicators, combined with your health history and other information, can give you and your doctor a more complete picture of your body's health. If your result is out-of-range, please discuss this with your health care provider.

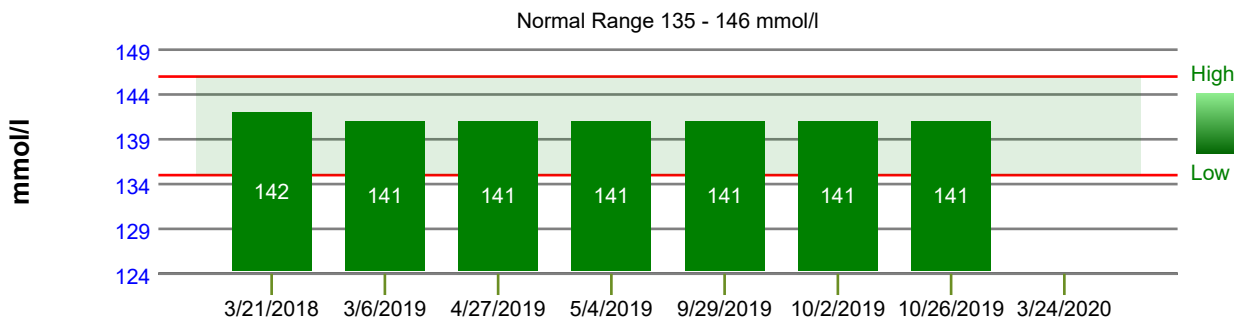


Description

Sodium is an important mineral in our body that is regulated by the kidneys and plays an important role in water balance in the body. A high level can be caused by dehydration, excessive salt intake in your diet or certain diseases. A low level of sodium can be caused by diarrhea, vomiting or excessive sweating. Numerous drugs, including diuretics, certain blood pressure medications and steroids, may alter the sodium level. Values that are out of range should be evaluated by your health care provider.

About This Test

Sodium: Overall wellness depends on a number of factors, like sodium level, that are not always associated with a single organ. But these key indicators, combined with your health history and other information, can give you and your doctor a more complete picture of your body's health. If your result is out-of-range, please discuss this with your health care provider.





Liver and Kidney Function ✓ Alkaline Phosphatase

TNP

Normal

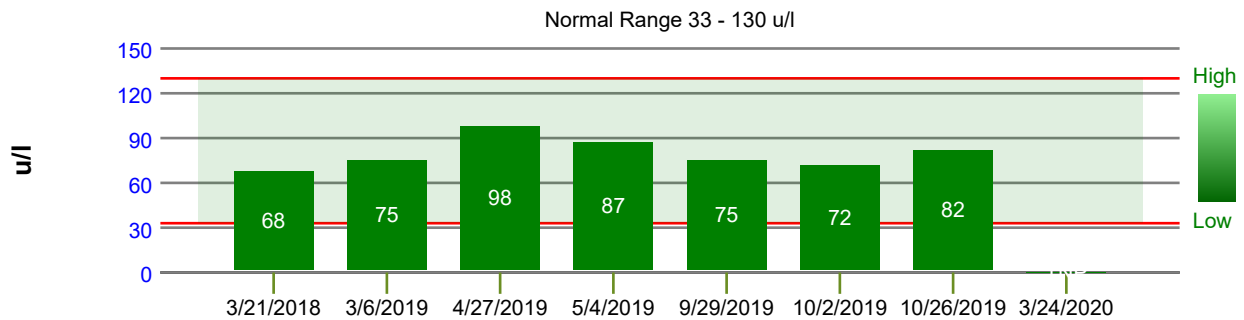
48–230

Description

Alkaline phosphatase is an enzyme found primarily in bone and the liver. Elevated levels may indicate the presence of bone or liver disorders. It is commonly increased when the bile duct is blocked as may be caused by gallstones. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Alkaline Phosphatase: The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During the process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being. If your result is out-of-range, please make sure to discuss this with your health care provider.



