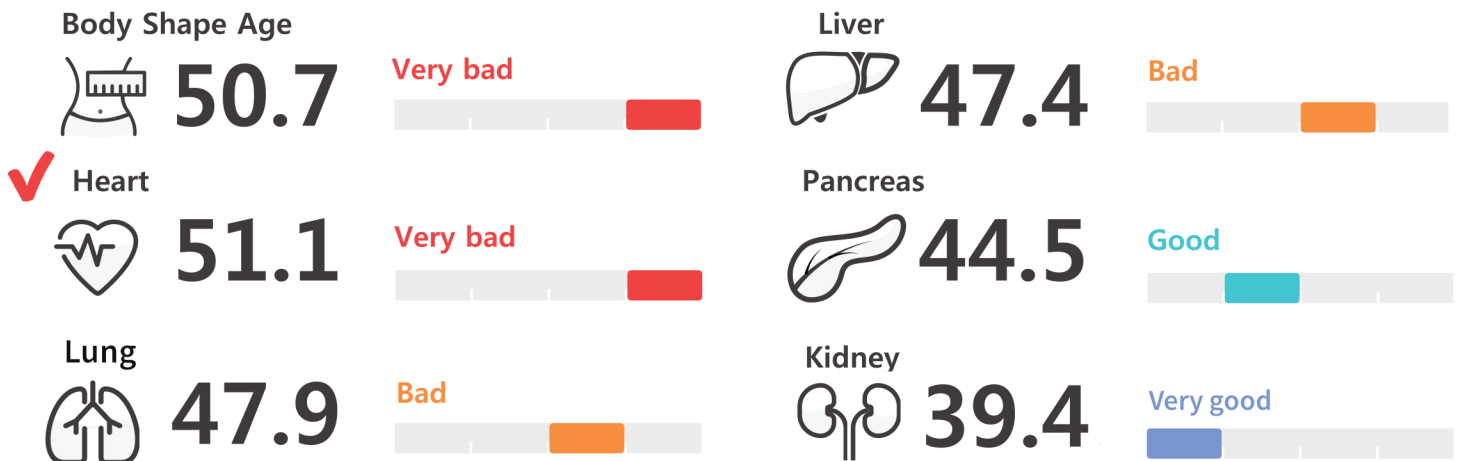




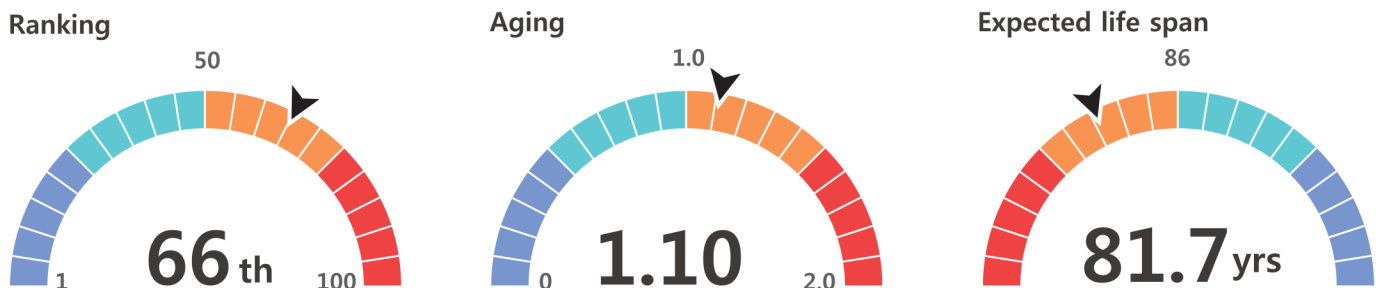
Measurement Results



Now you have a new index of health and aging for lifetime health management.



