



Jane N. Doe

1234 S Elm St

Tulsa, OK 74134

Personal Health Assessment



**Your Personal Health
Assessment contains one
or more abnormal value(s).**

**We encourage you to
review results with your
healthcare provider.**

For questions, comments, or concerns,
please contact us at 800.993.8244.





Thank you for participating in the CareATC Personal Health Assessment. At CareATC, we believe health is fundamental to happy, productive people. By participating in the CareATC Personal Health Assessment (PHA), you have already committed to this concept and have taken the first step towards achieving wellness, and we commend you!

The CareATC PHA focuses on early detection, education, and intervention for people at risk for chronic disease. Focusing on prevention allows better treatment options and healthy lifestyle habits to be implemented before diseases progress.

After reviewing your PHA report, we encourage you to share it with your CareATC physician or personal healthcare provider. This report contains valuable information that will provide your physician a comprehensive view of your current health status, enabling them to administer the best care possible.

Our mission is to provide a shorter path to care for America's workforce and their families. We believe the information within this booklet will enable you, with the help of your physician, to achieve better health and embrace wellness goals together.

Sincerely,

A handwritten signature in black ink, appearing to read "Kimberly Hutton, MD". The signature is fluid and cursive, with a large, sweeping flourish at the end.

Kimberly Hutton, MD, FAAFP
Chief Medical Officer, CareATC



What is a Personal Health Assessment?

Did you know a single blood sample can provide a host of useful health information? This is why a blood sample is critically important and is the primary method of measurement for your CareATC Personal Health Assessment (PHA).

Your PHA is comprised of a series of tests that identify abnormalities. This comprehensive booklet contains your PHA results as well as simplified medical explanations. Your PHA paves the way to a shorter path to your health and well-being.

CareATC is a HIPAA compliant company. Precautionary measures have been made to ensure privacy and confidentiality of the information contained within this booklet. You may view your PHA results, as well as other information, online from our secure website.

Login Instructions

1. Go to www.careatc.com
2. Select Client Login
3. Enter the Username: **janedoe1**
4. Enter the Password: **hko3l4ud**
5. Select Personal Health Assessment from the Menu.
Employer: **_CareATC**



How to Prepare for Your Doctor's Visit

A good patient-doctor relationship is a partnership. Do your part by scheduling a review of your PHA results with your provider. Get the most out of your doctor's visit by creating a basic plan. Below are some helpful tips as you prepare to meet with your doctor:

Review your PHA Summary. Make a note of any abnormal or critical lab values. Bring this book with you when you visit your doctor.

Are you experiencing any symptoms? Make a list of your symptoms, including:

- When your symptoms started
- What time of day they typically occur
- Anything that makes them better or worse
- How long they last
- How often they happen

If your symptoms are interfering with your daily activities, make sure you tell your doctor.

List Your Medications. Medications include prescription drugs; over-the-counter (non-prescription) drugs; vitamins, herbal remedies and/or supplements. You can bring all your medications in a bag or make a list to bring to your visit. If you make a list, be sure to include:

- The name of the drug
- Which doctor prescribes it for you
- How many refills you have left
- The strength
- The dosage
- Where you get it refilled

It is a good idea to keep a copy of this list in a safe place so you can refill your prescriptions more easily in case of an emergency.



How to Read Your Personal Health Assessment

Your Personal Health Assessment is inclusive of your height, weight, blood pressure and a series of blood tests. Depending on the tests your company has ordered, your tests may be organized into as many as six categories: vitals, heart, kidneys, endocrine, liver, and complete blood count. The first step to successfully reading your PHA is to know your ranges.

Reading Your Ranges

Your PHA values fall into three ranges: normal, abnormal, and critical. These ranges are based on reference intervals that are subject to change. PHA results are color-coded to clearly distinguish between normal, abnormal and critical values. Below are value types and their meaning:

Normal

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

Abnormal

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

Critical

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



Review Your PHA Summary

The PHA summary contains a complete list of all test results conducted this year. It provides an overview of tests, presented in a way that will be the most meaningful to your primary care provider. Reviewing this section with your provider will enable the two of you to develop a plan of action.

Know Your Chapters

All tests are categorized by type and associated with a unique color. Each category corresponds to a chapter in this booklet. Each chapter includes graphs of some of the tests. Please note: not all lab results include a graph. If you have questions about a test that is not in the chapter section, discuss the test with your health care provider. Accompanying each graph is a simple explanation of the significance of the test and relevant information to help you evaluate your results. Participants with previous PHAs will find historical values of these tests displayed to help you and your provider identify health trends.

The CareATC PHA Booklet is intended for educational purposes and should be reviewed by your primary care provider. The CareATC booklet does not attempt to make medical diagnoses nor give medical advice. Your PHA results are rated in accordance with accepted medical guidelines.

