

Clinical Mode

You are viewing clinical ranges ⓘ

Biohacker mode:

Personal Data

Barrett Kassulke

Age: 33 years old
Report type: ♂ Foundation Kit
Collection time: Nov 12, 10:35 AM
Result time: Nov 16, 12:40 AM

Biomarker Data Summary

Within range ↗ Improved by 3.5% overall

Inflammation ⓘ 78% ↗ +11%
 Metabolic Fitness ⓘ 73% ↗ +3%
 Balance ⓘ 71% ↘ -2%
 Cardiovascular ⓘ 66% ↗ +2%

Wearable Data Summary

Within range ↘ Decreased by 18.3% overall

Activity ⓘ 60% ↘ -21%
 Sleep ⓘ 59% ↘ -30%
 Heart Efficiency ⓘ 72% ↘ -4%

Biomarkers

Action Plan

[Legend](#) [Share](#) [Export](#)

Category

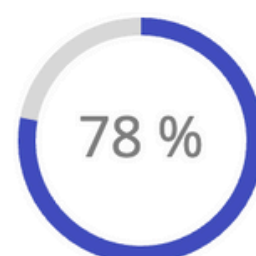
List

Simple View

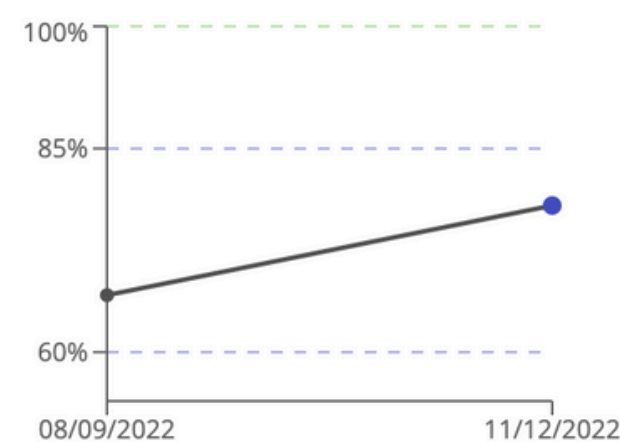
Graph

Inflammation

Inflammation plays a key role in a healthy immune response. However, during ageing, chronic, low-grade inflammation - called inflammaging - develops, which contributes to the pathogenesis of many age-related diseases. Inflammation is also associated with depression and other chronic illnesses.



↗ +11% versus your previous test (67%)
↗ +5% versus the average user (73%)



High-Sensitivity CRP

Inflammation indicator

Optimal **0.96**
mg/L

Ferritin

Iron storage indicator

Optimal **102.8**
ng/mL

HCY

Cardiovascular risk indicator

Optimal

6.21
umol/L

25-(OH) Vitamin D

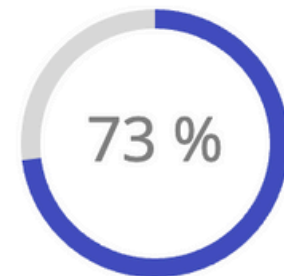
Bone and immune health vitamin

Good

71.76
ng/mL

Metabolic Fitness

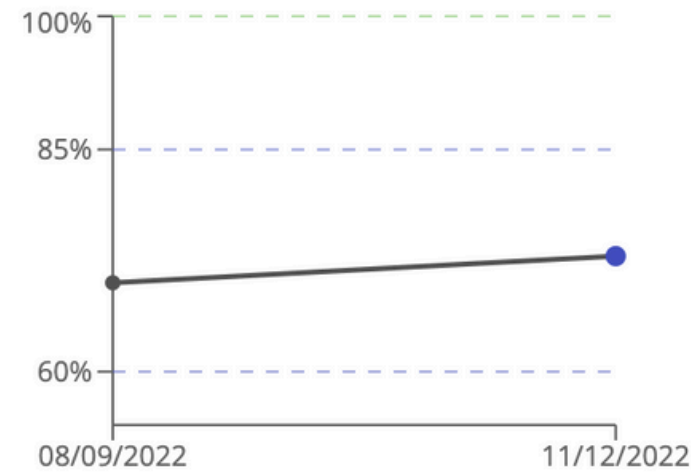
Metabolic fitness is the condition of a robust and healthy set of cellular mechanisms that produce energy from our food and environment to power every process in the human body. Poor Metabolic Fitness is associated with worse brain function, energy, memory, mood, skin health, fertility, and like inflammation, puts us at greater risk for chronic diseases.