Results Analysis












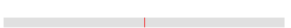
























Expected life span is a statistical measure of chronological age and biological age based on The Korea National Statistical Office, if you follow well guidelines which MediAge is providing ,you could extend your expected life span

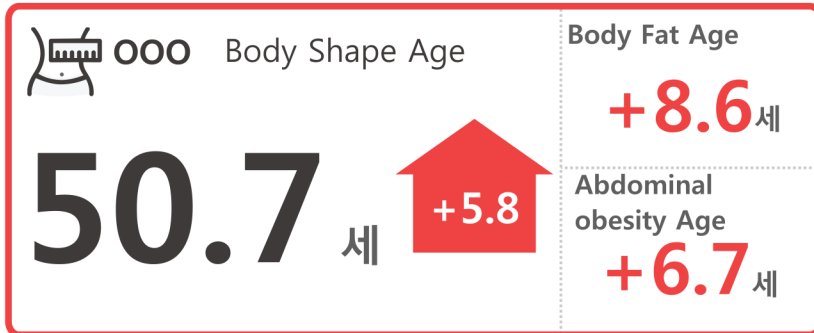


Scan this QR code
We provide customized prescription and detail information about biological age

Major Biomarkers Analysis

Major Organs Age	Major Biomarkers	Results	Unit	BioLogical Age
 Body Shape Age	Body Mass Index	25.43	kg/m2	 5.8
	Percent Body Fat	38.05	%	 8.6
	Percent Body Muscle	58.37	%	 5.4
	Waist Circumference	85	cm	 5.4
	Waist-Hip Ratio	0.9	-	 6.7
 Heart	Systolic Blood Pressure	129	mmHg	 4.9
	Diastolic Blood Pressure	84	mmHg	 6.2
	Total Cholesterol	206	mg/dL	 2.9
	Triglyceride	259	mg/dL	 15.0
	High Density Lipoprotein Cholesterol	57	mg/dL	 0.1
	Low Density Lipoprotein Cholesterol	128	mg/dL	 3.0
	Homocysteine	5.92	μmol/L	5.3 
 Lung	Forced Expiratory Volume for 1 sec	95.65	%	 2.9
	Forced Vital Capacity	88.08	%	 3.2
 Liver	Total Protein	7.4	g/dL	 0.0
	Albumin	4.2	g/dL	 2.5
	Albumin-Globulin Ratio	1.3	-	 3.1
	Total Bilirubin	0.5	mg/dL	 2.5
	Direct Bilirubin	0.1	mg/dL	 2.7
	Alkaline Phosphatase	91	IU/L	1.0 
	AST(Aspartate Aminotransferase)	25	IU/L	 1.9
	ALT(Alanine Aminotransferase)	24	IU/L	 1.7
	γ-Glutamyl Transferase	14	IU/L	1.5 
 Pancreas	Fasting Blood Sugar	89	mg/dL	0.2 
	Hemoglobin A1c	5.5	%	0.3 
 Kidney	Blood Urea Nitrogen	11.8	mg/dL	0.9 
	Creatinine	0.57	mg/dL	4.2 
	Creatinine Clearence	121.13	ml/min	5.5 

✓ Body Shape Age Analysis Results



000 Your body shape age is more than your chronological age.

If your body shape age is more than your chronological age, it means that compared to other people of the same age, your aging process is progressing fast, and your body shape is bad.

✓ Body Shape Age Customized Prescription

✓ For detailed method to improve body shape age, please consult your doctor.



Avoid snacks and fast food.

Excessive eating of snacks and of high-fat fast food leads to nutritional imbalance and excessive calorie intake.



Do not skip breakfast.

Breakfast prevents overeating and bingeing at lunch by increasing the morning work efficiency and promoting metabolism.



Do cardiopulmonary exercise until you sweat.

A 50-minute aerobic exercise should be done five times a week for body obesity management.



Schedule your life activities.

Active life planning maintains a regular life rhythm and an appropriate amount of physical activities.

