

Voloridge

Health & Wellness Report

A clearer view of your health

Sample Patient

Apr 21 2026 · 19:47:26 UTC

Voloridge Health uses data from laboratory tests and physical measurements yielding wellness scores for Longevity, Cardiovascular, Kidney, Inflammation, Metabolic, and Brain Health in this Health and Wellness Report. The Reports are intended to encourage the general state of health and promote a healthy lifestyle by encouraging recipients to make healthy choices that are well-understood to reduce the risk or impact of, or play a role in the outcome of, a chronic disease or condition. Voloridge Health and Wellness Reports are not intended to assess risk of disease or other conditions, and as such has not been reviewed by the Food and Drug Administration. The information provided is not a substitute for professional medical advice or screening or diagnostic testing, and it is not intended to be used to make medical decisions, including whether or not you should take a medication, how much of a medication you should take, whether or not you should undergo screening or diagnostic testing, or whether or not you should engage in any other medical treatment or intervention. You should seek advice from a qualified healthcare professional with any questions you have regarding diagnosis, cure, treatment, mitigation, or prevention of any disease, other medical condition or impairment of the status of your health. Voloridge Health and Wellness Reports do not account for all important factors linked to health, and therefore they cannot rule out the presence or absence of disease or other medical conditions.

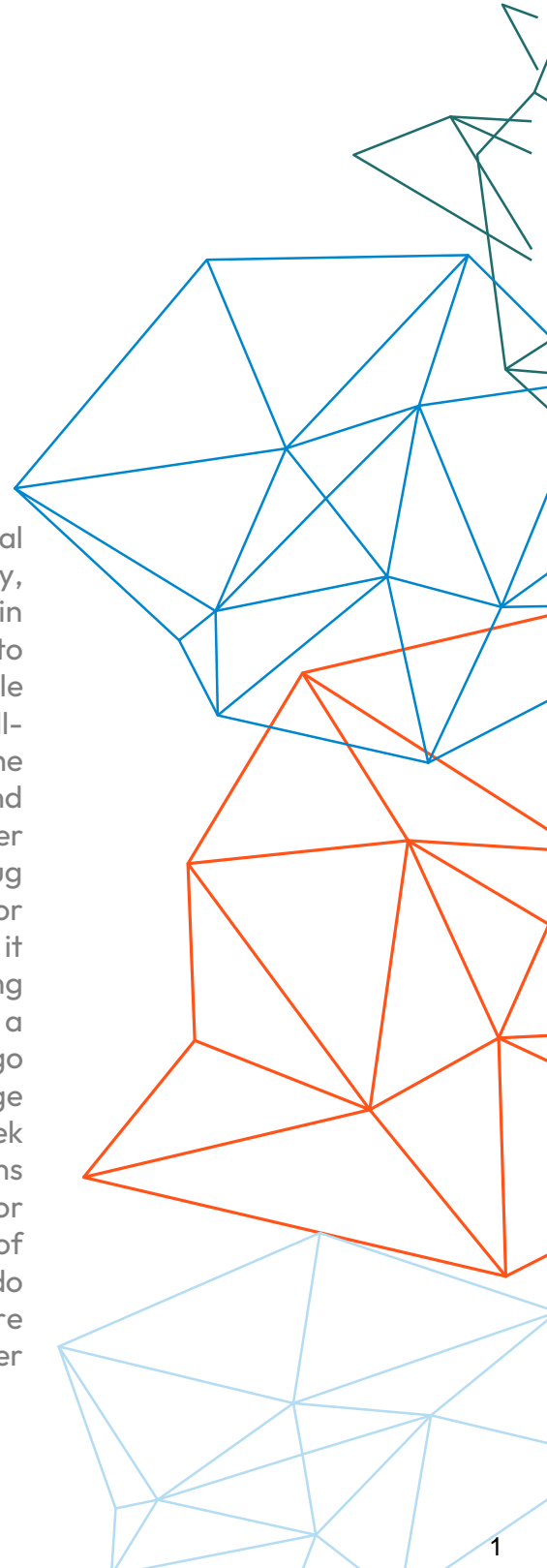


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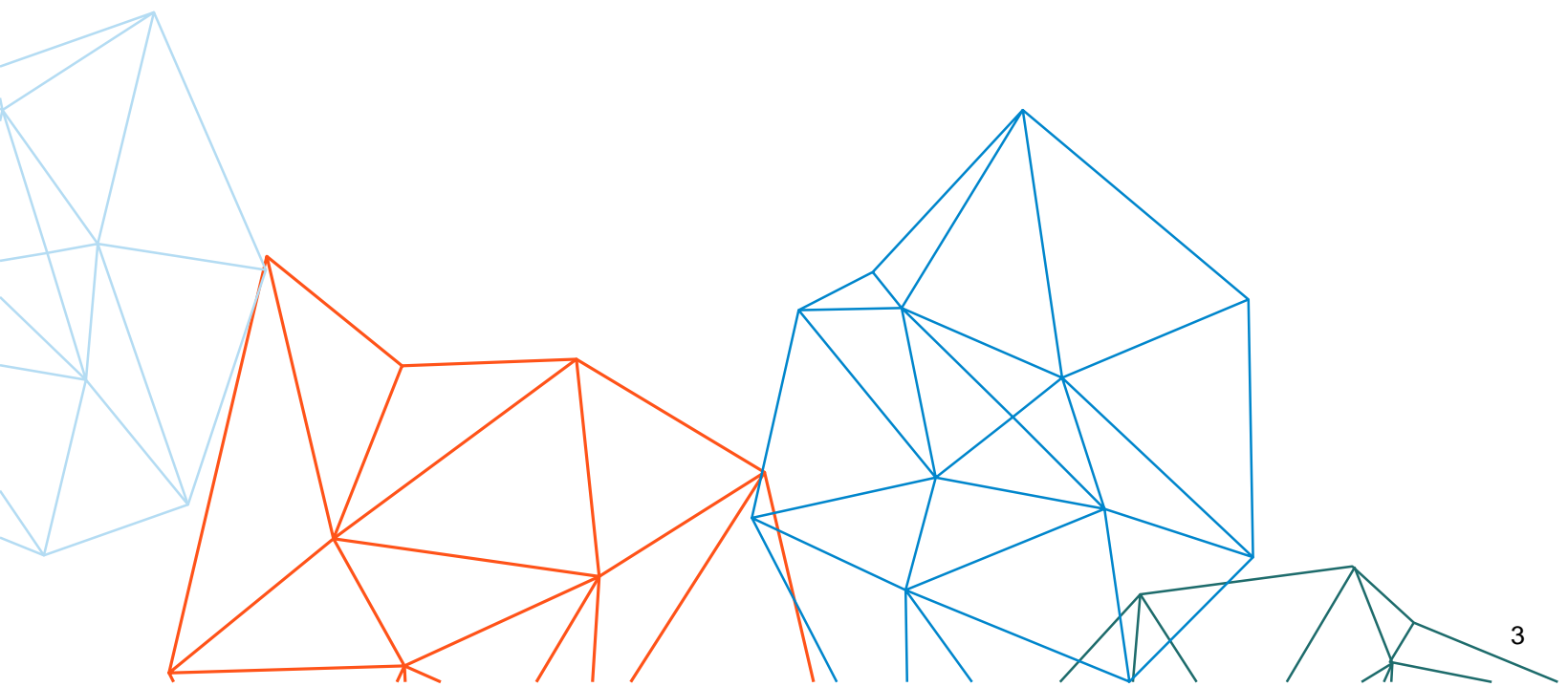
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Section One

Overview of Voloridge Health Methodology

This section explains who Voloridge Health (VH) is and what sets us apart from the competition. It gives you a clearer understanding of what we present throughout the report and how to interpret the information.

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The Voloridge Health Methodology

A Data-Driven Approach to Preventive Health and Wellness

The VH Methodology was developed through extensive data-driven research and modeling to provide more insights into biomarker variability allowing for tailored care plans for individuals. Unlike traditional laboratory reference ranges, which may lack stratification by biological sex and impact to different health domains, the VH Model incorporates sex-specific and “health domain” specific insights for greater precision.

