

## Men's Health & Wellness Test Report

Date Presented - July 6, 2019

### Ordering Doctor

Name: Dr. Jody Smith  
License #: 00515515  
UPIN #: A999Z9  
NPI #: 9999999999

### Patient Details

John Smith  
Patient Number: 100523  
DOB: Jan 1, 1980  
Gender: Male  
Ph: (234) 234-2343

### Specimen Details

Collected: July 1, 2019  
Sent: July 1, 2019  
Tested: July 5, 2019  
Source: Capillary Blood

## Welcome To Your Results

Dear John Smith,

We received your small volume blood sample, and tested it for the presence of certain biomarkers commonly associated with men's overall health and wellness.

The testing platform used to produce the results described in this report has been shown to detect these biomarkers to a high level of accuracy when they are present, and to also correctly show a negative result when they are not present.

When shared with your healthcare professional, we are confident this report will provide insight to inform healthcare decisions that may improve your health and quality of life.

You and your healthcare professional can trust the science behind these results, as our lab partners have completed validation studies comparing this process to established testing methods.

For any questions about this test, please visit us at [www.imaware.health](http://www.imaware.health) or connect with us via email at [support@imaware.health](mailto:support@imaware.health).

In good health,  
The imaware team

## Medical Advisory Team



**Dr. Eleftherios Diamandis**  
Head of Clinical Biochemistry  
at Mount Sinai Hospital



**Dr. Stefano Guandalini**  
Professor Emeritus at  
University of Chicago

## Men's Health & Wellness Test – Your Results Summary

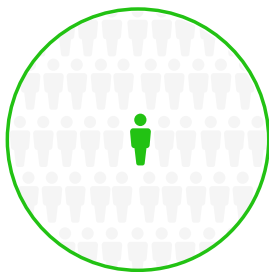
John, your **general health appears to be normal**  
based on biomarker sampling as well as patient specific considerations.

### BIOMARKER SAMPLING

A biomarker refers to a category of objective signs that indicate medical state, and elevated biomarker levels in your blood can signal the presence of a disease.

We tested your blood for the following biomarkers:

<b>Total Cholesterol</b> NORMAL		<b>HDL</b> NORMAL	<b>LDL</b> NORMAL	<b>VLDL</b> NORMAL	<b>Total / HDL Ratio</b> NORMAL		<b>LDL / HDL Ratio</b> NORMAL	<b>Triglycerides</b> NORMAL	<b>hsCRP</b> NORMAL
<b>HbA1c</b> NORMAL	<b>Glucose</b> NORMAL	<b>EAG (Est. Avg. Glucose)</b> NORMAL		<b>Vitamin D</b> NORMAL	<b>Cotinine</b> NORMAL	<b>Creatinine</b> NORMAL	<b>Ferritin</b> NORMAL	<b>PSA</b> NORMAL	<b>Testosterone</b> NORMAL



### PATIENT SPECIFIC CONSIDERATIONS

We included specific aspects of your history and condition as part of this test in order to confirm your likelihood.

- You indicated you have not been previously tested
- You indicated you do not have a family history of this condition

Your overall likelihood is compared to the possible scenarios

- Highly Likely**  
More than 60% likelihood
- Somewhat Likely**  
Between 25-60% likelihood
- Less Likely**  
Between 2-25% likelihood
- Not Likely**  
Less than 2% likelihood

**Not likely**  
Likelihood you have a health concern

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Your likelihood estimate is based on biomarker sampling and preconditions:

- Your blood sample contained normal biomarker levels
- You did not indicate a pre-condition that may increase your likelihood of having this condition

### Your Next Steps



Share these results with your doctor, who can review your results and provide an action plan before you make any major lifestyle changes.



If you begin to make any doctor recommended lifestyle changes, imaware™ can help you monitor the effectiveness of your lifestyle changes and treatment.

## Men's Health & Wellness Test – Prediabetes Results

The following pages provide additional information that should be shared with your healthcare professional.

