

Healthy Life Laboratories

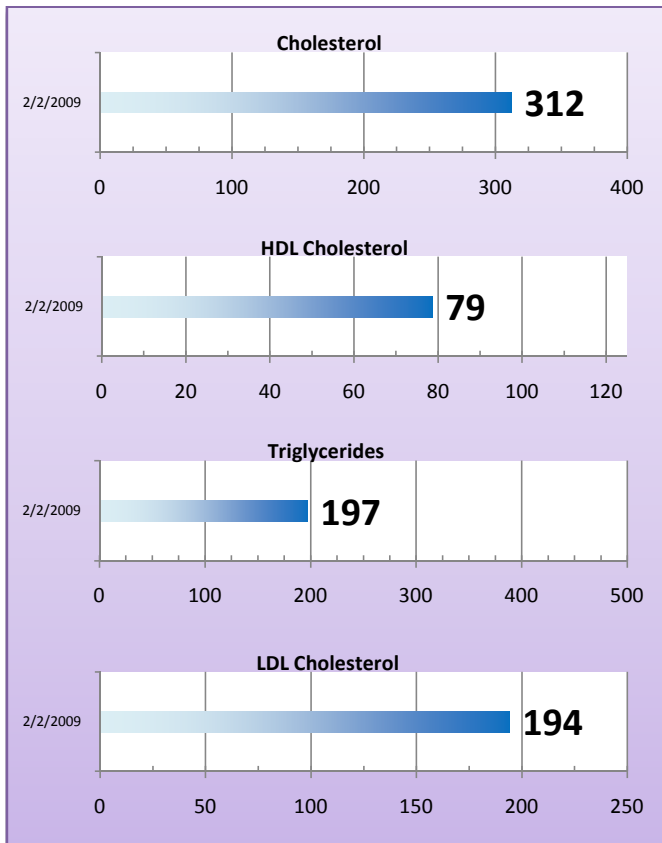
2201 Waukegan Rd., Suite 170
 Bannockburn, IL 60015
 (847) 236-0943

Accreditations/ Certifications
 CLIA#
 Lab Director:

Dr. Test
 Address 1
 Address 2
 Chicago, IL 60601

Patient Number			Specimen Collected	
			2/2/2009	
Phone Number			Specimen Received	
			2/5/2009	
Sex	Age	Date Of Birth	Result Reported	
M	31	1/1/1978	2/9/2009	
Report Status			Specimen Number	
Completed			S126	
Ordered By			Patient Name	
Dr. Test			John Smith	

Test Name	CPT Code	Result	Units	Target Range
Cholesterol	80061	312 H	mg/dL	Less than 200
HDL Cholesterol		79	mg/dL	Greater than 40
Triglycerides		197 H	mg/dL	Less than 150
LDL Cholesterol		194 H	mg/dL	Less than 100
Hemoglobin A1c	83036	5.6	%	Less than 6.0
Estimated Average Glucose		114	mg/dL	Less than 126
C-Reactive Protein (hs-CRP)	86141	0.9	mg/L	Less than 3.0
Insulin	83525	3.5	mIU/mL	1-15 (optimal 2-6)



Your Cholesterol is considered high.

The National Cholesterol Education Program (NECP) Adult Treatment Panel Guidelines suggest that Cholesterol levels below 200 mg/dL are desirable, those between 200 and 239 are borderline high, and those above 240 are high.

Your HDL is considered protective against heart disease.

HDL levels less than 40 mg/dL are considered a major risk factor, and those over 60 are considered protective against heart disease and may lower your risk.

Your Triglycerides result is considered borderline high.

Triglyceride levels below 150 mg/dL are normal, between 150 and 199 are borderline high, between 200 and 499 are high, and above 500 are very high.

