



Health Prevent360

Personalized 5-Year Prevention Action Plan

CONFIDENTIAL

This document was prepared for John Doe

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WELCOME LETTER

Dear John,

First and foremost, congratulations on taking a pivotal step towards a healthier future! Embracing your health journey is one of the most empowering decisions one can make, and we are genuinely thrilled to partner with you on this transformative path.

Your primary health objectives—nurturing Purpose & Connection, focusing on Weight Management, and strengthening your Exercise regimen—clearly highlight your commitment and confidence to act. We commend your proactive approach and are here to support you in reaching those milestones. Moreover, your desire to deepen your understanding of medical and scientific knowledge, gather practical health tips, and dive into a personalized plan resonates deeply with the essence of our HealthPrevent 360 program. Your curiosity about Testosterone treatment and its implications is noted, and our experts will ensure you receive all the evidence-based information relevant to your health profile.

Given your stated symptoms and concerns—from emotional stressors to surgical history and dietary habits—your journey will be about harmonizing the mind and body, guiding you towards a state of holistic well-being.

Here's what you can expect with our HealthPrevent 360 program:

1. **Comprehensive Evaluation:** This program delves into an exhaustive assessment covering the four core areas pivotal to your health. By blending clinical insight with lifestyle evaluations, our expert physicians ensure no stone is left unturned—from potential environmental risks to pertinent diagnostics.
2. **Personalized Action Plan:** Our board-certified physician experts generated this evidence-based, 5-Year Prevention Action Plan, tailored specifically for you, leveraging state-of-the-art technology and rooted in the latest scientific research.
3. **No-Bias Guarantee:** In this journey with us, trust is paramount. Our commitment is to your well-being. Hence, we guarantee that all our recommendations are free from bias, ensuring you receive only what's best for your health.
4. **Lifestyle Engagement:** This is more than just a clinical evaluation. Our program emphasizes lifestyle changes, empowering you to make decisions that have a lasting impact on your health.
5. **Environmental Considerations:** Understanding the role environment plays in health, we offer an exhaustive environmental evaluation, ensuring you're well-informed of potential risks in your surroundings.

Please remember, while our program offers a comprehensive, preventative approach, it doesn't replace the vital role of your primary care provider. Collaborative care is key, and we encourage

the continued relationship with your primary care provider as an integral component of your health team.

Again, congratulations on this invaluable step towards a healthier future. Dr. Andres Jimenez and the entire HealthPrevent team are committed to guiding and supporting you every step of the way. This isn't just about prevention—it's about thriving and living your best life.

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 THIS MONTH – SEPTEMBER 2023 – AGE 50 44

 YEAR 1 – SEPTEMBER 2023 TO AUGUST 2024 – AGE 50 45

 YEAR 2 – SEPTEMBER 2024 TO AUGUST 2025 – AGE 51 49

 YEAR 3 – SEPTEMBER 2025 TO AUGUST 2026 – AGE 52 51

 YEAR 4 – SEPTEMBER 2026 TO AUGUST 2027 – AGE 53 53

 YEAR 5 – SEPTEMBER 2027 TO AUGUST 2028 – AGE 54 55

PART 1

PROGRAM OVERVIEW



MESSAGE FROM OUR FOUNDER

“I know what it is like to have a busy career, married while raising children in the day and age of social media. Supporting myself and family, while preparing for our kid’s college, future retirement, and supporting parents. I created this program because if I could lose track of my health when life gets extra busy, I understand why it happens to so many others. I wanted to create an efficient yet powerful program to make it easy to maximize the prevention & early detection of disease in your life, to protect your loved ones and all that you have worked hard to achieve!”



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OUR MISSION

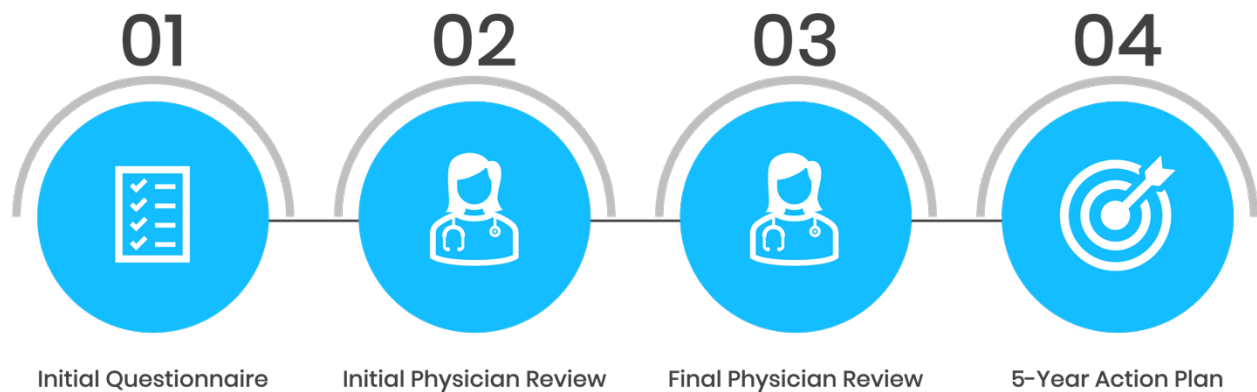
Healthier Clinic’s mission is to help busy adults that many people depend on, to not forget the most important aspect of their ability to provide that support, which is staying healthy. Preventing disease, and detecting catastrophic disease early, using the latest scientific evidence and available technologies, without bias, and comprehensively personalized to the individual’s areas of greatest need. Through this mission, we aim to help families avoid unnecessary heart-break and catastrophic loss and disruption, so more families grow stronger and longer.

“An ounce of prevention is worth a pound of cure!”

Benjamin Franklin

REVIEW OF OUR PROCESS

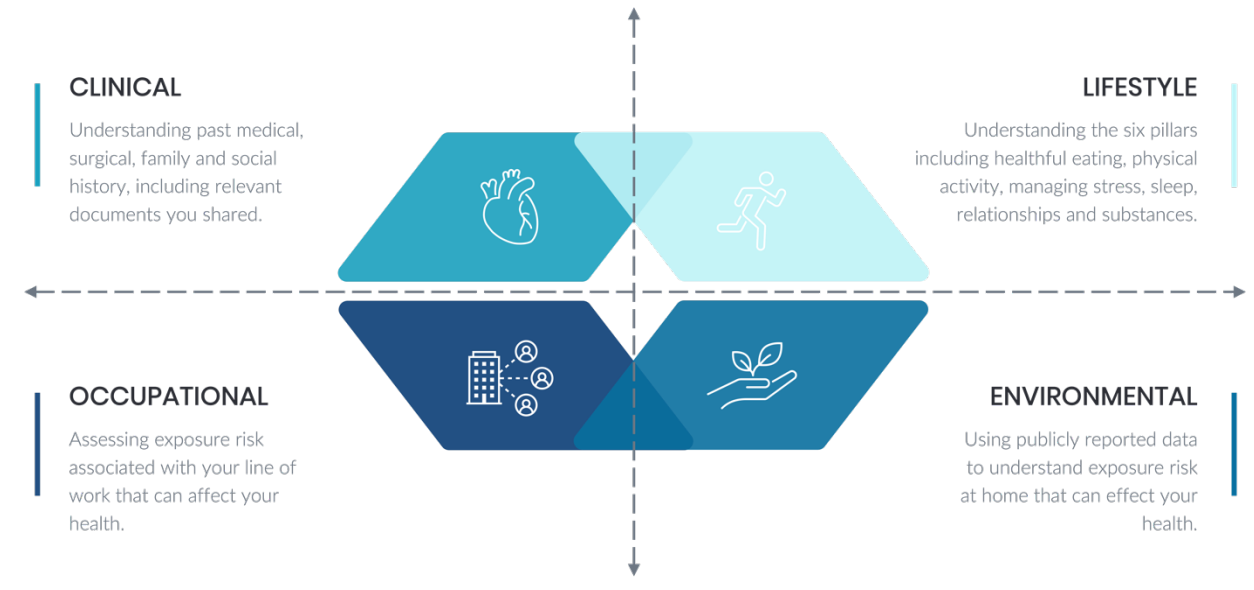
Led by your assigned board-certified physician prevention expert, as you well know now, the process to arrive at your personalized 5-Year prevention plan was robust. We evaluated over 400 data points that you provided, mostly through our adaptive surveys, including over 150 lab values, and your primary care visit notes. This was combined with scientific evidence from thousands of studies, publications and guidelines released over the past two decades, while also accounting for the latest in precision medicine diagnostics, and digital health technologies.



A Deeper Dive Behind the Scenes

To better understand what took place behind the scenes, let’s quickly break it down. After paying, registering, and completing the initial comprehensive questionnaire online, your assigned physician prevention expert completed an initial, AI-supported review of your data. This led to a request for targeted additional information such as the diagnostics, supplemental assessments, and measurements. Although limited to only a virtual engagement,

this process provides us with a very comprehensive picture of your health, without overburdening you, and through which we can generate your Personalized 5-Year Prevention Action Plan.



Behind the scenes, our one-of-kind precision prevention platform including Artificial Intelligence, supported your physician each step along the way. Dr. Jimenez our founder, and his team previously built technology platforms that have impacted hundreds of thousands of physicians and patients. This includes software, and behavior change solutions used in over 3,000 hospitals and clinics throughout North America, and physicians from the 3rd largest health system in the US, the largest health system in Canada, and top ranked health systems such as Mayo Clinic and Weill Cornell Medicine (*mention of these institutions does not imply their sponsorship or endorsement of our programs*). By supporting your physician from initial, through final review and the generation of your personalized action plan, our platform makes this process possible in days, instead of weeks, to ensure you have the information you need to transform your health, without delay!

Expectations

As we explained to you prior to gaining access to this action plan, we want you to know that your privacy is paramount to us. We uphold the highest data security standards, exceeding HIPAA requirements, to keep your information safe and protected. To make our program possible, the artificial intelligence in our platform learns from each patient, using a **de-identified** version of your data. However, you can rest assured, that your **identifiable** data is used

exclusively for providing you with our service, and is never sold to 3rd parties, nor is it ever shared with anyone without your permission.

