



# somalogic

Elliot Everson  
Accession Number: A00005

## Your SomaSignal™ Test Results



Based on health-related signals sent by thousands of different proteins in your blood sample, we can help your healthcare provider give you useful information about your current health, your future health risks, and how your life choices are affecting your body today.

You can find more information about the SomaSignal test results contained in this report and how they were determined in the accompanying booklet that you received from your healthcare provider.

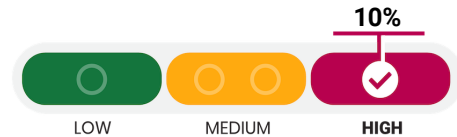
**The information provided  
in this report can help  
you and your healthcare  
provider decide how to  
achieve your best health  
now and in the future.**

## Your Test Results Summary



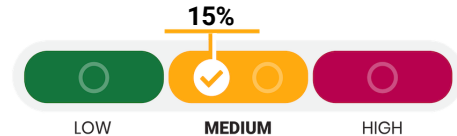
### Primary Cardiovascular Risk - 4 years

What is my risk of having a heart attack, stroke, or heart failure within the next 4 years?



### Secondary Cardiovascular Risk - 4 years

What is my risk of having a heart attack, stroke, or heart failure within the next 4 years?



### Liver Fat

Do I have excess fat in my liver?



### Glucose Tolerance

If I have simple sugars, does my blood glucose spike to unhealthy levels?



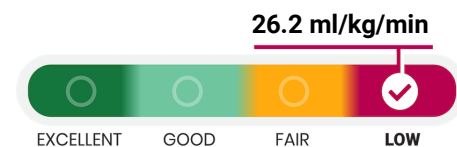
### Alcohol Impact

Is my body showing the effects of my weekly alcohol consumption?



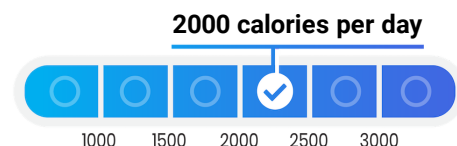
### Cardiorespiratory Fitness - VO<sub>2</sub> Max

What is my aerobic fitness level?



### Resting Energy Rate

How many calories does my body burn at rest when I am not doing physical activity?

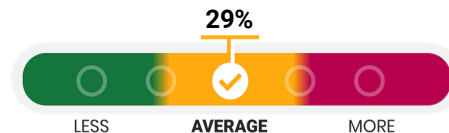


## Your Test Results Summary (continued)



### Body Fat Percentage

What is my body fat percentage?



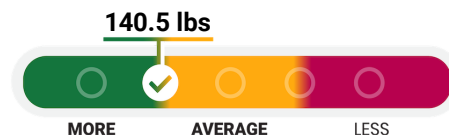
### Visceral Fat

How much fat is around my organs?



### Lean Body Mass

What is my lean body mass?





## Primary Cardiovascular Risk — 4 years

What is my risk of having a heart attack, stroke, or heart failure within the next 4 years?

Diseases of the cardiovascular system are the top cause of death for both men and women in the United States. Having an early understanding of your own risk is helpful for you to manage your own cardiovascular health. This test helps predict the risk of a "primary" (i.e. first time) cardiovascular problem for people that have not had a previous issue such as a heart attack, stroke, or heart failure.



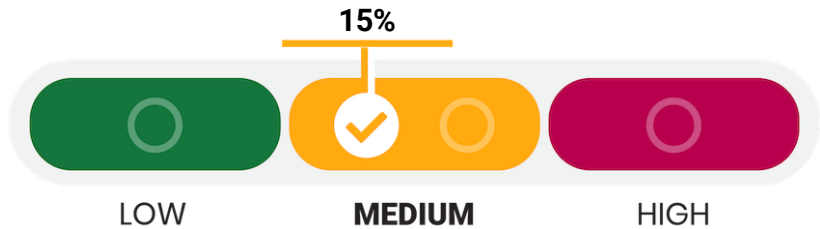
You have a **HIGH** risk of having an issue with your heart or a stroke in the next 4 years. In our test population, **10 in 100** people with a similar result to yours had an event within 4 years.



## Secondary Cardiovascular Risk — 4 years

What is my risk of having a heart attack, stroke, or heart failure within the next 4 years?

You may have already had a heart attack or have specific risk factors if your healthcare provider has ordered this test for you. This test helps define your risk for a problem with your heart or having a stroke in the future. Understanding your results can help you and your healthcare provider address the factors that you can change to reduce that risk.



You have a **MEDIUM** risk of having an issue with your heart or a stroke in the next 4 years. In our test population, **15 in 100** people with a similar result to yours had an event within 4 years.