Importantly, the VH Model is not intended to replace laboratory reference ranges but to act as a complementary tool supporting health and wellness education. The VH Model and insights are developed through extensive data analysis using population-level cohorts (e.g., the UK Biobank). It is important to consider additional factors such as racial diversity and genetic predisposition, which require further context for individual interpretation.

The six major health domains the Voloridge Model provides insights into are

- Longevity
- Cardiovascular Health
- Kidney Health
- Inflammation Health
- Metabolic Health
- Brain Health

Biomarker Insights

Laboratory (“Lab”) Reference Range

This is a published standard, established by the testing laboratory, defining the "normal" limits for a biomarker in a healthy population. These ranges are derived from population averages and used by lab and healthcare providers to flag potential abnormalities. They are not age or sex adjusted in many instances. Each lab may have slightly different reference ranges.

Voloridge Modeled Range (VMR)

The Voloridge Modeled Range (VMR) represents an age and sex specific biomarker range associated with the highest level of health and wellness. It is derived from the models using the important health domains and a 15-year timeframe.

Laboratory reference ranges often focus on single biomarker-disease relationships. The VMR is derived from unbiased, data-driven analyses across multiple biomarkers and health domains. For example, where traditional models might relate cholesterol only to heart disease, our models assess broader, long-term impacts of levels of cholesterol and overall health and wellness.

Note: The VMR is a research-based insight, not a medical recommendation, and may differ from laboratory reference values seen on standard reports.

Biomarker Strength

Biomarker Strength indicates how strongly a biomarker is correlated to a particular health domain, based on VH models. These values range from 1 (weakest) to 10 (strongest) based on how strong the correlation between the biomarker and the health domain score is identified. This allows users to see what biomarkers contribute most to the scores within each health domain.

Personalized Scores

The Voloridge Health & Wellness Report provides two scores to help individuals interpret their health.

Volo Score

Your Volo Score is a measure of your current state of health in each of the six Health Domains. The Volo Score is calculated based on how your biomarkers compare to the biomarkers of individuals of the same age and sex from large longitudinal databases including the UK Biobank and US healthcare data. The healthier your biomarkers, the healthier your Volo Score.

A Volo Score of 200 indicates average domain health in a non-smoking population with no prior major cardiac events or major cancers. Scores above 200 indicate a healthier (above average) domain, whereas scores below 200 indicate a below-average health domain. The maximum potential score achievable may differ from domain to domain. Every 20-point change in the score reflects a doubling (200 to 220) or halving (200 to 180) of health probability within the domain.

A Volo Score of 200 represents your specific domain health is average compared to similar individuals in our comprehensive databank. Each biomarker factors into your scores differently in each health domain and may differ from other people. Certain biomarkers are more important for some individuals than others, based on individualized data (e.g. age, sex, and scores related to other biomarkers). Your Voloridge Health and Wellness Report shows which biomarkers have the greatest impact (or strength) on your individual Health Domain Volo Score. Taking steps to improve biomarkers related to your score may help to improve your health in each domain. Additional information on the Volo Scores can be found in the Appendix. Talk to your doctor about steps you can take to improve your biomarkers for each of the Health Domain Volo Scores.

Personalized Volo Scores are classified on a five-point color scale. Use this legend for grouping each of your Volo Scores.

Volo Age

Volo Age is a metric that estimates the functional age of health domains and systems. Volo Age increases when biomarker patterns associated with these health domains are less favorable and decreases when they are more favorable. The difference between Volo Age and Chronological Age is shown in parenthesis. An increasingly negative number equates to better health.