We also want to remind you that our programs are designed to provide insights and recommendations based on evidence-based guidelines and the information you share with us. Our software does not diagnose or treat medical conditions. Our goal is to help you mitigate potential health risks and aid in disease prevention. However, as we do not conduct in-person evaluations, we do not assume the primary responsibility for your health. This responsibility should be reserved for your primary care physician. Our recommendations are intended to support, not replace, the relationship that exists between you and your healthcare providers. Remember, the predicted risk for any disease is neither 100% nor 0%, and while we aim to help lower your risks, we do not guarantee complete disease avoidance. Your health is a collaborative effort, and you should always seek advice from your primary care physician for any health concerns.

Lastly, the recommendations in this action plan are based on the snapshot of data we have received up until this point. Your health condition may change significantly within the next 5-years, as will available precision medicine and diagnostic technologies at the current rate of innovation. Therefore, it is important to keep that in mind as you apply our recommendations 3, 4, and 5 years into the future.

Your Primary Care Physician is Still the Captain

Your primary care provider is an important part of your care team, they can physically touch and evaluate you in person which we cannot and will be available to manage any acute or chronic medical issues, including but not limited to prescribing medications (our doctors can prescribe medications, but don't as part of this program). In a medical emergency, you should still always contact 911, go to an emergency room, or rely on your local physician for non-emergent issues. Your primary care provider will generally follow the standard recommended guidelines for prevention and screening that will also be included in our recommendations. With that said, our program goes much further than the standard clinical evaluation offered by most primary care providers, because we are not limited by insurance or other compliance requirements that eat into the amount of time your primary care provider has with you. Furthermore, our physicians are not only board-certified, but they are board-certified specifically in Public Health and Prevention and have dedicated their careers with significant amount of additional training after learning to manage disease, to learn how to prevent disease. Finally, our program leverages advanced technology and tools to engage our patients outside of the clinic, with a focus on lifestyle behaviors that have the greatest impact on your health, and ability to prevent disease. We hope this program can help make it easier for your primary care physician to support a comprehensive and personalized prevention program, and if you have or develop a chronic disease, we hope our program can free up more time for your PCP to focus on chronic disease management.

PART 2

ANALYSIS OF THE DATA YOU PROVIDED



ORGAN SYSTEM CURRENT STATUS

Embarking on your personalized 5-Year HealthPrevent 360 Plan is a significant step toward understanding and optimizing your health. We have taken the time to carefully review and analyze your responses to the initial questionnaire, as well as any supplemental assessments provided. One of the pivotal components of this analysis is a comprehensive review of your major organ systems. This assessment provides a dynamic snapshot of your current health, highlighting areas of strength while also identifying those that may require more concentrated attention. The aim isn't merely diagnostic; we intend to guide and empower you toward the pinnacle of wellness.

The subsequent grading system—ranging from A to F—acts as a reflection of the current state of each organ system. It's essential to understand that this isn't an absolute measure of your health but rather a guiding tool, integrating the data you've shared with evidence-based medical insights. The rationale behind each grade provides depth and context, enabling you to make informed decisions on your health journey.

ORGAN SYSTEM GRADING

Neurological - Grade: A-

- **Rationale:** Reports frequently experiencing restlessness, and feeling fatigued. However, no direct neurological symptoms such as seizures, numbness, or weakness.

Cardiovascular- Grade: B+

- **Rationale:** Occasionally experiences chest pain and a rapid/pounding heartbeat, but no reports of any severe cardiovascular symptoms or conditions.

Pulmonary- Grade: A-

- **Rationale:** No reported symptoms or conditions related to the pulmonary system. However, the family history of lung cancer and Asthma on the paternal side necessitates a slight consideration.

Hepatic & Biliary- Grade: A

- **Rationale:** No reported symptoms or conditions related to the liver or biliary system.

Genitourinary- Grade: A

- **Rationale:** No reported symptoms or conditions related to the genitourinary system.

Gastrointestinal- Grade: B-

- **Rationale:** Reports occasional symptoms like a recurring reflux-like symptoms, no follow up to date. However, these symptoms are not severe.

Endocrine - Grade: B

- **Rationale:** Reports feeling fatigued frequently. The relationship between fatigue and endocrine disorders like borderline Testosterone levels can't be disregarded.

Reproductive - Grade: A

- **Rationale:** No reported symptoms or conditions related to the reproductive system.

BIOMARKER ANALYSIS

Based on the lab data you shared from MyChart:

Category	Biomarker	Most Recent	Value	Ref Range
CBC	WBC	/2023		4.0 - 10.0 K/UL
	RBC	/2023		4.5 - 5.9 MIL/UL
	HGB	/2023		13.6 - 17.0 GM/DL
	HCT	/2023		42.0 - 50.0 %
	MCV	/2023		80.0 - 96.0 FL
	MCH	/2023		27.0 - 34.0 PG
	MCHC	/2023		31.0 - 36.0 GM/DL
	Platelet Count	/2023		150 - 400 K/UL
	NEUT	/2023		40.0 - 75.0 %
	LYMPHS	/2023		20.0 - 48.0 %
	MONOS	/2023		2.0 - 12.0 %
EOS	/2023		0.0 - 6.0 %	
BASOS	/2023		0.0 - 2.0 %	
Chem Panel	GLU	/2023		74 - 106 mg/dL
	NA	/2023		136 - 145 mmol/L
	K	/2023		3.5 - 5.1 mmol/L
	CL	/2023		98 - 107 mmol/L
	CO2	/2023		20 - 31 mmol/L
	AGAP	/2023		6 - 18 N/A
	BUN	/2023		9 - 23 MG/DL
	CREAT	/2023		0.7 - 1.3 MG/DL
	BUN/CR Ratio	/2023		6.0 - 20.0 Ratio
	CA	/2023		8.7 - 10.4 mg/dL
	TP	/2023		5.7 - 8.2 g/dL
	ALB	/2023		3.2 - 4.8 g/dL
	AG	/2023		1.0 - 3.0 Ratio
	ALKP	/2023		46 - 116 U/L
	ALT	/2023		10 - 49 U/L
TBIL	/2023		<34 U/L	
eGFRcr	/2023		0.3 - 1.2 mg/dL	
Diabetes	HgbA1C	/2021		4.2 - 6.3 %
Lipids	Total Cholesterol	/2023		107 - 199 mg/dL
	HDL	/2023		≥40.0 mg/dL
	LDL	/2023		<100 mg/dL
	Triglycerides	/2023		35 - 150 MG/DL
Hormones	TESTOS, TOTAL	/2023		300 - 814 NG/DL
	SHBG	/2023		14.6 - 94.6 NMOL/L
	TESTOS, FREE	/2023		46 - 224 PG/ML
	DHEA	/2020		147 - 1,760 ng/dL
	FSH	/2019		0.7 - 11.1 MIU/ML
	LH	/2019		0.8 - 7.6 MIU/ML
	Prolactin	/A		M < 20, NPF <25 ng/mL
	Progesterone	/A		Varies with cycle
	TSH	/2023		0.350 - 5.500 UIU/ML
FreeT4	/2019		0.8 - 1.8 nanograms	
Cortisol	/A		8am - 5 to 25 mcg/dL	
Inflammation	CRP	/2021		<10.0 mg/L

	High Sensitivity Crp	12/30/2019			0.0 - 5.0 MG/L
	Sedimentation Rate	12/30/2019			0 - 15 MM/HR
	Creatine Kinase	07/19/2023			46 - 171 U/L
Vit & Minerals	Vit D 25-Hydroxy	12/30/2019			30.0 - 100.00 NG/ML
	Vit B12	N/A			>300 pg/mL
	Folate	N/A			2.7 – 17 ng/mL
	Magnesium	N/A			1.7-2.2 mg/dL
	Ferritin	N/A			M 12-300, F 12-150 Ng/mL
Urinalysis	Color	07/19/2023			Yellow
	Clarity	07/19/2023			Clear
	Sp. Gravity	07/19/2023			1.003 - 1.035
	PH	07/19/2023			5.0 - 8.0
	Protein	07/19/2023	N	⊕	Negative
	Glucose	07/19/2023	N	⊕	Negative
	Ketones	07/19/2023	N	⊕	Negative
	Urobilinogen	07/19/2023			0.2 - 1.0 EU/dL
	Bilirubin	07/19/2023	N	⊕	Negative
	Blood	07/19/2023	N	⊕	Negative
	Nitrites	07/19/2023	N	⊕	Negative
Leukocytes	07/19/2023	N	⊕	Negative	

Abnormal Biomarker Analysis Discussion

1. **BUN/Creatinine Ratio** Elevated.
 - The normal BUN/Creatinine ratio typically ranges between 10:1 and 20:1.
 - Your BUN/Creatinine ratio is elevated in both the July 2023 and November 2021 panels, at 28.0 and 21.0 respectively.
 - A high BUN/Creatinine ratio can be indicative of a variety of conditions, including prerenal azotemia, which can be caused by decreased blood flow to the kidneys (from conditions like dehydration, heart failure, or hypovolemia). Given the complaints of occasional dyspnea and chest pain, one might consider whether there are any cardiovascular issues at play. I would default to your PCPs recommendations, and continue with our recommendations to increase hydration, as well as considering Cardiovascular screening.
2. **ALT (Alanine Aminotransferase):**
 - The ALT value in July 2023 is 59, which is elevated when compared to the typical reference range (often 7-56 U/L but can vary by laboratory). It's worth noting that it's on the higher side and has increased from the November 2021 value of 38.
 - Elevated ALT levels often indicate liver damage or inflammation. Given the slight elevation, it would be essential to investigate potential causes. These might include medications, viral hepatitis, alcohol use, or nonalcoholic fatty liver disease, among others. Given your reported 8 drinks of alcohol per week, we will suggest a trial of decreasing your alcohol intake, and retesting (perhaps with increasing hydration) to see if it will normalize the ALT (and BUN/Creatinine ratio)

LIFESTYLE CURRENT STATUS

The core of your personalized 5-Year HealthPrevent 360 Plan isn't just about understanding the physiological functions of your body—it's about appreciating the broader elements of your lifestyle that significantly influence your health. Your daily habits, choices, and routines lay the foundation for holistic well-being. By evaluating these lifestyle pillars, we gain a more comprehensive perspective on your health journey, helping you build upon strengths and address any areas needing enhancement.

