



**Patient**

Ms. Female Patient

**Provider**

Joseph Raffaele, MD  
PhysioAge Demo Site

**Visit**

03/01/2021  
(Follow-Up 9)

**Patient Portal Instructions**

Access your patient portal, powered by PhysioAge Health Analytics, from your device or desktop at [physioagereporting.com](http://physioagereporting.com)

You may contact PhysioAge Demo Site by calling us at 800-456-7890.

## Your Result Summary

Visit your patient portal to see individual results

### Your Biomarkers of Aging



PhysioAge  
54.1 Years



TelomerAge  
58 Years



ImmunoAge  
54 Years



CardioAge  
57 Years



PulmoAge  
88 Years



NeuroAge  
30 Years



CutoAge  
35 Years

### Your Report Card

Your GPA (4-point scale):

**B- 2.95**

- C** Healthspan Potential
- C** Heart Health
- B+** Cardiovascular Risk
- B-** Diabetes & Glucose
- C+** Body Composition
- D** Lung Health
- B+** Brain Health
- B** Hormone Health

- A-** Blood
- B+** Nutrition
- A-** Trace Essential Minerals
- C+** Major Essential Minerals
- B** Kidney Function
- B** Liver Function
- B** Immune Health and Inflammation
- A** Infectious disease

### Your Recommendations from Joseph Raffaele, MD



Diet

#### Time restricted eating

Eat between 12 pm and 8 pm daily **Based on your Percent Bodyfat**



Lifestyle

#### Start meditation



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Exercise

### Start HIIT training

follow the guide **Based on your ImmunoAge**



Supplements

### Vitamin C 500 mg

Take one a day with food



Supplements

### TA-65 500 IU

Take one a day first thing in the morning **Based on your TelomerAge**



Hormone Optimization

### Estradiol 5 mg/ml cream 30 ml Topi-pump

Apply 2 pumps behind knees daily after showering **Based on your Estradiol**



Lifestyle

### Meditation

**Based on your PhysioAge**