### DETAILED PATIENT RESULTS TABLE

Analyte	Quantitative	Qualitative	Reportable Range	Cutoff	Target Range
Hb-A1c	4.5%	Negative	4.0% - 14.0%	5.7%	4.0% - 5.7%
Blood Glucose	80 mg/dL	Negative	60 - 400 mg/dL	100 mg/dL	60 - 100 mg/dL
EAG (Est. Avg. Glucose)	86 mg/dL	Negative		117 mg/dL	68 - 117 mg/dL

### PATIENT DISEASE AND SYMPTOMS STATUS

- You indicated that you have not been previously diagnosed
- You indicated you do not have a family history of Type 2 Diabetes
- You indicated you currently do not smoke

## Men's Health & Wellness Test – Prediabetes Results – Detailed Scientific Validation

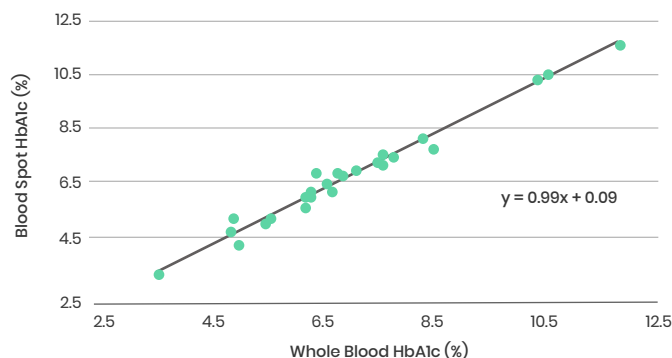
imaware™ tests are tested to be highly accurate and precise. The following data can be reviewed by your medical professional to better understand the validity of the imaware test.

### HEMOGLOBIN A1C TEST - SCIENTIFIC VALIDATION

#### Accuracy

Paired whole blood samples versus dried blood spots containing varying concentrations of Hemoglobin A1c were tested to determine comparability of the two different collection methods. A1c concentrations were determined using a latex enhanced immunoturbidimetric assay and statistically analyzed by simple regression:

N=30		
Correlation Coefficient	0.9898	
Slope	0.99	
Intercept	0.09	
	DBS A1c	Comparable Whole Blood Method
Mean Hemoglobin A1c	6.8	6.8
Standard Deviation of Range	1.8	1.8

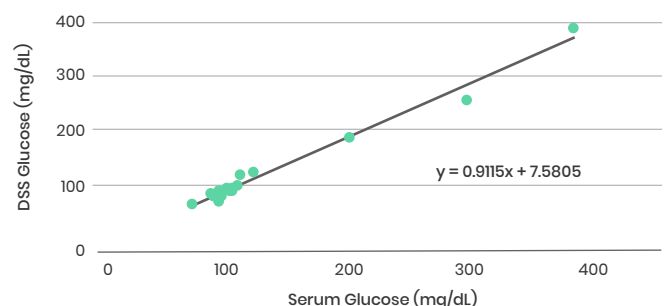


### GLUCOSE TEST - SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of Glucose were tested. Glucose concentrations observed for the dried serum (DS) samples versus serum (enzymatic colorimetric method) were statistically analyzed by simple regression:

N=27		
Correlation Coefficient	0.98	
Slope	0.91	
Intercept	7.59	
	DS Glucose	Comparable Serum Method
Mean Glucose	112.0	114.6
Standard Deviation of Range	64.9	70.4



## Men's Health & Wellness Test – Lipids Test Results

The following pages provide additional information that should be shared with your healthcare professional.