The ensuing analysis focuses on five key lifestyle pillars: Healthful Eating, Physical Activity, Managing Stress, Relationships, and Sleep. We've graded each based on the detailed information you've shared, supplemented with evidence-based knowledge. The goal here isn't to judge, but to paint a clearer picture of where you stand currently and to guide your path forward. Each grade is accompanied by a rationale and summary to provide a transparent understanding of our assessment. Let's delve into the findings.

Lifestyle Grading

Healthful Eating- Grade: A

Rationale: You seem to be very mindful of your nutrition. You avoid sugary drinks, junk food, processed meats, and certain unhealthy foods. You also follow a Mediterranean diet.

Physical Activity- Grade: B

Rationale: You engage in moderate exercise 4 times a week and strength training 2 times a week. However, there are challenges such as hip pain, lower back pain, and shortness of breath that may be limiting optimal physical activity.

Managing Stress- Grade: B+

Rationale: You demonstrate a strong understanding of your emotions and how they relate to your physical health. However, you often you seem to experience notable physical and mental stress.

Relationships- Grade: A

Rationale: You seem to have a supportive circle, feel close to your spouse, and are happy in your role as a parent. You also have people you trust to talk to about their problems.

Sleep- Grade: C

Rationale: While you often get the recommended 7-8 hours of sleep, you frequently face issues like taking more than 45 minutes to fall asleep, waking up in the night, and unintentionally waking up early in the morning. Additionally, screen time close to sleep and certain medical conditions are potential concerns

BIOLOGICAL VS CHRONOLOGICAL AGE

Distinguishing between biological and chronological age is an active field of research, and no single standard or tool captures this distinction comprehensively. In addition to the comprehensive data we collect, a thorough assessment of Biological vs Chronological age should include the following additional information:

- **Epigenetic Aging Clocks:** Recent research has shown that DNA methylation levels can be a good predictor of biological age.
- **Telomere Length:** Telomeres shorten as we age, and their length can provide insights into biological aging.
- **Advanced Imaging:** Techniques like MRI can detect age-related changes in the brain and other organs.
- **Functional Assessments:** Assessing functional capacity, muscle strength, and aerobic capacity can provide insights into physical biological age.
- **Microbiome Analysis:** Changes in the gut microbiota composition have been linked to aging and age-related diseases.
- **Detailed Genetic Analysis:** Certain genetic markers might be indicative of accelerated aging or predispositions to age-related diseases.

Despite these limitations, we were able to use several factors from your comprehensive evaluation to provide initial insights on your biological vs chronological age.

Chronological Age: 57 years

Suggested Biological Age: 63 years

Confidence Interval: 61-65 years

Considering the current US life expectancy of approximately 76.4 years, it's crucial for us to understand that your biological age, which I estimate to be roughly 63 years, is an indicator that your health might be reflecting that of someone older than your actual chronological age of 57 years. This suggests you are experiencing aging at a rate that exceeds the average for your chronological age.

The Montreal Cognitive Assessment (MoCA) score you've provided signifies cognitive function that is lower than expected for your age. A score of 20 indicates that there may

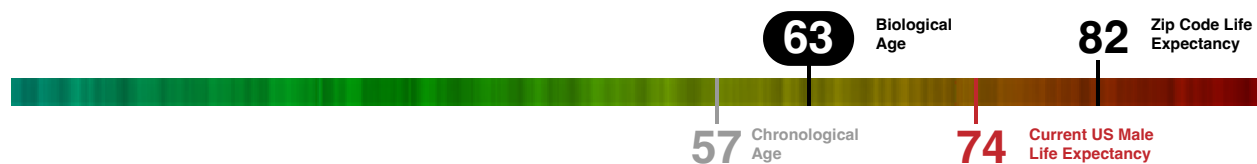
be some cognitive impairment, as the average score for someone with no cognitive impairment is 26 or over. This is significant because cognitive function is a critical component of overall health and can decrease with age. Cognitive impairment can be related to a variety of factors including stress, sleep quality, nutrition, and chronic health conditions.

Your body mass index (BMI) of 24.4 is within the healthy range, and the waist-to-hip ratio (WHR) of 0.91 suggests a higher risk of heart and metabolic conditions typically associated with aging. It's positive that your BMI is within a healthy range; however, the WHR suggests that body fat distribution may be an area to address through lifestyle changes to mitigate health risks.

Your medical history indicates that you are managing a number of health issues such as asthma, bladder problems, and a history of skin cancer. Additionally, having undergone an appendectomy and spine/back surgery suggests past inflammatory events and possible ongoing effects of musculoskeletal conditions, which can increase biological age.

The fact that you are taking vitamins indicates awareness of the importance of nutrition in managing health, which can be beneficial. Nonetheless, depending on the specific vitamins and dosages, there might be a need to tailor your supplementation to better support areas where your health status suggests increased vulnerability.

In summary, your estimated biological age reflects the necessity for a proactive approach in addressing your cognitive health and optimizing metabolic and cardiovascular health. This should involve a multifaceted strategy, including potentially revising your nutrition, enhancing your physical activity regimen, mind-body interventions to manage stress, and regular cognitive training or stimulation. Regular monitoring of your health, along with your healthcare team, can also be instrumental in slowing biological aging and improving quality of life as we aim to close the gap between your biological age and your chronological age.

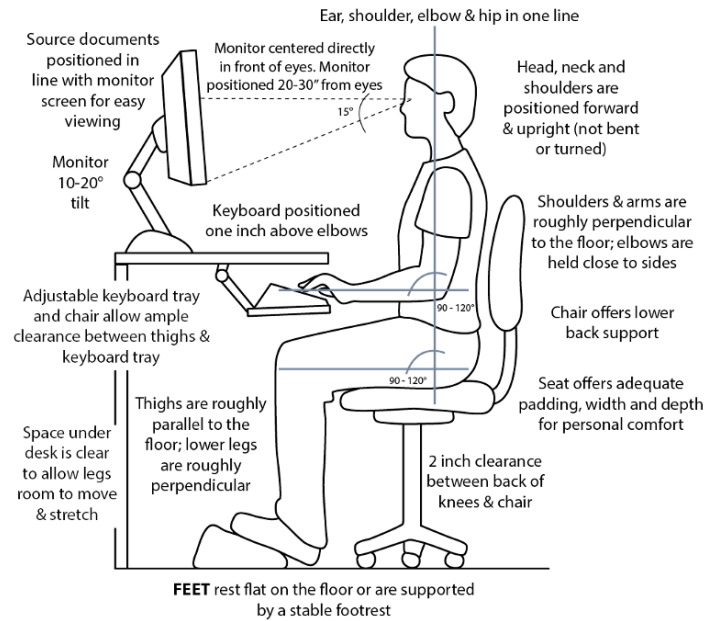
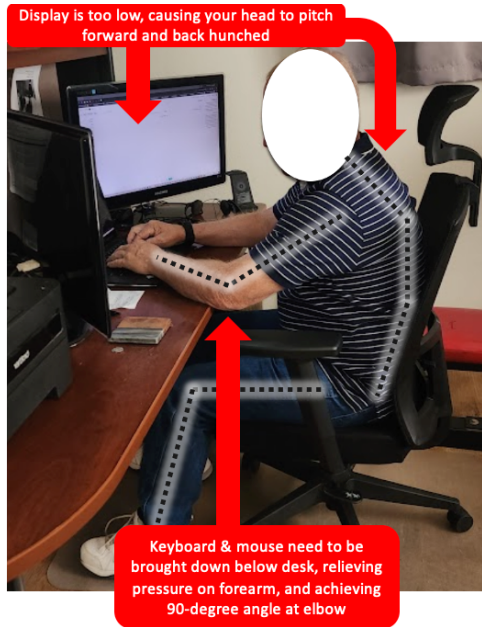


What to do with this data

First off, you shouldn't panic. As we stated, this is a rough estimate, the spread includes your chronological age, and this field is rapidly evolving. Currently we do not recommend a more rigorous Biological Age determination, however, we expect that to change based on the speed of innovation in this area and healthcare overall. In the interim, what this information should do is provide a different perspective on the information uncovered through your comprehensive evaluation and presented thus far. It should also motivate you to act, because most chronic and severe diseases including cancers are preventable and given emerging technologies, disease is detectable earlier today than ever before with greater treatment success. Therefore, the best use of this information is to motivate you to explore every word in this report, and ignite a flame to act, initiate, and sustain change towards a healthier life.

OCCUPATIONAL HEALTH STATUS

Workstation Assessment



Based on the visual inspection of your computer workstation, several ergonomic concerns were noted:

1. **Monitor Position:** The center of your monitor is positioned 15 degrees below eye level, which may be contributing to slouching and potentially straining your neck and eyes.
2. **Posture:** Noted slouching at around 20 degrees in the middle of the back. This posture can exacerbate back pain and potentially worsen conditions like spinal stenosis.
3. **Keyboard and Mouse Position:** The current setup may be leading to a potentially unfavorable angle at your elbow. Thankfully, your wrist angle seems to be in a good position to prevent injuries like carpal tunnel syndrome.

Given your history of left shoulder pain, right shoulder labral tear and bursitis, and spinal stenosis, these ergonomic issues could potentially exacerbate your existing conditions.

Recommendations:

1. **Monitor Adjustments:** Elevate your monitor so that its center is at or slightly below your eye level. Consider bringing the monitor closer to about an arm's distance away. This will likely help to naturally encourage a more upright posture and reduce the inclination to slouch.