Liver and Kidney Function ✓ Bilirubin, Direct

TNP

Normal

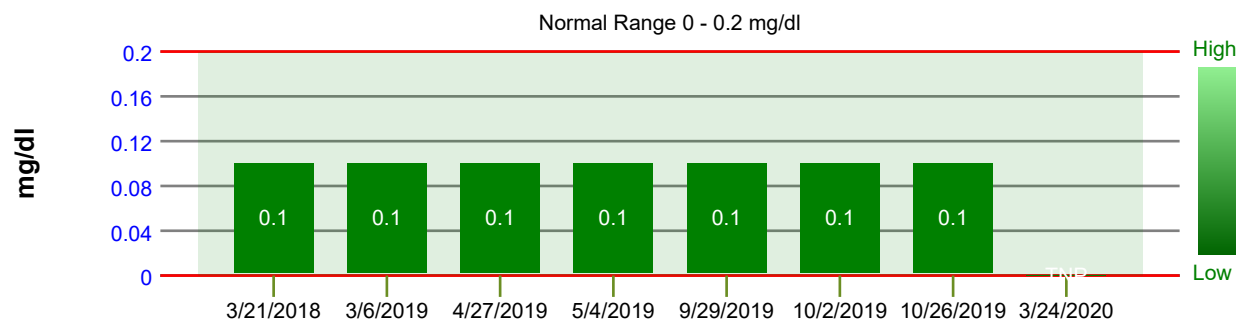
≤ 0.2

Description

Direct bilirubin is a specific form of bilirubin that is formed in the liver and excreted in the bile. Normally very little of this form of bilirubin is found in the blood. However, in liver disease, this form of bilirubin leaks into the blood so a high level of direct bilirubin may indicate a problem with the liver cells. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Bilirubin, Direct: The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During the process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being. If your result is out-of-range, please make sure to discuss this with your health care provider.



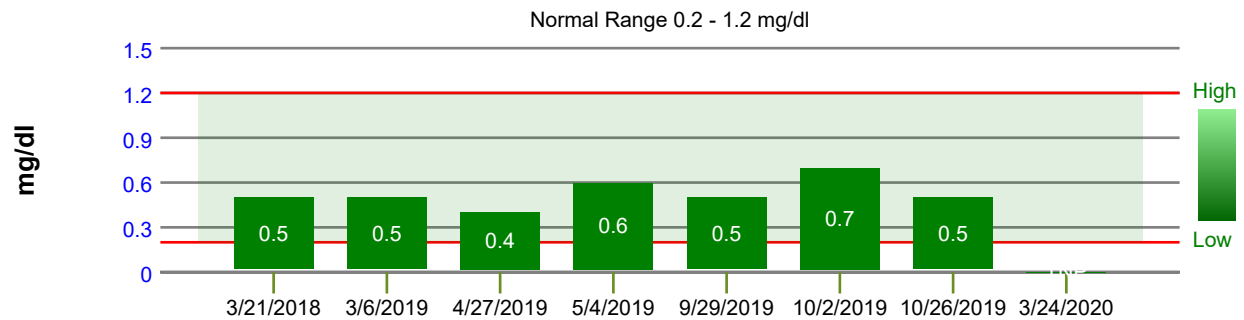


Description

Bilirubin is the main pigment in bile and a major product of normal red cell breakdown. It is helpful in evaluating liver function, various anemias and in evaluating jaundice, yellowing of the skin. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Bilirubin, Total: The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During the process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being. If your result is out-of-range, please make sure to discuss this with your health care provider.

