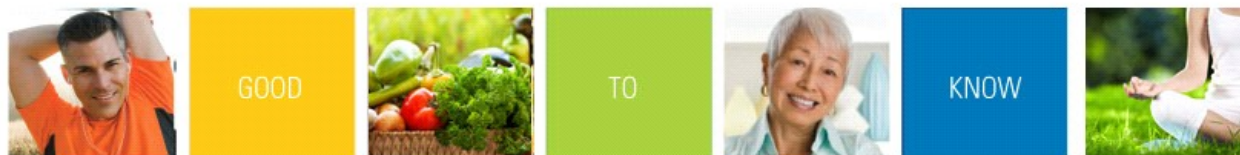


Blueprint for Wellness[®]



MetSRewards, here is your Blueprint for Wellness to build a healthier life.





Better Health

Better Future

Better You



Dear MetSRewards,

On the following pages you will find:

Welcome Letter



Your Results



Your Wellness

Summary Report





**Blueprint
for Wellness**
A Service of Quest Diagnostics



Better Health

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Congratulations MetSRewards on completing your Blueprint for Wellness biometric screening!

It's good to know your health status and specific areas you can improve it. Good health is important to you, to your family, and to your future, and we applaud you for taking a positive step toward improving it, and your well being.

That's why we created this comprehensive, easy-to-read profile. It includes new insight to your risk of Metabolic Syndrome, your results from a variety of tests we ran on your screening sample, and a new medical Summary Page for you to share with your doctor.

You have probably heard a great deal about obesity and the risks it poses. To raise its visibility and better educate individuals about the effects of obesity we are introducing wellness screening participants to Metabolic Syndrome. When three or more of these factors fall outside defined ranges, an individual has a much greater chance of developing heart disease, diabetes, stroke and other health problems. For example, someone with Metabolic Syndrome is two times as likely to develop heart disease, and five times as likely to develop diabetes as someone without it.

Please pay special attention to your risk of Metabolic Syndrome and note that it may vary from your clinical risk status which is communicated later in the report. This occurs when your results do not fall in the optimal range, but do not qualify you as "at risk" for Metabolic Syndrome.






Thank you for learning more about your health, and for taking steps to improve it!



Metabolic Syndrome



Based on your screening results you have passed 3 out of 5 metabolic syndrome criteria which means you are at a lower risk for heart disease, diabetes and stroke than someone not passing 3 out of 5.

Metabolic Syndrome Risk Factor	Your Target	Your Value	What Does It Mean
	Waist Circumference: Less than or equal to 40 inches.	33	This is also called "abdominal obesity" or "having an apple shape." Central obesity is determined by measuring waist circumference.
	Triglycerides: Less than 150 mg/dL	152	Triglycerides are a type of fat found in the blood. High triglycerides increase the chance of developing heart disease.
	Blood Pressure: Less than 130 systolic and Less than 85 diastolic mmHg	126 / 78	Blood pressure is the force of blood pushing against the artery walls as the heart pumps blood. High blood pressure can damage the heart and lead to other health problems such as heart disease and stroke.
	Blood Glucose: Less than 100 mg/dL	98	Glucose, also called blood sugar, is what the body uses for energy. High glucose may be a sign of diabetes and affects kidney functions.
	HDL Cholesterol: Greater than or equal to 40 mg/dL	30	A high level of HDL is good because HDL is the type of cholesterol that helps to remove cholesterol from the arteries. A low HDL cholesterol level can lead to the development of heart disease.



Better Health

Better Future

Better You



Your Results

Understanding Your Tests

The goal of the Blueprint for Wellness is to identify health risks and to supply you with the information you need to manage your health successfully. Clinical laboratory testing gives you an important insight into what is happening within your body. Your personalized report gives insight into needed actions to try to control and/or minimize harmful effects to your health.

In the following pages you will see a summary of your laboratory test results grouped by body system. All of the results are followed by a detailed explanation of each clinical test performed.