2. **Chair:** Invest in an ergonomically designed chair that offers adjustable lumbar support. This will aid in maintaining the natural curve of your spine and provide support to your mid-back, potentially alleviating some of the strain caused by slouching.
3. **Keyboard and Mouse:** Adjust the height of your keyboard and mouse to ensure a more natural angle at the elbow, ideally aiming for a 90-degree or slightly obtuse angle. If you rest your forearms on the desk while typing or using the mouse, consider adding a cushioned pad to reduce the pressure and prevent nerve compression.
4. **Regular Breaks:** Since prolonged sitting can exacerbate back issues and other musculoskeletal problems, try to take short breaks every 30 minutes. During this time, stretch your back, neck, and shoulders. This can be as simple as standing up and walking around for a couple of minutes.
5. **Exercises:** Consider incorporating strengthening and flexibility exercises into your routine, focusing on the back and core. This will not only help in maintaining a good posture but also provide support to your spine.
6. **Professional Consultation:** Given your specific medical history, it might be beneficial to consult with a physical therapist or ergonomics specialist. They can provide personalized recommendations and exercises tailored to your needs.

Implementing these recommendations should help in creating a more ergonomic workspace, potentially reducing the risk of further complications, and promoting better overall musculoskeletal health.

Occupational Hazards

Given your history of left shoulder pain, right shoulder labral tear and bursitis, and spinal stenosis, tasks that involve lifting, pushing, and pulling heavy objects can present significant risks. Here's why:

1. **Exacerbation of Spinal Stenosis:** The strain on your spine from lifting can potentially worsen your spinal stenosis symptoms. Poor lifting techniques, in particular, place extra pressure on the spinal discs, which can be detrimental given your condition.
2. **Shoulder Injury Risk:** The shoulder is one of the most mobile and, thus, vulnerable joints in the body. Pushing, pulling, or lifting heavy objects can strain the muscles around the shoulder, further aggravating an existing injury or even causing a new one.
3. **General Musculoskeletal Strain:** Even without specific medical conditions, improper handling of heavy objects can result in various musculoskeletal injuries, including sprains, strains, and herniated discs.

Recommendations:

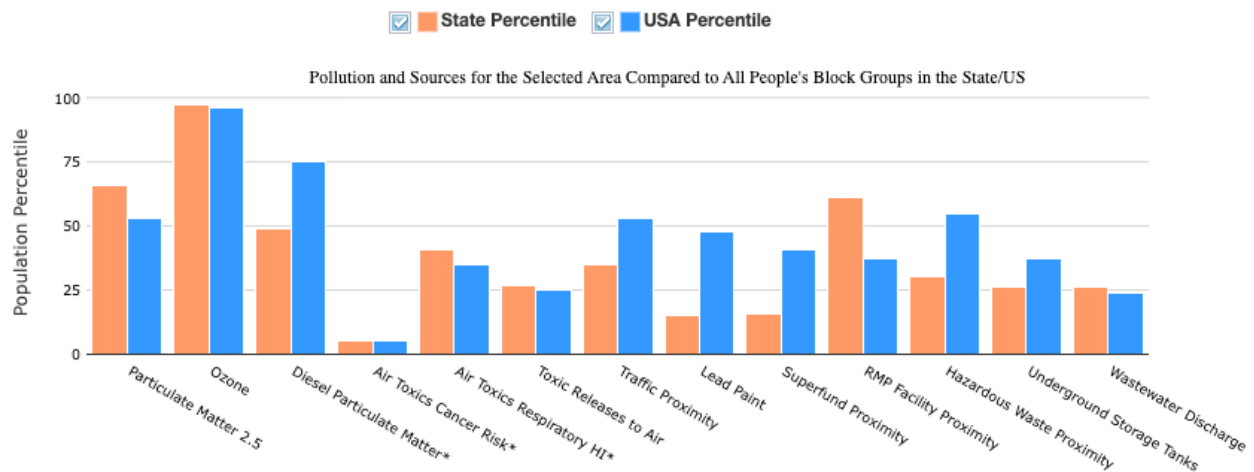
1. **Proper Lifting Technique:** Always bend at the knees, not the waist. This ensures that the weight is lifted by your leg muscles, which are stronger and can bear more weight than your back muscles. Keep the object close to your body when lifting.

2. **Use Assistive Devices:** Whenever possible, use equipment such as trolleys, carts, or hoists to move heavy objects, minimizing the physical strain.
3. **Strengthening Exercises:** Engage in exercises that strengthen your core, back, and shoulder muscles. This can provide better support when you're engaged in manual tasks and reduce the risk of injury.
4. **Limit Repetition:** If possible, try to minimize the number of times you have to lift, push, or pull heavy objects in quick succession.
5. **Wear Supportive Gear:** Consider using back braces or support belts when engaging in heavy lifting. While they shouldn't be over-relied upon, they can offer additional support.
6. **Training:** Attend workshops or training sessions on manual handling techniques if available at your workplace. Knowledge is key to prevention.
7. **Seek Assistance:** Never hesitate to ask for help when moving heavy objects. It's better to share the load than risk injury.
8. **Regular Check-ups:** Given your medical history, regular check-ups are advisable to monitor any potential issues that could arise from your work activities.

By being mindful of these risks and adopting the above recommendations, you can significantly mitigate the health risks associated with manual labor, ensuring both your safety and well-being.

ENVIRONMENTAL HEALTH STATUS

Your reported symptoms of watery or itchy eyes, occasional hives, rashes, dry skin, difficulty breathing, and chest pain could potentially be influenced by both internal and external environmental factors around your home. The age of your home (built in 1943) in Fulton County, GA, coupled with gas cooking and central AC/Heat, present a range of potential internal environmental contributors. Externally, even though you are not a smoker, the air quality in Fulton County might be of concern. The air pollution risk score for the county stands at 49.34%. More pertinently, over the last three years, the highest recorded Air Quality Index (AQI) was 172, which falls into the "unhealthy" range, with these peaks primarily in June and July. However, the median AQI was 41, which is categorized as "Good."



Recommendations

- Particulate Matter & Dust Monitor:** Given the spikes in AQI in the county, particularly in the summer months, it would be beneficial to monitor particulate matter, especially PM1 and PM2.5, within your home. These particles can exacerbate respiratory issues and might be related to your described symptoms.
- Volatile Organic Compounds (VOCs) Monitor:** VOCs, found in numerous household products, can evaporate into your home's air. Their presence, when combined with outdoor pollutants, might increase the severity of symptoms. Monitoring the levels of VOCs in your home can help you mitigate potential health risks.
- Radon Monitor:** Radon, a naturally occurring radioactive gas, can pose a health risk, especially in older homes. Given your respiratory symptoms, it's prudent to consider monitoring radon levels. Extended exposure to high levels of radon can lead to serious health concerns, including lung cancer.
- Regular Home Maintenance:** Ensure timely inspections for any areas with potential leaks, molds, or structural issues that might contribute to compromised air quality. Also,

consider using high-efficiency HEPA filters in your central AC/heat system to capture smaller, harmful particles.

5. **Optimized Ventilation:** Make sure your home has good ventilation, particularly after activities known to release pollutants like cooking or using certain cleaning agents. This helps reduce the concentration of indoor irritants.
6. **Stay Informed and Adjust Activities:** Given the varying AQI in Fulton County, especially the highs during June and July, it's advisable to stay informed about daily AQI levels. On days with poor air quality, try to minimize outdoor activities and ensure windows are closed to prevent outdoor pollutants from entering your home.

By implementing these recommendations, you can better safeguard against environmental contributors that might be exacerbating your symptoms, ensuring a healthier living environment.

COGNITIVE HEALTH STATUS

I've taken some time to thoroughly review and interpret the results of your recent Montreal Cognitive Assessment (MoCA). The Montreal Cognitive Assessment (MoCA) is a widely recognized screening tool designed to detect mild cognitive impairments, providing insights into various cognitive domains such as memory, attention, and language. It's meant to offer a quick and comprehensive snapshot of one's cognitive health. It's important to understand that while it's a valuable tool, it is just one piece of the puzzle and should be considered in the context of an individual's overall health and lifestyle.

Your score was 25 out of a possible 30. For context, scores below 26 on this test are considered indicative of potential mild cognitive impairment. It's important to remember, however, that many factors can influence performance on cognitive tests, including stress, anxiety, sleep quality, and certain medical conditions.

Strengths

1. Your visuospatial, executive function, naming, language, abstract thinking, and orientation skills are strong.
2. Your attention and calculation abilities (as shown by your performance in the serial 7 subtractions) are also commendable.

Areas for Attention

1. Memory, particularly delayed recall, was an area where there was room for improvement. This means that while you remembered things immediately, recalling them after a brief period was challenging.

Considering your background and additional information

1. You don't have depression, and your thyroid function (indicated by TSH) is within the normal range.
2. You're taking a Vitamin D supplement, which is good for overall health.
3. You've mentioned experiencing anxiety and poor sleep. Both of these factors can significantly impact cognitive function, particularly attention and memory.

Recommendations

1. **Anxiety:** Managing and potentially seeking treatment for anxiety could have positive effects on your cognitive well-being. This could be through counseling, relaxation techniques, or even simple mindfulness exercises.
2. **Sleep:** Ensuring good sleep hygiene is paramount. Consistent sleep schedules, creating a conducive sleep environment, and possibly seeking a consultation with a sleep specialist can be of great benefit.

3. **Lifestyle:** Continue your exercise routine and consider adding cognitive exercises to your daily routine. This could be as simple as puzzles, reading, or learning a new skill.
4. **Follow-up:** It's a good idea to have another cognitive assessment in the future to track any changes, especially after addressing the anxiety and sleep issues.

Lastly, remember that everyone has off days. Our brains, like the rest of our bodies, can be affected by a myriad of external factors. You have many strengths, and with a bit of focus on areas of concern, particularly sleep and anxiety, there's every reason to be optimistic about your cognitive health.

MAJOR DISEASE RISK SCORING

Here, we present a series of major disease risk scores crafted using renowned, scientifically-backed calculators from esteemed institutions. These risk scores provide an individualized, quantifiable assessment of your potential for certain diseases over a specified duration, in this case, a 10-year horizon for most.

