

# Joi Health Report



PREPARED FOR

JANE FOE  
12.12.1990

DATE COLLECTED

07.24.2024

LAB

WOMEN'S COMPREHENSIVE PANEL

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.



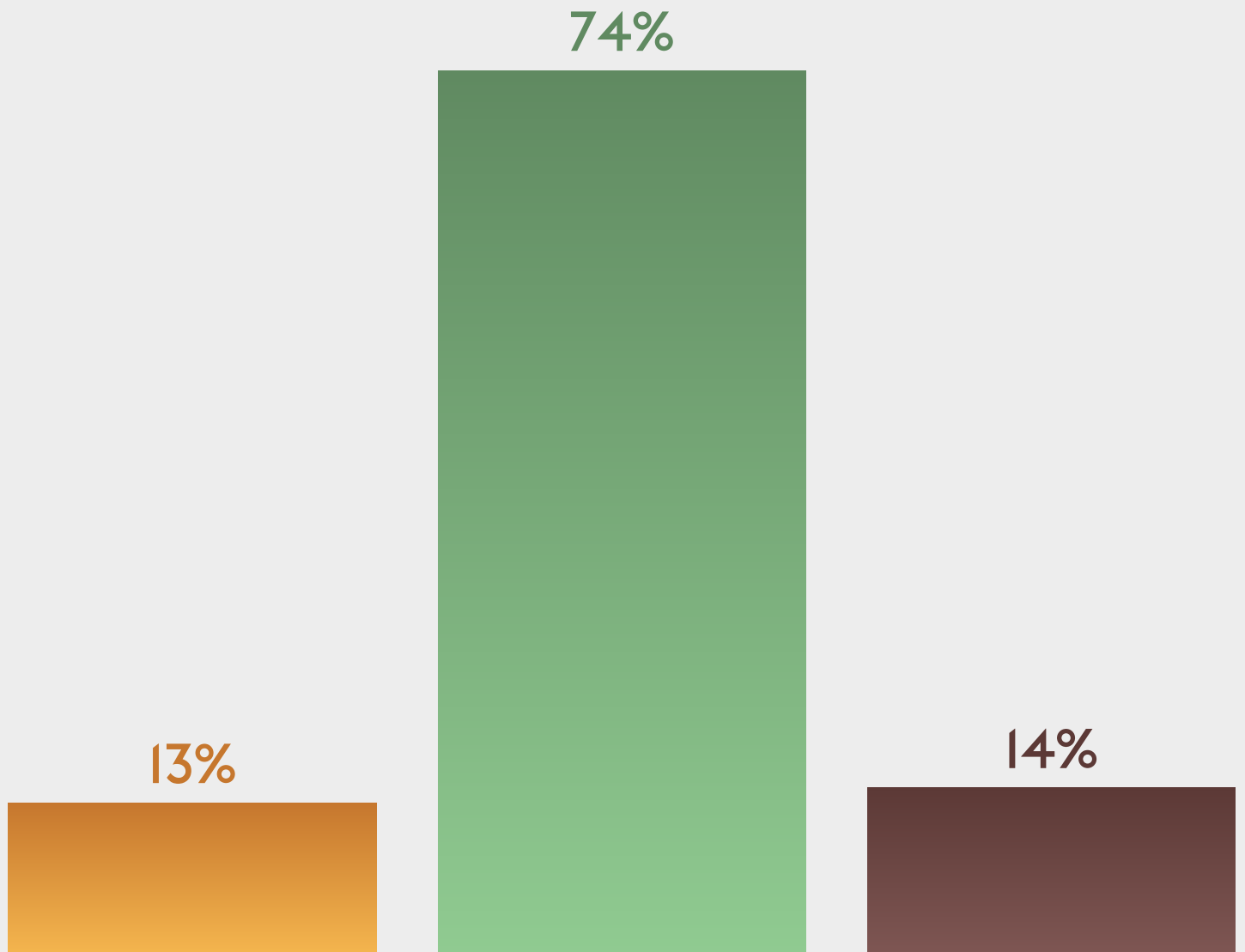
# Analytics




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