Excellent	> 220
Good	206-220
Average	195-205
Marginal	180-194
Poor	< 180

Volo Age Impact

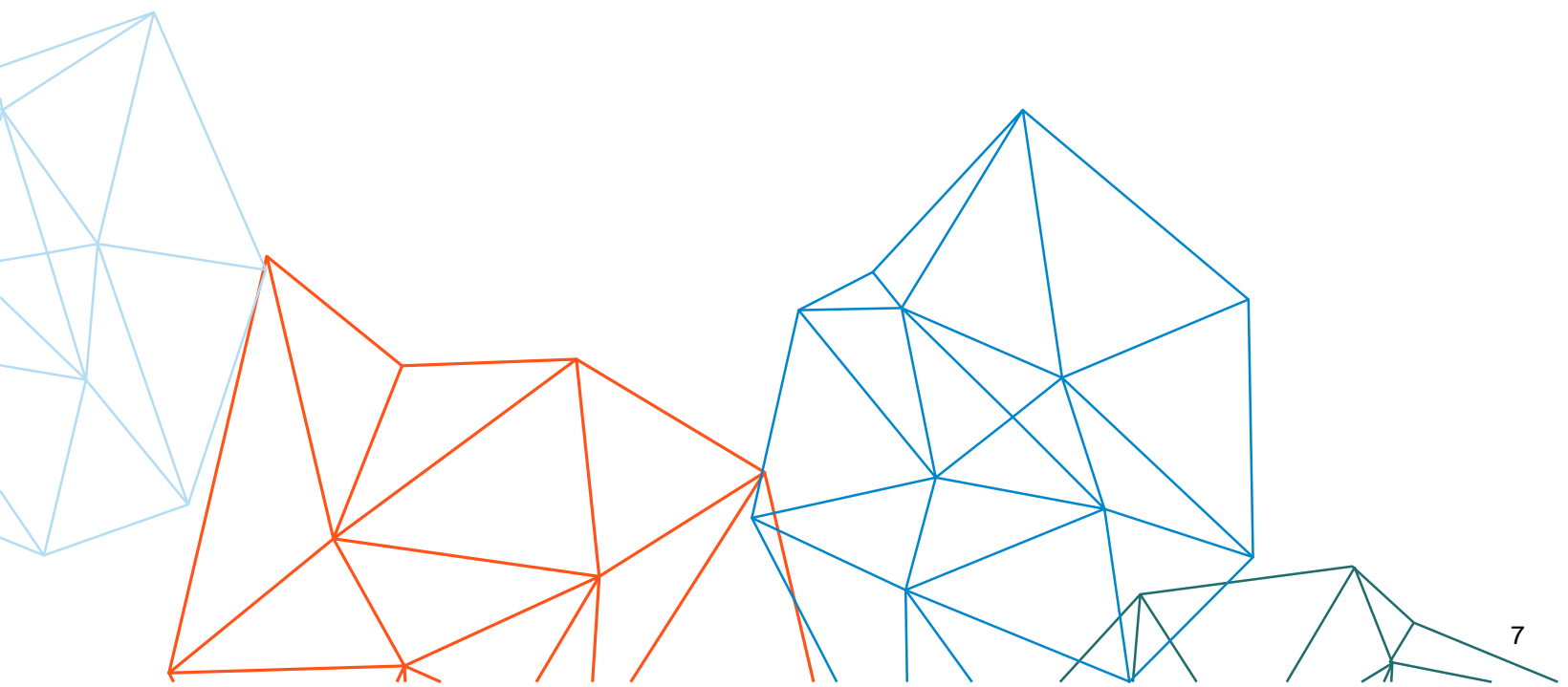
Volo Age Impact represents the influence of a biomarker on Volo Age. Negative values are associated with improved outcome and contribute to a lower health domain Volo Age, while positive values are associated with worse outcomes and contribute to a higher health domain Volo Age.

Section Two

Results Overview

In this section, we'll dive into your data, but first, we'll show you how to understand and interpret the visuals we present.