Personal Health Assessment Summary

Vitals

| | September 2011 | August 2012 | Normal Range |
|-----------------------|----------------|-------------|--------------|
| Height | 67 | 67 | 0-90 |
| Weight | 209 | 190 | 50-300 |
| Body Mass Index (BMI) | 32.7 | 29.8 | 18.5-24.9 |
| Systolic Pressure | 124 | 115 | 100-119 |
| Diastolic Pressure | 77 | 72 | 65-79 |
| Tobacco Usage | No | No | No |
| Seat Belt Use | Yes | Yes | Yes |

Heart

| | September 2011 | August 2012 | Normal Range |
|-------------------------------------|----------------|-------------|--------------|
| Total Cholesterol | 234 | 167 | 100-199 |
| HDL - High Density Lipoproteins | 48 | 42 | 40-999 |
| Ratio of Cholesterol to HDL | 4.9 | 4 | 0.0-4.4 |
| LDL - Low Density Lipoproteins | 149 | 103 | 0-99 |
| VLDL - Very Low Density Lipoprotein | 37 | 22 | 5-40 |
| Triglycerides | 183 | 109 | 0-149 |

Kidneys

| | September 2011 | August 2012 | Normal Range |
|---------------------------|----------------|-------------|--------------|
| Sodium (Na) | 138 | 137 | 134-144 |
| Potassium (K) | 4.6 | 4.4 | 3.5-5.2 |
| Chloride (Cl) | 103 | 100 | 97-108 |
| Carbon Dioxide (CO2) | 22 | 26 | 20-32 |
| Blood Urea Nitrogen (BUN) | 12 | 14 | 6-24 |
| Creatinine, Serum | 0.84 | 0.87 | 0.57-1.00 |
| BUN/Creat Ratio | 14 | 16 | 9-23 |
| Calcium (Ca) | 9.9 | 9.4 | 8.7-10.2 |



"I love my job at CareAIC because everyone is striving toward the same goal: improving people's lives."

-Sunni W.



Endocrine

| | September 2011 | August 2012 | Normal Range |
|-----------------------------|----------------|-------------|--------------|
| Glucose (Glu) | 88 | 84 | 65-99 |
| Hemoglobin A1c (HgbA1c) | 4.9 | 5.1 | 4.8-5.6 |
| Thyroid-Stimulating Hormone | 3.2 | 6.97 | 0.450-4.500 |



Liver

| | September 2011 | August 2012 | Normal Range |
|------------------|----------------|-------------|--------------|
| Albumin | 4.5 | 4.3 | 3.5-5.5 |
| Total Protein | 7.8 | 6.8 | 6.0-8.5 |
| Globulin | 3.3 | 2.5 | 1.5-4.5 |
| Alk Phosphatase | 78 | 78 | 25-150 |
| ALT (SGPT) | 16 | 15 | 0-40 |
| AST (SGOT) | 15 | 9 | 0-40 |
| Bilirubin, Total | 0.4 | 0.7 | 0.0-1.2 |
| A/G Ratio | 1.4 | 1.7 | 1.1-2.5 |



Complete Blood Count

| | September 2011 | August 2012 | Normal Range |
|---------------------------|----------------|-------------|--------------|
| White Blood Cells (WBC) | 10.8 | 8.1 | 4.0-10.5 |
| Red Blood Count (RBC)(F) | 4.78 | 4.65 | 3.77-5.28 |
| Hemoglobin (HGB) | 13.5 | 14.7 | 11.1-15.9 |
| Hematocrit (HCT) (Female) | 40.2 | 46 | 34.0-46.6 |
| Platelets (PLT) | 225 | 272 | 140-415 |
| MCV | 84 | 99 | 79-97 |
| MCH | 28.2 | 31.6 | 26.6-33.0 |
| MCHC | 33.6 | 32 | 31.5-35.7 |
| Lymphs | 31 | 20 | 14-46 |
| Monocytes | 3 | 5 | 4-13 |
| Eos | 2 | 3 | 0-7 |
| Basos | 1 | 0 | 0-3 |
| Neutrophils | 63 | 72 | 40-74 |

"The motto behind CareAIC is improving employee health and that is what I stand for."

-Aneadra E.





Vitals & General

Your height, weight, and blood pressure as well as answers to general lifestyle questions are categorized into four sections. Here is a summary of what you will find in this chapter:

Body Mass Index: The body mass index (BMI) takes into account your height and weight and determines if you are underweight, normal, overweight, or obese. Knowing your current BMI will help you develop a plan with your healthcare provider to achieve or maintain a healthy body weight.

Blood Pressure: Did you know that high blood pressure means your heart is working harder than it should to pump blood through the body? High blood pressure often leads to heart disease and stroke. Know your numbers and talk to your healthcare provider about ways to improve your blood pressure.