The following results are an evaluation of your health risk status. This may differ from your risk status for Metabolic Syndrome. This section reviews each health risk against a range that doctors use to assess the results.

Heart Tests

The heart is a muscular organ located in the chest that pumps blood throughout the body. The heart and blood vessels comprise the cardiovascular system. In spite of the fact that all of the body's blood flows through it, the heart needs to be supplied with blood by its own set of blood vessels. These blood vessels, called coronary arteries, deliver the oxygen that allows the heart to perform its functions. When a disease known as atherosclerosis reduces the blood flow from the coronary arteries to the heart, it can cause chest pain, also known as angina. If the blood flow is severely reduced, it can cause a heart attack which may lead to death of some of the heart muscle and tissue.

TRIGLYCERIDES

Triglycerides are fats composed of fatty acids and glycerol. Triglycerides combine with proteins to form particles called lipoproteins that transport fats through the bloodstream. These lipoproteins carry triglycerides from the liver to other parts of the body that need this energy source. Triglycerides then return to the liver where they are removed from the body. The level of triglycerides in your blood can indicate how efficiently your body processes the fat in your diet.

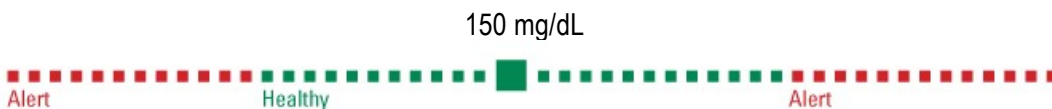
Your results indicate that you may be at greater risk for experiencing a cardiovascular event than individuals at lowest risk. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.



CHOLESTEROL, TOTAL

High cholesterol may put you at risk for heart disease or stroke. Elevated cholesterol levels can be caused by diets high in cholesterol and saturated fats. Genetics or medical conditions such as diabetes, hypothyroidism, kidney disease, liver disease or pregnancy can also raise the amount of cholesterol in your blood. A low cholesterol measurement is one that falls below the range where you are considered at risk for cardiovascular (heart and blood vessel) disease. Decreased levels of cholesterol can indicate malnutrition, intestinal malabsorption, hyperthyroidism, chronic anemia, liver disease or other medical conditions.

Your result falls within the normal Reference Range.



HDL CHOLESTEROL

Elevated high density lipoprotein (HDL) cholesterol is associated with decreased risk of heart disease. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high. Levels may increase with regular exercise. 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.

This result is associated with a high risk of coronary heart disease. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.



152 mg/dL

Reference Range
< 150



150 mg/dL

Reference Range
125-199



30 mg/dL

Reference Range
Male: >= 40; Female: >= 46

The following results are an evaluation of your health risk status. This may differ from your risk status for Metabolic Syndrome. This section reviews each health risk against a range that doctors use to assess the results.



120 mg/dL (calc)

Reference Range
< 130

LDL-CHOLESTEROL

Elevated low density lipoprotein (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 test is based on heredity. Lifestyle choices including diet and many medications are effective in lowering the LDL cholesterol level.

Your result is associated with a low risk of coronary heart disease. You should be aware it is also important to consider other factors including smoking, diabetes, blood pressure, family history and the results of other tests in assessing your risk for coronary heart disease. Always seek the advice of your doctor or qualified healthcare provider if you have any questions about your result.

120 mg/dL (calc)



4.0

Reference Range
< OR = 5.0

CHOL TO HDLC RATIO

The 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.

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

4.0



The following results are an evaluation of your health risk status. This may differ from your risk status for Metabolic Syndrome. This section reviews each health risk against a range that doctors use to assess the results.

Pancreas Tests

The pancreas is an organ that is part of both the digestive and endocrine (controls hormone levels and helps to regulate the body) systems. The pancreas is located beside the stomach and is made up of two major types of tissues. One tissue produces hormones such as insulin (regulates glucose levels), and the other tissue produces enzymes that aid in the digestion of food.