The utility of such risk scoring lies in its ability to:

1. **Proactive Monitoring:** Offer insights into specific areas of your health that may require closer monitoring, intervention, or lifestyle adjustments.
2. **Personalized Prevention:** Help tailor preventive strategies to your unique profile, improving the effectiveness of interventions.
3. **Informed Decision Making:** Enable you to make more informed decisions about screenings, medications, and other treatments.

While these percentages provide an estimate based on current knowledge and the data available, it's essential to understand that these are probabilities, not certainties. They are tools to guide healthcare decisions, rather than definitive predictions of future health. Your ongoing actions, lifestyle changes, and medical advancements can significantly impact these risks. Moreover, some assumptions were made in the absence of specific data, which are highlighted in each assessment. As we gather more information, these scores can be refined for accuracy.

As you review the data below, remember: these scores are starting points. By being proactive, staying informed, and working collaboratively, we can leverage this knowledge to craft the best preventive strategy for your future health.

American College of Cardiology Atherosclerotic Cardiovascular Disease (ASCVD) Risk Estimator

- Your current 10-Year risk for first Atherosclerotic Cardiovascular Disease (ASCVD) event is 1.8% "Low"
- BP 119/91 considered Stage 2 hypertension, and the recommendation is:
 - o Initiation of BP-lowering medication therapy (with 2 agents of different classes) is recommended in combination with nonpharmalogical therapy.
 - o First line antihypertensive agents include thiazide diuretics, CCBs, and ACE inhibitors or ARBs. For nonpharmalogical therapy recommendations, see the Lifestyle section of this table.
 - o Patient should be evaluated by or referred to a primary care provider within 1 month of the initial diagnosis, and have a repeat BP evaluation in 1 month after therapy initiation.

REFERENCE: <https://tools.acc.org/ascvd-risk-estimator-plus/#!/calculate/estimate/>

DISCLAIMER FROM ONLINE RISK CALCULATOR TOOL: The results and recommendations provided by this application are intended to inform but do not replace clinical judgment. Therapeutic options should be individualized and determined after discussion between the patient and their care provider. Recommendations are designated with both a class of recommendation (COR) and a level of evidence (LOE). The class of recommendation indicates the strength of recommendation, encompassing the estimated magnitude and certainty of benefit in proportion to risk. The level of evidence rates the quality of scientific evidence supporting the intervention on the basis of the type, quantity, and consistency of data from clinical trials and other sources.

Cleveland Clinic Stroke Risk Calculator

- Based on the answers you have provided, your 10-Year stroke risk probability is 0.9%.
- Your score is in the 1st decile of risk (the lower the decile, the lower the risk on a decile scale of 1-10).
- Because we didn't have the information available when calculating your risk score, we assumed the following when using the calculator: You NEVER smoked at least 100 cigarettes in your life; Highest grade or year of school completed was COLLEGE GRADUATE
- REFERENCE: <https://my.clevelandclinic.org/departments/neurological/depts/cerebrovascular/stroke-risk-calculator>

DISCLAIMER FROM ONLINE RISK CALCULATOR TOOL: Please note that we cannot provide treatment recommendations or diagnose your condition. This tool is NOT intended to replace the medical advice, treatment or diagnosis of your physician or health care provider. Please consult your health care provider for advice about a specific medical condition. This tool must be considered at all times as an educational, convenience service only and shall not be relied upon nor designed to replace or substitute a physician's independent judgment about the appropriateness or risks of a procedure for a given patient. Cleveland Clinic does not endorse, guarantee the accuracy, adequacy, completeness or availability of any information and is not responsible for any errors or omissions or for the results obtained from the use of this service. Cleveland Clinic does not guarantee the availability or ability to use this service.

Washington University School of Medicine in St. Louis- Alzheimer Disease (AD) Dementia Risk Calculator: [AT AGE 65](#)

- Assuming your father doesn't develop Alzheimer's by the time you turn 65, your risk for Alzheimer's dementia between the ages of 65-70 is 8%
- What was not factored into this risk scoring model is the level of physical activity you partake in, which is an important modifiable risk factor. The more regular exercise you partake in, the lower your risk.
- REFERENCE: <https://alzheimerdementiacalculator.wustl.edu/Survey/PatientSurvey>

DISCLAIMER FROM ONLINE RISK CALCULATOR TOOL: These estimates are for research or education purposes only. More research is needed before they can be used for clinical practice.

Cleveland Clinic, Department of Quantitative Health Sciences- Colorectal Cancer – 10 Year Predicted Risk Online

- 10-Year Risk of Colorectal Cancer is 1.4%
- Because we didn't have the information available when calculating your risk score, we assumed the following when using the calculator: 1 Ounce of Red Meat Intake per Day (ounces per day)
- REFERENCE: <https://riskcalc.org/ColorectalCancer/>

DISCLAIMER FROM ONLINE RISK CALCULATOR TOOL: No Medical Advice. ALTHOUGH SOME CONTENT MAY BE PROVIDED BY INDIVIDUALS IN THE MEDICAL PROFESSION, YOU ACKNOWLEDGE THAT PROVISION OF SUCH CONTENT DOES NOT CREATE A MEDICAL PROFESSIONAL-PATIENT RELATIONSHIP AND DOES NOT CONSTITUTE AN OPINION, MEDICAL ADVICE, PROFESSIONAL DIAGNOSIS, SERVICE OR TREATMENT OF ANY CONDITION. Access to general information is provided for educational purposes only, through this site and links to other sites. Content is not recommended or endorsed by any doctor or healthcare provider. The information and Content provided are not substitutes for medical or professional care, and you should not use the information in place of a visit, call, consultation or the advice of your physician or other healthcare provider. You are liable or responsible for any advice, course of treatment, diagnosis or any other information, services or product obtained through this site.

UT Health San Antonio- Prostate Cancer Risk Calculator: [AT AGE 55](#)

- Using PSA of 1.46 from 12/22/23
- AT AGE 55, assuming your PSA remained close to 1.46, and no abnormalities found on a digital rectal examination, your risk of prostate cancer if biopsy were to be performed is 2% change of high-grade prostate cancer, 13% change of low-grade cancer, 88% change biopsy is negative for cancer.
- Because we didn't have the information available when calculating your risk score, we assumed the following when using the calculator: Digital rectal examination "Not performed or not sure"
- You should not be alarmed by the 13% chance of low-grade cancer at age 55, what it shows is that given the higher incidence of prostate cancer in Latinos, it is important to continue with appropriate screening including a DRE and annual PSA, and follow up with your PCP and Urologist should any abnormalities arise.
- REFERENCE: <https://riskcalc.org/PCPTRC/>

DISCLAIMER FROM ONLINE RISK CALCULATOR TOOL: These estimates are for research or education purposes only. More research is needed before they can be used for clinical practice.

ANXIETY CONCERN

Some of your responses point towards a heightened awareness of your body's reactions to stress and emotions. For example, you've noted that you often find it hard to let go of things that upset you and that you frequently notice tension in your body. You also expressed feeling nervous, anxious, or on edge most days, having trouble relaxing, and becoming easily annoyed or irritable. These feelings can have a profound effect on both mental and physical well-being. Understanding the significance of stress and anxiety is vital. Chronic stress and unmanaged anxiety can have myriad effects on health, including fatigue, sleep disturbances, and changes in appetite – all of which you've identified experiencing. Furthermore, there's a known interplay between hormonal imbalances, like testosterone deficiencies, and mental health. While Testosterone Replacement Therapy (TRT) can address some symptoms like fatigue and poor sleep, it's crucial to also address underlying stress and anxiety to ensure a holistic approach to your health.

Given your consideration for TRT, it's particularly important to manage stress and anxiety. Stress can affect testosterone levels, and high anxiety might amplify certain side effects or perceptions related to TRT.

Recommendations

1. **Therapy:** I strongly recommend engaging in talk therapy or cognitive-behavioral therapy. A professional can provide strategies to cope with stress, address underlying causes of anxiety, and give insights into behavior patterns.
2. **Lifestyle Measures:** Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your routine. Continue or increase your physical activity, which can also alleviate symptoms of stress and anxiety.
3. **Avoid Stimulants:** Reducing or eliminating the intake of caffeine and certain medications can help decrease anxiety in some individuals.
4. **Maintain a Routine:** Keeping a consistent daily routine, especially for sleeping and eating, can provide a feeling of normality.
5. **Stay Connected:** Regularly communicating with loved ones can offer emotional support and grounding.

Managing and reducing stress and anxiety will not only improve your mental health but will also positively impact your physical health, while enhancing the benefits of other strategies to improve your overall health.

OBSTRUCTIVE SLEEP APNEA CONCERN – RULE OUT AS CAUSE OF FATIGUE

Based on the data you've provided and the results from the STOP-BANG questionnaire, a widely-accepted tool for assessing the risk of Obstructive Sleep Apnea (OSA), we've deduced some insights regarding your sleep health:

Your STOP-BANG Score:

4 points

This score places you at an **Intermediate Risk for moderate to severe OSA**.

Let's break down the factors contributing to your score:

- **Snoring:** You reported not snoring loudly.
- **Daytime Fatigue:** You indicated feeling tired or fatigued during the daytime, which is a common symptom associated with OSA.
- **Breathing Interruption:** There have been no observations of you stopping breathing during sleep.
- **Blood Pressure:** You are currently being treated for or have high blood pressure, a condition often linked with OSA.
- **BMI:** Your Body Mass Index is within a range that's less likely associated with OSA.
- **Age:** You are 50 years or younger, placing you in a lower risk group by age.
- **Neck Circumference:** A neck circumference greater than 40 cm can sometimes be an indicator of OSA.
- **Gender:** Men tend to have a higher risk of OSA than women.

Given your self-reported feelings of fatigue combined with your intermediate risk score, it's imperative to take this assessment seriously.

Recommended Next Steps

1. **Consult with a Sleep Specialist:** Discussing your results and symptoms with a sleep physician can provide more in-depth insights and recommendations. They might advise a polysomnogram, or sleep study, to get a clearer picture of your sleep patterns and possible disturbances. There are new digital health companies that could get you setup for a more convenient in-home sleep study.
2. **Lifestyle Modifications:** In tandem with medical guidance, certain lifestyle changes might be beneficial. This can include positional therapy (changing sleep positions), weight management, and avoiding alcohol or sedatives before bedtime.