Tobacco Use: Smoking causes cardiovascular disease, respiratory disease and cancer. In fact, each year, more deaths are caused by tobacco use than the combined deaths caused by HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides and murders. Talk to your healthcare provider about ways to quit using tobacco products.

Seat Belt Use: More than 15,000 lives are saved by seat belts each year in the United States. Learn how to get the right fit when wearing your seat belt.



Height, Weight, & Body Mass Index

| | 8/2009 | 9/2010 | 9/2011 | 8/2012 |
|-----------------|--------|--------|--------|--------|
| Height (Inches) | 67 | 67 | 67 | 67 |
| Weight (Lbs) | 225 | 220 | 209 | 190 |
| Body Mass Index | 35.2 | 34.4 | 32.7 | 29.8 |

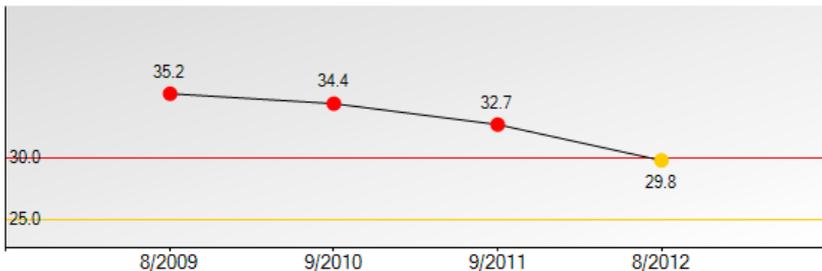
Body Mass Index (BMI)

29.8

Abnormal Level

Body Mass Index (BMI) is calculated by dividing weight in kilograms (kg) by height in meters (m) squared. Doctors often use BMI to determine if a person is underweight, normal, overweight, or obese. Obesity increases the risk of health problems such as heart disease, diabetes, and high blood pressure.

Your normal range is: 18.5 - 24.9





Blood Pressure

Blood Pressure

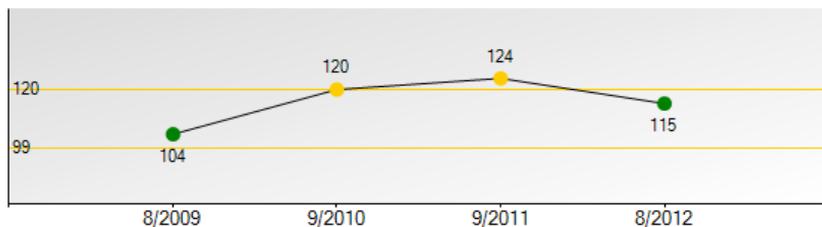
115/72
Normal Level

Your blood pressure is reported as two numbers. The first number shows your blood pressure when your heart beats and pumps blood. The second number shows your blood

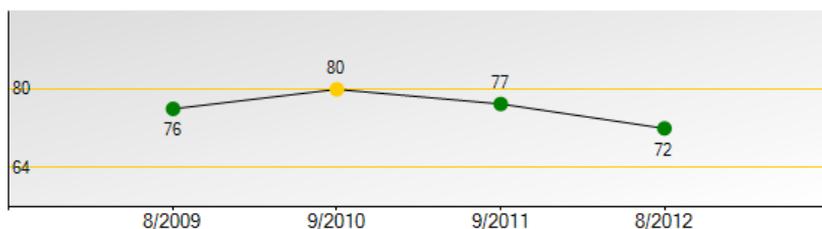
pressure between beats when your heart is resting.

Your normal range is: 100 - 119/65 - 79

Systolic Pressure



Diastolic Pressure





Tobacco Use

| | 8/2009 | 9/2010 | 9/2011 | 8/2012 |
|-------------|--------|--------|--------|--------|
| Tobacco Use | Yes | Yes | No | No |

Your body gets more than just nicotine when you smoke. Cigarette smoke contains more than 4,000 chemicals. Some of these chemicals are also found in wood varnish, the insecticide DDT, rat poison, and nail polish remover. Smoking harms nearly every organ of the body and drastically reduces the health of smokers.

Smoking causes cardiovascular disease, respiratory disease and cancer. **Each year, more deaths are caused by tobacco use than the combined deaths caused by HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides and murders.**

The ash, tar, gases and other poisons in cigarettes harm your body over time. Your heart and lungs are especially susceptible to damage. Smoking may also make it harder for you to taste, smell and fight off infections. Keep in mind that all forms of tobacco are harmful.

There is no safe level of exposure to tobacco. Talk to your doctor about getting help to quit using tobacco products.



Seat Belt Use

| | 8/2009 | 9/2010 | 9/2011 | 8/2012 |
|---------------|--------|--------|--------|--------|
| Seat Belt Use | No | Yes | Yes | Yes |

Seat belts are the single most effective traffic safety device for preventing death and injury. Seat belts saved more than 75,000 lives from 2004 to 2008 (National Safety Council 2012).