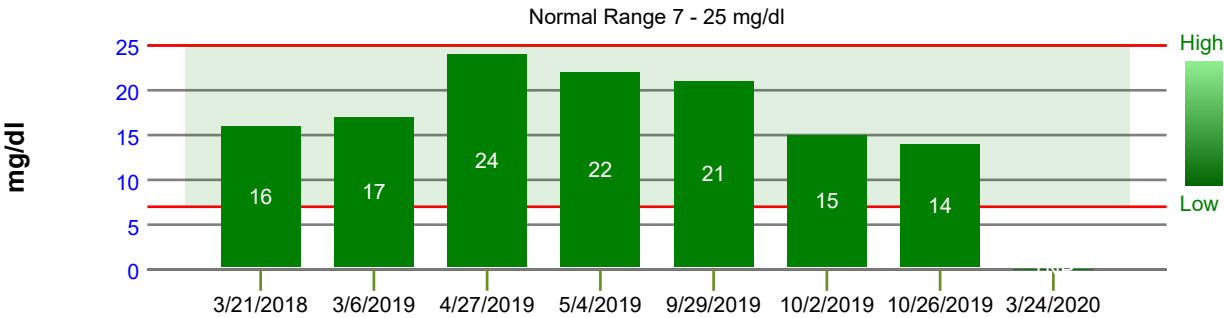


Description

Urea, measured as blood urea nitrogen (BUN), is a waste product derived from the natural breakdown of protein in the liver. Urea is excreted in the urine after blood is filtered through the kidneys. The urea nitrogen level reflects both the metabolism of protein and the effectiveness of the kidneys in filtering blood. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

BUN (Blood Urea Nitrogen): The kidneys are a pair of fist-sized organs located in the back of the abdomen. Your kidneys are responsible for filtering waste and excess fluids from your body. So when kidney functionality decreases, harmful amounts of fluid and waste can build up in your body. All the blood in your body passes through the kidneys several times a day, where waste is removed. In addition to removing waste, they control your body's electrolyte balance. Kidney health plays a major role in overall body health, it is important to drink plenty of water throughout the day. In most cases, you can prevent or manage kidney issues by making healthy, kidney-conscious decisions. If your result is out-of-range, please make sure to discuss this with your health care provider.

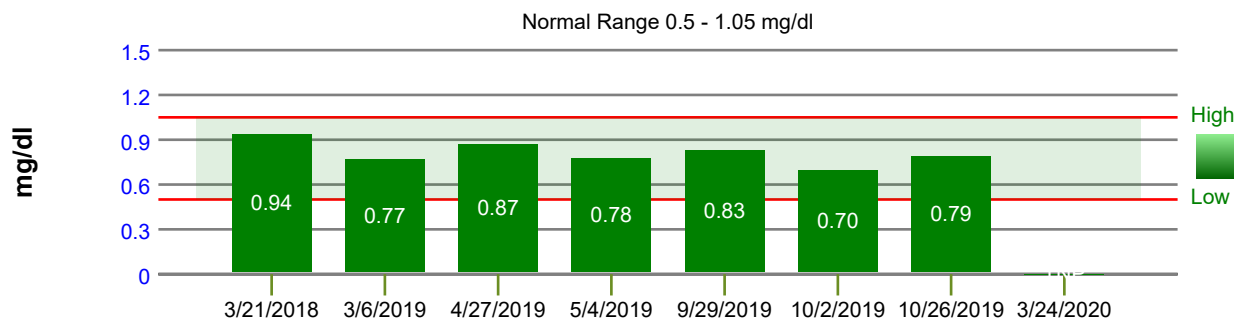


**Description**

Creatinine is derived from muscles and released into the blood. It is removed from the body by the kidneys. When the creatinine level is elevated, a decrease in kidney function is suggested. For African-Americans older than 49 years of age, the reference limit is approximately 13% higher. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