Note: If your report contains the results of both the Primary and Secondary Cardiovascular Risk tests, you should note that the two different tests may have different results, as they were designed to meet the needs of people with different cardiovascular health histories. Your healthcare provider will help you understand the one result that is most meaningful for your personal health history.





## Liver Fat

Do I have excess fat in my liver?

The buildup of fat in the liver can eventually lead to fatty liver disease, a rapidly increasing problem in the United States and around the world. Excess fat can affect the liver's many critical functions, increase your risk of heart disease, and may play a role in the development of diabetes. This test tells you and your healthcare provider if you are likely to have more liver fat than is healthy for you.

NO EXCESS FAT



SOME EXCESS FAT

You **may have excess fat** in your liver. Your healthcare provider can help you determine the best treatment plan for you.



## Glucose Tolerance

If I have simple sugars, does my blood glucose spike to unhealthy levels?

Glucose tolerance refers to how well your body processes dietary sugar (glucose), using it for energy or storing it for future use. If your body is unable to clear sugars from your blood normally, it is an early sign of insulin resistance which can lead to diabetes.

NORMAL TOLERANCE



IMPAIRED TOLERANCE

You may have **impaired glucose tolerance**. This means that your body is not able to process glucose efficiently. Your provider can help you manage your glucose tolerance.



## Alcohol Impact

Is my body showing the effects of my weekly alcohol consumption?

Current American health guidelines recommend not exceeding seven drinks per week for women, and fourteen or more drinks per week for men, though the true effects of alcohol on individual health are still uncertain. This test is designed to measure whether or not alcohol is having a measurable impact on your body by comparing you with people who drank zero to seven drinks per week, and people who drank more than seven drinks per week.

LOWER IMPACT



HIGHER IMPACT

You **are currently showing the impact** of alcohol that in other people was linked to regularly drinking more than seven drinks per week.

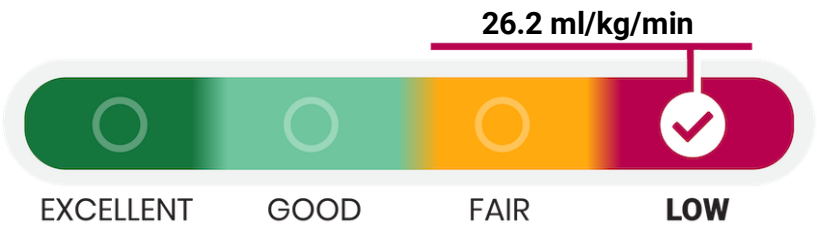




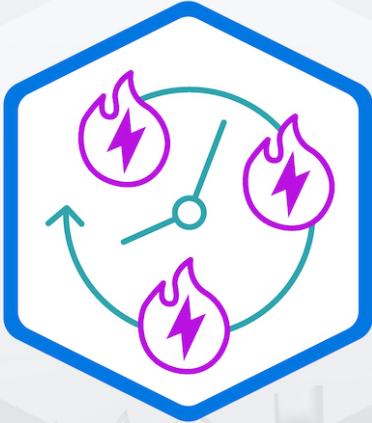
Cardiorespiratory Fitness — VO<sub>2</sub> Max

What is my aerobic fitness level?

Determining a person's level of fitness often depends on taking a "VO<sub>2</sub> Max" test, a procedure using a special mask while running or cycling until exhausted. This test is designed to predict the equivalent information based on your proteins. It can reveal how well your body uses oxygen, and can tell you how well your lungs, heart, circulatory system, and muscles are all working.



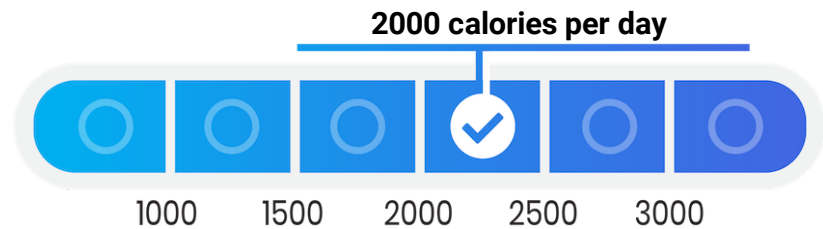
Your aerobic fitness is **26.2 ml/kg/min**, which is **LOW** for someone of your age and sex.



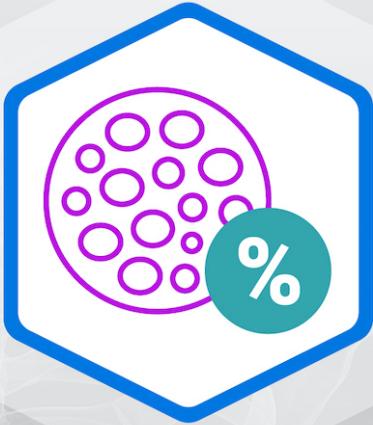
## Resting Energy Rate

How many calories does my body burn at rest when I am not doing physical activity?