in range

+3% versus your previous test (70%)

-7% versus the average user (80%)



% Hemoglobin A1C

Long-term blood sugar check

Good

5.3%

Insulin

Key metabolism regulator

Good

8.78
uIU/mL

25-(OH) Vitamin D

Bone and immune health vitamin

Good

71.76
ng/mL

Triglycerides:HDL Ratio

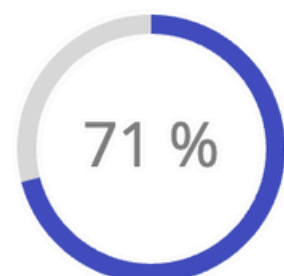
Insulin resistance indicator

Good

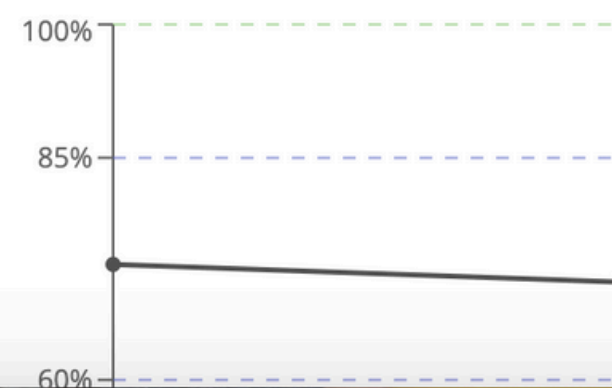
3.07

Balance

Your Balance score includes hormonal and nutritional markers. Balance means maintaining the appropriate amount (not too high or too low) of hormones and critical vitamins/minerals. This is key to keeping our internal environment running at its peak.



in range



▼ -2% versus your previous test (73%)
▼ -2% versus the average user (73%)



Insights

Low Cortisol in the morning may be related to a misaligned Circadian Rhythm. [Reference](#)

Was this insight helpful? [Yes](#) or [No](#)

Morning Cortisol

Stress response indicator

Pay attention

4.3
ug/dL

Ferritin

Iron storage indicator

Optimal

102.8
ng/mL

Estradiol (Sensitive)

Sex hormone

Good

28.9
pg/mL

FSH

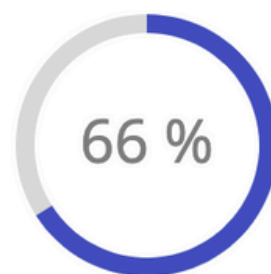
Sex hormone regulator

Good

2.35
mIU/mL

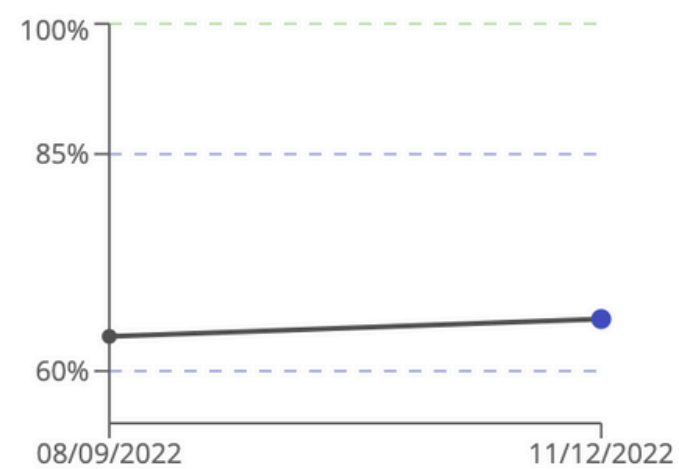
Cardiovascular

Your cardiovascular score is calculated using your levels of markers associated with heart disease risk. Poor Cardiovascular health puts individuals at risk for shortened lifespan and decreased quality of life. Tracking these markers allows you to optimize your diet and lifestyle to stay healthier, longer.



in range

▲ +2% versus your previous test (64%)
▼ -6% versus the average user (72%)