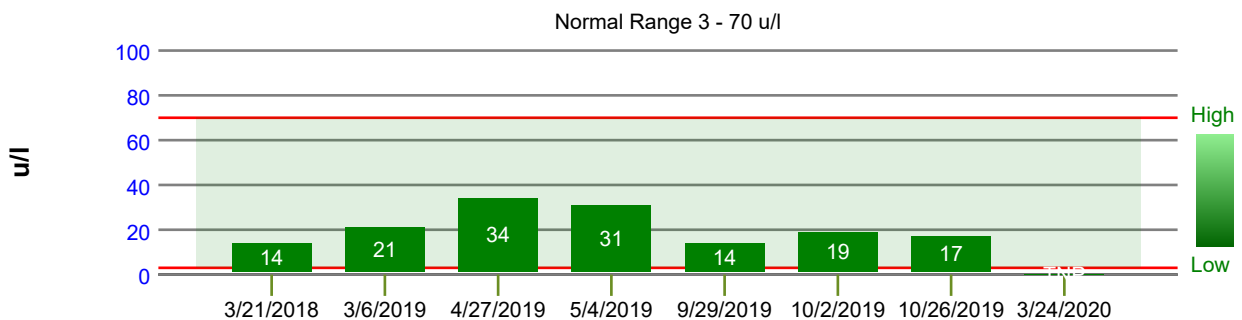
Creatinine: The kidneys are a pair of fist-sized organs located in the back of the abdomen. Your kidneys are responsible for filtering waste and excess fluids from your body. So when kidney functionality decreases, harmful amounts of fluid and waste can build up in your body. All the blood in your body passes through the kidneys several times a day, where waste is removed. In addition to removing waste, they control your body's electrolyte balance. Kidney health plays a major role in overall body health. In most cases, you can prevent or manage kidney issues by making healthy, kidney-conscious decisions. If your result is out-of-range, please make sure to discuss this with your health care provider.

**Description**

Gamma-glutamyl transferase (GGT) is produced in highest concentration within bile ducts in the liver and can be used as an indicator of liver disease. It may also rise with alcohol consumption and certain medications. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

GGT (Gamma-Glutamyltransferase): The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During the process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being. If your result is out-of-range, please make sure to discuss this with your health care provider.

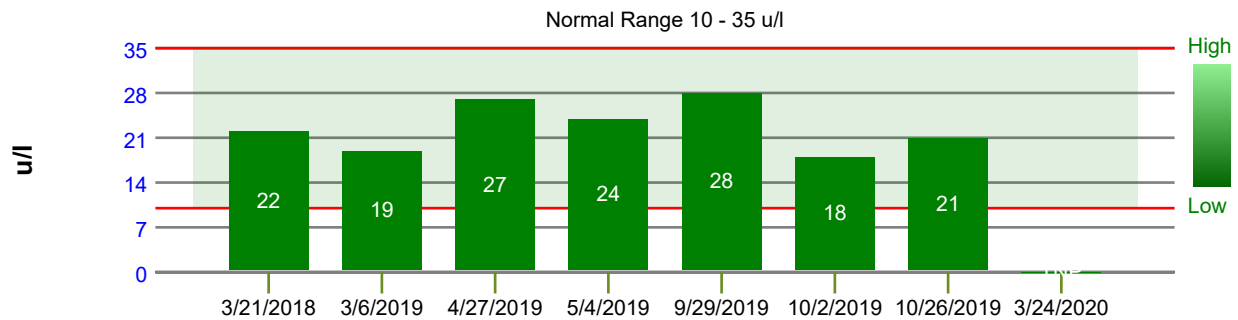


Description

Aspartate aminotransferase (AST) is an enzyme found in the liver and in cardiac and skeletal muscle. AST may rise in liver, heart, and muscle disorders. It can also rise following strenuous, prolonged exercise. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

AST (Apartate Aminotransference): The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During the process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being. If your result is out-of-range, please make sure to discuss this with your health care provider.