Lap Belt

Be sure the belt is snug. Slack allows room for movement before or during the crash, increasing the risk of spinal cord or head injury.

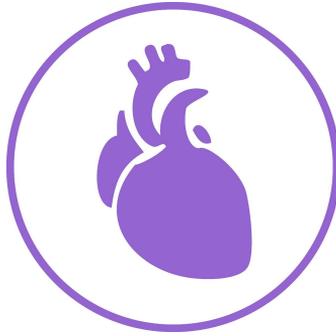
Be sure the belt is flat. A twisted belt concentrates the stress on a small body area, increasing the likelihood of injury.

Sit with your seat back upright. If the seat is reclined, you can slide under the belt, strike the dashboard or front seat and increase the possibility of abdominal injuries.

Shoulder Belt

Be sure the belt is snug. Too much slack could result in facial and chest injuries. Wear the belt over the shoulder, across the collarbone and diagonally across the chest.

Do not wear the belt under the arm. The collarbone can withstand crash forces, but the ribs may break and puncture underlying organs. Do not wear the belt in front of the face or neck.



The Heart

Heart disease is the leading cause of death in the United States. One in every three deaths is from heart disease (equivalent to 2,200 deaths per day). Coronary heart disease is caused by the buildup of plaque in the arteries of the heart.

Healthy lifestyle choices have a profound effect in reducing the risk of heart disease. Include these healthy habits to help prevent heart disease:

Do not smoke.

Exercise at least 30 minutes a day.

Maintain a healthy weight.

Limit alcohol consumption.

Consume a diet rich in fruits, vegetables, and whole grains.

Eat lean proteins, such as chicken, fish, beans, and legumes.

Avoid sodium (salt) and fats in fried, processed, and baked foods.

Avoid saturated fat, partially-hydrogenated and hydrogenated fats.

Total Cholesterol

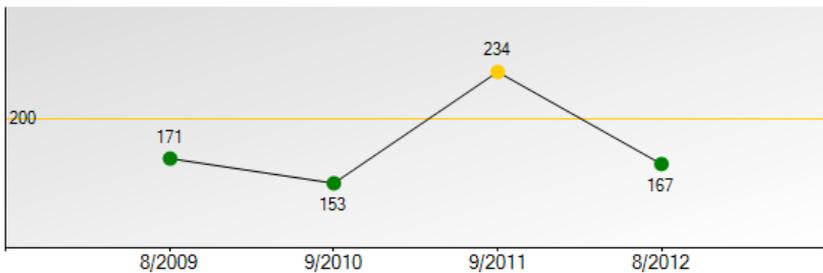
167

Normal Level

Cholesterol is a waxy substance that's found in the fats (lipids) in your blood. Although your body needs cholesterol to continue building healthy cells, high cholesterol can increase

your risk of heart disease.

Your normal range is: 100 - 199



HDL - High Density Lipoproteins

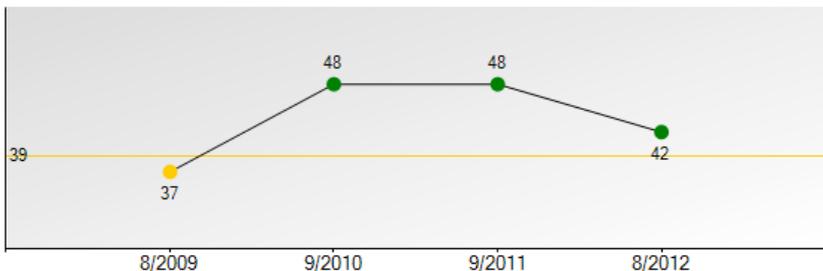
42

Normal Level

High-density lipoproteins (HDL) are referred to as "good" cholesterol. HDL acts as a cholesterol cleaning crew, picking up excess cholesterol in your blood and taking it to the

liver where it gets broken down.

Your normal range is: 40 - 999

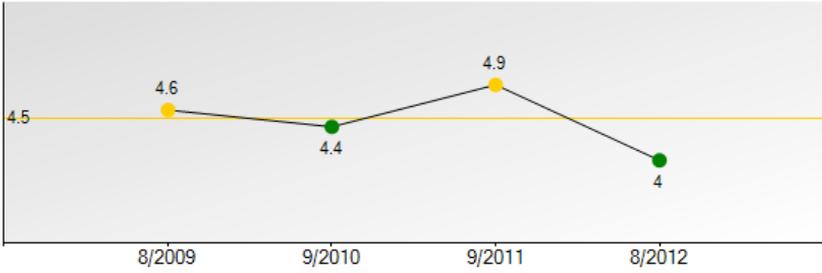


Ratio of Cholesterol to HDL

4
Normal Level

The cholesterol ratio is the total cholesterol divided by HDL cholesterol. The higher the HDL cholesterol, the lower the ratio. The ratio is useful in predicting risk of cardiac disease.