APOA1

"Good" cholesterol indicator

Pay attention

95
mg/dL

APOB

"Bad" cholesterol indicator

Good

85
mg/dL

Triglycerides

Cardiometabolic health indicator

Optimal

86
mg/dL

HDL Cholesterol

"Good" cholesterol

Good

28
mg/dL

LDL Cholesterol

Optimal

96

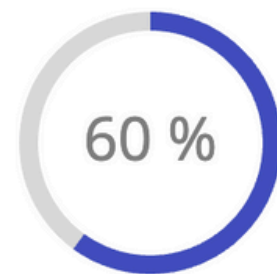
Total Cholesterol

Good

141

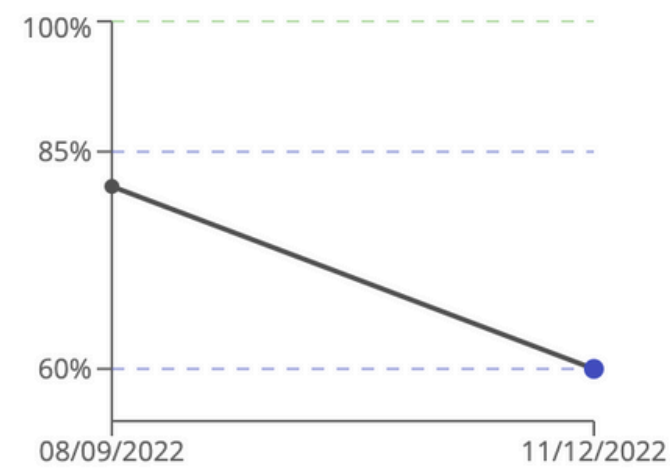
Activity

Your weekly activity average includes number of steps and minutes spent engaging in different zones of exercise intensity.



in range

- 21% versus your previous test (81%)
- 21% versus the average user (81%)



Daily Steps

Physical activity indicator

Good **3653**
steps

Minutes Spent in Medium Intensity Activities

Moderate activity indicator

Good **23**
Min

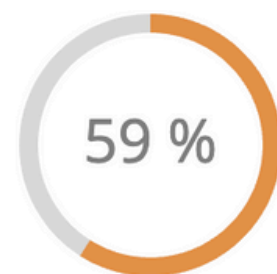
Minutes Spent in High Intensity Activities

Vigorous activity indicator

Pay attention **3**
Min

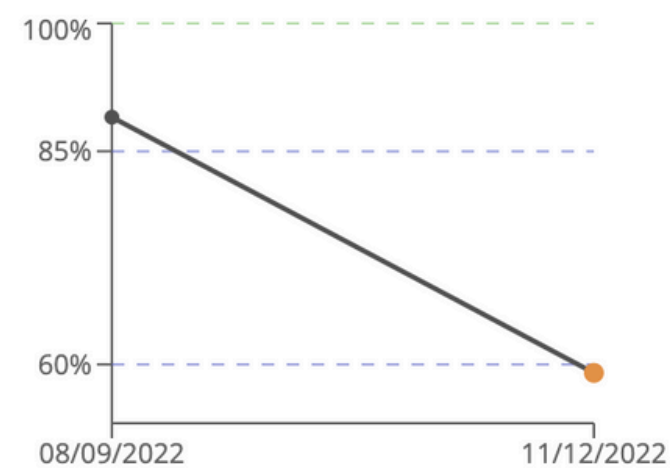
Sleep

Your sleep score reflects your average sleep duration and quality.



out of range

- 30% versus your previous test (89%)
- 28% versus the average user (87%)