# JANE DOE

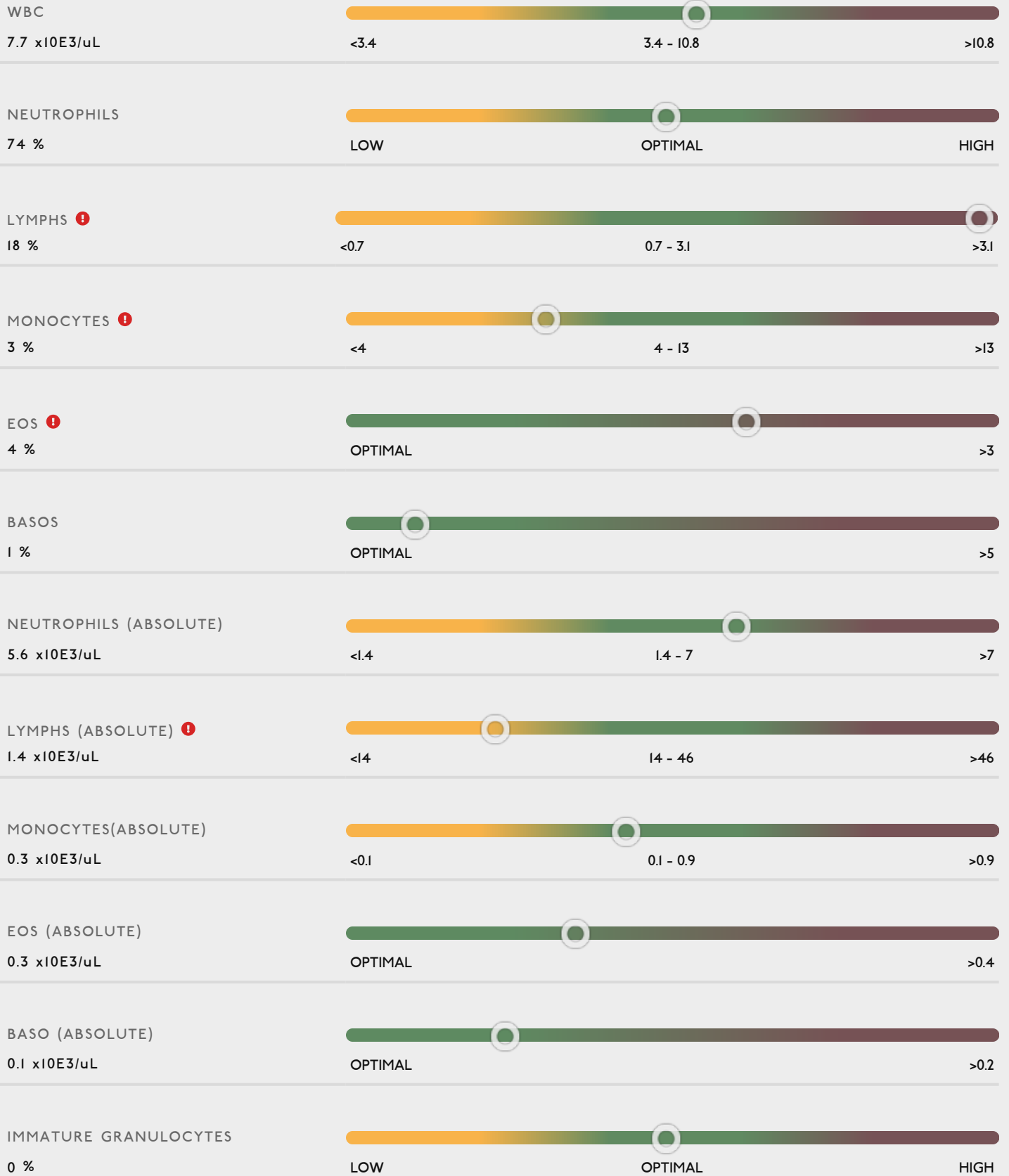
## Joi Optimization Score (JOS)

80 biomarkers analyzed



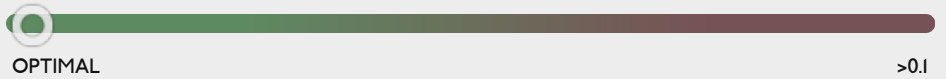
	SUB-OPTIMAL RANGE	10 MARKERS
	OPTIMAL RANGE	59 MARKERS
	HIGH RANGE	11 MARKERS

WBCS



IMMATURE GRANS (ABS)

