

Report Date: June 6, 2016  
John E. Sample  
490 White Pond Drive  
Akron, OH 44320-3802

# For You



**Important Medical Screening Results**



Dear Mr. Sample,

Thank you for your participation in the health screenings recently conducted at <EVENT SITE>. You have taken an important step toward maintaining an active and healthy life.

The results from your screening, which have been reviewed by a board-certified physician, are enclosed. The results are summarized by screening, and we have enclosed an additional copy for you to share with your personal physician. You and your doctor can then discuss your risk factors and work to develop a prevention plan that supports your health and wellness. If you are interested in reading more detailed information about the screenings and what the results mean, please visit our webpage [lifelinescreening.com/results](http://lifelinescreening.com/results). There you will find detailed documents and videos available that provide additional information.

### **Next Steps For You**

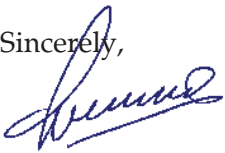
- 1. Share your results with your doctor:** Prevention works. Getting screened is the first step; now is the time to use the information you have learned to develop a prevention plan that supports your health and wellness.
- 2. Review the list of available screenings in the For Your Future section:** Based on the results of your screening or reported risk factors, there may be medically appropriate screenings available that you did not get. Because you are committed to making screenings part of your health regimen, you should review this list and call to schedule the screenings you missed. We will notify you when it's time for you to repeat the screenings you have received, normally in 12 months.
- 3. Go Online:** I highly encourage you to visit [lifelinescreening.com/results](http://lifelinescreening.com/results) to read more detailed information about the screenings and what the results mean. For more information about our research partners, our high clinical standards, and the commitment of Life Line Screening to prevention and wellness, please visit [lifelinescreening.com](http://lifelinescreening.com) and click on **What We Do**. (this location may change as content moves online)

### **Vascular Disease and Risk Factors**

We recommend these screenings for people with identified risk factors for cardiovascular diseases such as heart attack or stroke, which are major causes of death and disability in the United States. Risk factors include being age 50+, high blood pressure, high cholesterol, diabetes, obesity, a history of smoking, and a family or personal history of other cardiovascular illness. Early identification of risk for cardiovascular disease enables you and your doctor to take action and potentially prevent the development and/or progression of cardiovascular illness.

**Congratulations!** For taking this important step in your prevention routine. All of us at Life Line Screening are honored to be your partner in prevention.

Sincerely,



Andrew J. Manganaro,  
M.D., F.A.C.S., F.A.C.C.  
Chief Medical Officer



Dr. J. Robert Thompson, M.D.  
Vascular Reviewing Physician

## Action Steps

*Check box when each action step is completed to help track your progress.*

Read the results carefully. If you have any questions, please call us at 1-800-897-9177 (select Option 2).

Review the additional screenings listed in the For Your Future section that we recommend based on your risk factors. Call 1-866-579-4971 to schedule, and don't forget to use the coupon!  
Recommended test are:  
1) 6 for Life Health Assessment  
2) Liver Enzymes  
3) Thyroid Disorders

Note which of your risk factors are modifiable (i.e., weight, level of physical activity, etc.), and begin today to work toward better health

Share the "For Your Doctor" section with your personal physician and develop a follow-up preventive health plan

If you are over age 65, consider an Annual Wellness Visit which is provided at no cost to all Medicare Part B recipients. Call 1-844-591-7155 to schedule.

Make a note on your calendar to schedule recommended repeat screenings at appropriate times

Follow us on Facebook (<https://www.facebook.com/life.line.screening/>) and Twitter ([https://twitter.com/Life\\_Line](https://twitter.com/Life_Line))

Visit us online at [lifelinescreening.com](http://lifelinescreening.com)

Patient Copy

**John E. Sample**

Screening Date:

Location:

Fasting:

D.O.B.: MM/DD/YYYY

Doctor Consultation Recommended:  YES  NO

Screening	Your Results Compared to Generally Accepted Risk Categories	Measurement	Clinical Measures	Recommended Next Screening
Carotid Artery Disease	<b>Normal</b> Mild Moderate Significant	Left: PSV: < 110cm/s	Plaque Buildup and Blood Flow	<b>January 2017</b>
	<b>Normal</b> Mild Moderate Significant	Right: PSV: < 110cm/s		

**What Does it Mean to Me?**

**Within Normal Range** – No ultrasound evidence found of plaque buildup. Blood flow velocities within normal limits. Your Carotid Artery Disease Screening results are Within Normal Range. This means that we found no ultrasound evidence of plaque buildup in your carotid arteries. The blood flow in your carotid arteries is also within normal range. As there is no plaque build-up affecting the blood flow, the velocity measurements for the internal carotid arteries will not be stated specifically in this report. The velocities were within normal limits.