Sleep Total Duration

Sleep quality indicator

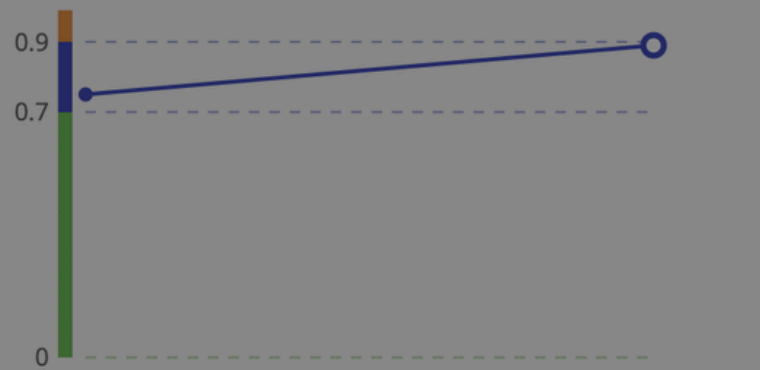
Pay attention **5 Hr 52 Min**

REM Sleep

Sleep quality indicator

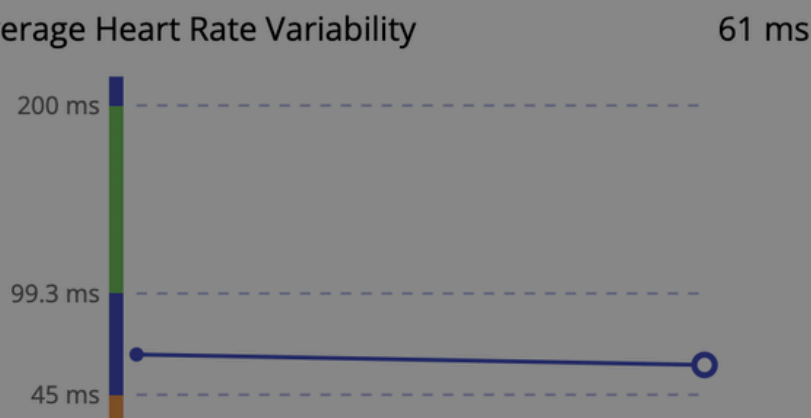
Pay attention **58**
Min

ApoB:ApoA1 Ratio



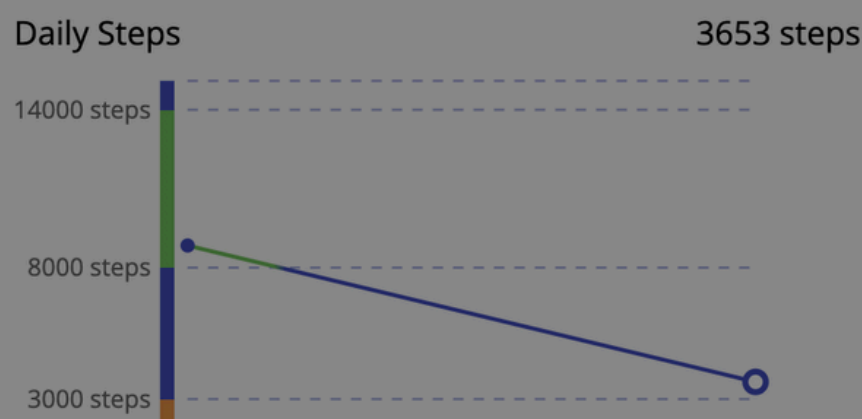
The ApoB/ApoA1 ratio is highly variable and is a marker for (artery) risk. The lower the ApoB/ApoA1 ratio, the lower the risk. [More Information](#)

Average Heart Rate Variability



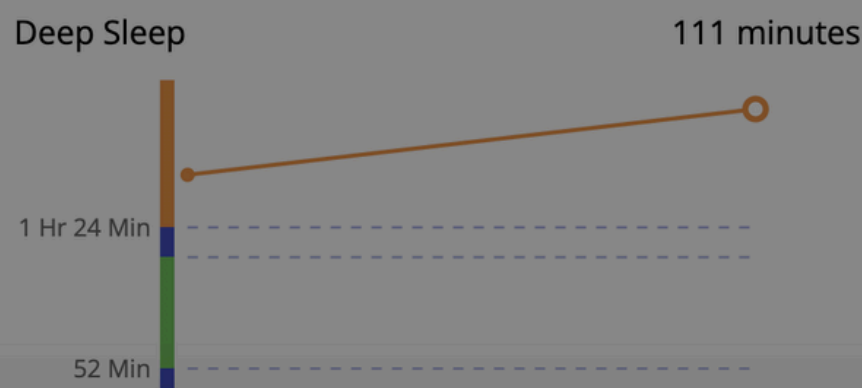
Heart rate variability (HRV) measures the time between heartbeats, reflecting the adaptability of the autonomic nervous system. A higher HRV indicates a higher level of cardiovascular fitness, while a lower HRV indicates a higher risk of health issues. Monitoring HRV is a useful tool for understanding the body's response to stress, physical activity, and overall health. [More Information](#)

