

Joi Health Report



PREPARED FOR

JANE DOE

12.12.1990

DATE COLLECTED

07.22.2024

LAB

WOMEN'S ADVANCED METABOLIC PANEL : AT-HOME

Feel
better,
live
longer





Introduction

An introduction to Functional Blood Chemistry Analysis and your Joi Health Report (JHR).

WHAT'S INSIDE

Joi Optimization Score (JOS)
Blood Test Results

MISSION

We are on a mission to empower you to feel better and live longer. It starts with a deep dive into your biology. While understanding your biomarkers is vital, it's equally important to consider your symptoms and how they impact your day-to-day life. Our approach couples the quantitative and qualitative data to then create a comprehensive, actionable plan customized to your specific needs and goals.

OVERVIEW

Below are five details you should know before reading your Joi Health Report. If markers seem unfamiliar or not aligned, rest assured that this will be covered in your review:

1. Unlike reactive-based medicine, which often focuses on treating symptoms or illnesses, our approach is tailored to you, centered on proactive care and optimal ranges.
2. If your lab values are outside optimal ranges, this may not mean you have a specific dysfunction present but rather a suboptimal area that may benefit from support.
3. These interpretations are guides. We aim to help move your biomarkers towards optimal levels, prevent system dysfunctions, and help you function at your best.
4. Your labs are meticulously reviewed by our highly skilled clinical team. This ensures we can clear you for therapies and determine if an intervention is recommended. Rest assured, all areas of importance will be thoroughly covered in your 1:1 consult with your clinician or coach.
5. Any prescription that is deemed necessary will be prescribed by your licensed clinician.