**Carotid Artery Illustrations for each Results Category**

**You Are Here**

 <p><b>Normal Artery</b> No plaque present. Blood flow normal. (Blood velocity &lt;110 cm/s)</p>	 <p><b>Mild</b> Small amount of plaque, blood flow still normal. (Blood velocity &lt;110 cm/s)</p>	 <p><b>Moderate</b> Moderate amount of plaque, blood flow reduced (Blood velocity 110-139 cm/s)</p>	 <p><b>Significant</b> Large amount of plaque, Blood flow is significantly reduced. (Blood velocity &gt;140 cm/s)</p>
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A change in category between two screenings, for instance “moderate” to “mild” does not necessarily mean the plaque went away, nor does it mean there was an error in the second screening. It is common for findings to change year over year, particularly for early stage disease, based on how the blood is flowing on the day of the screening.

Atrial Fibrillation	<b>Normal</b> Abnormal	No Atrial Fibrillation Heart Rate: 69 Beats/min	4-limb EKG	<b>January 2017</b>
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**What Does it Mean to Me?**

**Normal:** Your Atrial Fibrillation Screening results are Normal. No Atrial Fibrillation detected. This means that at the time of your screening, your heart rhythm did not show evidence of atrial fibrillation.

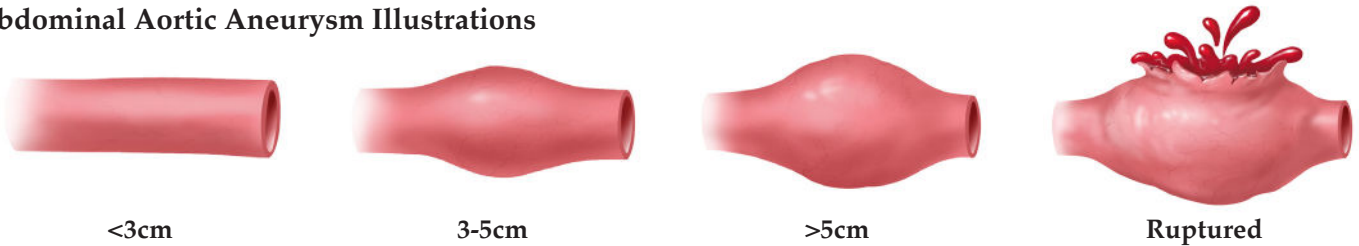


Screening	Your Results Compared to Generally Accepted Risk Categories	Measurement	Clinical Measures	Recommended Next Screening
Abdominal Aortic Aneurysm	<div style="display: flex; justify-content: space-between; align-items: center;"> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #2e8b57; color: white;">Normal</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Abnormal</span> </div>	<3cm	Abdominal Aorta Size	<b>January 2019</b>

**What Does it Mean to Me?**

**Normal:** No abdominal aortic aneurysm has been detected. Our physician has reviewed the ultrasound images and measurements of the aorta and bifurcation of the iliac arteries. All measurements are within normal limits.

**Abdominal Aortic Aneurysm Illustrations**

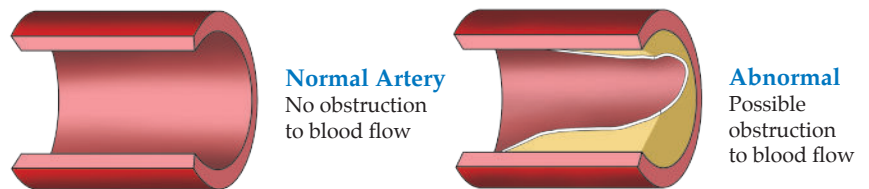


Peripheral Arterial Disease	<div style="display: flex; justify-content: space-between; align-items: center;"> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #2e8b57; color: white;">Normal 0.9 - 1.3</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Abnormal &lt; 0.9</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Unable to Evaluate</span> </div>	Left Side: 1.18	Ankle Brachial Index	<b>January 2018</b>
	<div style="display: flex; justify-content: space-between; align-items: center;"> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #2e8b57; color: white;">Normal 0.9 - 1.3</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Abnormal &lt; 0.9</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Unable to Evaluate</span> </div>	Right Side: 1.25		

**What Does it Mean to Me?**

**Normal:** Your Peripheral Arterial Disease Screening results are Normal. ABI index of 0.90 to 1.3. This means the pressures in your ankles are almost as high or higher than the pressures in your arms, which is a normal result.