### DETAILED PATIENT RESULTS TABLE

Analyte	Quantitative	Qualitative	Reportable Range	Cutoff	Target Range
Cholesterol, Total	190.0 mg/dL	Negative	100 - 400 mg/dL	200.0 mg/dL	<200.0 mg/dL
HDL-C	50.0 mg/dL	Negative	25 - 100 mg/dL	40 mg/dL	>40.0 mg/dL
LDL-C (Calc)	140.0 mg/dL	Negative	12 - 700 mg/dL	160.0 mg/dL	<160.0 mg/dL
Triglycerides	190.0 mg/dL	Negative	50 - 400 mg/dL	200.0 mg/dL	<200.0 mg/dL
Cholesterol/HDL Ratio (Calc)	4.0	Negative	0.7 - 33	5.0	<5.0
LDL/HDL Ratio (Calc)	3.2	Negative	0.4 - 47	3.5	<3.5
VLDL (Calc)	20.0 mg/dL	Negative	10 - 80 mg/dL	30.0 mg/dL	<30.0 mg/dL
hsCRP	2.0 mg/L	Negative	0.5 - 150.0 mg/L	3.0 mg/L	<3.0 mg/L

## Men's Health & Wellness Test – Lipids Test – Detailed Scientific Validation

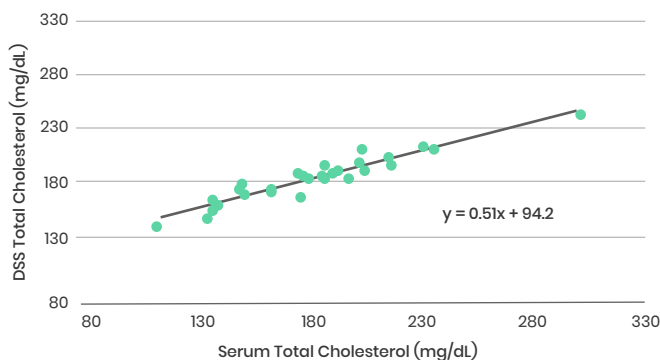
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### TOTAL CHOLESTEROL TEST – SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum samples containing varying concentrations of Cholesterol were tested. Cholesterol concentrations observed for the dried serum samples versus serum (enzymatic colorimetric method) were statistically analyzed by simple regression.

N=45		
Correlation Coefficient	0.95	
Slope	0.55	
Intercept	87.3	
	DS Cholesterol	Comparable Serum Method
Mean Cholesterol	185.6	181.2
Standard Deviation of Range	20.9	39.1

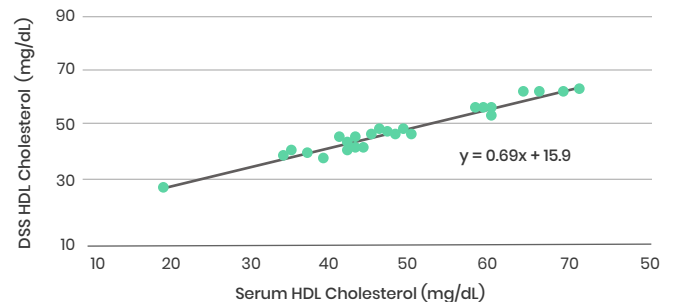


### HDL-CHOLESTEROL TEST – SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of HDL-Cholesterol were tested. HDL concentrations observed for the dried serum samples versus serum (enzymatic colorimetric method) were statistically analyzed by simple regression:

N=29		
Correlation Coefficient	0.97	
Slope	0.69	
Intercept	15.9	
	DS HDL	Comparable Serum Method
Mean HDL Cholesterol	49.0	47.7
Standard Deviation of Range	8.3	11.8



## Men's Health & Wellness Test - Lipids Test - Detailed Scientific Validation Continued

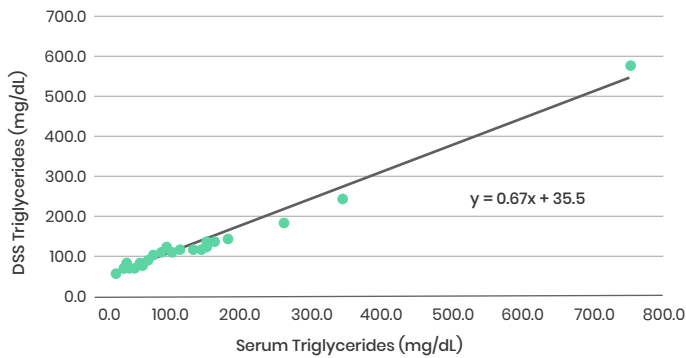
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### TRIGLYCERIDES TEST - SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum samples containing varying concentrations of Triglycerides were tested. Triglycerides concentrations observed for the dried serum samples versus serum (enzymatic colorimetric method) were statistically analyzed by simple regression.