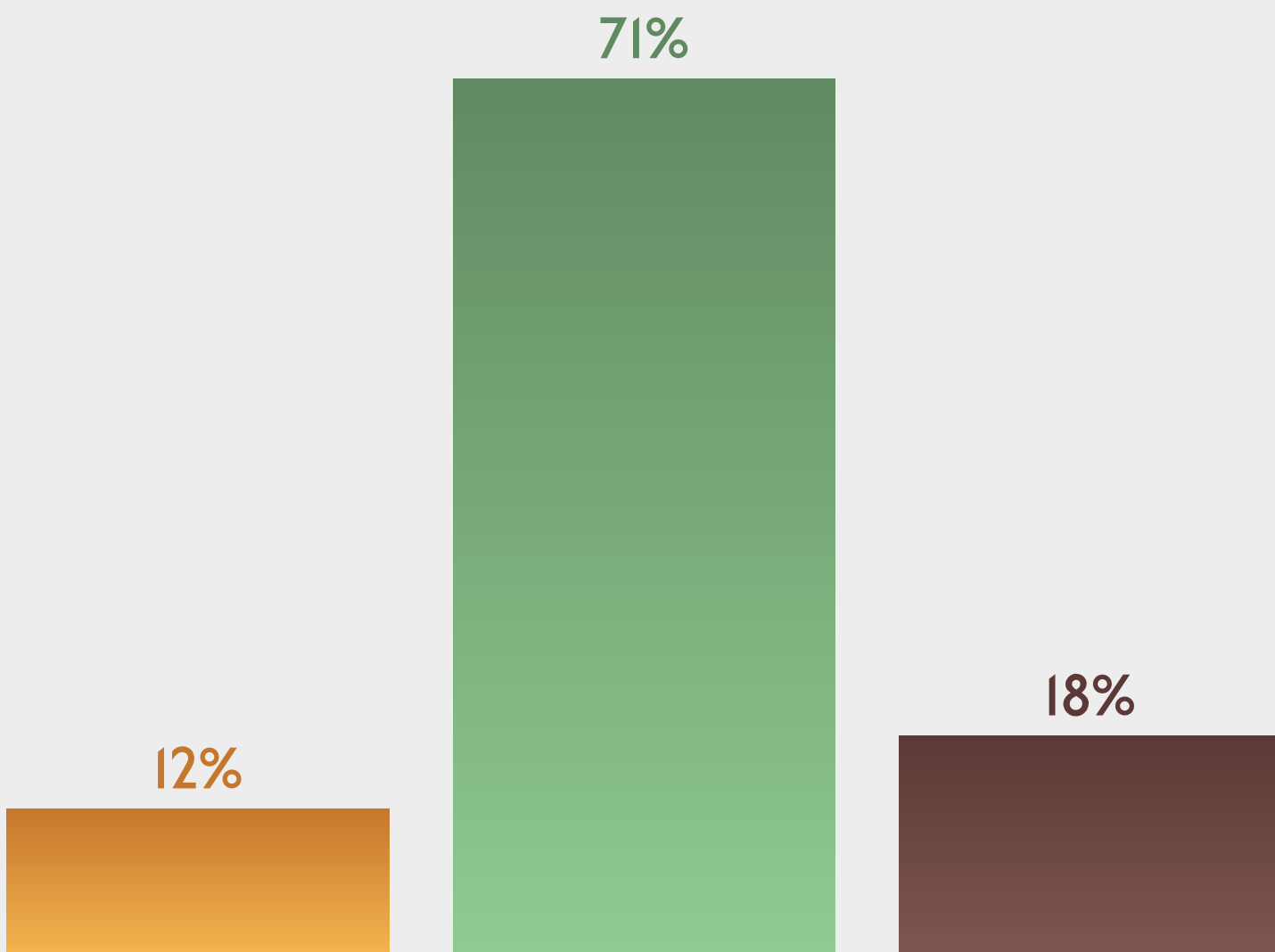
Analytics




A full breakdown of your biomarker results, showing where each biomarker lies within optimal range.

JANE DOE

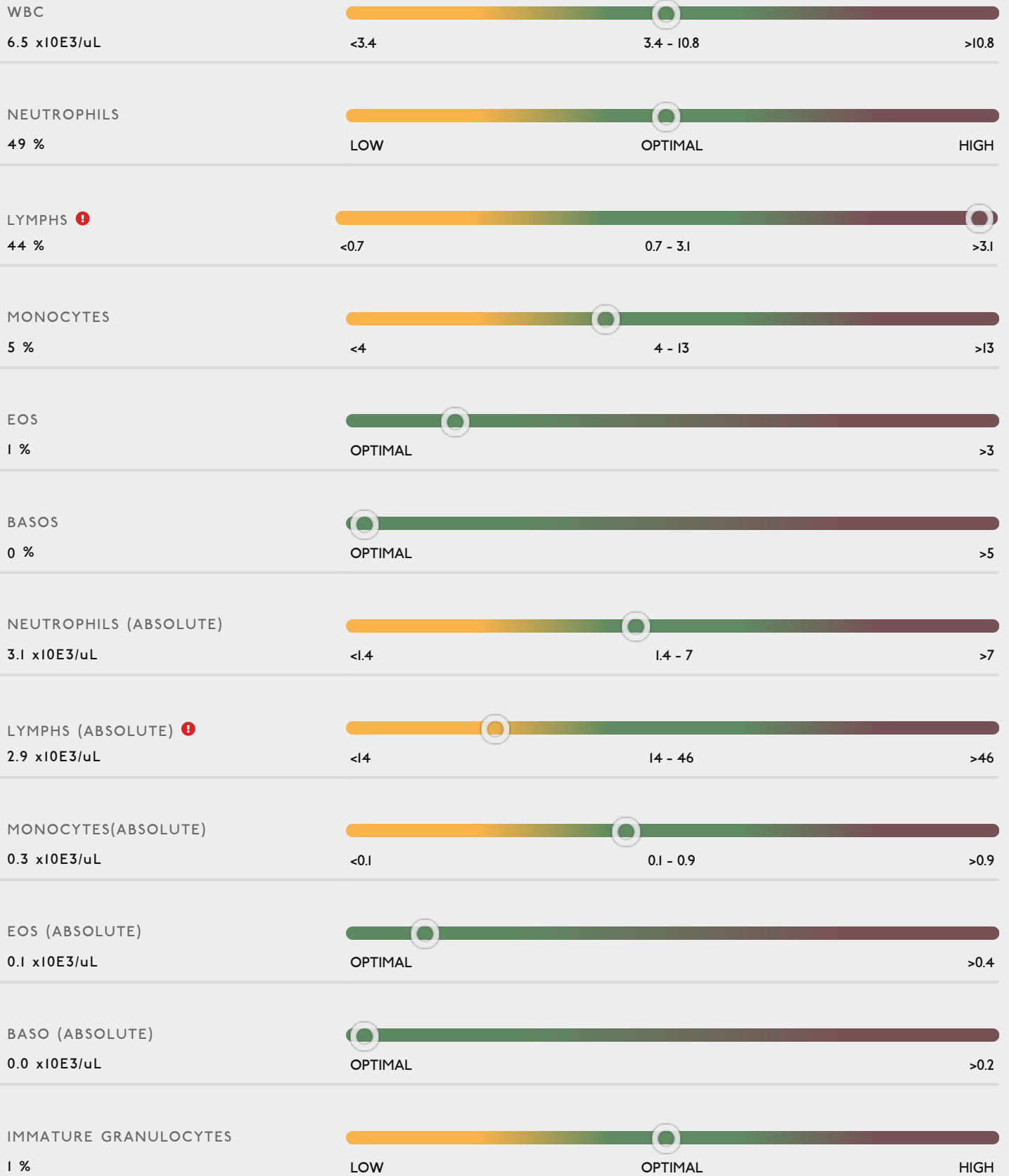
Joi Optimization Score (JOS)