**Peripheral Arterial Disease Illustrations**



Osteoporosis	<div style="display: flex; justify-content: space-between; align-items: center;"> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Low Risk ≥ -1.2</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ffcc00;">Moderate Risk -1.3 to -2.5</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">High Risk ≤ -2.6</span> </div>	-1.7	Bone Mineral Density (BMD)	<b>January 2018</b>
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**What Does it Mean to Me?**

Your T-score is -1.7, which is **Moderate Risk for Bone Diminishment**. We recommend further evaluation with your primary care physician. **Please take this report to your physician.** Your physician may or may not determine that further testing is necessary at this time.

Body Mass Index	<div style="display: flex; justify-content: space-between; align-items: center;"> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Underweight &lt;18.5</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">Normal 18.5-24.9</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ffcc00;">Moderate Risk 25-29.9</span> <span style="border: 1px solid black; border-radius: 15px; padding: 2px 10px; background-color: #ccc;">High Risk ≥30</span> </div>	28	lbs/in2 Height: 5'10" Weight: 199 lbs	<b>January 2017</b>
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**What Does it Mean to Me?**

**Overweight:** Your Body Mass Index 28 lbs/in2 (25-29.9). This is considered Overweight according to the National Heart, Lung, and Blood Institute guidelines and is a Moderate Health Risk. You should consult your physician to determine if you should lose weight. Medical experts recommend that you lose weight if you have two or more risk factors for heart disease or have a high waist circumference (men > 40 in or women > 35 in). If you do not have a high waist circumference and have less than two risk factors, then it's important that you not gain any more weight. To maintain your weight, adopt a healthy eating plan and aim for 60 minutes of physical activity most days of the week.



Screening	Your Results Compared to Generally Accepted Risk Categories	Clinical Measures	Measurement	Recommended Next Screening
Complete Lipid Panel	Normal <200 mg/dL    Borderline-High 200-239    High ≥240	Total Cholesterol mg/dL	185	January 2017
	Projected Against Heart Disease >60 mg/dL    Normal 40-59     Risk for Heart Disease <40 mg/dL	HDL Cholesterol mg/dL	34	
	Normal <100 mg/dL     Near/Above Optimal 100-129    Borderline-High 130-159    High 160-189    Very High >190 mg/dL	LDL Cholesterol mg/dL	116	
	Normal <150 mg/dL     Borderline-High 150-199    High 200-499    Very High ≥500 mg/dL	Triglycerides mg/dL	173	

**What Does it Mean to Me?**

**Total Cholesterol**

Your Total Cholesterol is 185 mg/dL (REFERENCE RANGE:<200 mg/dL). It is Normal and meets the National Cholesterol Education Program (NCEP) recommendation of total cholesterol below 200 mg/dL.

**HDL (High-Density Lipoprotein)**

Your HDL is 34 mg/dL (REFERENCE RANGE: 40 mg/dL or higher). Values less than 40 mg/dL is **lower** than the National Cholesterol Education Program (NCEP) recommended level of 40 mg/dL or higher. A level this low is considered a risk factor for heart disease.

**LDL (Low-Density Lipoprotein)**

Your LDL is 116 mg/dL (REFERENCE RANGE :<100mg/dL). Values within the range of 100-129 mg/dL are considered **Near Optimal**, but fails to meet the National Cholesterol Education Program (NCEP) recommendation of LDL cholesterol below 100 mg/dL.

**Triglyceride**

Your Triglycerides are 173 mg/dL (REFERENCE RANGE:<150 mg/dL). A value within the 150-199 mg/dL range is **Borderline-High** and fails to meet the National Cholesterol Education Program (NCEP) recommendation of triglycerides below 150 mg/dL.

Glucose	Critical Low ≤60 mg/dL     Normal 61-99    Pre-Diabetes 100-125    Diabetes 126-299     Critical High ≥200 mg/dL	GLU mg/dL	77	January 2017
<p><b>What Does it Mean to Me?</b></p> <p>Your Glucose is 77 mg/dL (REFERENCE RANGE: 61-99 mg/dL). It is <b>Normal</b> according to the American Diabetes Association (ADA) guidelines. Glucose is only one indicator for diabetes risk. Obesity, family history, ethnicity, age, blood pressure and cholesterol are also risk factors that should be considered in assessing your overall diabetes risk.</p>				

*C-Reactive Protein	Low Risk <1 mg/L    Average Risk 1.01-3.09 mg/L    High Risk 3.1-10 mg/L    Very High Level >10 mg/L	CRP mg/L	0.87	January 2017
<p><b>What Does it Mean to Me?</b></p> <p>Your hsCRP is 0.87 mg/L (REFERENCE RANGE: equal or less than 1.0 mg/L). This means you are at <b>Low Risk</b> for developing cardiovascular disease.</p>				