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Interpreting Graphs

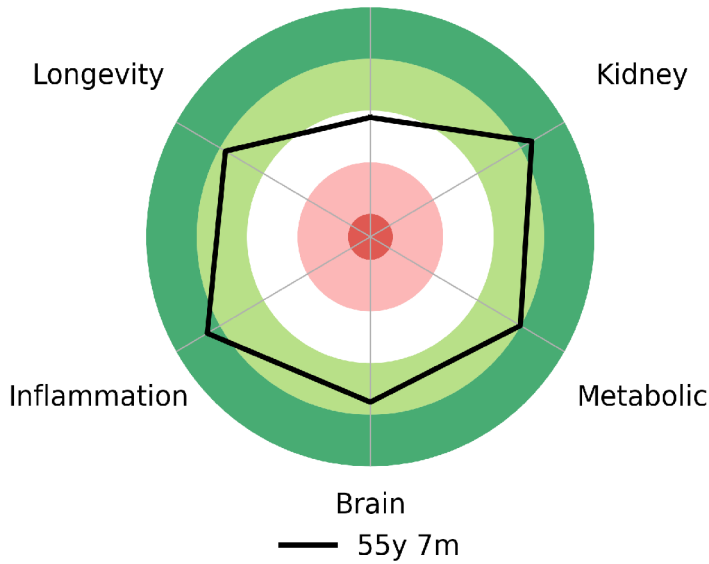
The Results summary page shows a comprehensive view of common panels and biomarker results from the most recent testing. Results are compared to both Laboratory (“normal”) reference ranges, as well as the VMR, when available. Results falling outside of either range are notated with ▲ (higher than the range) or ▼ (lower than the range) indicators. The laboratory reference ranges are the average ranges provided by the testing laboratory.

Test Name	Units	Results	Lab Reference Range	Volo Modeled Range (VMR) Males
Comprehensive Metabolic Panel (CMP)				
Alanine Aminotransferase (ALT)	IU/L	65	▲ 0-44	▲ 14-27
Alkaline Phosphatase (ALP)	IU/L	43	▼ 44-121	43-84