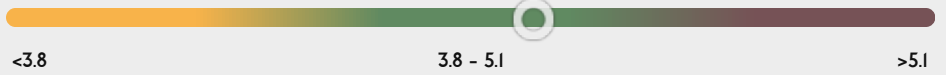
0.0 x10E3/uL



CBC

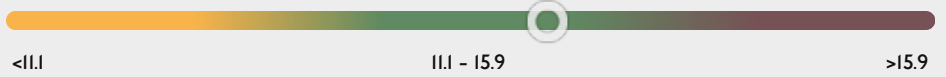
RBC

4.61 x10E6/uL



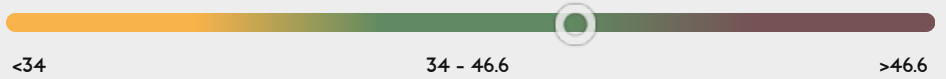
HEMOGLOBIN

14.5 g/dL



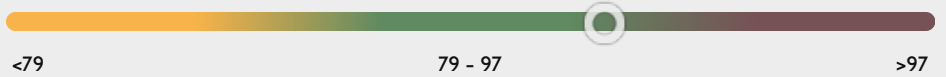
HEMATOCRIT

43.8 %



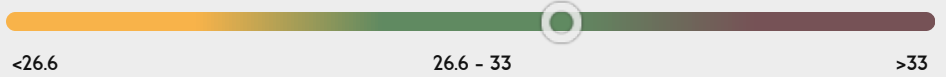
MCV

95 fL



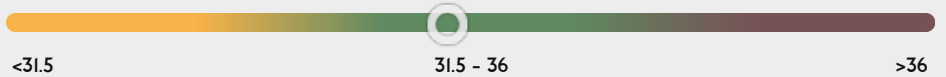
MCH

31.5 pg



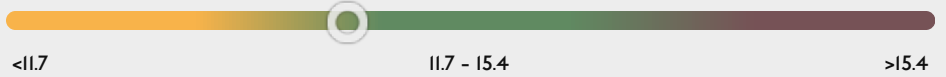
MCHC

33.1 g/dL



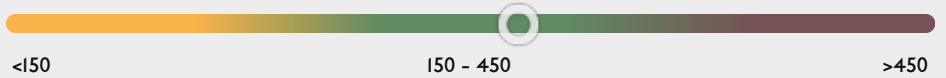
RDW

11.8 %



PLATELETS

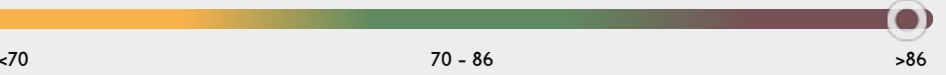
331 x10E3/uL



BLOOD GLUCOSE

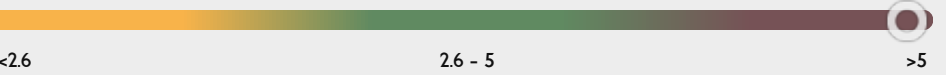
GLUCOSE !

116 mg/dL



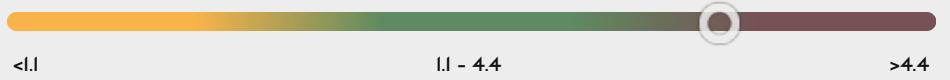
INSULIN !

27.3 uIU/mL



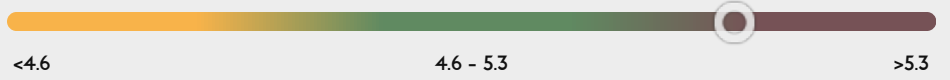
C-PEPTIDE, SERUM !

5.3 ng/mL



HEMOGLOBIN A1C !

