Your current Age metric is 41 and is calculated only on your Blood Age. The more testing you do, the more detailed assessment of Age Metric you will receive. Below you will find detailed information about your Blood Age and next steps.

What’s next?

1. Do additional testing. We suggest to test your microbiome
2. To receive a list of life changes download an App
3. Check latest publications to learn more about biological age:
   - Deep Aging Clocks
   - Biomarkers of Aging
In contrast to chronological age, biological age is determined by your physiology. In general, biological age is predictive of mortality and how fast you age. The Blood Age predictor is based on detailed computational analysis of routine clinical blood tests and takes into consideration a combination of blood biochemistry and cell count parameters that are commonly measured as a standard health assessment at your own doctor.

We used 40 out of 48 possible parameters from your blood test to predict your Blood Age.

The graph below shows your current Blood Age along with ranges.

Your Blood Age says that you are younger than 79% of people with the same chronological age.

<table>
<thead>
<tr>
<th>Delta age</th>
<th>Current</th>
<th>Normal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-5 years</td>
<td>-6 – +6 years</td>
</tr>
</tbody>
</table>

Your predicted Blood Age is 41, while chronologically you are 46. Your delta of -5 years shows that you are 5 years younger. Research shows that high delta is connected with lower life expectancy [1].
Plots below show the optimal blood parameter values predicted using your recent blood test. In contrast to reference ranges, optimal blood parameters are associated with your optimal performance. **With the optimal blood parameters, your Blood Age is predicted to reach 35 years.**

- **WBC**
  - Current: 5.0 x10E3/uL
  - Recommended: 6.3 x10E3/uL
  - Your current WBC value is 5.6 and your recommended value is 6.3.

- **Total Cholesterol**
  - Current: 220 mg/dL
  - Recommended: 174 mg/dL
  - Your current Total Cholesterol value is 205 and your recommended value is 174.

- **Iron**
  - Current: 80 ug/dL
  - Recommended: 104 ug/dL
  - Your current Iron value is 100 and your recommended value is 104.

- **Glucose**
  - Current: 133 mg/dL
  - Recommended: 69 mg/dL
  - Your current Glucose value is 77 and your recommended value is 69.

- **Triglycerides**
  - Current: 50 mg/dL
  - Recommended: 54 mg/dL
  - Your current Triglycerides value is 52 and your recommended value is 54.

- **Hemoglobin A1c**
  - Current: 5.8 %
  - Recommended: 5.0 %
  - Your current Hemoglobin A1c value is 5.2 and your recommended value is 5.0.

- **Total Bilirubin**
  - Current: 0.5 mg/dL
  - Recommended: 0.7 mg/dL
  - Your current Total Bilirubin value is 0.6 and your recommended value is 0.7.

- **Calcium**
  - Current: 9.4 mg/dL
  - Recommended: 8.7 mg/dL
  - Your current Calcium value is 9.6 and your recommended value is 8.7.

- **Potassium**
  - Current: 4.0 mmol/L
  - Recommended: 4.6 mmol/L
  - Your current Potassium value is 4.2 and your recommended value is 4.6.

- **RBC**
  - Current: 4.5 x10E6/uL
  - Recommended: 4.3 x10E6/uL
  - Your current RBC value is 4.49 and your recommended value is 4.3.
# Biological Age Report

**Jun 23, 2020**

<table>
<thead>
<tr>
<th>Patient ID</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>0000001</td>
<td>Jane, Doe</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Birthday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 23, 1973</td>
<td></td>
</tr>
</tbody>
</table>

## Definitions

<table>
<thead>
<tr>
<th>Definition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Patient ID</strong></td>
<td>Patient reference identification number</td>
</tr>
<tr>
<td><strong>Age Metric</strong></td>
<td>A weighted average of all biological ages calculated for different clocks and data modalities including blood age, heart age, transcriptome age, microbiome age, photo age, met age, medical history age, behavior age.</td>
</tr>
<tr>
<td><strong>Blood Age</strong></td>
<td>Age predicted by deep hematological clocks</td>
</tr>
<tr>
<td><strong>Delta</strong></td>
<td>Difference between predicted and chronological age</td>
</tr>
<tr>
<td><strong>Heart Age</strong></td>
<td>Age predicted by deep heart clocks using heart rate data. Heart rate is the number of times a person's heart beats per minute.</td>
</tr>
<tr>
<td><strong>Transcriptome Age</strong></td>
<td>Age predicted by deep blood transcriptome clocks. The transcriptome is a full range of gene activities (RNAs) produced by an organism. Those RNAs have a lot of vital functions in the organism, one of which is to produce proteins that compose and regulate your body. Scientist study transcriptome to better understand the workings of your cells, tissues and organs. It also really useful in understanding the aging process.</td>
</tr>
<tr>
<td><strong>Microbiome Age</strong></td>
<td>Age predicted by deep gut microbiome clocks. The microbiome is a full range of genetic material of microbes inside the human body. Those microbes have a broad range of functions including immune, digestion and absorption others. Scientist study microbiome to better understand its composition and influence on different health aspects including mood.</td>
</tr>
<tr>
<td><strong>Photo Age</strong></td>
<td>Age predicted by deep photo clocks using facial images. The appearance of the face and neck typically changes with age.</td>
</tr>
<tr>
<td><strong>Met Age</strong></td>
<td>Age predicted by deep methylation clocks. Methylation is a modification of DNA that regulates the activity of genes. Scientist study methylation to get insights into the regulatory mechanisms of aging.</td>
</tr>
<tr>
<td><strong>Medical History Age</strong></td>
<td>Age calculated based on past and present information about allergies, illnesses, results of physical exams and test.</td>
</tr>
<tr>
<td><strong>Behavior Age</strong></td>
<td>Age calculated based on lifestyle choices and habits, such as smoking, alcohol consumption, physical activity, supplement intake, sleep duration.</td>
</tr>
</tbody>
</table>
Intended Use

Those measures should only be used for research purposes.

References