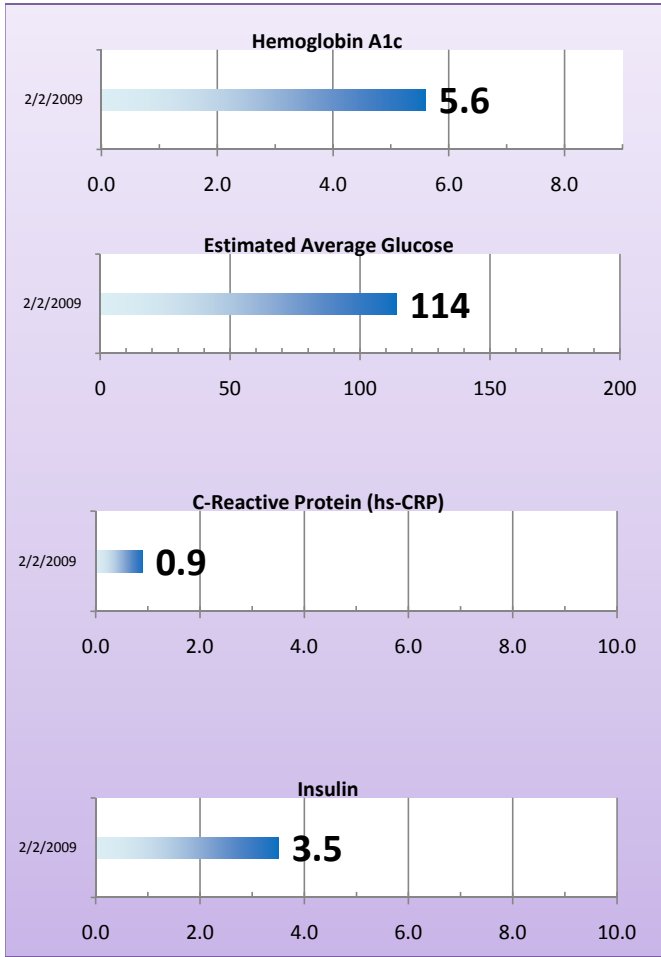
Your LDL is considered very high.

LDL levels below 100 mg/dL are optimal, between 100 and 129 are near optimal, between 130 and 159 are borderline, between 160 and 189 are high, and over 190 are very high.

Interpretation of this report is based on the presumption of an 12 hour fasting period prior to sample collection. The Healthy Life Laboratories results do not make a diagnosis of any kind, and should never replace an office visit with your doctor. Never adjust your medication before you consult with your doctor. Recent medication, diet and other conditions may influence your results. If you have any questions about your test result, please call Healthy Life Laboratories Customer Service at 1-847-236-0943 Monday-Friday 8AM-5PM CST.

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Specimen Number	Patient Name
S126	John Smith



Your HbA1c results are within the target range.

If you have been previously diagnosed as having diabetes, the American Diabetes Association recommends that A1c results be maintained between 5 and 7% for good average daily glucose control. Your doctor should interpret the results of your Hemoglobin A1c test results and together with your doctor you should establish your Hemoglobin A1c goal. Results of an HbA1c test reflect an average blood glucose level during the last 2 to 3 months. Testing your Hemoglobin A1c is not a substitute for regular visits to your doctor and does not replace the need for blood glucose monitoring. Never adjust your medications or make changes to your treatment program without the advice of your primary care physician.

Your CRP is considered normal.

The Healthy Life Laboratory CRP Test employs a high-sensitivity C-Reactive Protein analysis. The American Heart Association has identified hs-CRP as an independent risk factor for coronary heart disease. A normal CRP cannot be used to rule out heart disease risk, and an elevated CRP is not a specific indicator for heart disease. Only a doctor can diagnose heart disease with additional diagnostic tests.

Your insulin level is considered within the normal range. Level between 2 and 6 are optimal.

Insulin is needed for the cells of the body to use glucose for energy. Insulin levels within this normal range indicate that the body is producing the right level of insulin to normalize blood sugar. Discuss these results with your doctor, and the reason you were prompted to take this test.

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