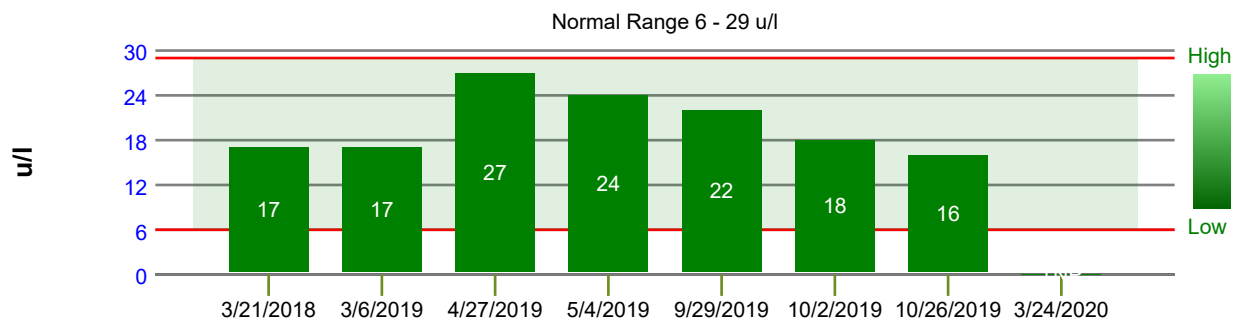


Description

Alanine aminotransferase (ALT) is an enzyme produced primarily in the liver, skeletal and heart muscle. ALT is present in the liver in a higher concentration than AST and is more specific for differentiating liver injury from muscle damage. ALT rises in the instance of liver disease. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

ALT (Alamineine Aminotransference): The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During the process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being. If your result is out-of-range, please make sure to discuss this with your health care provider.



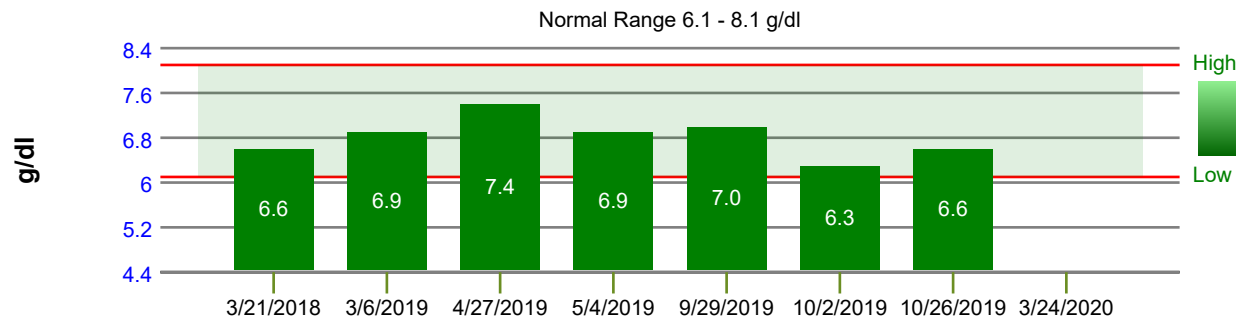


Description

Total protein has two main components-albumin and globulin. They body's protein is derived from ingested food and therefore is influenced by the quality of diet, as well as by liver and kidney function. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Protein, Total: The liver serves many functions essential to overall health. Its main job is to filter blood, including detoxifying chemicals and metabolizing drugs. During the process, the liver secretes bile, a substance needed to digest food. The liver also produces proteins important for blood clotting and breaks down saturated fat to produce cholesterol. With its variety of important activities, maintaining liver health is key to your well being. If your result is out-of-range, please make sure to discuss this with your health care provider.

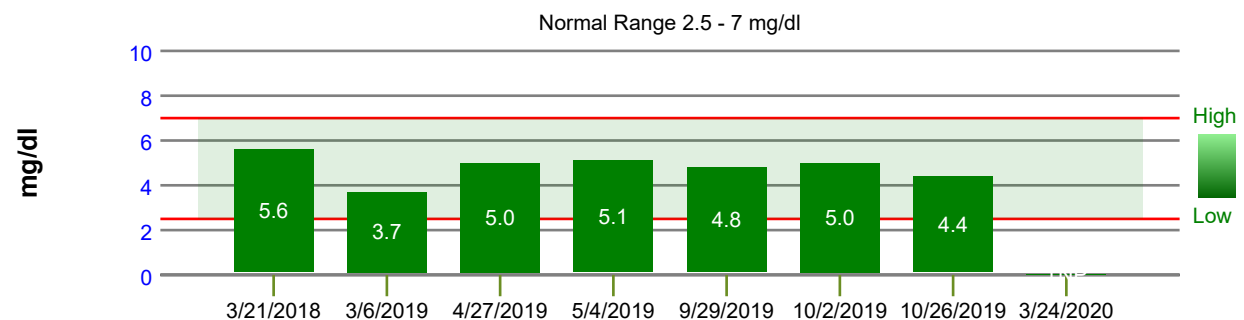


Description

Uric Acid is one of the byproducts from the breakdown of cells. A high level of uric acid in your blood may cause gout, arthritis or kidney stones. Kidney disease, stress, alcohol, and certain diuretics may also raise the uric acid level. High uric acid levels should be evaluated by your health care provider, whereas low values are not generally considered significant. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Uric Acid: Overall wellness depends on a number of factors, like uric acid level, that are not always associated with a single organ. But these key indicators, combined with your health history and other information, can give you and your health care provider a more complete picture of your body's health. If your result is out-of-range, please make sure to discuss this with your health care provider.