3. **Stay Informed:** While the STOP-BANG score provides valuable information, it's one piece of the puzzle. Continued dialogue with your healthcare team will be crucial as you navigate potential sleep challenges.
4. **Primary Care Provider (PCP) Coordination:** It's essential to keep your PCP in the loop, particularly concerning your high blood pressure and any potential treatments or interventions for OSA.

Your health and well-being are our top priority. We recommend taking these results and next steps into consideration, ensuring you're well-equipped to address any sleep-related challenges.

COLORECTAL CANCER SCREENING – YOU’RE NOW CONSIDERED OVERDUE!

As you might be aware, colorectal cancer is one of the leading causes of cancer-related deaths in the United States. Early detection and intervention are key in not only treating but potentially preventing this disease. The U.S. Preventive Services Task Force (USPSTF) has recently updated their guidelines and now recommends initiating colorectal cancer screening at age 45 instead of the previously recommended age of 50. Their guidelines emphasize that the risk for colorectal cancer increases with age and is influenced by certain other risk factors. These risk factors include a personal or family history of colorectal cancer or certain types of polyps, a personal history of inflammatory bowel disease, certain inherited genetic conditions, and specific environmental exposures (i.e. diet high in red meat, processed meats, alcohol exposure, smoking). Although you may not possess all these risk factors, age alone is a significant contributor, and starting screening earlier can lead to better outcomes. The USPSTF considers Colorectal Cancer screening at your age a Grade A recommendation, their highest, because there is high certainty that the net benefit is substantial.

Your recent 50th birthday serves as a pivotal milestone in your health journey and presents an opportune time to consider these screenings. While our risk assessment indicates a 10-year risk of colorectal cancer at 1% for you, which might seem low, it's essential to remember that these screenings are not just about detecting existing cancer. They are also about identifying and removing polyps that might develop into cancer over time.

I understand that the idea of undergoing a colonoscopy might seem daunting or even unnecessary given your low risk. However, colonoscopies are instrumental in not just detecting, but preventing colorectal cancer by identifying and removing precancerous growths. In light of this, there is an interim step you can consider before undergoing a colonoscopy.

To initiate this process, I recommend starting with the FIT DNA Stool Test, which you can conveniently purchase from Amazon.com. This test is non-invasive, can be done in the privacy of your home, and checks for certain DNA markers and blood in the stool, which could indicate the presence of colorectal cancer or precancerous polyps.

However, while the FIT DNA Stool Test can provide valuable insights, it is not a replacement for a colonoscopy. After receiving your FIT DNA results, I urge you to consult with a gastroenterologist. They can provide a more detailed understanding of your results and guide you on the next steps, which should ideally include scheduling a colonoscopy. Early detection is the most potent weapon we have against colorectal cancer. By adhering to these screening guidelines, we can proactively address and manage any potential risks and ensure you enjoy optimal health for many years to come.

CARDIOVASCULAR & PULMONARY CONCERNS – BEING EXTRA CAUTIOUS

Your reported health metrics and lifestyle choices provide valuable insights into your cardiovascular and pulmonary health:

1. **Breathing Difficulties during Exercise:** You've reported occasional shortness of breath during physical activities, which you attribute to being out of shape.
2. **Chest Discomfort:** Occasional experiences of chest pain and rapid or pounding heartbeats are of note.
3. **Fatigue:** Persistent feelings of significant fatigue could be multifactorial and may have a cardiovascular component.
4. **Smoking Status:** You do not have a history of smoking, which is favorable for both cardiovascular and pulmonary health.
5. **Blood Pressure:** Your BP of 120/90 is within the elevated range, hinting at potential cardiovascular concerns.
6. **BMI:** A BMI of 29.85 classifies you as overweight, which can sometimes contribute to cardiovascular and pulmonary challenges.
7. A waist to hip ratio of 1.05, indicating a potential central obesity risk in males. This can increase the risk for cardiovascular diseases.

Cardiovascular System: While you don't report any severe cardiovascular symptoms or conditions, the occasional chest pain and rapid/pounding heartbeat, combined with an elevated BP and being overweight, suggest room for monitoring and potential improvement.

Pulmonary System: While no direct pulmonary symptoms have been reported, your occasional shortness of breath during exercise and family history of lung-related issues should be kept in mind.

Recommendations

Besides a routine Electrocardiogram (EKG) which screen for electrical abnormalities of the heart, consider discussing with your primary care doctor or Cardiologist, the following cardiovascular screenings based on your symptoms:

1. **Stress Test (Treadmill Test):** Given the reported shortness of breath during exercise, a stress test can help assess how your heart responds to exertion.
2. **Echocardiogram:** A non-invasive ultrasound test that can visualize the heart's movement and structure, helping to identify any anomalies or dysfunctions that might not be evident on an EKG.

HYDRATION CONCERN AND HOW TO BOOST DAILY WATER INTAKE

Hydration plays a pivotal role in maintaining optimal health and wellness. Every cell, tissue, and organ in the body relies on water to function correctly. Here's why appropriate hydration is vital:

1. **Essential for bodily functions:** Water aids in digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.
2. **Boosts physical performance:** Dehydration can lead to the increased fatigue you are experiencing, and it can also lead to reduced endurance altered body temperature control, and increased risk of heat-related illnesses.
3. **Enhances cognitive abilities:** Even mild dehydration can impact brain function, leading to problems with focus, alertness, and short-term memory, all symptoms related to your Montreal cognitive assessment findings.
4. **Supports kidney function:** Kidneys filter out waste from the bloodstream, and adequate water intake helps this detoxification process.
5. **Maintains skin health:** Proper hydration can improve skin elasticity and combat the appearance of fine lines and wrinkles.
6. **Aids in weight management:** Drinking water can help control appetite and might boost metabolism, assisting in weight loss efforts to reduce your BMI from 29.

To ensure you're drinking enough water daily, consider the following steps:

1. **Set a daily goal:** Aim for 8-10 glasses of water a day, but remember, individual needs can vary based on factors like activity level, climate, and health status.
2. **Start your day with water:** Before reaching for that morning coffee, drink a glass of water to jump-start your hydration.
3. **Use technology:** Set reminders on your phone or use hydration tracker apps to prompt you to drink throughout the day.
4. **Carry a reusable bottle:** Having water within reach at all times makes it easier to remember to drink. Some bottles even have hourly markers to show how much you should have consumed by a certain time. BPA free is ideal!
5. **Infuse your water:** If you find plain water unappealing, infuse it with natural flavors like cucumber, lemon, or berries.
6. **Eat water-rich foods:** Consume foods with high water content, like fruits and vegetables, to supplement your fluid intake.

Remember, while water is crucial, it's essential to listen to your body. Thirst is a clear signal, but sometimes, by the time we feel thirsty, we're already slightly dehydrated. Make it a habit to sip water throughout the day.

PURPOSE AND CONNECTION

At the start of this process, you noted Purpose & Connection as the most important area of your health you would like to improve through this program. We agree, this is an extremely important aspect of an individual's health, helping to provide emotional stability, and resilience to face the uncertainties we encounter in our lives when it comes to relationships, family, work, and our health. Here is an analysis of the related aspects from your evaluation along with recommendations.

Analysis

1. Your consistent feeling of living a purposeful life indicates a profound internal purpose and contentment.
2. I noted the absence of a spiritual community in your life, potentially indicating a gap in spiritual support.
3. The intrinsic motivation or belief systems that provide you with inner strength are commendable.
4. Your sense of being supported by people who genuinely care about you is a cornerstone of mental resilience.
5. While you're mostly content with your belief system, there may be aspects you wish to delve deeper into or explore.
6. It's crucial to address your hesitancy in seeking help when sick, for the sake of your physical health.

Recommendations

1. Given your desire to deepen your purpose and connection, and sharing that you never having a spiritual community to turn to during challenging times, this may indicate a potential gap in your support system. Therefore, I suggest exploring spiritual communities that align with your beliefs.
2. Activities like meditation, journaling, or reading spiritual texts might strengthen your intrinsic values.
3. Since you have such a robust family foundation, you could consider involving them in spiritual or purpose-driven activities.
4. Prioritize regular health check-ups and cultivate a preventive health mindset.
5. A few sessions of counseling might be beneficial, allowing you to explore your belief system further and the significance of timely health interventions.

Lastly, I wanted to emphasize the scientifically proven benefits of a spiritual connection:

- Spirituality can positively impact mental health, offering coping mechanisms during challenging times.
- Spiritual communities can offer vital social support, acting as a shield against many mental health challenges.
- A profound spiritual connection can increase resilience, helping you navigate life's adversities with hope and meaning.
- Shared spiritual beliefs within the family can significantly enhance the familial bond, leading to greater emotional well-being.

I believe that integrating a spiritual component, especially given your strong sense of purpose and family connections, can provide a holistic sense of well-being. As always, these are suggestions, and I respect any direction you choose for your personal journey.

PART 3

5-YEAR ACTION PLAN



NO-BIAS GUARANTEE

Before you review our recommendations, we feel it is important that we remind you of our No-Bias Guarantee. Our No-Bias guarantee is separate and different than our 100% satisfaction money-back guarantee. We believe the relationship with your doctor should be built on trust from day one, so we instituted a no-bias guarantee, and promise to not receive a commission on any product or service we recommend to our patients through our HealthPrevent Programs.

Therefore, with our No-Bias guarantee, you can rest assured that the below recommendations you will encounter, were made solely because we believe, based on our expertise, the comprehensive evaluation and your health goals, it will be the best fit for you!



