



CARDIAC (HEART) HEALTH SCREEN

About This Test

The Cardiac (Heart) Health Screen, also known as a Lipid Panel, is a group of tests used to detect your risk of coronary artery disease, heart attack, or stroke. Lipids are fats and fat-like substances found in the bloodstream and stored in body tissues. The screen measures: Total Cholesterol, LDL (“bad” cholesterol), HDL (“good” cholesterol), VLDL cholesterol, and Triglycerides.

What Should I Do With My Results?

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

If any of your results were abnormal or out-of-range: You could be at increased risk for coronary artery disease. As with any abnormal results, it’s important that you discuss their implications with your physician.

If your results were within normal range: If all of your cardiac health screen test components were within normal range, you should follow the screening guidelines for your age and health status. The American Heart Association recommends that, beginning at age 20, your doctor should assess your risk for coronary artery disease. If your physician has assessed your risks of heart disease and your risks are not elevated, it is recommended that you be screened every five years.

How Do I Obtain My Results?

Results are available through our online patient portal, My Labs NowSM. Visit www.compunetlab.com to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive. Please be sure your name exactly matches the name on your lab test order. Contact help@luminatehealth.com if you need assistance. CompuNet is unable to provide verbal results to patients.

I Do Not Have a Regular Doctor. Where Can I Find One?

If you do not have a doctor, we recommend the following resources to locate one:

Premier Health Find a Doctor
(937) 684-4155 or 1-855-PREMIER
www.premierhealth.com/findadoc

WebMD Care
www.doctor.webmd.com

CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.



DIABETES SCREEN

About This Test

The Diabetes screen is a blood glucose test performed to detect diabetes or a pre-diabetic condition. Diabetes is a leading cause of death worldwide, particularly in developed countries. It is estimated that nearly one-third of all people with diabetes in the U.S. are not even aware they have the disease. Diabetes is caused by the body's inability to properly process glucose, a form of sugar found in your bloodstream, into energy.

What Should I Do With My Results?

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, he or she will be able to provide an accurate picture of your health status.

If any of your results were abnormal or out-of-range: Your abnormally high results may indicate that you have impaired fasting glucose (prediabetes) or diabetes. Abnormally low results can indicate hypoglycemia. As with any abnormal results, it's important that you discuss their implications with your physician.

If your results were within normal range: If your diabetes screen test result was within normal range, you should follow the screening guidelines as suggested by your physician for your age and health status. The American Diabetes Association recommends the following:

- (1) If you are at risk for Type 2 diabetes – begin at age 30 with fasting glucose test. Risk factors include: obesity, family history, ethnicity – African American, Hispanic American, Native American, or Asian American, gestational diabetes during pregnancy, high blood pressure, high triglycerides, high cholesterol, or low HDL.
- (2) If you are not at risk for Type 2 diabetes – begin testing by age 45 with fasting glucose, followed by tests every three years thereafter.
- (3) If you are pregnant, you should be screened for diabetes between your 24th and 28th week of pregnancy.

How Do I Obtain My Results?

Results are available through our online patient portal, My Labs NowSM. Visit www.compunetlab.com to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive. Please be sure your name exactly matches the name on your lab test order. Contact help@luminatehealth.com if you need assistance. CompuNet is unable to provide verbal results to patients.

I Do Not Have a Regular Doctor. Where Can I Find One?

If you do not have a doctor, we recommend the following resources to locate one:

Premier Health Find a Doctor
(937) 684-4155 or 1-855-PREMIER
www.premierhealth.com/findadoc

WebMD Care
www.doctor.webmd.com

CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.

About This Test

Blood Pressure (BP) is the pressure made by circulating blood on the walls of the blood vessels. It is one of the principal vital signs. Blood pressure usually refers to the arterial pressure of the systemic circulation. During each heartbeat, blood pressure varies between a maximum (systolic) and a minimum (diastolic) pressure. The blood pressure in the circulation is mostly due to the pumping action of the heart. These classifications apply to individuals who are not taking anti-hypertension drugs and who are not acutely ill. After an initial screening, your blood pressure should be classified based on the average of two or more readings at each of two or more follow-up visits.

What Should I Do With My Results?

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, he or she will be able to provide an accurate picture of your health status.

Blood pressure readings are given in millimeters of mercury (mm Hg). The test measures both systolic and diastolic blood pressure. The results are reported as systolic (top number) over diastolic (bottom number).

