



## HealthStyle Plan- TEST PATIENT

### **Your Medical Synopsis**

Here is your Personalized HealthStyle Plan to get you Synced and Staying Healthy. Overall you are pretty healthy!

You do have a few Medical diagnosis: CRPS, Depression and Hormone deficiency which all appear to be under control at this time- GREAT news!

Abnormal labs noted on your blood work were: LDL direct 134, LDL 116, chol 194 all of these we screen and monitor for heart disease. These numbers are a little high and will be a big focus of your HealthStyle Plan. Your Vitamin D level is 37.7 which is good. A1C 5.6 (borderline) And Insulin Resistance Score 0.8 (both are screens for Diabetes) these numbers are good also. So great job there! We will recheck labs annually either by your Wellness visits with Dr Oubre or through SYNC Health.

Your family history of high cholesterol and high blood pressure will be kept top of mind in your plan moving forward.

Waist Size is a VERY strong indicator of your overall Health and is one of the most controllable risk factors of heart attacks. Your Waist Circumference is 34.5 and in women, 35 or less is the magic number. Reduce your waist size by 20% then your chance of having a heart attack goes down by 20%.

**Medical Screenings** all up to date: Mammogram 1/8/2020 Cologuard 7/21/2020 and Cervical Cancer screening 7/17/20.

Keep your appointment with Dr. Oubre this month and we will follow up on your mammogram. The cologuard test will need to be rechecked in 3 yrs.

**Health Focus**

In order to keep you at your optimal health, we will begin with **Nutrition** which should make the greatest impact to your overall Medical risks .However, you did mention that you wanted to reduce stress and make sure you were doing enough for your age as goals you would like to tackle. We will do all of these as we move through the SYNC Program. We are very happy you are participating and looking forward to getting your health Sync'd!.

**HealthStyle Score:** See attached

**Next Steps**

1. Expect an Intro call with Lanie to begin Syncing Nutrition. We will communicate this through your portal.