Screening	Your Results Compared to Generally Accepted Risk Categories	Measurement	Clinical Measures	Recommended Next Screening
*Prostate Specific Antigen		0.8	PSA ng/dL	<b>January 2017</b>

**What Does it Mean to Me?**

Your PSA level is 0.8 (REFERENCE RANGE: 0.0-4.0 ng / mL), which is considered **Normal**. PSA values below 4.0 ng / mL are consistent with a low probability of prostate cancer according to the American Cancer Society; however, a normal PSA level does not rule out the possibility of prostate cancer. It is important to monitor trends in your PSA results, whether it is increasing, how quickly and over what period of time. See your primary care physician for a full evaluation of your prostate cancer risk.

*Testosterone		429	Total testosterone uIU / mL	<b>January 2017</b>
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**What Does it Mean to Me?**

Your Total testosterone level is 429 ng / dL (REFERENCE RANGE: 348.0-1197.0 uIU / mL). This level is in the desired **Normal** range and does not indicate a low or elevated testosterone level.

Heart Risk Assessment		10	10-yr Heart Risk %	<b>January 2017</b>
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**What Does it Mean to Me?**

Your Heart Risk Assessment Score, reported as “10-Year CHD Risk”, is 10 %. That means about 10 of 100 people with this level of risk will have a heart attack or die of heart disease within the next 10 years. There are many things you can do to reduce your risk, such as diet and exercise in addition to medications that can help you proactively reduce your risk. We recommend you speak with your physician about what you can do to reduce your heart disease risk.

Blood Pressure		125 / 77	mmHg	<b>January 2017</b>
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**What Does it Mean to Me?**

**Prehypertension:** Your Blood Pressure is 125/77 mmHg (Systolic 120-139 or Diastolic 80-89). This is considered Prehypertension according to the National High Blood Pressure Education Program guidelines. Prehypertension means you are at increased risk for developing high blood pressure, unless you take steps to prevent it. High blood pressure can lead to heart disease, heart failure, stroke, kidney failure, and other health problems. Lifestyle changes including limiting salt and alcohol, losing weight, increasing exercise, quitting smoking and managing stress can improve blood pressure. Work with your personal physician on a treatment plan to control your blood pressure.



Screening	Your Results Compared to Generally Accepted Risk Categories	Measurement	Clinical Measures	Recommended Next Screening
Waist		39	Inches	<b>January 2017</b>

**What Does it Mean to Me?**

**Normal:** Your Waist Measurement is 39 inches (Men: 40 and below or Women: 35 and below). This is considered Normal according to the National Heart Lung and Blood Institute.

A reference range refers to the variation of test results from a healthy population. Each laboratory sets its own reference ranges based on their population. A result outside of the reference range does not necessarily mean the result is abnormal. Likewise, a result within the reference range does not rule out a disorder. Each result must be interpreted in the context of the individual being tested.

There are many causes for variations between laboratory testing results. Fasting status, diets, medications, time of day, age, and gender can affect results. Within laboratories and between different laboratories, there are also statistically acceptable levels of variation.

\*Reference laboratory tests were performed by Lab Corp at 1801 1st Avenue South, Birmingham, AL 35233. TN samples were performed by Lab Corp at 320 Premier Court, Suite 220, Franklin, TN 37067.





## 6 for Life Health Assessment



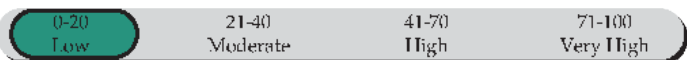
6 for Life is a disease risk assessment, proprietary to Life Line Screening, and based on large, landmark population studies such as the Framingham Heart Study. The risk scores are derived from direct measurements such as cholesterol and glucose, blood pressure, Body Mass Index and waist measurement as well as reported personal medical and family medical history and lifestyle risk factors, such as smoking status and exercise levels.

6 for Life alerts you to the potential risk of developing specific disease conditions, including Coronary Heart Disease, Congestive Heart Failure, Stroke, Diabetes, Chronic Obstructive Pulmonary Disease (COPD) and Lung Cancer. In addition, a separate Heart Risk Assessment Score calculates your percentage chance of having a first time heart attack in the next 10 years.

The scores and recommendations provided are meant to be an evaluation of potential risks. We recommend that you discuss the results with your physician, so you can establish ways to control or reduce some risks. The scores do not predict that you will develop any of these conditions in the future, but that based on current scientific knowledge you may be at increased risk.