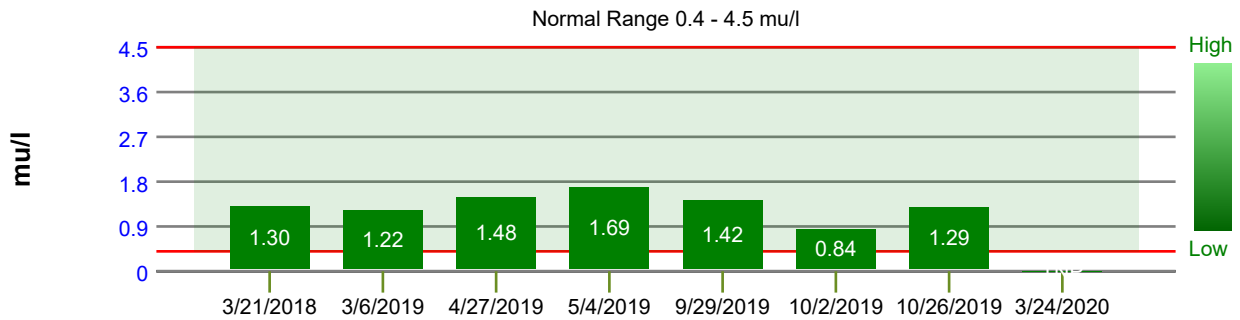


Description

The thyroid gland produces hormones that regulate or affect many bodily functions. Thyroid stimulating hormone (TSH) is the hormone which controls the thyroid gland function. An excess or deficiency of these hormones can affect energy levels, mood, and many functions. When the thyroid gland fails, due to primary disease of the thyroid, TSH levels increase. This condition is called primary hypothyroidism meaning low functioning of the thyroid. In contrast, when the thyroid gland is overactive and producing too much thyroid hormone, the TSH level decreases. This is called primary hyperthyroidism, meaning excessive functioning of the thyroid. Both hypothyroidism and hyperthyroidism can be detected by the TSH test. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

TSH (Thyroid Stimulating Hormone): Your thyroid is a small butterfly-shaped gland located in the lower part front of your neck. Through the hormones it produces, the thyroid gland influences almost all of the metabolic processes in your body, including heart rate, energy levels, bowel function, mood and bone maintenance. As one of the most important glands in the body, thyroid health is key to keeping your body functioning normally. If your result is out-of-range, please make sure to discuss this with your health care provider.





Description

How To Maintain

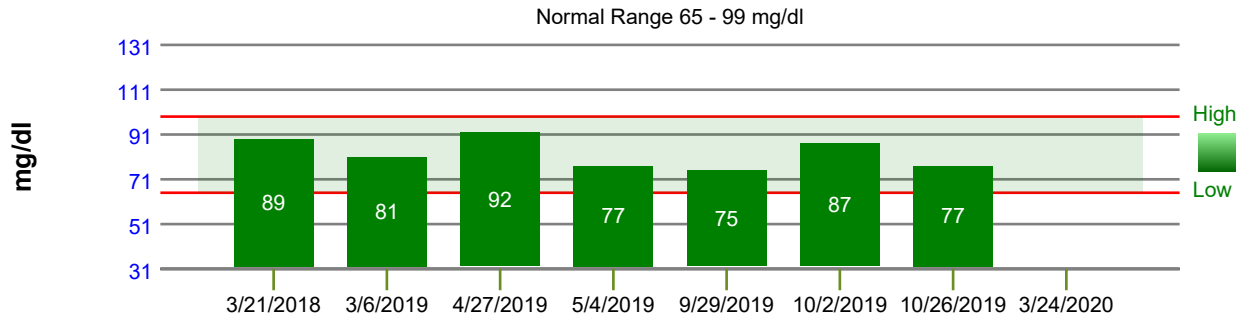
Glucose ("blood sugar") is the chief source of energy for all cells in the body. Glucose levels are regulated by hormones produced by your pancreas, including insulin. A glucose level outside the optimal range could be a sign that the body is not correctly producing or using insulin. These conditions are hypoglycemia (low blood sugar), prediabetes (elevated blood sugar), and diabetes (high blood sugar). Although fasting is not required, for the most accurate result you should fast (not eat or drink anything but water) for at least 4 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. If your result is out-of-range, please make sure to discuss this with your health care provider.