68 biomarkers analyzed



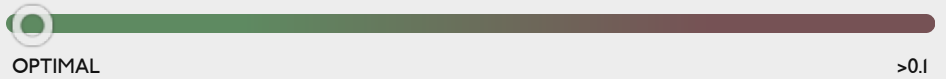
	SUB-OPTIMAL RANGE	8 MARKERS
	OPTIMAL RANGE	48 MARKERS
	HIGH RANGE	12 MARKERS

WBCS



IMMATURE GRANS (ABS)

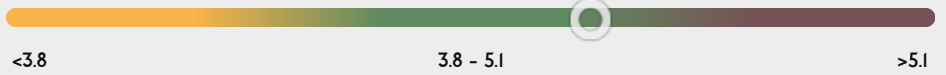
0.0 x10E3/uL



CBC

RBC

4.87 x10E6/uL



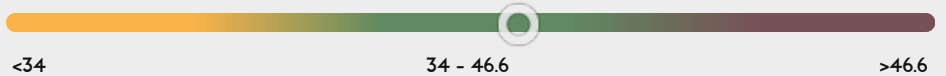
HEMOGLOBIN

13.5 g/dL



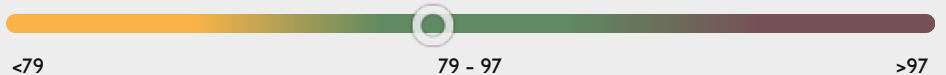
HEMATOCRIT

41.5 %



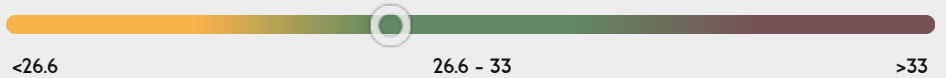
MCV

85 fL



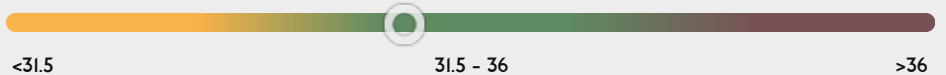
MCH

27.7 pg



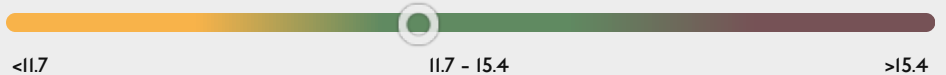
MCHC

32.5 g/dL



RDW

12.8 %



PLATELETS

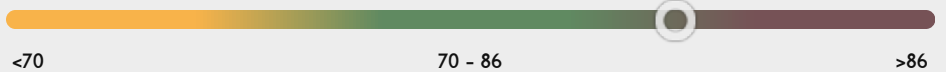
416 x10E3/uL



BLOOD GLUCOSE

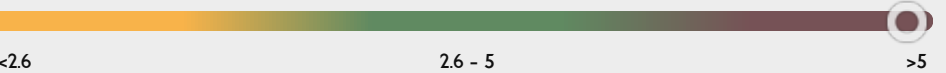
GLUCOSE !

88 mg/dL



INSULIN !

14.3 uIU/mL



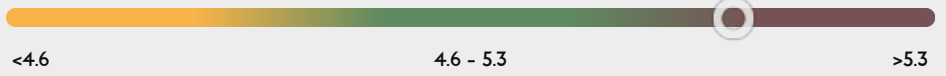
C-PEPTIDE, SERUM

2.2 ng/mL



HEMOGLOBIN A1C !