Daily Steps



Measuring daily steps with a wearable device can help track physical activity levels. Keeping track of steps is a simple way to ensure you are getting enough general movement, which can help improve cardiovascular health, reduce the risk of diabetes, and maintain a healthy weight. [More Information](#)

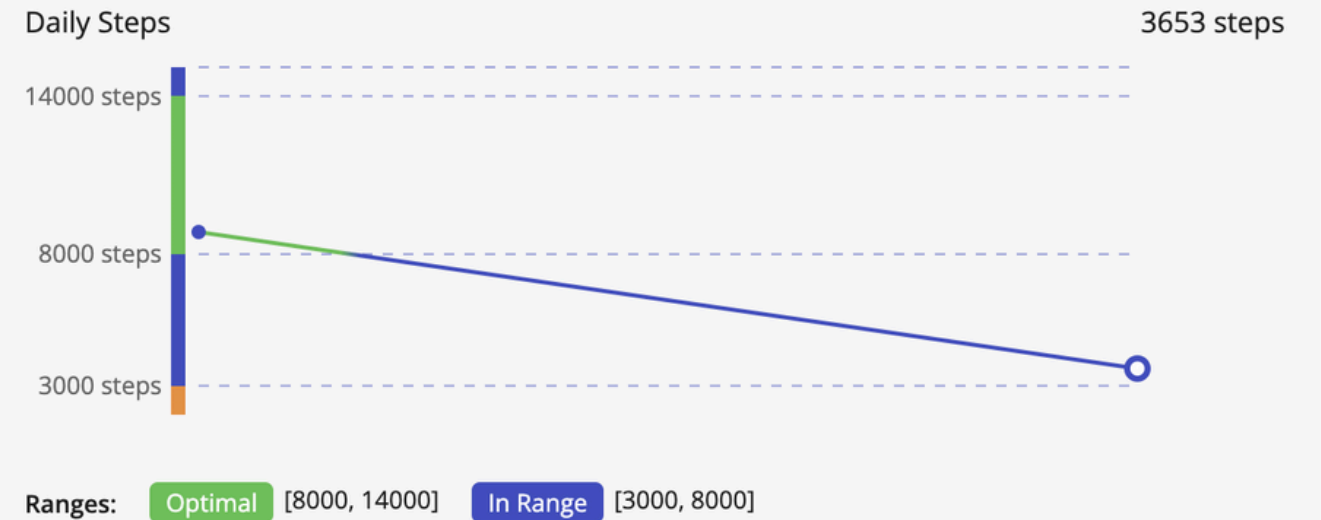
Deep Sleep



Deep sleep is the most restorative phase of sleep. It helps repair tissues, builds bone and muscle, and plays a key role in memory consolidation. [More Information](#)

× Daily Steps

Daily Steps



Why are daily steps important?

Daily steps are a crucial measure of physical activity, with significant implications for overall health. Regular walking and other forms of movement are associated with numerous benefits, including improved cardiovascular health, weight management, mental well-being, diabetes prevention, and enhanced bone and joint health. For instance, walking helps reduce the risk of heart disease by improving circulation and lowering blood pressure, aids in maintaining a healthy weight, and has been shown to reduce symptoms of depression and anxiety. [1]

While the widely recommended goal of 10,000 steps per day is popular, recent research suggests that fewer steps can still provide substantial health benefits. Studies indicate that even 4,000-5,000 steps daily can lead to improved cardiovascular health and reduced mortality risk, with benefits increasing up to about 7,500 steps per day. A study published in *JAMA Internal Medicine* found that older women who took 4,400 steps per day had significantly lower mortality rates compared to those who took fewer steps, with benefits increasing up to about 7,500 steps per day. [2]

Incorporating more steps into your daily routine can be done in creative and unique ways beyond just going for a walk. For example, you can engage in "deskercise" by incorporating walking or marching in place during work breaks, or by dancing to music to make movement fun and engaging. Active commuting, such as walking or biking to work or school, can also help increase your step count. Other ideas include doing household chores like vacuuming, gardening, and washing the car, taking phone calls or meetings while walking, choosing parking spots further from entrances, using stairs instead of elevators, suggesting walking meetings, exploring new walking routes, and playing with pets or children.