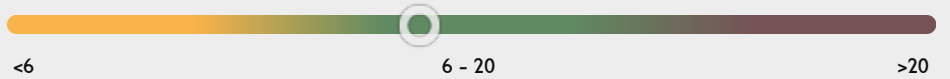
5.5 %



### KIDNEY

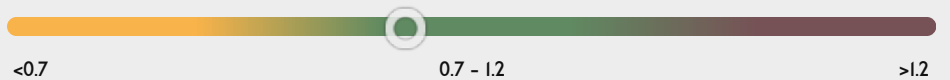
BUN

10 mg/dL



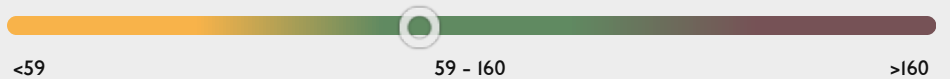
CREATININE

0.80 mg/dL



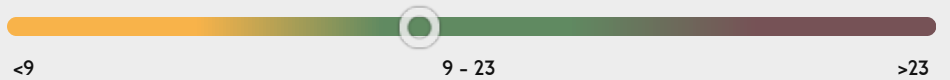
EGFR

88 mL/min/1.73



BUN/CREATININE RATIO

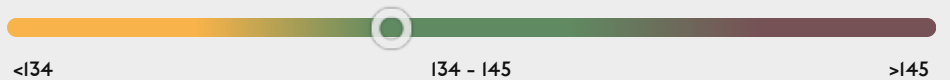
13



### ELECTROLYTES

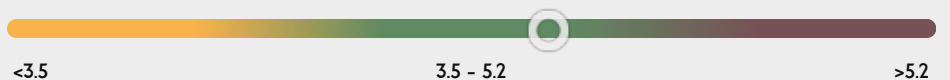
SODIUM

136 mmol/L



POTASSIUM

4.7 mmol/L



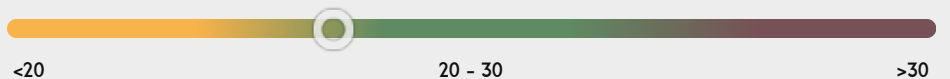
CHLORIDE

102 mmol/L



CARBON DIOXIDE, TOTAL

20 mmol/L

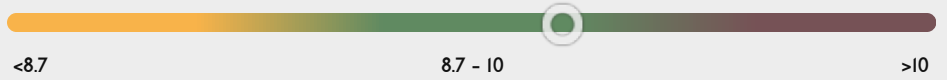




## MINERALS

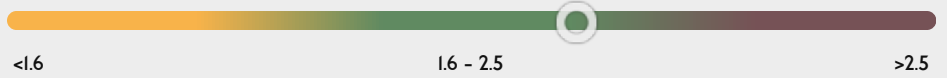
CALCIUM

9.7 mg/dL



MAGNESIUM

2.3 mg/dL



## PROTEINS

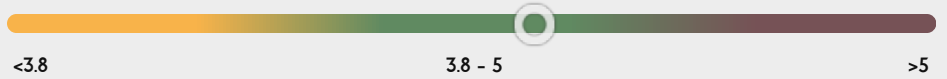
PROTEIN, TOTAL

6.9 g/dL



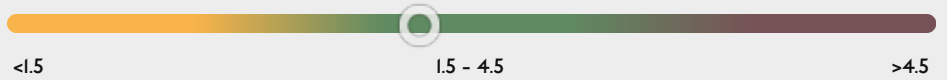
ALBUMIN

4.6 g/dL



GLOBULIN, TOTAL

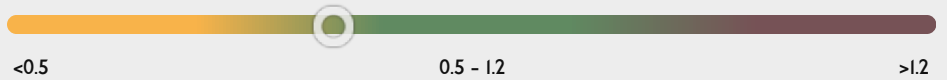
2.3 g/dL



## LIVER AND GB

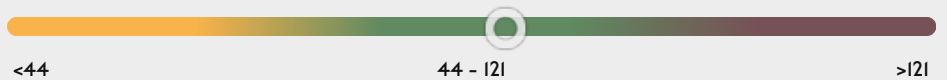
BILIRUBIN, TOTAL

0.5 mg/dL



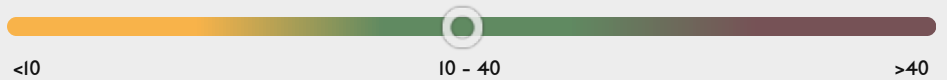
ALKALINE PHOSPHATASE

86 IU/L



AST (SGOT)

23 IU/L



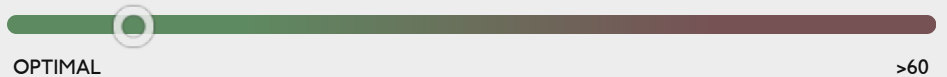
ALT (SGPT)