Your normal range is: 0.0 - 4.4

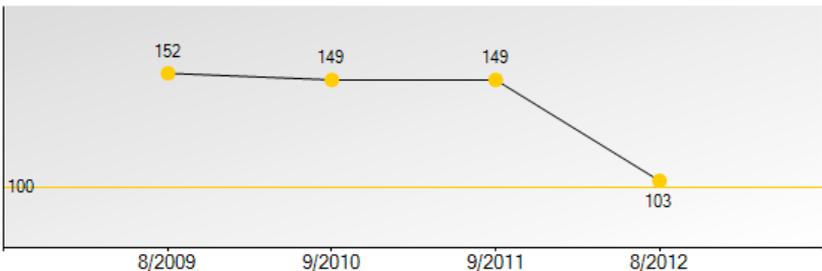


LDL - Low Density Lipoproteins

103
Abnormal Level

Low-density lipoproteins (LDL) carry cholesterol throughout your body, delivering it to different organs and tissues. Excess deposits of LDL cholesterol within the vessel are called plaques and can narrow blood vessels to the point of blocking blood flow, causing coronary artery disease, and potentially a heart attack.

Your normal range is: 0 - 99



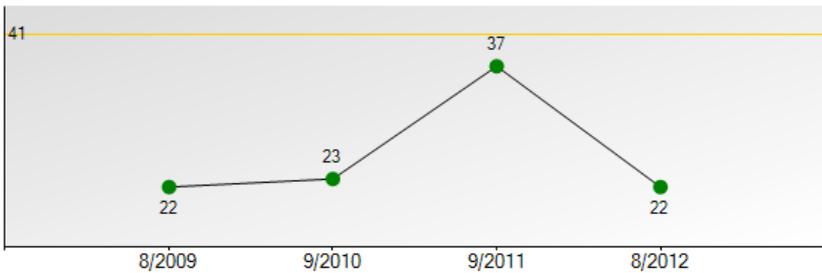
VLDL - Very Low Density Lipoprotein

22

Normal Level

Lipoproteins are mixtures of fatty cholesterol and proteins in the blood. Lipoproteins help transport cholesterol, triglycerides, and other lipids to various tissues. HDL, LDL and VLDL are all lipoproteins. VLDL is predominantly comprised of cholesterol, with very little proteins. VLDL is associated with “bad cholesterol,” atherosclerosis and coronary heart disease.

Your normal range is: 5 - 40



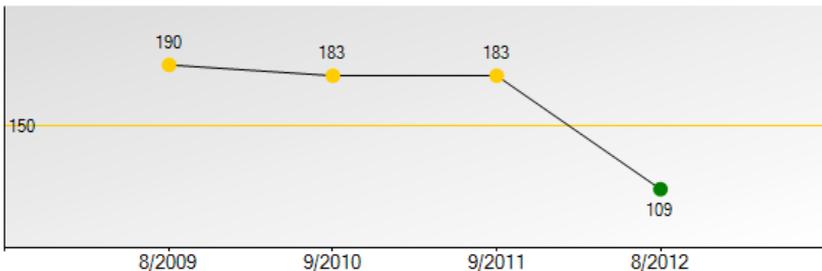
Triglycerides

109

Normal Level

Triglycerides are a type of lipid found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. Triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, particularly simple calories like carbohydrates and fats, you may have high triglycerides.

Your normal range is: 0 - 149





Kidneys

Each kidney is comprised of tiny structures that filter blood called nephrons. Nephrons remove waste products and excess water, eventually becoming urine. Most kidney diseases attack the nephrons and could render the kidneys unable to remove wastes. Patients with diabetes and high blood pressure have greater risk for kidney disease. Keep your kidneys healthy with these healthy habits:

Limit alcohol intake.

Get 30 minutes of exercise every day.

Do not smoke.

Maintain a healthy body weight.

Maintain a healthy blood pressure.

If you have diabetes, control your blood glucose level.

Keep cholesterol levels in target range.

Choose foods that are healthy for your heart:
fresh fruits, fresh or frozen vegetables,
whole grains, lean meats, and low-fat dairy.

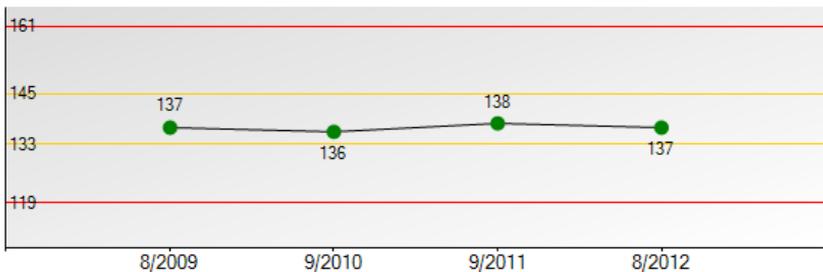
Sodium (Na)

137

Normal Level

This test measures the concentration of sodium in the blood. Sodium facilitates the function of nerves and muscles and helps maintain the proper balance of fluids in the body. The kidneys regulate the amount of sodium in the body. Excess sodium in the blood can lead to high blood pressure. A diet low in salt/sodium can help reduce the risk of high blood pressure.