6 for Life Disease Condition	Your Results Category	Risk Score
<b># 1. Coronary Heart Disease (CHD)</b>	<div style="display: flex; justify-content: space-around; font-size: small;"> <div style="background-color: #0070C0; color: white; border-radius: 10px; padding: 2px 5px;">0-20 Low</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">21-40 Moderate</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">41-70 High</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">71-100 Very High</div> </div>	18
<p><b>What Does it Mean to Me?</b></p> <p>Your Coronary Heart Disease (CHD) score of 18 indicates your risk for this condition is Low. Because you are a male who is 40+ years old, with a family history of CHD, it is important that you focus on managing risk factors you can control to help prevent the onset of CHD.</p>		
<b># 2. Congestive Heart Failure (CHF)</b>	<div style="display: flex; justify-content: space-around; font-size: small;"> <div style="background-color: #0070C0; color: white; border-radius: 10px; padding: 2px 5px;">0-20 Low</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">21-40 Moderate</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">41-70 High</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">71-100 Very High</div> </div>	4
<p><b>What Does it Mean to Me?</b></p> <p>Your Congestive Heart Failure (CHF) score of 4 indicates your risk for this condition is Low. Fortunately you do not have a personal history of CHF, or conditions that increase your risk for CHF, such as diabetes, coronary heart disease, atrial fibrillation, or valvular / congenital heart disease. Positively managing lifestyle behaviors related to CHF, diabetes, and coronary heart disease you can effectively keep your risk down for developing CHF later in life. Maintaining a healthy blood pressure, blood sugar, cholesterol, and weight through diet and exercise, drinking alcohol only in moderation (if at all), and avoiding tobacco use are recommended.</p>		
<b># 3. Stroke</b>	<div style="display: flex; justify-content: space-around; font-size: small;"> <div style="background-color: #0070C0; color: white; border-radius: 10px; padding: 2px 5px;">0-20 Low</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">21-40 Moderate</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">41-70 High</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 2px 5px;">71-100 Very High</div> </div>	14
<p><b>What Does it Mean to Me?</b></p> <p>Your Stroke score of 14 indicates your risk for this condition is Low. Because your age is 55+ your risk for stroke or TIA is slightly increased. However, you do not have a family history of stroke or TIA. You also do not have a personal history of conditions that increase your risk for stroke, such as diabetes, cardiovascular disease, or atrial fibrillation. Modifiable risk factors for stroke or TIA include high blood pressure, high cholesterol, and obesity. Eating a proper diet and getting regular physical activity can help avoid or manage these risk factors. Not smoking, avoiding exposure to 2nd-hand smoke, and drinking alcohol only in moderation are also important lifestyle choices to control your risk of stroke or TIA.</p>		



6 for Life Disease Condition	Your Results Category	Risk Score
# 4. Diabetes		10
<p><b>What Does it Mean to Me?</b></p> <p>Your Diabetes score of 10 indicates your risk for this condition is Low. While you cannot control non-modifiable risk factors such as age, race, family history of diabetes, or a personal history of gestational diabetes, you have control of modifiable risk factors related to being physically active, eating a healthy diet, maintaining a healthy weight, and not smoking. It is also important to maintain healthy levels of cholesterol, triglycerides, blood sugar (glucose), and blood pressure.</p> <p>Before people develop type 2 diabetes, they often have “prediabetes”, when blood glucose levels are elevated, but not yet high enough to be diagnosed as diabetes. Research shows that damage to the heart and circulatory system may already be occurring during prediabetes. The good news is people with prediabetes can prevent type 2 diabetes by lifestyle modifications including eating healthy, being physically active, and maintaining a healthy weight.</p>		
# 5. Chronic Obstructive Pulmonary Disease (COPD)		15
<p><b>What Does it Mean to Me?</b></p> <p>Your COPD score of 15 indicates your risk for this condition is Low.</p> <p>While you have no control over your age, having asthma or a family history of COPD, you can avoid smoking cigarettes and 2nd-hand smoke exposure. There is no cure for COPD, so avoiding these modifiable risks is important to help control your risk for developing this lifelong condition.</p>		
# 6. Lung Cancer		5
<p><b>What Does it Mean to Me?</b></p> <p>Your lung cancer score of 5 indicates you are at Low risk for this condition. It is good you do not have a family or a personal history of lung cancer. However, you indicated a personal history of asthma, which increases your risk for developing lung cancer. Smoking is the leading cause of lung cancer, and also a risk factor for many other negative health conditions. It is important that you continue this positive lifestyle choice of remaining smoke-free to prevent complications with asthma and increased risk for lung cancer. Avoiding 2nd-hand smoke is also an important lifestyle choice to control your lung cancer risk, and asthma complications.</p>		

## 6 for Life Health Assessment

### Physical Activity

You reported 1 to 2 days a week that included 60 minutes of exercise. Currently your weekly amount of physical activity does not meet recommended guidelines. The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) suggest you get 30 minutes of moderately intense exercise five days a week, or 25 minutes of vigorously intense cardiovascular exercise three days a week. Activities can be split into several short periods (e.g., 10 minutes 2-3 times a day).