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

Choose healthy carbs: Make your carbohydrates count by eating whole grains, fruits, vegetables, legumes (beans/peas) and low-fat or fat-free milk and yogurt.

Include lean protein: For a well rounded diet, it's always good to include plant based or lean protein.

Include exercise in your daily schedule: Exercise can relieve stress and help you maintain healthy glucose levels.





Red Blood Cell Function

✓ Iron

TNP

Normal

27–164

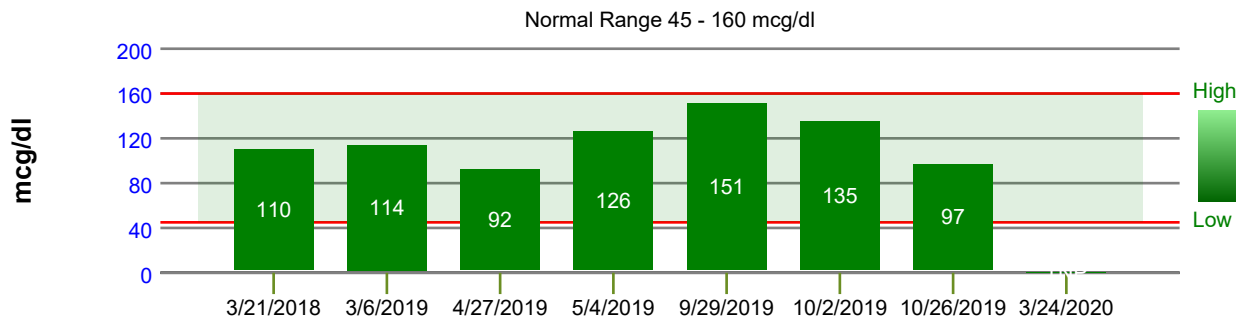
Description

The body must have iron to make hemoglobin and to help transfer oxygen to the muscles. If the body is low in iron, all body cells, particularly muscles in adults and brain cells in children, do not function up to par. On the other hand too much iron in the body can cause injury to the heart, pancreas, joints, testicles, ovaries, and other organs and tissues. Iron excess is found in the hereditary disease called hemochromatosis which occurs in about 3 out of every 1000 people. If your result is out-of-range, please make sure to discuss this with your health care provider.

How To Maintain

Maintain a healthy diet: A diet rich in iron help keep your body performing at optimal levels. Consuming lean meat is typically more than adequate to meet your iron requirement. But, you can also get adequate amounts from leafy greens, legumes, whole grains, mushrooms.

Get enough Vitamin C: Your body is able to absorb enough iron from food when you get enough Vitamin C, so don't skimp on the oranges, red or green peppers, strawberries, broccoli, and brussel sprouts.