Systolic pressure is the maximum pressure in your arteries, produced as your heart contracts and blood begins to flow. Diastolic pressure is the lowest pressure that remains in your arteries when your heart is at rest. Systolic blood pressure below 130 mm HG and diastolic blood pressure below 80 mm HG is considered to be desirable.

If you repeatedly show measurements that are equal to or above 160/100 mm Hg, you should urgently seek medical advice and treatment. The National Institutes of Health (NIH) has recommended this follow-up schedule:

<130	<85	Re-check blood pressure in 2 years
130-139	85-89	Re-check blood pressure in 1 year
140-159	90-99	Confirm within 2 months/start lifestyle changes
160-179	100-109	Seek medical care within 1 month
>180	>110	Seek immediate medical attention



BLOOD PRESSURE

What Should I Do With My Results? (continued)

Your BP Results:

Less than 90/60 mm Hg - HYPOTENSION (low blood pressure) - Consult with your physician to identify the cause and determine treatment if necessary.

Greater than 90/60 mm Hg /Less than 120/80 mm Hg - DESIREABLE - in a healthy range. You should follow up with blood pressure rechecks at least every 2 years or if symptoms develop.

120-139/80-89 mm Hg - PREHYPERTENSION - You should discuss the results and possible lifestyle changes with your healthcare provider. Recheck your blood pressure at least annually.

140-159/90-99 mm Hg - STAGE I HYPERTENSION - This means that you have high blood pressure. It is very important that you see your healthcare provider within two months to determine a treatment plan.

Greater than or equal to 160/100 mm Hg - STAGE II HYPERTENSION - This means that you have very high blood pressure and are at increased risk for heart attack or stroke. It is important that you seek medical care within one month to determine your treatment plan.

Greater than or equal to 180/110 mm Hg - HYPERTENSIVE CRISIS - It is critical to determine the best way to lower your blood pressure immediately. Seek immediate medical attention.

How Do I Obtain My Results?

Results are available through our online patient portal, My Labs NowSM. Visit www.compunetlab.com to sign in or setup an account. Or text MYLABS to 66349. Follow the sign up link in the text message you receive. Please be sure your name exactly matches the name on your lab test order. Contact help@luminatehealth.com if you need assistance. CompuNet is unable to provide verbal results to patients.

I Do Not Have a Regular Doctor. Where Can I Find One?

If you do not have a doctor, we recommend the following resources to locate one:

Premier Health Find a Doctor
(937) 684-4155 or 1-855-PREMIER
www.premierhealth.com/findadoc

WebMD Care
www.doctor.webmd.com

CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.

About This Test

You may have had one or both of these completed depending on your wellness screening protocol.

BMI (Body Mass Index) is a reliable indicator of body fat for most people and is used to screen for weight categories that may lead to health problems. Other factors to consider are muscle density, bone density, and ethnic origin. BMI is a tool to help you see if your weight is increasing your risk for disease. People who are very muscular or those who have very little muscle may not get an accurate BMI by using their height and weight alone. Muscle weighs more than fat, so a muscular person may appear to have a higher BMI, or a frail, inactive person may have more body fat than is healthy. BMI is based on a calculation using both your height and your weight.

What Should I Do With My Results?

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, he or she will be able to provide an accurate picture of your health status.

Results are reported as a simple number:

Less than 18.5	UNDERWEIGHT
18.5 - 24.9	HEALTHY WEIGHT
25 - 29.9	OVERWEIGHT
30.0 - 39.9	OBESE
Greater than or = to 40	MORBID OBESITY

Waist circumference is another measure of an individual's health risks similar to BMI. High waist circumference is associated with an increased risk for adult-onset diabetes, high cholesterol, and high blood pressure.

How Results Are Reported

Waist circumference results are reported in inches.

Men should be less than 40 inches.

Women should be less than 35 inches.



BMI/WAIST CIRCUMFERENCE

How Do I Obtain My Results?

Results are available through our online patient portal, My Labs NowSM. Visit www.compunetlab.com to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive.

Please be sure your name exactly matches the name on your lab test order. Contact help@luminatehealth.com if you need assistance. CompuNet is unable to provide verbal results to patients.

I Do Not Have a Regular Doctor. Where Can I Find One?

If you do not have a doctor, we recommend the following resources to locate one:

Premier Health Find a Doctor

(937) 684-4155 or 1-855-PREMIER

www.premierhealth.com/findadoc

WebMD Care

www.doctor.webmd.com

CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.