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Regular physical activity helps prevent heart disease, slows bone loss associated with aging, lowers the risk of certain cancers, helps reduce anxiety and depression, can increase your energy level, and can help you sleep better.

Note: These recommendations are for individuals who have not been told by a health professional to avoid physical activity. You should consult a physician prior to making any changes in your activity level.

### Nutrition

You reported consuming high-fat or fried food 0 (zero) times in a typical day. National dietary guidelines recommend maintaining a total fat intake of no more than 20%-35% of your total daily calories. Of your daily fat calorie intake, less than 10% should come from saturated fat, and you should consume as little trans fats as possible.

Saturated fat and trans-fat should especially be avoided, since they may increase the risk of heart disease and other health conditions. Most fats in your diet should come from foods containing polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. When selecting meat, poultry, and milk products, you should choose those that are lean, low-fat, or fat-free.

### Alcohol

You reported having 0 alcoholic drinks in a typical week.

Drinking alcohol in moderation, especially red wine, has been shown to reduce the risk of heart disease. However, excessive alcohol consumption increases your risk for cardiovascular disease, stroke, and congestive heart failure.

The recommended limit for alcohol is no more than 14 drinks per week for men.

### Smoking and 2nd-hand Exposure

You currently do not smoke cigarettes, and have never used them in the past.

It is great that you never have smoked cigarettes. Continue to maintain your smoke-free lifestyle to avoid increasing your risks for health problems related to tobacco use.

Continue to avoid being exposed to second-hand smoke.

# For Your Future



Steps to maintain your healthy and active life style

## Recommended Additional Tests

**NAME**, below are additional tests that we recommend based on risk factors that you reported during your recent screening:

- 1 6 for Life Health Assessment** – Disease risk assessment that calculates your level of risk for 6 chronic conditions: heart disease, heart failure, stroke, diabetes, chronic obstructive pulmonary disease and lung cancer. Also includes 10-year Heart Attack Risk Assessment, based on Framingham Study risk factors. Identifies modifiable and non-modifiable risk factors. Includes finger-stick blood work for cholesterol and glucose, plus biometric screenings (blood pressure, Body Mass Index, waist circumference). **\$79**
- 2 Liver Enzymes** – Measures alanine aminotransferase (ALT) and aspartate aminotransferase (AST), liver enzymes that are elevated in the blood when there is liver injury. Moderate elevations in ALT and AST (less than 5 times the upper normal limit), in a person without any symptoms could be caused by viral hepatitis, excessive alcohol, medication, fatty liver or cirrhosis (scarring in the liver) among other things. **\$55**
- 3 Thyroid Disorders** – Measures TSH (thyroid stimulating hormone). Elevated TSH can indicate an underactive thyroid, while low TSH levels can indicate an overactive thyroid. **\$60**

Please call toll-free **XXX-XXX-XXXX** to schedule your appointment.  
We will be at **[site\_name]** in **[site\_city]** on **[event\_date]**.

LIFE LINE  SCREENING®  
*The Power of Prevention*

# COUPON

Call toll-free 866-579-4971  
Priority Code RLTR

**\$25 off when you spend \$99 or more towards  
any additional tests.**

Must schedule appointment within 90 days

**\$25  
OFF**

## All Available Additional Tests

### Laboratory Screening Packages

- Vital Organ Screening (liver + kidney) \$99**
- Annual Key Health (6 for Life + CRP) \$99**
- Bone Health (osteo + Vit D + TSH) \$99**
- Men's Prostate and Low T Screening (PSA + testosterone) \$99**
- Women's Wellness (TSH + CRP + A1c) \$139**
- Men's Wellness (PSA + CRP + A1c) \$139**

### Other Screenings

- Colorectal Cancer Screening** – Fecal immunochemical (FIT) home test for detecting hidden blood in the stool, which can be an indicator of colorectal cancer. **\$55**
- 6 for Life Health Assessment** – Disease risk assessment that calculates your level of risk for 6 chronic conditions: heart disease, heart failure, stroke, diabetes, chronic obstructive pulmonary disease and lung cancer. Also includes 10-year Heart Attack Risk Assessment, based on Framingham Study risk factors. Identifies modifiable and non-modifiable risk factors. Includes finger-stick blood work for cholesterol and glucose, plus biometric screenings (blood pressure, Body Mass Index, waist circumference). **\$79**
- Heart Risk Assessment** – 10-year risk of having a first time heart attack or dying from heart disease. For non-diabetics and those without existing heart disease. Includes complete lipid panel, glucose and blood pressure screenings. **\$60**