GLUCOSE

Glucose is the chief source of energy for all cells in the body. The test measures the concentration of glucose in your blood to screen for problems with the way your body processes sugar. A high level can indicate a condition where the body is not correctly using or producing insulin, the hormone that enables your body to use glucose. A glucose level above the reference range is called hyperglycemia and can suggest the possibility of diabetes. Stress from surgery or trauma, renal failure, pancreatitis, steroid therapy and other conditions may also increase blood glucose levels. A glucose level below the reference range is called hypoglycemia. Increased levels of insulin, hypothyroidism, liver disease and other conditions may contribute to low blood glucose. Certain medicines such as steroids, insulin and propranolol may also lower blood 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.



98 mg/dL

Reference Range
65-99

The following results are an evaluation of your health risk status. This may differ from your risk status for Metabolic Syndrome. This section reviews each health risk against a range that doctors use to assess the results.

Other Tests



126/78

Reference Range
< 120/80

BLOOD PRESSURE

Hypertension, commonly referred to as high blood pressure, is a medical condition in which the blood pressure is chronically elevated. Hypertension has been associated with a high risk of heart attack or stroke.

A normal value for systolic blood pressure is <120.

- Pre-hypertension 120-139
- Stage 1 Hypertension 140-159
- Stage 2 Hypertension ≥ 160

A normal value for diastolic blood pressure is < 80.

- Pre-hypertension 80-89
- Stage 1 Hypertension 90-99
- Stage 2 Hypertension ≥ 100

Table from The American Heart Association (www.heart.org).



33 Inches

Reference Range
Male: ≤ 40 ; Female: ≤ 35

Waist Circumference - Inches

Excess weight as measured by BMI, is not the only risk to your health, so is the location of fat on your body. 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. This is true even if your BMI falls within the normal range. Women with a waist measurement of more than 35 inches (88 cm) or men with a waist measurement of more than 40 inches (102 cm) may have a higher disease risk than people with smaller waist measurements because of where their fat lies.



Manage Your Weight

Whether you are at your ideal weight or considered overweight, weight management is important.

Successfully managing your weight plays a large role in managing your cholesterol, triglycerides, and risk for conditions such as metabolic syndrome, cardiovascular disease and diabetes. Always remember that you are an example for children and friends. You can help them stay at their ideal weight by guiding them to eat healthy low fat food and spend time together playing games that are physically active or taking walks together.

Manage Your Stress

Stress can be the catalyst for high blood pressure and even heart disease.

Everyone benefits from learning how to manage stressful times. Some of the signs and symptoms of stress issues are lack of concentration, irritability, anger, overeating, and sleep difficulties. There are some very simple things you can do to help manage the tough situations that cause stress, such as finding the positive side of things or lightening the difficult situation by using humor.

Eat Healthier Foods

Here are a couple of great tips to help you practice good nutrition.

1. Keep an eye on your portions: Think about using a snack size zip lock bag when taking food to the office or giving food to children. The snack size is the correct portion for most foods.
2. Stay away from processed foods: If you cannot say or read all of the ingredients in the product, don't buy it.

Get Physically Active

Having trouble fitting exercise in? Here are some tips.

1. Make time during your favorite TV shows: How about walking on a treadmill, biking, or lifting weights while watching your shows?
2. Make your chores count: If you mow the yard or mop the floor, do your chores at a little faster pace than normal to get your heart rate up.
3. Use time with family wisely: When having family time, take a walk together or plan family activities that include physical activity. Not only is this good for you, but it will set a great example for the rest of your family.

MetSRewards, below is your Pyramid Food Intake Pattern Calorie Levels

MALE AGE	SEDENTARY*	MODERATE ACTIVITY*	ACTIVE*
18	2400	2800	3200
19-20	2600	2800	3000
21-25	2400	2800	3000
26-30	2400	2600	3000
31-35	2400	2600	3000
36-40	2400	2600	2800
41-45	2200	2600	2800
46-50	2200	2400	2800
51-55	2200	2400	2800
56-60	2000	2400	2800
61-65	2000	2400	2600
66-70	2000	2200	2600
71-75	2000	2200	2600
76+	2000	2200	2600

Sedentary - Participating in less than 30 minutes of moderate physical* activity in addition to daily activity.