N=47		
Correlation Coefficient	0.99	
Slope	0.83	
Intercept	24.5	
	DS Triglycerides	Comparable Serum Method
Mean Triglycerides	124.1	131.8
Standard Deviation of Range	90.6	133.7

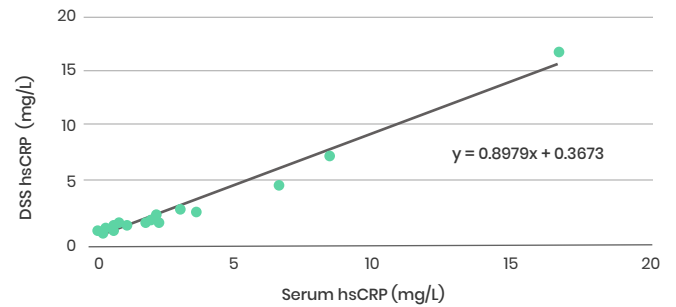


### HS-CRP TEST - SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of hsCRP were tested. hsCRP concentrations observed for the dried serum samples versus serum (immunoturbidimetric method) were statistically analyzed by simple regression:

N=20		
Correlation Coefficient	0.98	
Slope	0.90	
Intercept	0.37	
	DS hsCRP	Comparable Serum Method
Mean hsCRP	3.0	2.9
Standard Deviation of Range	3.5	3.9



## Men's Health & Wellness Test – Vitamin D Results

The following pages provide additional information that should be shared with your healthcare professional.

### DETAILED PATIENT RESULTS TABLE

Analyte	Quantitative	Qualitative	Reportable Range	Cutoff	Target Range
25-Hydroxyvitamin D	35 ng/mL	Normal	15.0 - 150.0 ng/mL	25 ng/mL	25 - 80 ng/mL

### PATIENT DISEASE AND SYMPTOMS STATUS

- You indicated you have not been previously tested
- You indicated you do not have a family history of this condition
- You indicated you currently do not smoke

## Men's Health & Wellness Test – Vitamin D Results – Detailed Scientific Validation

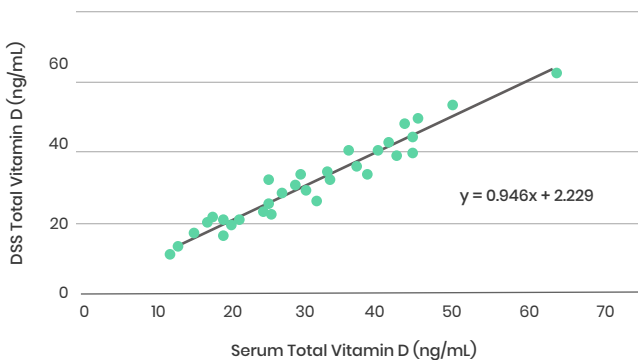
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### VITAMIN D TEST – SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of Vitamin D were tested. Vitamin D concentrations observed for the dried serum samples versus serum (chemiluminescent immunoassay method) were statistically analyzed by simple regression:

N=32		
Correlation Coefficient	0.97	
Slope	0.95	
Intercept	2.23	
	DBS Vitamin D	Comparable Serum Method
Mean Vitamin D	31.5	31.0
Standard Deviation of Range	11.8	12.0



## Men's Health & Wellness Test – Cotinine, Creatinine, Ferritin Results

The following pages provide additional information that should be shared with your healthcare professional.

