

Functional Health Report™ Requirements

Please be aware that our clinical team recently updated the test requirements, which allow a panel to qualify for a Functional Health Report™ (FHR). The new criteria focus on increasing the clinical utility available in the results and delivering more actionable options for better patient outcomes. Below are the minimum baseline biomarkers and test codes required that will generate a Functional Health Report™. These are especially important to consider when creating a custom panel using our new panel creator tool.

JANE DOE
37 year old Female - Born Dec 20,1982
Lab Test on Feb 06, 2020

Blood Test Results Report

The Blood Test Results Report lists the results of the patient's Chemistry Screen and CBC and shows you whether or not an individual element is outside of the optimal range and/or outside of the clinical lab range. The elements appear in the order in which they appear on the lab test form.

Above Optimal Range ↑
3 Current 8 Previous

Above Standard Range ↑
5 Current 3 Previous

Alarm High ⚠
0 Current 1 Previous

Below Optimal Range ↓
8 Current 12 Previous

Below Standard Range ↓
2 Current 0 Previous

Alarm Low ⚠
0 Current 0 Previous

Element	Current		Previous		Impr	Optimal Range	Standard Range	Units
	Feb 06 2020	Nov 11 2019	Nov 11 2019	Nov 11 2019				
Glucose	87.00	97.00	↑	↑	🟢	72.00 - 90.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.30	5.20				5.00 - 5.50	0.00 - 5.60	%
Insulin - Fasting	6.50	10.70	↑	↑	🟢	2.00 - 5.00	2.00 - 19.00	µU/ml
BUN	17.00	21.00	↑	↑	🟢	10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	0.70	0.70	↓	↓	🔴	0.80 - 1.10	0.40 - 1.35	mg/dL
BUN/Creatinine Ratio	24.30	30.00	↑	↑	🟢	10.00 - 16.00	6.00 - 22.00	Ratio
Sodium	141.00	140.00				135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	3.80	3.80	↓	↓	🔴	4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium/Potassium Ratio	37.10	36.84	↑	↑	🔴	30.00 - 35.00	30.00 - 35.00	ratio
Chloride	105.00	104.00				100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	30.00	27.00				25.00 - 30.00	19.00 - 30.00	mEq/L
Anion gap	9.80	12.80	↑	↑	🟢	7.00 - 12.00	6.00 - 16.00	mEq/L
Uric Acid, female	4.60	4.20				3.00 - 5.50	2.50 - 7.00	mg/dL
Protein, total	7.10	7.20				6.90 - 7.40	6.10 - 8.10	g/dL
Albumin	4.50	4.50				4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.60	2.70				2.40 - 2.80	2.00 - 3.50	g/dL
Albumin/Globulin Ratio	1.70	1.70				1.40 - 2.10	1.00 - 2.50	ratio
Calcium	9.20	9.20	↓	↓	🔴	9.40 - 10.10	8.60 - 10.40	mg/dL
Calcium/Albumin Ratio	2.04	2.04				0.00 - 2.60	0.00 - 2.70	ratio
Alk Phos	62.00	59.00	↓	↓	🟢	70.00 - 100.00	35.00 - 115.00	IU/L
AST (SGOT)	17.00	15.00				10.00 - 26.00	10.00 - 35.00	IU/L
ALT (SGPT)	14.00	14.00				10.00 - 26.00	6.00 - 29.00	IU/L
LDH	114.00	123.00	↓	↓	🔴	140.00 - 200.00	120.00 - 250.00	IU/L
Bilirubin - Total	0.40	0.60				0.10 - 0.90	0.20 - 1.20	mg/dL
GGT	13.00	13.00				10.00 - 30.00	3.00 - 70.00	IU/L
Iron - Serum	58.00	64.00	↓	↓	🔴	85.00 - 130.00	40.00 - 160.00	µg/dL
Ferritin	45.50	38.10	↓	↓	🟢	40.00 - 150.00	10.00 - 232.00	ng/mL

Practitioner Only Report | Page 9

You will need to include these 7 biomarkers to qualify for an FHR to be generated:

- 1 Complete Blood Count (CBC) With Differential (005009)
- 2 Comprehensive Metabolic Panel (CMP-14) (322000)
- 3 Lipid Panel **(ONE OF THE FOLLOWING)***
- 4 Ferritin + Iron + Total Iron-binding Capacity (TIBC) (324741)
OR
Ferritin (004598) + Iron (001339)
OR
Ferritin (004598) + Iron and Total Iron-binding Capacity (TIBC) (001321)
- 5 Hemoglobin (Hb) A1c **(ONE OF THE FOLLOWING)****
- 6 Magnesium (001537) OR Magnesium, RBC (080283)
- 7 TSH **(ONE OF THE FOLLOWING)*****

* ONE OF THE FOLLOWING:

Lipid Cascade With Reflex to Apolipoprotein B* (363676)
Lipid Cascade With Reflex to Lipoprotein Particle Assessment by NMR (With Graph)* (123836)
Lipid Cascade With Reflex to Lipoprotein Particle Assessment by NMR (Without Graph)* (361946)
Lipid Panel (303756)
Lipid Panel + VLDL + Non-HDL Cholesterol + TC/HDL Ratio (346644)
Lipid Panel + VLDL + TC/HDL Ratio + LDL/HDL Ratio + CHD Risk (004580)
Lipid Panel + VLDL + TC/HDL Ratio + LDL/HDL Ratio With Reflex to Direct LDL* (367972)
Lipid Panel With LDL:HDL Ratio (235010)

Lipid Panel With Total Cholesterol:HDL Ratio (221010)
Lipid Profile With Non-HDL Cholesterol (343925)
Lipid Profile, Fasting, Pediatric (373632)
Lipid Profile, Nonfasting, Pediatric (373634)
NMR LipoProfile® (With Graph) (123810)
NMR LipoProfile® (Without Graph) (884247)
NMR LipoProfile® With Insulin Resistance Markers (With Graph) (123638)
NMR LipoProfile® With Insulin Resistance Markers (Without Graph) (884000)

** ONE OF THE FOLLOWING:

Hemoglobin A1c (HbA1c) (001453)
Hemoglobin (Hb) A1c With eAG (102525)

GlycoMark® and Hemoglobin A1c (502226)
Hemoglobin (Hb) A1c With GlycoMark® (503205)

*** ONE OF THE FOLLOWING:

Thyroid-stimulating Hormone (TSH) (004259)
Thyroid Cascade Profile* (330015)
Thyroid Profile II, Comprehensive (027011)
Thyroid Profile with TSH (000620)
Thyroid-stimulating Hormone (TSH) and Free T4 (224576)
Thyroid-stimulating Hormone (TSH) in Pregnancy (004593)
Thyroid-stimulating Hormone (TSH) With Reflex to Free T4* (349829)
Thyroxine (T4) and Thyroid-stimulating Hormone (TSH) (024026)