24 IU/L



GGT

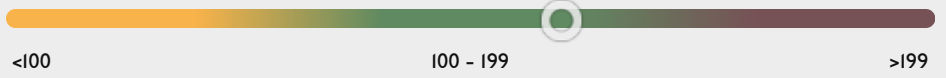
16 IU/L



LIPIDS

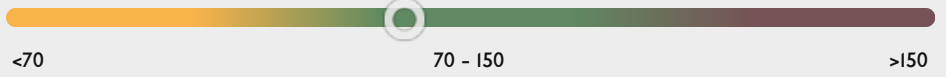
CHOLESTEROL, TOTAL

176 mg/dL



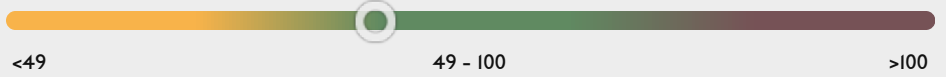
TRIGLYCERIDES

86 mg/dL



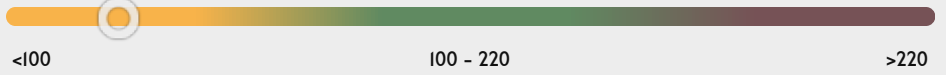
HDL CHOLESTEROL

56 mg/dL



VLDL CHOLESTEROL CALC ⓘ

16 mg/dL



LDL CHOL CALC (NIH)

104 mg/dL



THYROID

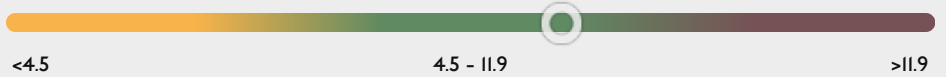
TSH ⓘ

0.617 uIU/mL



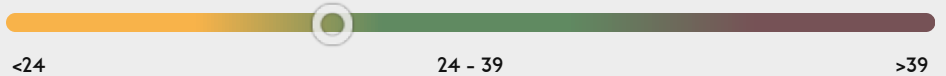
THYROXINE (T4)

10.1 ug/dL



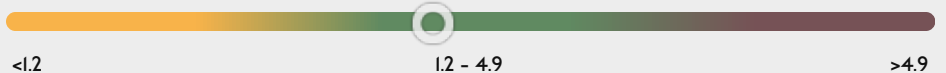
T3 UPTAKE

24 %



FREE THYROXINE INDEX

2.4



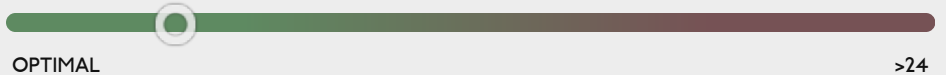
T4, FREE (DIRECT)

1.09 ng/dL



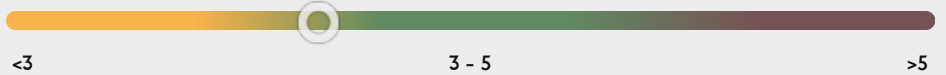
THYROID PEROXIDASE (TPO)