Other Health

✓ Lactate Dehydrogenase (LDH or LD)

TNP

Normal

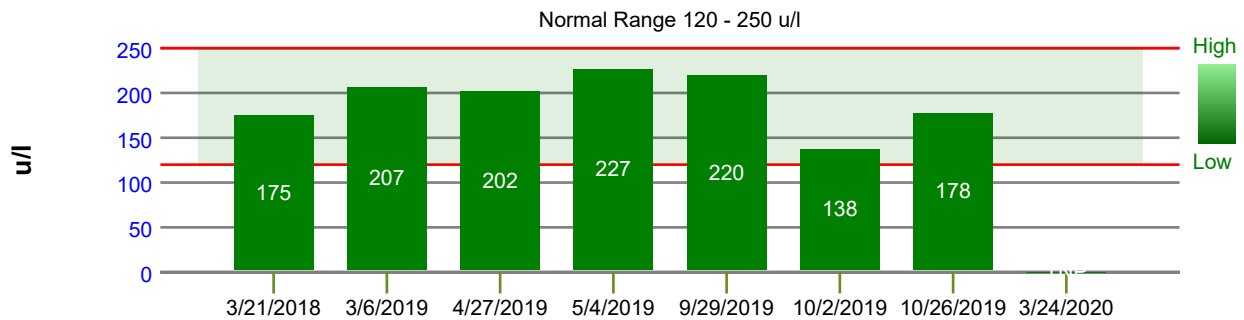
100–220

Description

Lactate Dehydrogenase (LD) is an enzyme found in most organs and tissues in the body including liver, pancreas, heart, kidneys, and skeletal muscle. If your result is out-of-range, please make sure to discuss this with your health care provider.

About This Test

Lactate Dehydrogenase (LDH or LD): Overall wellness depends on a number of factors, like lactate dehydrogenase level, that are not always associated with a single organ. But these key indicators, combined with your health history and other information, can give you and your doctor a more complete picture of your body's health. If your result is out-of-range, please make sure to discuss this with your health care provider.





Diabetes

Hemoglobin A1c

TNP	Normal	≤ 5.7
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Description

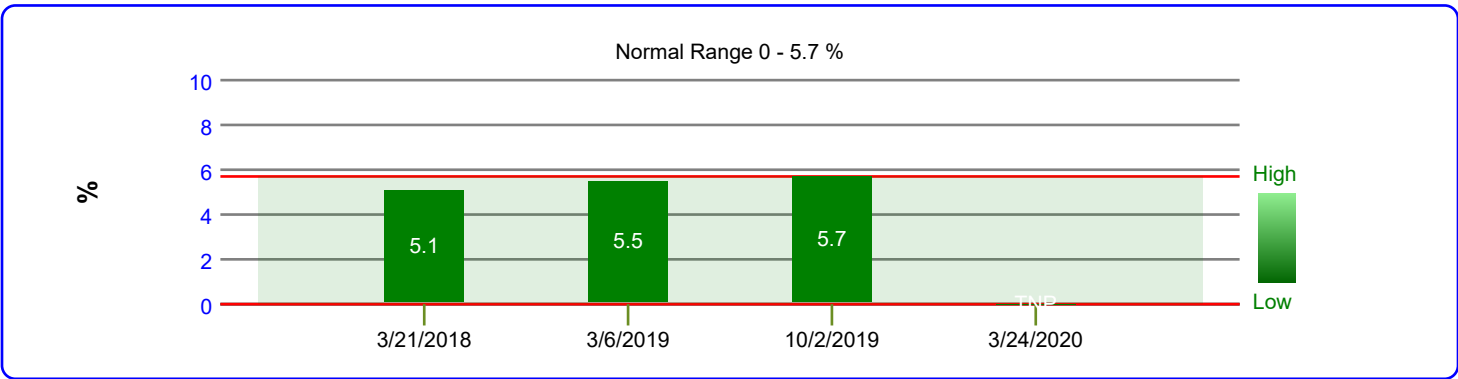
This test measures average blood sugar control for the past 2 to 3 months, and provides a good indication of your risk for type 2 diabetes.

How To Maintain

Slow down: Try eating slowly. It gives you more time to savor your food and can prevent over-eating.

Incorporate exercise into your day: Burn up that glucose with exercise. Work with your health care provider to plan a safe, effective exercise program for you.

Eat at consistent times: Make sure to eat at least three meals a day at around the same times. Food is your body's fuel source - like gas in a car.



9Health contacts all health fair participants who have a screening result within a certain range, so you may have received a call about this result already.