Your normal range is: 134 - 144



Potassium (K)

4.4

Normal Level

Potassium is a mineral that helps nerves and muscles communicate. Potassium also helps move nutrients into cells and waste products out of cells. Potassium testing can help evaluate high blood pressure and kidney disease.

Your normal range is: 3.5 - 5.2



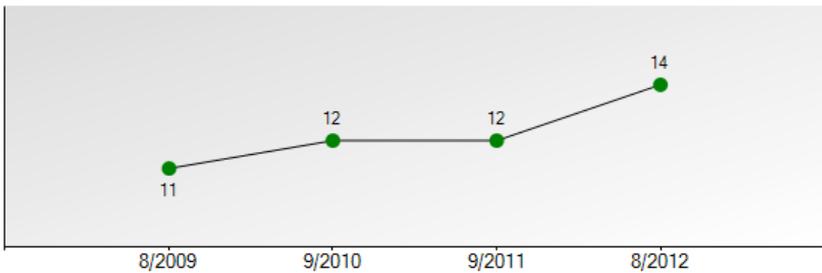
Blood Urea Nitrogen (BUN)

14

Normal Level

The blood urea nitrogen (BUN) test is used to check kidney function. Urea nitrogen is a waste product formed when protein is broken down by the kidneys and excreted.

Your normal range is: 6 - 24



Creatinine, Serum

0.87

Normal Level

Creatinine is a chemical waste product produced by muscle metabolism. Healthy kidneys filter creatinine which leaves your body in the form of urine. If your kidneys aren't functioning properly, an increased level of creatinine may accumulate in your blood.

Your normal range is: 0.57 - 1.00



Calcium (Ca)

9.4

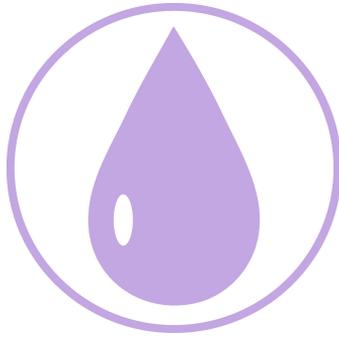
Normal Level

All cells need calcium in order to work. Calcium is important for heart function, and helps with muscle contraction, nerve signaling, and blood clotting. Calcium helps build strong bones and

teeth, and is a reflection of proper kidney function.

Your normal range is: 8.7 - 10.2





Endocrine

The endocrine system includes eight major glands in the body. These glands release different types of hormones directly into the bloodstream to regulate the body. Hormones act as chemical messengers traveling through the bloodstream to tissues and organs. These messengers influence growth and development, including elements of metabolism such as:

digestion

breathing

body temperature

reproduction

elimination

blood circulation

sexual function

mood

One of the most common diseases of the endocrine system is diabetes. Diabetes is a chronic disease in which there are high levels of sugar in the blood. Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin.

Before people develop type 2 diabetes, they almost always have “prediabetes” - blood glucose levels that are higher than normal but not high enough to be diagnosed as diabetes. People with prediabetes can prevent type 2 diabetes by eating healthy meals, being physically active, and managing weight. Type 1 diabetes is usually diagnosed in children and young adults. In type 1 diabetes, the body does not produce insulin.

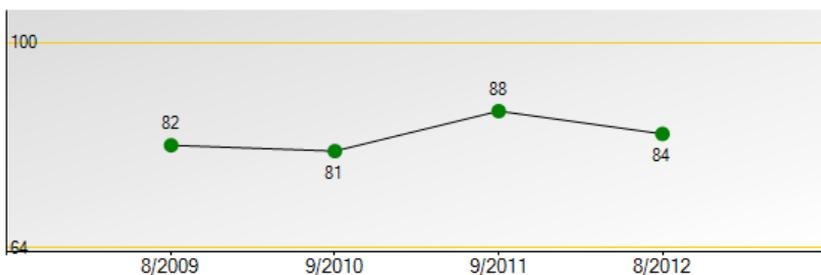
Glucose (Glu)

84

Normal Level

This test measures the amount of glucose (a type of sugar) in your blood. Glucose comes from foods high in carbohydrates, and is the main source of energy in the body. Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, and blood vessels. A fasting blood sugar test measures blood glucose after you have not eaten for at least 12 hours and is often the first test done to check for risk of diabetes.