<9 IU/mL

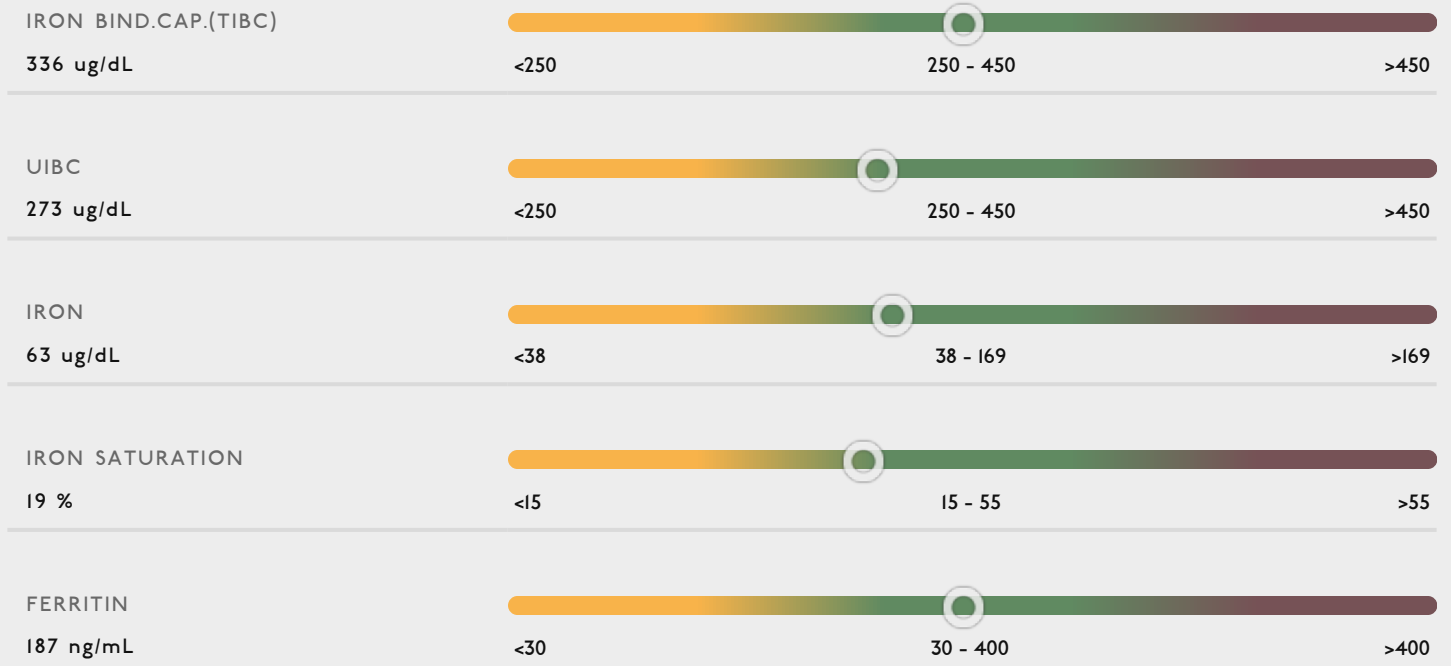


TRIIODOTHYRONINE (T3), FR ⓘ

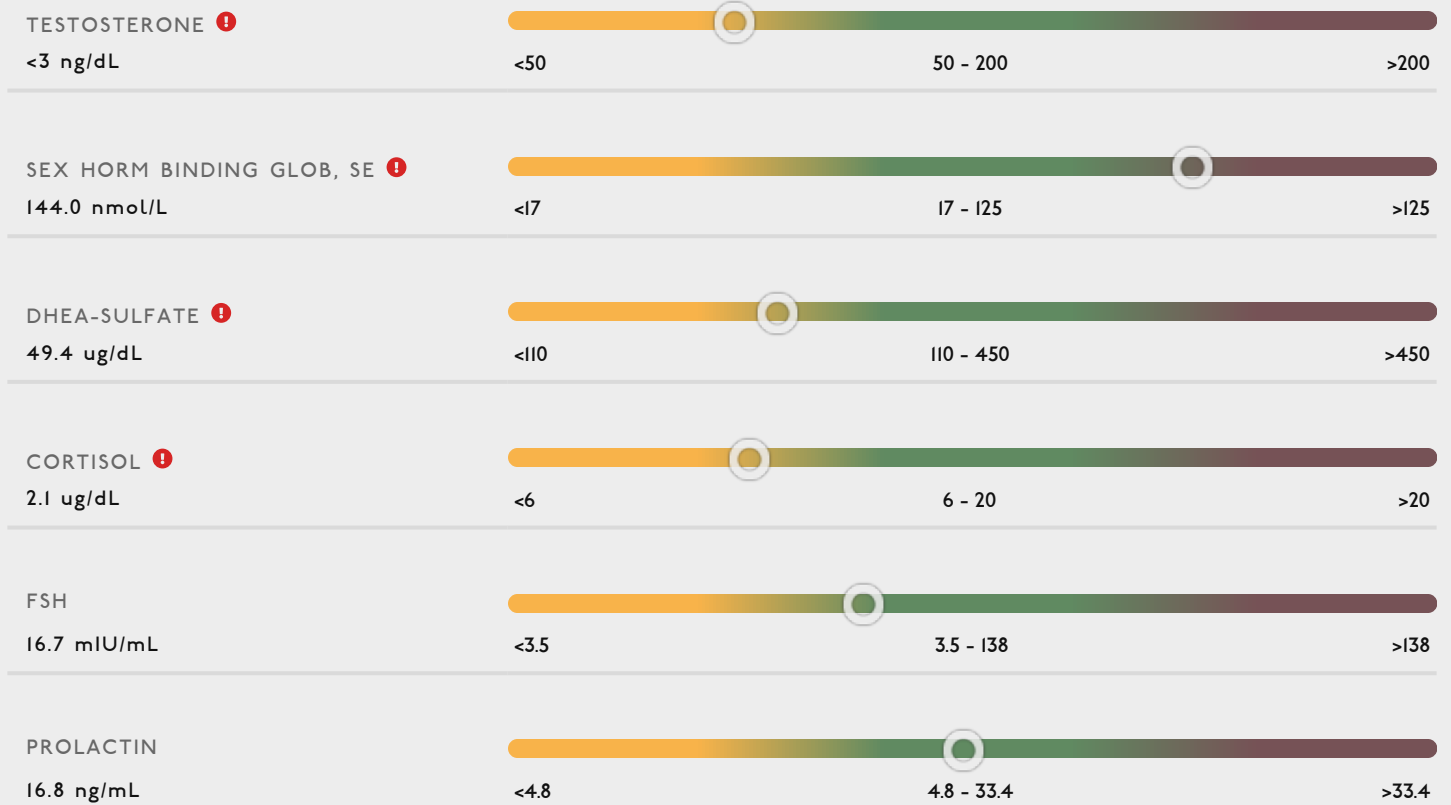
2.9 pg/mL



## IRON MARKERS

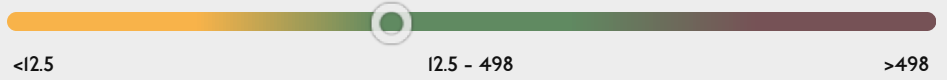


## HORMONES



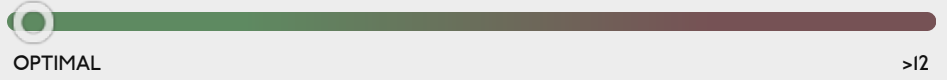
ESTRADIOL

96.2 pg/mL



PROGESTERONE

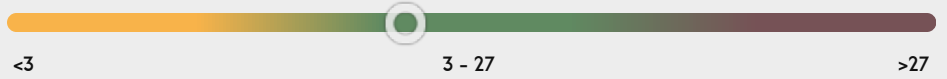
0.1 ng/mL



VITAMINS

FOLATE (FOLIC ACID), SERU

8.5 ng/mL



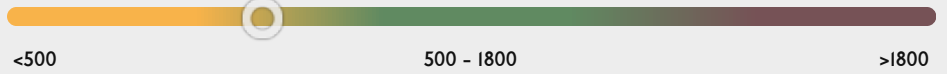
VITAMIN D, 25-HYDROXY

60.3 ng/mL



VITAMIN B12 !

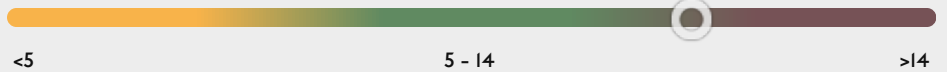
