



PURE NORTH S'ENERGY FOUNDATION

"Feeling Better, Living Longer"

PNSF ID
67939

Priority*
1 +

Senior Community Program "Health Improvement Prescription Plan"

Name: Test22 Account2 Age: 59 (January 1, 1955) Gender: Male City: Calgary
Organization: Test Accounts Organization Type: Other

Thank you for participating in the Pure North S'Energy Foundation. We sincerely hope this HIPP sheet will provide you with information to help you achieve and maintain a healthier way of life. Please share the information with your family doctor.

Health Profile

	2009S'Energy3 (2008/12/18)	2009S'Energy4 (2009/10/21)	Office Nov 5, 2010 (2010/11/05)	PNSF Optimal Healthy Score	Units
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Primaryes

Vitamin D	123	210		125 - 250	nmol/L
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Inflammatory

Hs-CRP				< 1	mg/L
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Hormones

Hemoglobin A1C				0.45 - 3	mU/L
Thyroid Peroxidase Antibody			1	< 9	kIU/L
Thyroglobulin Antibody				< 4	kIU/L

Blood Sugar

Hemoglobin A1C				0.45 - 3	mU/L
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Liver/Kidney

ALT				1 - 40	U/L
GGT				10 - 35	U/L
Creatinine				< 100	umol/L
GFR		222			

Complete Blood Count

PTH				12 - 88	ng/L
Calcium				2.10 - 2.55	mmol/L
Corrected Calcium					
Albumin		2222		35 - 57	g/L
Vitamin B12				> 450	pmol/L

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Biometric Measures

Blood Pressure	80/160	< 120/80	
BMI	0.0254778368297418	18 - 25	
Waist	2	< 94 cm	cm/in
Weight	2		kg/lbs
Height	886		cm/ft-in

Whole Blood

Cadmium	< 2.6	ug/L
Chromium	0.4 - 2.5	ug/L
Lead	< 3.0	ug/dL
Mercury	< 3.0	ug/L