Moderate Activity - Participating in at least 30 minutes, up to 60 minutes a day of moderate physical* activity in addition to daily activity.

Moderate Physical Activity: Activities that use large muscle groups such as brisk walking, cycling, swimming

Active - Participating in 60 or more minutes a day of moderate physical* activity in addition to daily activity.

*Calorie levels are based on the Estimated Energy Requirements and activity levels from the Institute of Medicine Dietary Reference Intakes Maximum Report, 2003

Preventive Screenings

Being healthy also requires you to be responsible for taking care of yourself. According to your age and gender, there are several preventive screenings you should consider. Use this information to help stay on the road to good health. It's also always important to schedule regular checkups with your doctor.

SCREENING TESTS	AGES 18-39YR	AGES 40-49YR	AGES 50-64YR	AGES ≥65 YR
Heart Health Blood pressure measurement <i>(U.S. Preventative Services Task Force, 2007)</i> Lipid Panel (Cholesterol) test <i>(U.S. Preventive Services Task Force, 2008)</i>	Screen every two years if BP < 120/80 mm Hg. Annually if BP 120-139/80-89 mm Hg, and more frequently if warranted.*	Screen every two years if BP < 120/80 mm Hg. Annually if BP 120-139/80-89 mm Hg, and more frequently if warranted.*	Screen every two years if BP < 120/80 mm Hg. Annually if BP 120-139/80-89 mm Hg, and more frequently if warranted.*	Screen every two years if BP < 120/80 mm Hg. Annually if BP 120-139/80-89 mm Hg, and more frequently if warranted.*
	USPSTF recommends screening men ages 20-35 yr for lipid disorders if at increased risk for coronary heart disease Starting at age 20-35 yr, if: - Family history of high cholesterol - Premature heart disease in a first-degree relative (such as a parent or sibling)† - Diabetes - Smoker or former smoker - High blood pressure - BMI ≥30 Ages ≥ 35 yr, screen, discuss frequency with your doctor or nurse.	USPSTF recommends screening men ages 20-35 yr for lipid disorders if at increased risk for coronary heart disease. USPSTF strongly recommends screening men age ≥ 35 yr for lipid disorders Adults who have any of the following risk factors:* - Family history of high cholesterol - Premature heart disease in a first-degree relative (such as a parent or sibling)† - Diabetes - Smoker or former smoker - High blood pressure Ages ≥ 35 yr, screen, discuss frequency with your doctor or nurse.	USPSTF strongly recommends screening age ≥ 35 yr for lipid disorders Adults who have any of the following risk factors:* - Family history of high cholesterol - Premature heart disease in a first-degree relative (such as a parent or sibling)† - Diabetes - Smoker or former smoker - High blood pressure Ages ≥ 35 yr screen, discuss frequency with your doctor or nurse.	USPSTF strongly recommends screening age ≥ 35 yr for lipid disorders Adults who have any of the following risk factors:* - Family history of high cholesterol - Premature heart disease in a first-degree relative† - Diabetes - Smoker or former smoker - High blood pressure Ages ≥ 35 yr, screen, discuss frequency with your doctor or nurse.
Diabetes Blood glucose or hemoglobin A1c test <i>(U.S. Preventive Services Task Force, 2006)</i>	Screen every three years for type 2 diabetes in adults with sustained blood pressure greater than 135/80 mm Hg. In persons with BP < 135/80 mm Hg, discuss with your doctor or nurse.	Screen every three years for type 2 diabetes in adults with sustained blood pressure >135/80 mm Hg. In persons with BP < 135/80 mm Hg, discuss with your doctor or nurse.	Screen every three years for type 2 diabetes in adults with sustained blood pressure >135/80 mm Hg. In persons with BP < 135/80 mm Hg, discuss with your doctor or nurse.	Screen every three years for type 2 diabetes in adults with sustained blood pressure >135/80 mm Hg. In persons with BP < 135/80 mm Hg, discuss with your doctor or nurse.
Prostate Health Digital rectal exam <i>(American Cancer Society, 2007)</i> Prostate-specific antigen (PSA) test <i>(American Cancer Society, 2007)</i> <i>United States Preventive Services Task Force (2012)</i>	No testing recommended	Discuss with your doctor or nurse.	The American Cancer Society recommends that health care professionals should offer a digital rectal exam every year.* Discuss with your doctor or nurse.	The American Cancer Society recommends that health care professionals should offer a digital rectal exam every year.* Discuss with your doctor or nurse.
	No testing recommended	Discuss with your doctor or nurse.	Does not recommend testing	Does not recommend testing
Colorectal Health Fecal occult blood test/Fecal Immunochemical Test (FOBT/FIT) <i>(U.S. Preventive Services Task Force, 2006)</i> Colonoscopy or Sigmoidoscopy <i>(U.S. Preventive Services Task Force, 2006)</i>	No requirement unless high risk (For example: first degree relatives who have had colorectal adenomas or cancer; specific inherited syndromes, the Lynch syndrome, history of colorectal polyps; chronic inflammatory bowel disease.)	No requirement unless high risk (For example: first degree relatives who have had colorectal adenomas or cancer; specific inherited syndromes, the Lynch syndrome, history of colorectal polyps; chronic inflammatory bowel disease.)	USPSTF recommends screening for colorectal cancer using FOBT/FIT, sigmoidoscopy, or colonoscopy in adults, beginning at age 50 years and continuing until age 75 years. FOBT/FIT: Every Year* or Colonoscopy or Sigmoidoscopy: Every 10 years*	USPSTF recommends screening for colorectal cancer using FOBT/FIT, sigmoidoscopy, or colonoscopy in adults, beginning at age 50 years and continuing until age 75 years. FOBT/FIT: Every Year* or Colonoscopy or Sigmoidoscopy: Every 10 years
Immunization Flu Shot <i>(U.S. Preventive Services Task Force, 2006)</i>	Every Year*	Every Year*	Every Year*	Every Year*