### Finger-Stick Blood Testing (Not available in all states)

- Complete Lipid Panel** – Measures total cholesterol, bad LDL, good HDL and triglycerides. Fasting required. **\$55**
- C-Reactive Protein (hs-CRP)** – Detects elevated levels of C-reactive protein in healthy adults, which is an independent risk factor for cardiovascular disease. **\$60**
- Liver Enzymes** – Measures alanine aminotransferase (ALT) and aspartate aminotransferase (AST), liver enzymes that are elevated in the blood when there is liver injury. Moderate elevations in ALT and AST (less than 5 times the upper normal limit), in a person without any symptoms could be caused by viral hepatitis, excessive alcohol, medication, fatty liver or cirrhosis (scarring in the liver) among other things. **\$55**
- Glucose** – Measures blood sugar for risk of diabetes and pre-diabetes. Fasting or non-fasting. **\$55**
- Hemoglobin A1c** – Measurement of your average glucose over the past 3 months. Useful for diabetes screening and in persons with diabetes to monitor long-term glucose control. **\$55**
- Prostate Cancer** – Detects elevated levels of prostate specific antigen (PSA), which may be an indicator of prostate cancer. **\$55**
- Thyroid Disorders** – Measures TSH (thyroid stimulating hormone). Elevated TSH can indicate an underactive thyroid, while low TSH levels can indicate an overactive thyroid. **\$60**
- Chronic Kidney Disease** – Measures creatinine and calculates eGFR to determine kidney function and risk of Chronic Kidney Disease. **\$60**

## Take Action

### Your Risk Factors

Based on your screening results and answers to the health questions, below are your risk factors which elevate your risk for cardiovascular disease.

*\*Source: This section retrieves information from test results and from your self-reported medical history.*

Modifiable Risk Factors*	Non-Modifiable Risk Factors*
<ul style="list-style-type: none"> <li>• Lack of Exercise</li> <li>• Overweight</li> </ul>	<ul style="list-style-type: none"> <li>• Asthma</li> <li>• Age</li> <li>• Family History of Coronary Heart Disease.</li> </ul>

### Keep Informed

We keep copies of images and EKGs for 4 years. For a minimal fee, you may obtain copies of your carotid artery, aorta ultrasound images and EKG printout. Please call 1-800-897-9177 to order through our Customer Service department.

### \*\* Read this important message about follow-up screenings \*\*

You just took an important step towards learning your risk for cardiovascular disease. Even if you had normal results, it's important to make these screenings a part of your regular health regimen. Unfortunately your risk increases with each passing year, especially if you have high blood pressure, high cholesterol, excess weight, non-active lifestyle, or family history of stroke or heart attack.

And remember... people who have atherosclerosis often have no symptoms so screening remains the best way to discover a problem. So, please plan on visiting us again soon so we can catch plaque buildup at its earliest stages and avoid significant blockage. Congratulations again on taking an important step in managing your health. *We'll see you soon!*

#### What We're Trying to Avoid



**Significant Blockage**  
Large amount of plaque, Blood flow is significantly reduced.

### A message from our Hospital Sponsor, Morrow County Hospital:

As a partner of Life Line Screening, Morrow County Hospital offers convenient access to more comprehensive cardiovascular care than ever before. OhioHealth has brought a nationally recognized heart program to Morrow County Hospital -Imtiaz Ahmed, MD; Mitchell Silver, DO; Michael Jolly, MD; and Gregory Heins, DO. This team of cardiovascular experts works closely with your local physician to provide seamless, comprehensive care to meet each patient's needs. To learn more about MCH Heart & Vascular services at Morrow County Hospital, please call (419) 949-3120 or visit [www.morrowcountyhospital.com](http://www.morrowcountyhospital.com).



Screening results are solely for informational purposes and are not medical advice. Please remember that the results of these screenings must be interpreted in the context of your clinical history. **IMPORTANT:** It is possible to have a normal screen with Life Line Screening and still suffer a stroke or a heart attack. Life Line Screening screens for the leading causes of stroke, however, we do not screen for every possible cause of stroke and no screening can screen for every possible variation of vascular disease. Please note, we do not screen your heart for heart attack risk. Specifically, we do not screen the coronary arteries, the arteries surrounding the heart. If you are experiencing symptoms of a heart attack or stroke, **SEEK MEDICAL ATTENTION IMMEDIATELY.** Do not delay, regardless of your Life Line Screening results.

Screenings in California are provided by Life Line Mobile Screening in a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service.