Your normal range is: 65 - 99



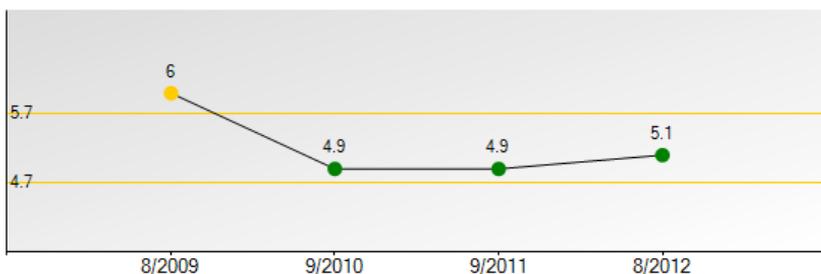
Hemoglobin A1c (HgbA1c)

5.1

Normal Level

Hemoglobin A1c (HgbA1c) is a common blood test used to diagnose type 1 and type 2 diabetes. The test measures the percentage of your hemoglobin (a protein in red blood cells that carries oxygen) that is coated with sugar (glycated). The higher your HgbA1c level, the worse your blood sugar control. Healthy choices can make a significant difference in blood sugar control.

Your normal range is: 4.8 - 5.6



Thyroid-Stimulating Hormone

6.97

Abnormal Level

The thyroid gland makes and stores hormones that control how quickly the body uses energy, makes proteins, and controls how sensitive the body is to other hormones.

The thyroid conducts these functions by producing thyroid hormones. These hormones regulate the rate of metabolism and influence many other systems in the body. Hormonal output from the thyroid is regulated by thyroid-stimulating hormone (TSH).

Your normal range is: 0.450 - 4.500





Liver

The liver is the largest organ in the body. The liver converts food into energy and cleans alcohol and poisons from the blood. The liver also produces bile that aids digestion. Liver disease can be caused by viruses, drugs, poisons, and excessive alcohol consumption. Cirrhosis is the formulation of scar tissue within the liver and can occur as a result of liver disease. Prevent liver problems by protecting your liver. For example:

Drink alcohol in moderation, if at all. Limit the amount of alcohol you drink to no more than one drink a day for women and no more than two drinks a day for men.

Protect your skin. Use protection such as gloves, long sleeves, or a mask when using insecticides or other toxic chemicals.

Choose a healthy diet. Choose a plant-based diet with a variety of fruits and vegetables. Limit high-fat foods and eat lean proteins, such as chicken, fish, beans, and legumes.

Maintain a healthy weight. Obesity can cause a condition called nonalcoholic fatty liver disease, which may include hepatitis and cirrhosis.

Albumin

4.3

Normal Level

Albumin is a protein made by the liver. A serum albumin test measures the amount of this protein in the clear liquid portion of the blood.

Albumin helps move many small molecules through the blood. This test can help determine kidney or liver disease, or if the body is not absorbing enough protein.

Your normal range is: 3.5 - 5.5



Total Protein

6.8

Normal Level

The total protein test measures the total amount of protein found in the fluid portion of the blood. This test is often used to diagnose nutritional problems, kidney disease or liver

disease.

Your normal range is: 6.0 - 8.5



ALT (SGPT)

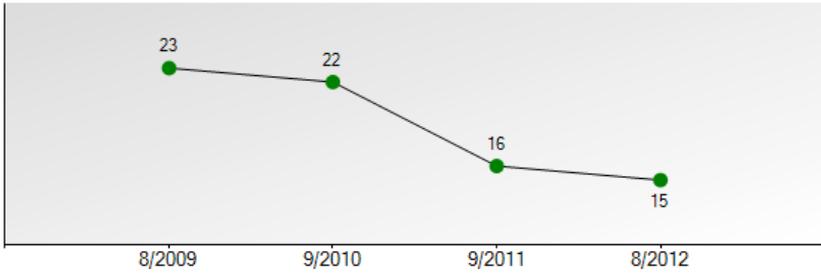
15

Normal Level

Alanine transaminase (ALT) is an enzyme found in the highest amounts in the liver. Injury to the liver results in release of ALT into blood. The test is used to determine if a patient has

liver damage.