215 pg/mL



CARDIOMETABOLIC

HOMOCYST(E)INE !

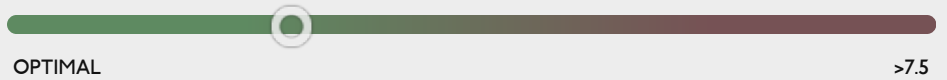
15.3 umol/L



METABOLIC

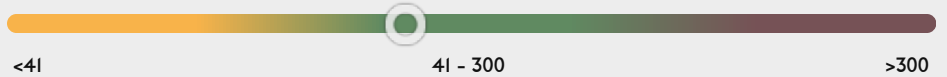
URIC ACID

4.9 mg/dL



CREATINE KINASE, TOTAL

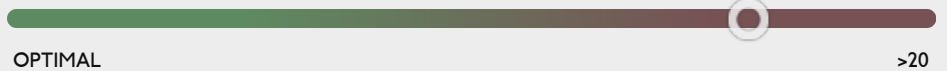
94 U/L



INFLAMMATION

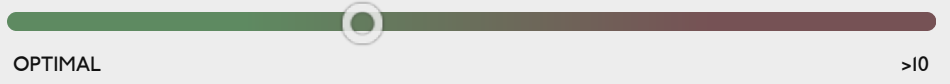
SEDIMENTATION RATE-WESTER !

35 mm/hr



C-REACTIVE PROTEIN, QUANT

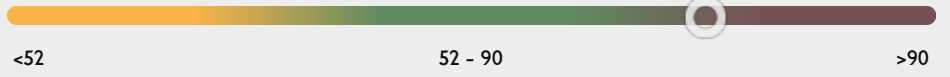
8 mg/L



LIPOPROTEINS

APOLIPOPROTEIN B !

98 mg/dL



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