5.5 %



KIDNEY

BUN

12 mg/dL



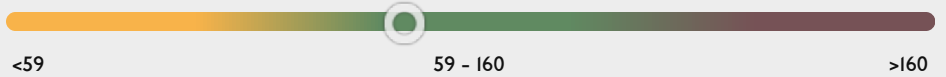
CREATININE

0.93 mg/dL



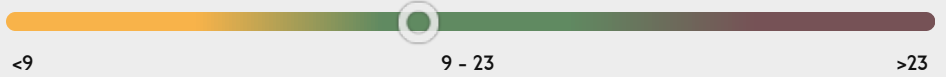
EGFR

83 mL/min/1.73



BUN/CREATININE RATIO

13



ELECTROLYTES

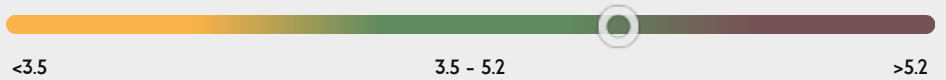
SODIUM

139 mmol/L



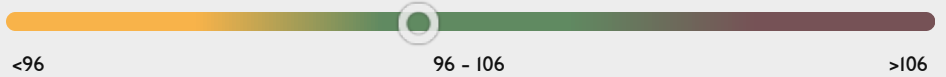
POTASSIUM

5.1 mmol/L



CHLORIDE

99 mmol/L



CARBON DIOXIDE, TOTAL

22 mmol/L



MINERALS

CALCIUM

10.0 mg/dL

<8.7

8.7 - 10

>10

PROTEINS

PROTEIN, TOTAL

7.5 g/dL

<6

6 - 8.5

>8.5

ALBUMIN

4.6 g/dL

<3.8

3.8 - 5

>5

GLOBULIN, TOTAL

2.9 g/dL

<1.5

1.5 - 4.5

>4.5

LIVER AND GB

BILIRUBIN, TOTAL !

0.3 mg/dL

<0.5

0.5 - 1.2

>1.2

ALKALINE PHOSPHATASE

97 IU/L

<44

44 - 121

>121

AST (SGOT)

17 IU/L

<10

10 - 40

>40

ALT (SGPT)

14 IU/L

<10

10 - 40

>40

LIPIDS

CHOLESTEROL, TOTAL !

245 mg/dL

<100

100 - 199

>199

TRIGLYCERIDES !

247 mg/dL

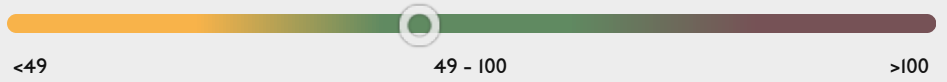
<70

70 - 150

>150

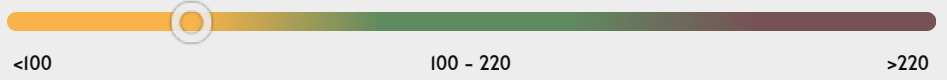
HDL CHOLESTEROL

63 mg/dL



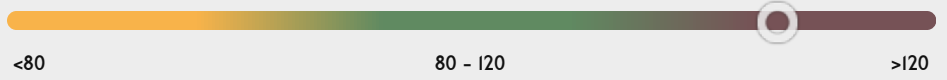
VLDL CHOLESTEROL CAL !

44 mg/dL



LDL CHOL CALC (NIH) !

138 mg/dL



THYROID

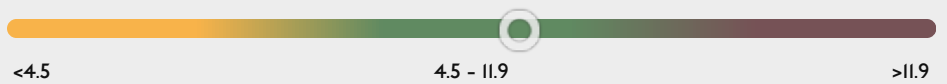
TSH

1.050 uIU/mL



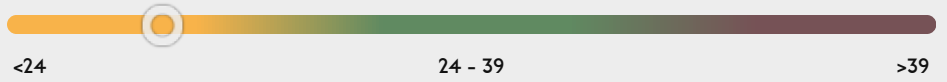
THYROXINE (T4)

9.0 ug/dL



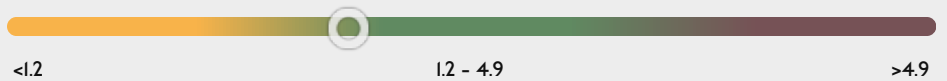
T3 UPTAKE !