PERSONALIZED 5-YEAR PREVENTION ACTION PLAN

THIS MONTH – September 2023 – Age 50

Consultations & Diagnostics

Type	Details	Next Steps
Talkiatry.com for Anxiety Concern – Next 30 days	Anxiety support is here. Personalized, virtual care for anxiety. Get started with our online assessment.	https://www.talkiatry.com/anxiety-lp
Sleepdoctor.com for Sleep Apnea Concern	The Sleep Doctor team is dedicated to helping readers get the rest they need, make meaningful lifestyle changes to ensure high-quality sleep, and achieve peak performance during their waking hours.	https://shop.sleepdoctor.com/

Education & OTC

Topic	Details	Next Steps
Harvard Education for Anxiety concern – Next 30 days	Deepen your understanding of anxiety and stress disorders, including causes, symptoms, and treatments. Approximate cost: \$19	https://www.health.harvard.edu/mind-and-mood/anxiety-and-stress-disorders
Sleep Tracker for Sleep Apnea concern	A tracker with a 5+ day battery life is recommended to begin tracking your sleep. Approximate cost: \$99-299	https://a.co/d/hzINarN https://ouraring.com/
FIT DNA Stool Test for Colon Cancer Risk concern – Next 30 days	You can use this FIT DNA Stool test at home (FDA approved) to immediately screen for colorectal cancer before your colonoscopy.	https://a.co/d/OTcQXXX

YEAR 1 – September 2023 to August 2024 – Age 50

Consultations & Diagnostics

Type	Details	Next Steps
Gastroenterologist for Colorectal Cancer Screening Concern – Next 90 days	Your Gastroenterologist can conduct a screening colonoscopy as your primary colorectal cancer screening method. You will likely need a referral from your PCP, an EKG, basic labs, then an initial consult with your Gastroenterologist. Once your Colonoscopy date is scheduled, you will receive instructions on how to prep 1-2 days before. This may be repeated every 5-10 years depending on findings. Approximate cost: \$1080	Ask your PCP for a referral, and to complete initial diagnostic tests (EKG, blood work). NOTE: It appears your PCP is with the NYU Hospital Network, and you already have labs through them, so it's the quickest path to a Gastroenterologists for your colonoscopy.
Honehealth.com for Testosterone Deficiency Concern - Next 60 days	Hone is the modern men's health platform that offers personalized care with data driven insights, licensed physician consultations, and medications, all from home.	https://honehealth.com/
Repeat Liver Function Tests for Alcohol Use concern	In the setting of alcohol intake > 5 drinks per week, or in a single social event, AND abnormal liver function tests, you are encouraged to decrease alcohol for a period of 45-60 days and repeat the liver function tests (typically part of a chemistry panel).	Coordinate lab testing through your PCP
Repeat Chemistry Panel for Dehydration concern	In the setting of insufficient water intake, and elevated BUN/Cr Ratio, you are encouraged to water intake for a period of 30 days and repeat the BUN/Cr (typically part of a chemistry panel)	Coordinate lab testing through your PCP
Zoster vaccination for Immunization concern – Next 90 days	The CDC and USPSTF recommend 2-dose series recombinant zoster vaccine (RZV, Shingrix) 2–6 months apart (minimum interval: 4 weeks; repeat dose if administered too soon), in adults 50 years or older.	Talk to your PCP to further discuss the necessity of this vaccination and next steps.

Td or Tdap Booster for Immunization concern – Next 90 days	The CDC and USPSTF recommend Td or Tdap booster every 10 years.	Talk to your PCP to further discuss the necessity of this vaccination and next steps.
Influenza (Flu) Vaccine for Immunization concern – Next 90 days	The CDC and USPSTF recommend any one of quadrivalent high-dose inactivated influenza vaccine (HD-IIV4), quadrivalent recombinant influenza vaccine (RIV4), or quadrivalent adjuvanted inactivated influenza vaccine (aIIV4) annually.	Talk to your PCP to further discuss the necessity of this vaccination and next steps.
PCP Wellness Visit for Wellness concern	See your PCP annually. Since they can examine you in person, they will always remain as the point person when it comes to your health. Please feel free to share a copy of this report with them.	Schedule with your PCP in the usual manner.

Education & OTC

Topic	Details	Next Steps
Understanding Mild Cognitive Impairment for Concentration and Cognition concern – Next 30 days	Comprehensive overview of mild cognitive decline, its implications, and management strategies. Approximate cost: \$18	https://www.health.harvard.edu/mind-and-mood/improving-concentration-and-focus
Cognifit.com for Concentration and Cognition concern – Next 60 days	Test and improve your brain with our user-friendly app and desktop programs. Approximate cost: \$119.99	https://www.cognifit.com/
HermanMiller Aeron Chair for Workstation ergonomics concern – Next 60 days	The classic Aeron chair is engineered with state-of-the-art adjustability, from the arms, seat height, depth, and recline, to help you maintain the optimal seating posture so you can focus on the task at hand. Approximate cost: \$1,700	https://store.hermanmiller.com/office-chairs-aeron/aeron-chair/2195348.html
VIVO Electric Height Adjustable Stand-Up Desk for Workstation	Finding a healthy balance between sitting and standing throughout the long workday is made possible with electric	https://a.co/d/9XJlug5

ergonomics concern – Next 60 days	height adjustment. Approximate cost: \$349	
Zozofit for Overweight concern – Next 60 days	Take the guesswork out of measuring with 3D body scans in the palm of your hand. Approximate cost: \$99	https://zozofit.com/
Skin Self-Check for Skin Cancer concern	Skin cancer is the most common form of cancer in the U.S. Regularly checking your skin can help catch skin cancer early, when it's most treatable. Follow these tips from board-certified dermatologists to check your skin for skin cancer.	https://youtu.be/UnCUcFJJD SA?si=a8s-mZVgiBBKoi5x
Airthings House Kit for Allergies concern – Next 60 days	Airthings House Kit is a great first step for in-home monitoring of radon and air quality. You'll get two monitors, Wave Radon and Wave Mini. Wave Radon is ideally suited for basement or ground-level radon monitoring. Wave Mini is a versatile monitor that tracks airborne chemicals (VOCs) or indicates the risk for mold growth. Approximate cost: \$299	https://a.co/d/aWeXa48

Lifestyle Goals

Category	Baseline	Goal
Healthful Eating	Grade: A	<ul style="list-style-type: none"> • Reduce caffeinated beverages to 1 per day. • Increase water intake to at least 8 glasses daily. • Incorporate more fruits and vegetables into every meal. • Start reducing red meat consumption, prioritizing fish and lean poultry. • Experiment with legumes as protein sources, like lentils and chickpeas. • Begin using dairy alternatives occasionally, such as almond or soy milk. • Limit restaurant or fast food to twice a week.
Physical Activity	Grade: B-	<ul style="list-style-type: none"> • Cautiously address physical challenges (shoulder and back pain during stretching) with therapeutic exercises or treatments. • Increase aerobic activity to 4 days a week and strength training to 3 days. • Start incorporating flexibility exercises like yoga or Pilates.

Managing Stress	Grade: B+	<ul style="list-style-type: none"> • Practice daily mindfulness or meditation, gradually increasing the duration. • Dedicate regular time each week for relaxation activities. • Begin attending stress management workshops or counseling sessions.
Relationships	Grade: A	<ul style="list-style-type: none"> • Introduce a regular "family day" or dedicated time for bonding. • Foster open communication, addressing any issues that arise proactively.
Sleep	Grade: C	<ul style="list-style-type: none"> • Use a fitness tracker with battery life 5+ days to start tracking average sleep hours (Fitbit inspire 3 or Oura ring) • Address any medical concerns that may affect sleep and limit screen time an hour before bed.

Functional Goals

Metric	Baseline	Goal
Waist Circumference	41"	38"
Hip Circumference	39"	38.5"
Waist to Hip Ratio	1.05	0.98
Push-Ups in 1 minute	30 on feet	40 (be careful with shoulder pain)
Plank Position hold	60 seconds	90
Wall Sit Position hold	57 seconds	90
Scratch Test	-2"	-1" (be careful with shoulder pain)
Sit-and-Reach Test	-3"	-2" (be careful with back pain)

YEAR 2 – September 2024 to August 2025 – Age 51

IMPORTANT: In subsequent years, it is important to remember this plan was generated in September of 2023, accounting for your health status at that time, based on the information you shared with us. In subsequent years, your health status may change abruptly, and it is important to take this into account when considering the below recommended plan.

Furthermore, as healthcare technology continues to evolve, new methodologies may emerge that are more effective at prevention, and the early detection of disease than is possible in 2023. Your PCP is the right mediator to help you adjust this plan based on changes to your health status in future years.

Consultations & Diagnostics

Type	Details	Next Steps
Urologist for Prostate Cancer Screening Concern	PSA (According to the American Urological Association, Clinicians should offer regular prostate cancer screening every 2 to 4 years to people aged 50 to 69 years. (Strong Recommendation; Evidence Level: Grade A)	Ask your PCP for a referral.
Influenza (Flu) Vaccine for Immunization concern	The CDC and USPSTF recommend any one of quadrivalent high-dose inactivated influenza vaccine (HD-IIV4), quadrivalent recombinant influenza vaccine (RIV4), or quadrivalent adjuvanted inactivated influenza vaccine (aIIV4) annually.	Talk to your PCP to further discuss the necessity of this vaccination and next steps.
PCP Wellness Visit for Wellness concern	See your PCP annually. Since they can examine you in person, they will always remain as the point person when it comes to your health. Please feel free to share a copy of this report with them.	Schedule with your PCP in the usual manner.

Education & OTC

Topic	Details	Next Steps
Skin Self-Check for Skin Cancer Screening concern	Skin cancer is the most common form of cancer in the U.S. Regularly checking your skin can help catch skin cancer early, when it's most treatable. Follow	https://youtu.be/UnCUcFJJDSA?si=a8s-mZVgiBBKoI5x

	these tips from board-certified dermatologists to check your skin for skin cancer.	
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Lifestyle Goals

Category	Baseline	Goal
Healthful Eating	Grade: A	<ul style="list-style-type: none"> Fully embrace the Mediterranean-style diet with an emphasis on whole foods. Minimize the intake of processed foods and added sugars.
Physical Activity	Grade: B-	<ul style="list-style-type: none"> Aim for a well-rounded fitness routine, integrating strength, aerobic, and flexibility exercises. Engage in community fitness activities or groups for motivation and diversified training.
Managing Stress	Grade: B+	<ul style="list-style-type: none"> Incorporate learned stress-relief techniques into daily life. Ensure work-life balance, and maintain a support network for sharing challenges.
Relationships	Grade: A	<ul style="list-style-type: none"> Deepen relationship bonds through shared experiences and activities. Reinforce trust and understanding, addressing any lingering conflicts.
Sleep	Grade: C	<ul style="list-style-type: none"> Implement relaxation techniques like reading or soft music before bed. Maintain regular sleep hygiene practices, and ensure minimal evening caffeine consumption.