### DETAILED PATIENT RESULTS TABLE

Analyte	Quantitative	Qualitative	Reportable Range	Cutoff	Target Range
Blood Cotinine (Nicotine Metabolite)		Negative			Negative
Blood Creatinine	1.0 mg/dL	Negative	0.8 - 10.0 mg/mL	1.4 mg/mL	<1.4 mg/mL
Ferritin	100 ng/mL	Negative	12 - 1500 ng/mL	20 ng/mL	20-400 ng/mL

## Men's Health & Wellness Test – Detailed Scientific Validation

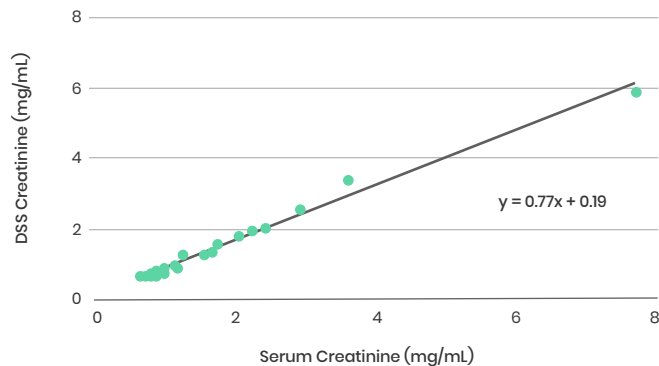
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### BLOOD CREATININE TEST – SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of Creatinine were tested. Creatinine concentrations observed for the dried serum samples versus serum (enzymatic colorimetric method) were statistically analyzed by simple regression:

N=26		
Correlation Coefficient	0.99	
Slope	0.77	
Intercept	0.19	
	DBS Creatinine	Comparable Serum Method
Mean Creatinine	1.5	1.4
Standard Deviation of Range	1.5	1.2

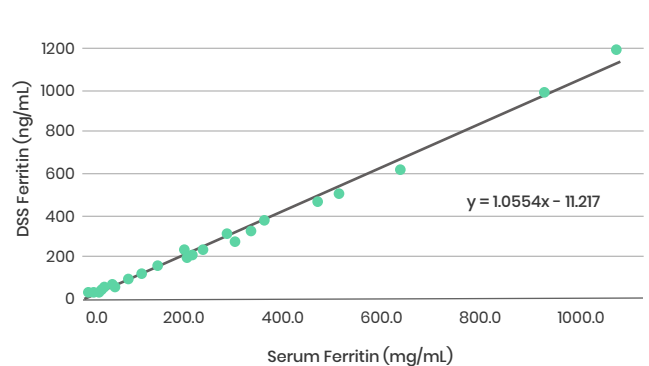


### FERRITIN TEST – SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of Ferritin were tested. Ferritin concentrations observed for the dried serum samples versus serum (Enhanced chemiluminescence immunoassay method) were statistically analyzed by simple regression:

N=26		
Correlation Coefficient	0.99	
Slope	1.06	
Intercept	-11.02	
	DBS Ferritin	Comparable Serum Method
Mean Ferritin	1.5	1.4
Standard Deviation of Range	1.5	1.2



## Men's Health & Wellness Test – Prostate Cancer Results

The following pages provide additional information that should be shared with your healthcare professional.

### DETAILED PATIENT RESULTS TABLE

Analyte	Quantitative	Qualitative	Reportable Range	Cutoff	Target Range
PSA, Total	2.0 ng/mL	Negative	0.5 - 100.0 ng/mL	4.0 ng/mL	<4.0 ng/mL

### PATIENT DISEASE AND SYMPTOMS STATUS

- You indicated you have not been previously diagnosed
- You indicated you do not have a family history of prostate cancer
- You indicated you currently do not smoke