16 %



FREE THYROXINE INDEX

1.4



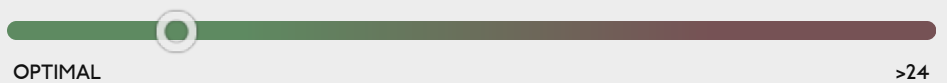
T4, FREE(DIRECT)

0.99 ng/dL



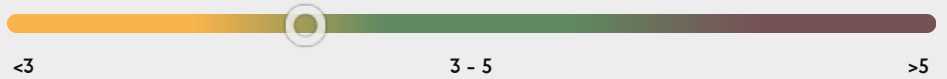
THYROID PEROXIDASE (TPO)

<9 IU/mL



TRIIODOTHYRONINE (T3), FR !

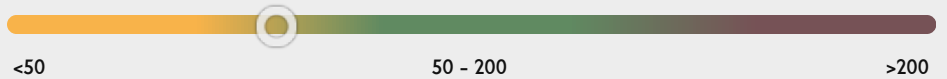
2.8 pg/mL



HORMONES

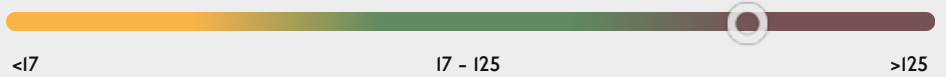
TESTOSTERONE !

25 ng/dL



SEX HORM BINDING GLOB, SE !

160.0 nmol/L



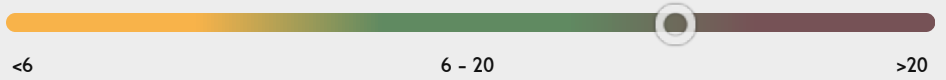
TESTOST., FREE, CALC !

1.4 pg/mL



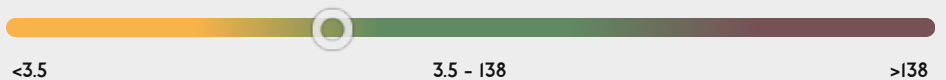
CORTISOL !

21.7 ug/dL



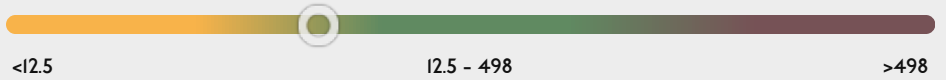
FSH

6.0 mIU/mL



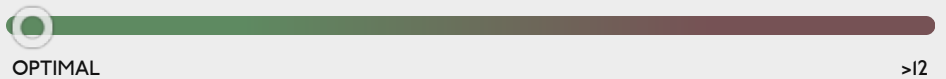
ESTRADIOL !

<5.0 pg/mL



PROGESTERONE

0.1 ng/mL



VITAMINS

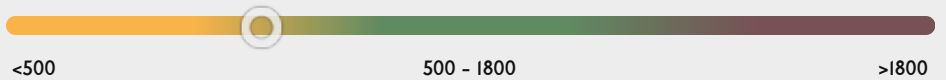
VITAMIN D, 25-HYDROXY

52.4 ng/mL



VITAMIN B12 !

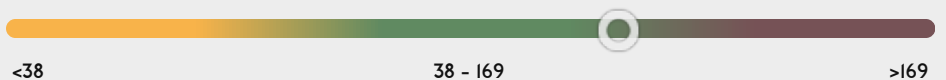
180 pg/mL



IRON MARKERS

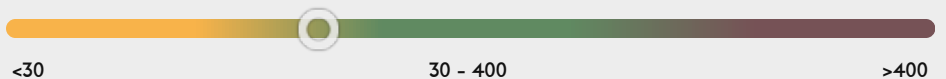
IRON

162 ug/dL



FERRITIN !

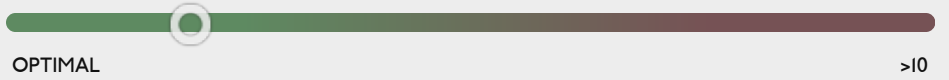
19 ng/mL



INFLAMMATION

C-REACTIVE PROTEIN, QUANT

4 mg/L



OTHER

DEHYDROEPIANDROSTERONE (D

317 ng/dL



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