Functional Goals

Metric	Baseline	Goal
Waist Circumference	41"	38"
Hip Circumference	39"	38.5"
Waist to Hip Ratio	1.05	0.98
Push-Ups in 1 minute	30 on feet	40 (be careful with shoulder pain)
Plank Position hold	60 seconds	90
Wall Sit Position hold	57 seconds	90
Scratch Test	-2"	-1" (be careful with shoulder pain)
Sit-and-Reach Test	-3"	-2" (be careful with back pain)

YEAR 3 – September 2025 to August 2026 – Age 52

IMPORTANT: In subsequent years, it is important to remember this plan was generated in September of 2023, accounting for your health status at that time, based on the information you shared with us. In subsequent years, your health status may change abruptly, and it is important to take this into account when considering the below recommended plan. Furthermore, as healthcare technology continues to evolve, new methodologies may emerge that are more effective at prevention, and the early detection of disease than is possible in 2023. Your PCP is the right mediator to help you adjust this plan based on changes to your health status in future years.

Consultations & Diagnostics

Type	Details	Next Steps
Influenza (Flu) Vaccine for Immunization concern	The CDC and USPSTF recommend any one of quadrivalent high-dose inactivated influenza vaccine (HD-IIV4), quadrivalent recombinant influenza vaccine (RIV4), or quadrivalent adjuvanted inactivated influenza vaccine (aIIV4) annually.	Talk to your PCP to further discuss the necessity of this vaccination and next steps.
PCP Wellness Visit for Wellness concern	See your PCP annually. Since they can examine you in person, they will always remain as the point person when it comes to your health. Please feel free to share a copy of this report with them.	Schedule with your PCP in the usual manner.

Education & OTC

Topic	Details	Next Steps
Skin Self-Check for Skin Cancer Screening concern	Skin cancer is the most common form of cancer in the U.S. Regularly checking your skin can help catch skin cancer early, when it's most treatable. Follow these tips from board-certified dermatologists to check your skin for skin cancer.	https://youtu.be/UnCUcFJJD SA?si=a8s-mZVgiBBKoI5x

Lifestyle Goals

Category	Baseline	Goal
Healthful Eating	Grade: A	Sustain changes and reassess your goals and methods with your Primary Care Physician based on wins, losses, and the latest evidence-based recommendations.
Physical Activity	Grade: B-	
Managing Stress	Grade: B+	
Relationships	Grade: A	
Sleep	Grade: C	

Functional Goals

Metric	Baseline	Goal
Waist Circumference	41"	36"
Hip Circumference	39"	38"
Waist to Hip Ratio	1.05	0.94
Push-Ups in 1 minute	30 on feet	45 (be careful with shoulder pain)
Plank Position hold	60 seconds	120
Wall Sit Position hold	57 seconds	120
Scratch Test	-2"	-1" (be careful with shoulder pain)
Sit-and-Reach Test	-3"	-1" (be careful with back pain)

YEAR 4 – September 2026 to August 2027 – Age 53

IMPORTANT: In subsequent years, it is important to remember this plan was generated in September of 2023, accounting for your health status at that time, based on the information you shared with us. In subsequent years, your health status may change abruptly, and it is important to take this into account when considering the below recommended plan. Furthermore, as healthcare technology continues to evolve, new methodologies may emerge that are more effective at prevention, and the early detection of disease than is possible in 2023. Your PCP is the right mediator to help you adjust this plan based on changes to your health status in future years.

Consultations & Diagnostics

Type	Details	Next Steps
Urologist for Prostate Cancer Screening Concern	PSA (According to the American Urological Association, Clinicians should offer regular prostate cancer screening every 2 to 4 years to people aged 50 to 69 years. (Strong Recommendation; Evidence Level: Grade A)	Ask your PCP for a referral.
Influenza (Flu) Vaccine for Immunization concern	The CDC and USPSTF recommend any one of quadrivalent high-dose inactivated influenza vaccine (HD-IIV4), quadrivalent recombinant influenza vaccine (RIV4), or quadrivalent adjuvanted inactivated influenza vaccine (aIIV4) annually.	Talk to your PCP to further discuss the necessity of this vaccination and next steps.
PCP Wellness Visit for Wellness concern	See your PCP annually. Since they can examine you in person, they will always remain as the point person when it comes to your health. Please feel free to share a copy of this report with them.	Schedule with your PCP in the usual manner.

Education & OTC

Topic	Details	Next Steps
Skin Self-Check for Skin Cancer Screening concern	Skin cancer is the most common form of cancer in the U.S. Regularly checking your skin can help catch skin cancer early, when it's most treatable. Follow	https://youtu.be/UnCUcFJJD5A?si=a8s-mZVgiBBKoI5x

	these tips from board-certified dermatologists to check your skin for skin cancer.	
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Lifestyle Goals

Category	Baseline	Goal
Healthful Eating	Grade: A	Sustain changes and reassess your goals and methods with your Primary Care Physician based on wins, losses, and the latest evidence-based recommendations.
Physical Activity	Grade: B-	
Managing Stress	Grade: B+	
Relationships	Grade: A	
Sleep	Grade: C	

Functional Goals

Metric	Baseline	Goal
Waist Circumference	41"	36"
Hip Circumference	39"	38"
Waist to Hip Ratio	1.05	0.94
Push-Ups in 1 minute	30 on feet	47 (be careful with shoulder pain)
Plank Position hold	60 seconds	130
Wall Sit Position hold	57 seconds	130
Scratch Test	-2"	-1" (be careful with shoulder pain)
Sit-and-Reach Test	-3"	-1" (be careful with back pain)

YEAR 5 – September 2027 to August 2028 – Age 54

IMPORTANT: In subsequent years, it is important to remember this plan was generated in September of 2023, accounting for your health status at that time, based on the information you shared with us. In subsequent years, your health status may change abruptly, and it is important to take this into account when considering the below recommended plan. Furthermore, as healthcare technology continues to evolve, new methodologies may emerge that are more effective at prevention, and the early detection of disease than is possible in 2023. Your PCP is the right mediator to help you adjust this plan based on changes to your health status in future years.

Consultations & Diagnostics

Type	Details	Next Steps
Gastroenterologist for Colorectal Cancer Screening Concern	Your Gastroenterologist can conduct a screening colonoscopy as your primary colorectal cancer screening method. You will likely need a referral from your PCP, an EKG, basic labs, then an initial consult with your Gastroenterologist. Once your Colonoscopy date is scheduled, you will receive instructions on how to prep 1-2 days before. This may be repeated every 5-10 years depending on findings. Approximate cost: \$1080	Ask your PCP for a referral, and to complete initial diagnostic tests (EKG, blood work).
Influenza (Flu) Vaccine for Immunization concern	The CDC and USPSTF recommend any one of quadrivalent high-dose inactivated influenza vaccine (HD-IIV4), quadrivalent recombinant influenza vaccine (RIV4), or quadrivalent adjuvanted inactivated influenza vaccine (aIIV4) annually.	Talk to your PCP to further discuss the necessity of this vaccination and next steps.
PCP Wellness Visit for Wellness concern	See your PCP annually. Since they can examine you in person, they will always remain as the point person when it comes to your health. Please feel free to share a copy of this report with them.	Schedule with your PCP in the usual manner.

Education & OTC

Topic	Details	Next Steps
Skin Self-Check for Skin Cancer Screening concern	Skin cancer is the most common form of cancer in the U.S. Regularly checking your skin can help catch skin cancer early, when it's most treatable. Follow these tips from board-certified dermatologists to check your skin for skin cancer.	https://youtu.be/UnCUcFJJDSA?si=a8s-mZVgiBBKoi5x

Lifestyle Goals

Category	Baseline	Goal
Healthful Eating	Grade: A	<ul style="list-style-type: none"> • Gradually reduce the use of added sugars and salts in your meals. • Increase consumption of whole grains like quinoa, oats, and brown rice.
Physical Activity	Grade: B-	<ul style="list-style-type: none"> • Increase moderate aerobic activity to 4 days a week for 40 minutes. • Add one more day of strength training focusing on lighter weights. • Incorporate yoga or Pilates for flexibility and relief from pain.
Managing Stress	Grade: B+	<ul style="list-style-type: none"> • Increase moderate aerobic activity to 4 days a week for 40 minutes. • Add one more day of strength training focusing on lighter weights. • Incorporate yoga or Pilates for flexibility and relief from pain.
Relationships	Grade: A	<ul style="list-style-type: none"> • Increase moderate aerobic activity to 4 days a week for 40 minutes. • Add one more day of strength training focusing on lighter weights. • Incorporate yoga or Pilates for flexibility and relief from pain.
Sleep	Grade: C	<ul style="list-style-type: none"> • Increase moderate aerobic activity to 4 days a week for 40 minutes. • Add one more day of strength training focusing on lighter weights. • Incorporate yoga or Pilates for flexibility and relief from pain.

Functional Goals

Metric	Baseline	Goal
Waist Circumference	41"	36"
Hip Circumference	39"	38"
Waist to Hip Ratio	1.05	0.94
Push-Ups in 1 minute	30 on feet	50 (be careful with shoulder pain)
Plank Position hold	60 seconds	150
Wall Sit Position hold	57 seconds	150
Scratch Test	-2"	-0" (be careful with shoulder pain)
Sit-and-Reach Test	-3"	-0" (be careful with back pain)



Thank you for participating in our program!

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