## Men's Health & Wellness Test – Prostate Cancer Results – Detailed Scientific Validation

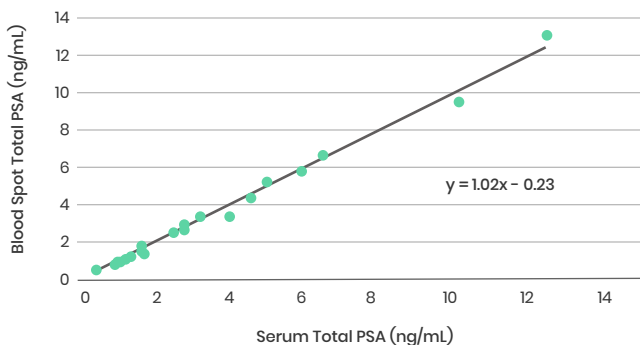
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### TOTAL PSA TEST – SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of total PSA were tested. PSA concentrations observed for the dried serum samples versus serum (Electrochemilumiscence-based assay) were statistically analyzed by simple regression:

N=27		
Correlation Coefficient	0.9964	
Slope	1.02	
Intercept	-0.23	
	DBS PSA	Comparable Serum Method
Mean Prostate Specific Antigen	3.04	3.19
Standard Deviation of Range	2.94	2.86





## Men's Health & Wellness Test – Testosterone Results

The following pages provide additional information that should be shared with your healthcare professional.

### DETAILED PATIENT RESULTS TABLE

Analyte	Quantitative	Qualitative	Reportable Range	Cutoff	Target Range
Testosterone, Total	400 ng/dL	Normal	130 - 1500 ng/mL	240 ng/mL	240 - 950 ng/mL

### PATIENT DISEASE AND SYMPTOMS STATUS

- You indicated you have not been previously tested
- You indicated you do not have a family history of this condition
- You indicated you currently do not smoke

## Men's Health & Wellness Test – Testosterone Results – Detailed Scientific Validation

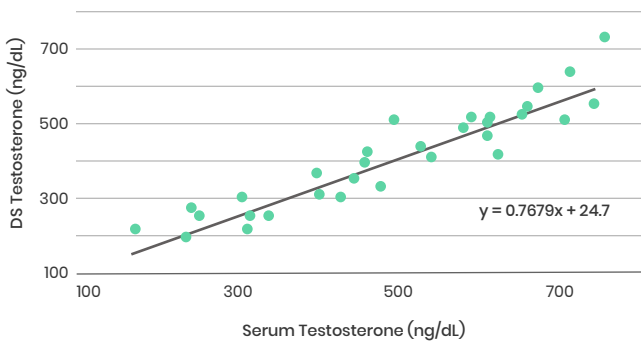
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### TOTAL TESTOSTERONE TEST – SCIENTIFIC VALIDATION

#### Accuracy

Paired serum and dried serum spot samples containing varying concentrations of Testosterone were tested. Testosterone concentrations observed for the dried serum samples versus serum (Enhanced chemiluminescence immunoassay method) were statistically analyzed by simple regression:

N=35		
Correlation Coefficient	0.89	
Slope	0.77	
Intercept	24.7	
	DSS Testosterone	Comparable Serum Method
Mean Testosterone	379.8	462.3
Standard Deviation of Range	137.7	166.1



## Men's Health & Wellness Test – Additional Information

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## Men's Health & Wellness Test – Additional Information Continued

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### PERFORMING LABORATORY INFORMATION

- Patient Sample was performed on July 5, 2019 by CoreMedica Labs.
- CLIA Number 26D2013888 CAP Accreditation 7537862
- Lab Location: 200 NE Missouri, Ste 302, Lees Summit, MO, 64081
- Lab Director: Dr. Cristian Saez, Ph.D.

### TEST NOTES AND LIMITATIONS

- These test results should be shared with your healthcare provider
- This test is not to diagnose any health condition - only your healthcare provider can make that determination, in light of your overall health history and the results of other testing they may decide to order
- Please consult your healthcare provider before making any dietary changes