

Know Your Number® Chronic Disease Risk Summary

Name: Test Sample Medium Risk	Gender: Male
DOB, Age: 01/01/1960, 54	Ethnicity: Caucasian
Group: Demo Flex	Start Date: 04/04/2014
Fasting Status: Fasting*	Complete Date: 04/04/2014



KnowYourNumber™
The Key To Proactive Good Health

<18.5 Underweight
18.5-24.9 Normal
25-29.9 Overweight
30-34.9 Obese
35-39.9 Severely Obese
≥40 Extremely Obese

≤100 Normal
100-125 Prediabetic
≥126 Diabetic

<150 Normal
150-199 Borderline High
200-499 High
≥500 Very High

Clinical Measurement	Value	Reference
Weight	245	Pounds
Body Mass Index (BMI)	31.5	<25 kg/m ²
Waist	42	≤40 Inches
Blood Pressure	145/85	<120/80 mmHg
Pulse Rate	80	60-100 bpm
Glucose	99	<100 mg/dL
Total Cholesterol	265	<200 mg/dL
HDL Cholesterol	39	≥40 mg/dL
LDL Cholesterol	176	<130 mg/dL
Triglycerides	250	<150 mg/dL

<120/80 Normal
120/80-139/89 Borderline High
140/90-159/99 High
≥160/100 Very High

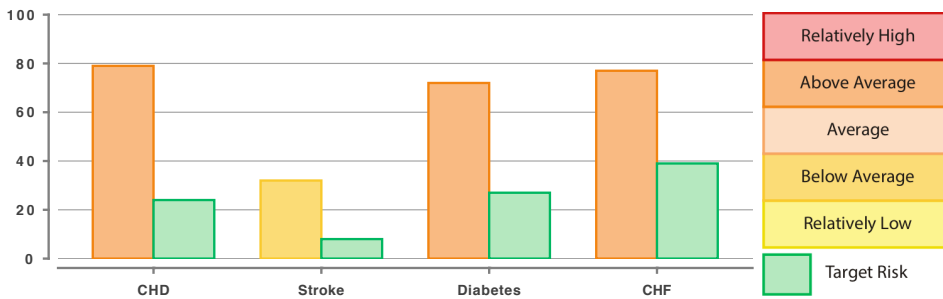
<200 Normal
200-239 Borderline High
≥240 High

<100 Optimal
100-129 Near Optimal
130-159 Borderline High
160-189 High
≥190 Very High

Metabolic Syndrome	Yes, ≥3 of the following: Waist >40 ; Triglycerides ≥150 ; HDL Cholesterol <40 ; Blood Pressure ≥130/85 ; Blood Glucose ≥100 ;
Explanation	A disorder defined by the co-occurrence of ≥ 3 factors (shown above) known to increase your risk for developing CHD, stroke, and diabetes
Family History	Diabetes
Lifestyle Factors	Low physical exercise

Risk	CHD ⁺	Stroke	Diabetes	CHF ⁺
Current 5-year risk of onset	11%	1.3%	8.2%	1.6%
Modifiable risk (% of risk within your control)	71%	38%	74%	38%
Risk percentile (compared to average 54-year old men)	79%	32%	72%	77%

Risk Percentile: Current vs. Target

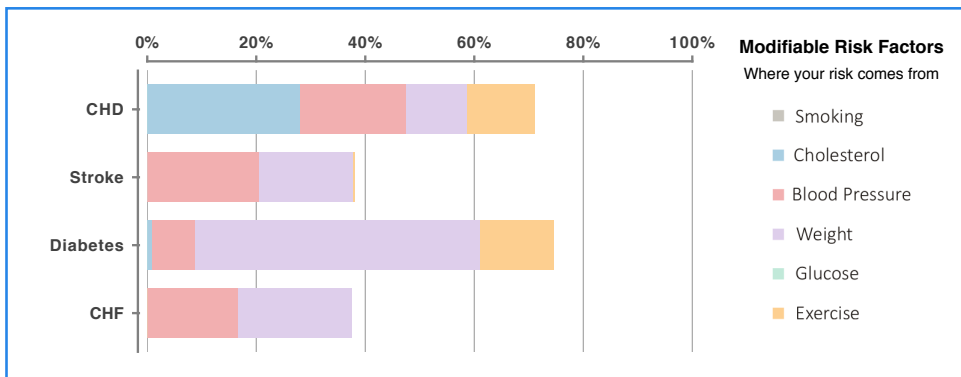


KYN Risk Tracker

71 ← Your Number

Extremely High
High
Borderline High
Above Normal
Normal
Optimal

KYN Risk Tracker is a cumulative number assessing your overall disease risk and contributing risk factors.



The impact of changing one risk factor could be higher than shown. Modifying one risk factor is likely to cause changes in others.

This report is not intended to diagnose or to recommend treatment for any disease. All risk calculations are derived from, and intended to summarize, the peer-reviewed literature. Do not undertake any changes to your health without consulting your physician.

*The Know Your Number assessment is based on the presumption of an 8-hour fasting period prior to blood sample collection.

+ Coronary Heart Disease (CHD); Congestive Heart Failure (CHF); Chronic Obstructive Pulmonary Disease (COPD)