✓ Recommended Functional Food Supplements



Dietary fiber

Appetite suppression, stimulates intestinal regulation and bowel movement



Green tea extract (catechin)

Stimulates energy production and consumption



Chitosan

Suppresses intestinal fat absorption by binding with bile

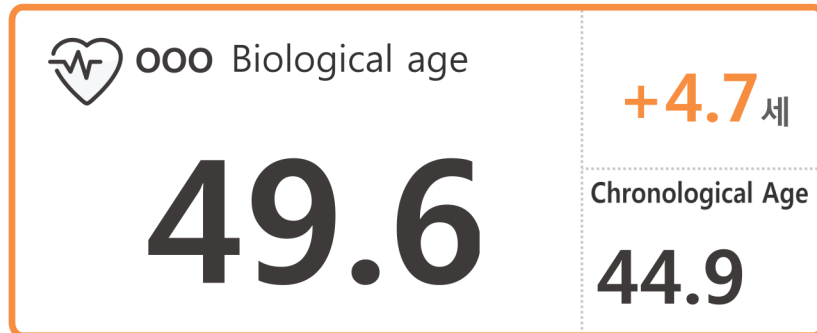


Analysis Results/Customized Prescription for Major Organs Age

Major Organs Age	Practice guide	
 Heart +6.2세		Use smaller dish larger the plate, more you eat; start eating in smaller dish
		Have appropriate resting time after work out excessive fatigue after work out is a signal from body to rest
 Lung +3.0세		Know the state of stamina After middle age, chronic disease and rapid stamina decrease may happen, knowing the current state of health is important
		Make effort to manage minor personal hygiene After going out, wash hand, brush teeth after eating, and washing hand after stool is the first step to prevent respiratory disease
 Liver +2.5세		Stay away from long-term preserved food long term preserved food such as canned food or frozen food is more likely to have damaged nutrition
		Utilize the leisure time during holidays don't be too lazy and make sure your life pattern doesn't break too much
 Pancreas -0.4세		Get accustomed to regular eating habit regular eating habit prevent overeating and prevent malfunctioning of pancreas
		Maintain adequate level of body fat Maintaining adequate level of body fat can prevent accumulation of visceral fat and insulin resistance and inhibit blood sugar level increase
 Kidney -5.5세		Know the risk of alcohol drinking drinking alcohol may induce increase in blood pressure and albuminuria and increase the risk of hemorrhage for chronic kidney patient more than 6 times
		Identify the status of personal hygiene product sharing or using personal hygiene product for a long time can lead to dermatitis

* For detailed method to improve major organs age, please consult your doctor.

✓ Analysis result for anti-aging plan



OOO Your Medical Biological Age, which is the overall biological age, is much more than the chronological age

Medical Biological Age much more than the chronological age means that comparing to the people of same age, health status is very bad and aging process progresses very fast

Medical Biological Age is the comprehensive biological age calculated on all clinical test result performed. It means the status of

✓ Customized Anti-Aging Life Plan

✓ Practice each habit to reduce your biological age that much

Practical difficulty	★ Easy	★★ Nomal	★★★ Hard
Exercise	Enforce physical strength with muscle exercises more than twice a week (-1.7)	Have breakfast daily (-2.0)	Enforce lung function with breathing exercise and aerobic exercise (-3.4)
Nutrition	Consume more than 2,000kcal per week by exercise (-1.1)	Avoid being angry and exercise to smile using a mirror (-3.7)	Cut 20~30% of daily caloric intake (-4.0)
Management	Do not use unnecessary hormones or hormone secretagogues (-2.0)	Make low salt diet a habit (-6.5)	Have more than two stress releasing methods (-10.0)
Mind	Solve the pending issues (-1.3)	Walk 10,000 steps a day more than 5 days a week (-6.0)	Learn new games requiring thinking capabilities (-8.0)

Practice one or two of the most easily implemented habit each month	
Exercise	Management
Nutrition	Mind