# For Your Doctor



**Please give this to your doctor**



Dear Doctor of Life Line Screening Customer:

On the other side of this page are the screening results for one of your patients. These results were from a recent screening performed by Life Line Screening for independent markers for coronary artery disease as well as the presence of atrial fibrillation, aortic aneurysm, peripheral arterial disease and osteoporosis.

As a fellow physician, a vascular surgeon for over thirty years, and currently the Chief Medical Officer of Life Line Screening, I'd like to share some thoughts with you:

- Life Line Screening is the largest provider of high quality community-based preventive health screenings in the United States.
- Our equipment is state of the art and our screening methods are in accordance with the latest medical literature recommendations and are based on our database of almost 8 million customer results since 1993.
- Our technologists are specialists in their field. They conduct thousands of screenings every year and are exceptionally well-trained.
- We have an extensive ongoing quality oversight process, including random audits of all clinical procedures. We recognize that the quality of our screenings is the key to your trust and loyalty.

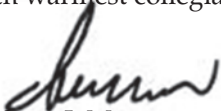
I became interested in community vascular screenings during my practice when I saw many patients come into the hospital moribund with ruptured abdominal aortic aneurysms or completed strokes – disasters that could easily have been prevented had the patient known even days before that they had a lurking problem. Once the patients knew they were at risk, their family doctors were able to help them change their lifestyles.

Life Line Screening is also engaged in ongoing research to answer important health questions regarding vascular and other chronic disease. We are pleased to make our vast database available to investigators studying management of chronic disease; studies that might not have been previously examined due to size limitations of studies such as the Framingham Heart Study. To review research results as well as the list of members of our Scientific Advisory Network, please visit [lifelinescreeningresearch.com](http://lifelinescreeningresearch.com).

Since 1993, our mission at Life Line Screening has been to make people aware of previously undetected health problems and to encourage them to seek follow-up care with their personal physicians. These are problems which are silent, but are discoverable by non-invasive means and treatable.

I encourage you to review these results and make an effort to discuss them with your patient. Delivering high-quality and timely results to our customers is of utmost importance to us, but we believe the benefit to the customer is greatly enhanced when coupled with a thorough consultation with their primary care physician. If you have any questions about our services, please feel free to contact us at 1-800-897-9177 and use option 2.

With warmest collegial regards,



Andrew J. Manganaro, MD, FACS, FACC  
Chief Medical Officer  
Life Line Screening

**PLEASE TURN OVER  
FOR RESULTS**



Life Line Screening Results: Physician Copy

Screening Date: January 05, 2016  
 Location: Alpine Community Center  
 Fasting: Y  
 D.O.B.: 08/09/1957

John E. Sample

\*Reference laboratory tests were performed by Lab Corp at 1801 1st Avenue South, Birmingham, AL 35233.  
 TN samples were performed by Lab Corp at 320 Premier Court, Suite 220, Franklin, TN 37067.

Screening Test	Measurement/ Reference Ranges	Result	Risk Category	Incidental findings
Carotid Artery Disease	Blood flow cm/s	Left: PSV: < 110cm/s Right: PSV: < 110cm/s	Left: Normal Right: Normal	
Atrial Fibrillation	4-Limb EKG	No Atrial Fibrillation Detected Heart Rate: 69 Beats/min	Normal	
Abdominal Aortic Aneurysm	cm	<3cm	Normal	
Peripheral Arterial Disease	Ankle Brachial Index	Left Side: 1.18 Right Side: 1.25	Left: Normal Right: Normal	
Osteoporosis	Bone Mineral Density	-1.7	Moderate Risk	
Complete Lipid Panel	Total Cholesterol: <200 mg/dL LDL: <100 mg/dL HDL: ≥40 mg/dL Triglycerides: <150 mg/dL	TC: 185 LDL: 116 HDL: 34 Trig: 173	TC: Normal LDL: Near Optimal HDL: Risk for Heart Disease Trig: Borderline High	
Glucose	61-99 mg/dL	77	Normal	
*C-Reactive Protein	Equal or less than 1.0 mg/L	0.87	Low Risk	
Blood Pressure	SYSTOLIC <120 mmHg DIASTOLIC <80 mmHg	125/77	Prehypertension	
*Testosterone	Total testosterone (348.0-1197.0 uIU/mL)	429	Normal	
BMI	Body Mass Index 18.5-24.9 lbs/in <sup>2</sup>	28	Moderate Risk	
Waist	Males ≤40 Inches Females ≤35 Inches	39	Normal	
*Prostate Specific Antigen	<4 ng/dL	0.8	Normal	
Heart Risk Assessment	10-yr Heart Risk <1%	10	Moderate Risk	