Wearable health trackers like Fitbit, Apple Watch, and Garmin devices have revolutionized how we monitor daily activity. These devices provide real-time data on step count, distance traveled, and calories burned, and allow for personalized goal setting to motivate and track progress. They also offer additional health metrics such as heart rate, sleep quality, and activity intensity, and often include social features for sharing progress and engaging in challenges.

Where can I learn more?

- [Mayo Clinic – 10,000 Steps a Day: Too Low? Too High?](#)
- [National Institutes of Health – Number of steps per day more important than step intensity](#)
- [Harvard School of Public Health – Far fewer than 10,000 steps per day can boost health](#)



Clinical Mode

You are viewing clinical ranges ⓘ

Biohacker mode:

Personal Data

Barrett Kassulke

Age: 33 years old
Report type: ♂ Foundation Kit
Collection time: Nov 12, 10:35 AM
Result time: Nov 16, 12:40 AM

Biomarker Data Summary

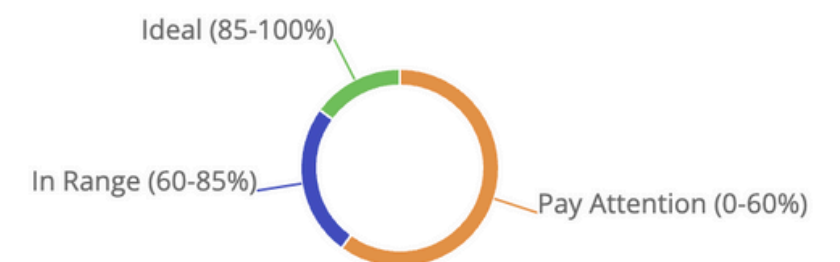
Within range ↗ Improved by 3.5% overall

- ✓ Inflammation ⓘ 78% ↗ +11%
- ✓ Metabolic Fitness ⓘ 73% ↗ +3%
- ✓ Balance ⓘ 71% ↘ -2%
- ✓ Cardiovascular ⓘ 66% ↗ +2%

Wearable Data Summary

Within range ↘ Decreased by 18.3% overall

- ✓ Activity ⓘ 60% ↘ -21%
- ⚠ Sleep ⓘ 59% ↘ -30%
- ✓ He



[Legend](#) [Share](#) [Export](#)

Biomarkers

Action Plan

Category List Simple View

Biomarker search

Name of biomarker



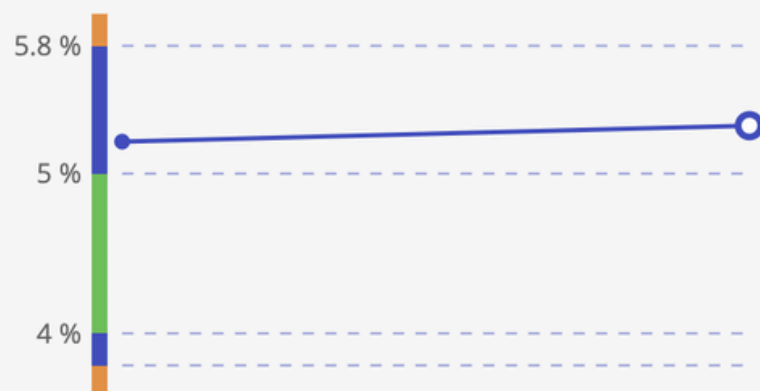
Sort By

Alphabetically



% Hemoglobin A1C

5.3 %



HbA1c (Hemoglobin A1c) is a biomarker that measures the average blood sugar levels over the past 2-3 months and is used to diagnose and monitor diabetes. Levels that are consistently above 5.6% may warrant a visit to a physician.

[More Information](#)

25-(OH) Vitamin D

71.76 ng/mL



25-(OH) Vitamin D is an important biomarker for assessing your vitamin D status, which is essential for bone strength, immune function, and overall well-being. Your body produces vitamin D through sun exposure and obtains it from certain foods and supplements. Low levels can lead to bone problems, weakened immunity, and increased risk of chronic diseases, while excessively high levels can