* Discuss with your Doctor or nurse.

MetSRewards, your medical summary report is below. Be sure to share this information with your doctor. At Quest Diagnostics, we take our commitment to your good health far beyond the laboratory. That's why we apply our ideals of quality, service and innovation to other aspects of health care such as the Blueprint for Wellness program. As the leader in laboratory diagnostics, we believe that diagnosis is just one step to wellness.






Helping you understand and prevent disease is our priority. If you have any questions please call 1-866-908-9440. Representatives are available Monday through Friday, 7:30 a.m. to 8:30 p.m. Central.

MetSRewards Demo: 34 yrs. old | -- Inches | Male | -- lbs.


Screening Results from: 3/1/2013

03/01/2013



Heart Tests

	TRIGLYCERIDES Reference Range < 150	152 mg/dL
	CHOLESTEROL, TOTAL Reference Range 125-199	150 mg/dL
	HDL CHOLESTEROL Reference Range Male: >= 40; Female: >= 46	30 mg/dL
	LDL-CHOLESTEROL Reference Range < 130	120 mg/dL (calc)
	CHOL TO HDLC RATIO Reference Range < OR = 5.0	4.0

Pancreas Tests

	GLUCOSE Reference Range 65-99	98 mg/dL
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Other Tests

	BLOOD PRESSURE Reference Range < 120/80	126/78
	Waist Circumference - Inches Reference Range Male: <=40; Female: <=35	33 Inches

Laboratory Notes (Lab Testing Performed at Quest Diagnostics)

Not Given