Consuming the right number of calories is critical to maintaining, gaining, or losing weight, as well as figuring out the best weight management program for you. Resting energy rate represents the minimum number of calories (energy) your body uses for breathing, circulation, and your nervous system activities.



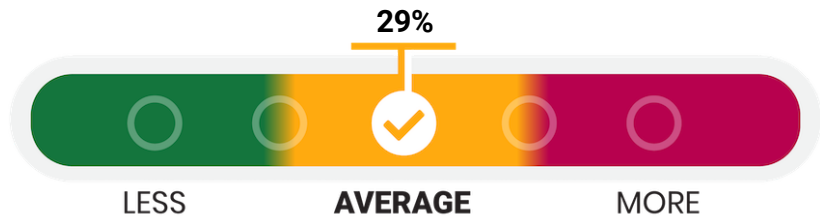
Your resting energy rate is **2000 calories per day**.



## Body Fat Percentage

What is my body fat percentage?

Your body fat percentage can help you understand how much of your body is made up of fat. Fat tissue plays an important role in your health, so you need some fat for optimal health. However, having too much fat in your body can have a negative impact on your health. You can use this information to track how your body may be responding to your exercise and your nutrition.



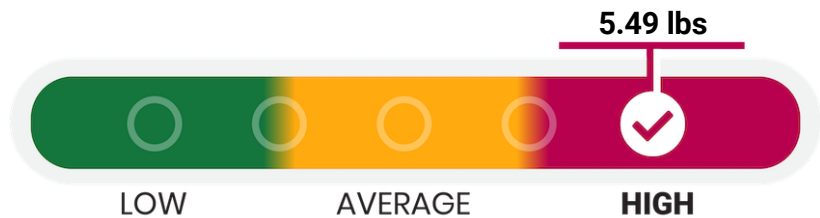
Your body is made up of **29% fat**. The graphic shows how you compare with people of the same age and sex as you. Your healthcare provider can help determine the best range for you.



## Visceral Fat

How much fat is around my organs?

The amount of fat around your organs, known as visceral fat, can be an early indicator of your health status. Visceral fat is not the same as fat under the surface of your skin, in your lower body, or even that in your muscles. Excess fat around organs like your stomach, liver, and kidneys is associated with health problems like type 2 diabetes, insulin resistance, inflammatory diseases, and cardiovascular disease.



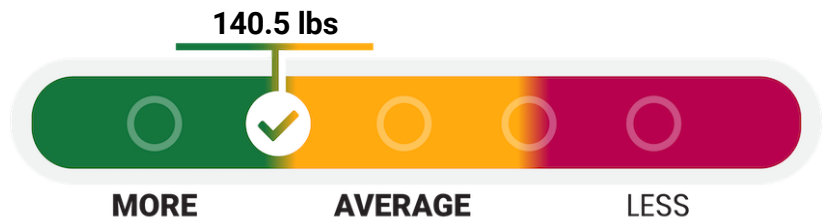
You have **5.49 pounds** (2490 grams) of visceral fat. This is **HIGH** for people of your age and sex in our test population. Talk to your doctor to determine how you might lower your visceral fat.



## Lean Body Mass

What is my lean body mass?

Lean body mass is the weight of your muscles and organs. It drives your resting energy rate — how many calories you burn at rest. It also provides protection against diabetes, helps you recover from illness, helps keep your bones strong, and reduces your risk of falls and fractures.



Your body is made up of **140.5 pounds** of lean body mass. The graphic shows how you compare with people of the same age and sex as you. Your healthcare provider can help determine the best range for you.







Action Plan

As you and your healthcare provider talk about these test results and what actions you may want to take in response, you might find it useful to start by listing your top 3 priorities.  
Side Note: Your healthcare provider may write these for you.

1

2

3



**Ordered by:** Craig Watson , MD

**Ordered on:** June 14, 2021

**Sample Collected:** EDTA Plasma

**Sample Collected on:** June 15, 2021

**Report Date:** June 16, 2021

**Testing Laboratory:** SomaLogic, Inc.  
2950 Wilderness Place  
Boulder, CO 80301 USA

**Laboratory Director:** Angela R. Purvis, PhD

### Test Methodology

Currently, SomaSignal tests are only available to you through your healthcare provider.

Your EDTA plasma sample is analyzed using the SomaScan® Assay, a protein measurement technology powered by SOMAmer® (Slow Off-rate Modified Aptamer) protein-binding reagents. The SomaScan Assay indirectly determines individual protein concentrations by isolating then measuring the identity and number of SOMAmer reagents that bound to the proteins in the original blood sample.

SomaLogic, Inc. developed the SomaSignal tests and determined their performance characteristics. The tests have neither been cleared nor approved by the US Food and Drug Administration.