Your normal range is: 0 - 40



AST (SGOT)

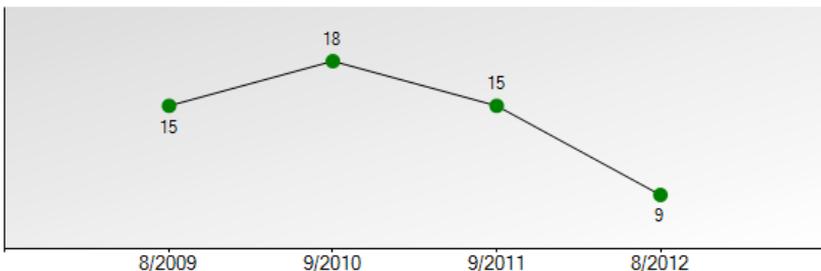
9

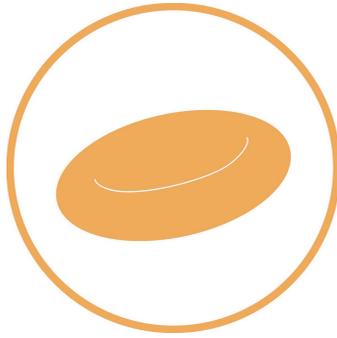
Normal Level

Aspartate aminotransferase (AST) is an enzyme found in high amounts in heart muscle and liver cells. It is also found in lesser amounts in other tissues. The test is

conducted in conjunction with other tests (such as ALT, ALP, and bilirubin) to diagnose and monitor liver disease.

Your normal range is: 0 - 40





Complete Blood Count

What makes up blood? Blood is comprised of red blood cells, white blood cells, platelets, and plasma. Each component has a specific function:

Red blood cells carry oxygen throughout the body.

White blood cells fight infections.

Platelets help stop bleeding.

Plasma is a yellowish liquid that carries nutrients, hormones, and proteins throughout the body.

Bone marrow produces red blood cells, white blood cells, and platelets. Food and water absorbed from the intestines and important proteins from the liver make up plasma.

A complete blood count (CBC) test measures three circulatory cells: white blood cells, red blood cells, and platelets. The CBC also provides information about the average red blood cell size (MCV), hemoglobin amount per red blood cell (MCH), and the amount of hemoglobin relative to the size of the cell (hemoglobin concentration) per red blood cell (MCHC).

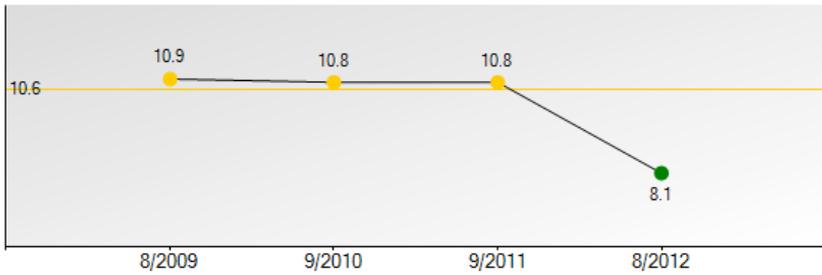
White Blood Cells (WBC)

8.1

Normal Level

White blood cells are the major infection-fighting cells in the body.

Your normal range is: 4.0 - 10.5



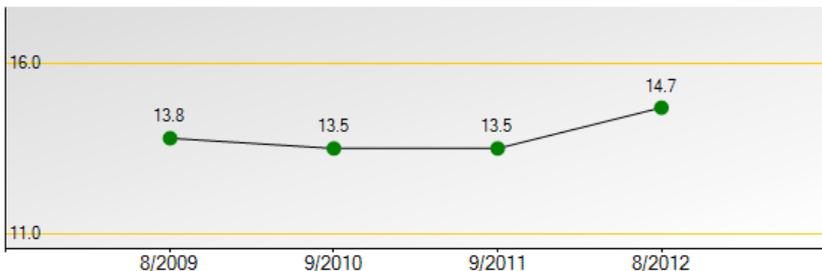
Hemoglobin (HGB)

14.7

Normal Level

Hemoglobin is the protein that carries oxygen in the blood. Abnormal hemoglobin counts indicate defects in the balance of red blood cells and may indicate disease.

Your normal range is: 11.1 - 15.9



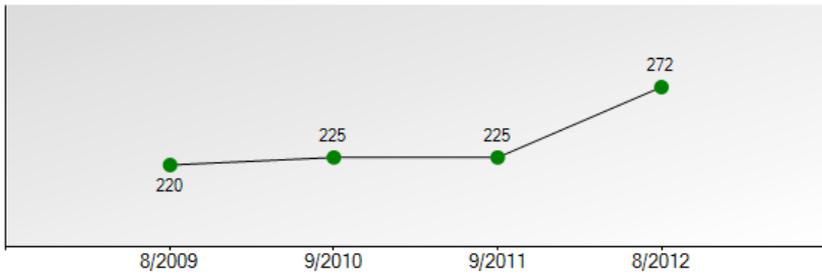
Platelets (PLT)

272

Normal Level

Platelets are small pieces of blood cells that are made by bone marrow. Platelets help wounds heal and prevent bleeding by forming blood clots. A low number of platelets in the blood may increase risk for mild to serious bleeding. Too many platelets increase the risk of blood clots.

Your normal range is: 140 - 415



Thank you

We are proud to be part of your wellness goals.
Please let us know if you have any questions
or comments by calling 1.800.993.8244





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