Score Overview

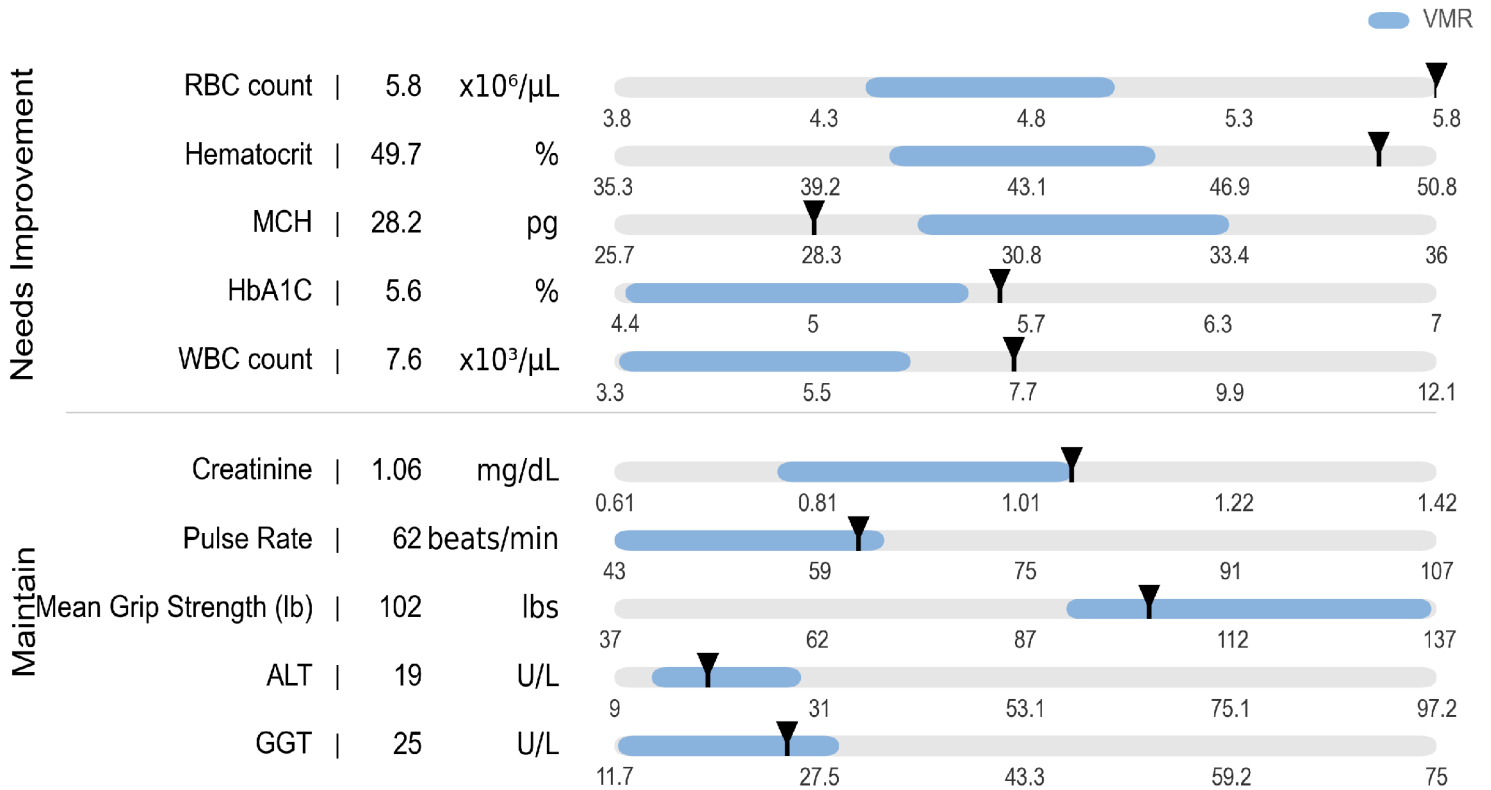
Volo Scores

Cardiovascular



	55y 7m
Cardiovascular	201
Kidney	224
Metabolic	218
Brain	214
Inflammation	224
Longevity	216

Top Individual Biomarkers



Test Name	Units	Results	Lab Reference Range	Volo Modeled Range (VMR)
Comprehensive Metabolic Panel (CMP)				
ALT	U/L	19	9 - 46	13.0 - 29.0
Alkaline Phosphatase	U/L	75	36 - 130	39.0 - 86.0
AST	U/L	21	10 - 40	17.0 - 31.0
Urea (BUN)	mg/dL	16	7 - 25	11.0 - 19.0
Glucose	mg/dL	93	65 - 99	59.5 - 97.8
Albumin	g/dL	4.9	3.6 - 5.1	4.4 - 4.9
Albumin:Globulin Ratio	Ratio	2.2	1.0 - 2.5	N/A
Total Bilirubin	mg/dL	1	0.2 - 1.2	▲ 0.4 - 0.9
BUN/Creatine Ratio	Ratio	15	6 - 22	11.8 - 23.0
Calcium	mg/dL	9.8	8.6 - 10.3	8.9 - 9.8
CO2	mmol/L	26	20 - 32	N/A
Chloride	mmol/L	104	98 - 110	N/A
Globulin	g/dL	2.2	1.9 - 3.7	N/A
Potassium	mmol/L	4.7	3.5 - 5.3	N/A
Total Protein	g/dL	7.1	6.1 - 8.1	6.3 - 7.5
Sodium	mmol/L	144	135 - 146	N/A
Creatinine	mg/dL	1.06	0.60 - 1.24	0.77 - 1.06
eGFR ¹	mL/min/1.73	83	>= 60	N/A
Cystatin C with eGFR				
Cystatin C	mg/L	0.97	0.52 - 1.35	▲ 0.66 - 0.93
eGFR ¹ w/ CystatinC	mL/min/1.73		N/A	N/A
Complete Blood Count (CBC)				
WBC count	x10 ³ /μL	7.6	3.8 - 10.8	▲ 3.4 - 6.5
RBC count	x10 ⁶ /μL	5.81	▲ 4.20 - 5.80	▲ 4.4 - 5.0
Hemoglobin	g/dL	16.4	13.2 - 17.1	▲ 14.1 - 15.7
Hematocrit	%	49.7	38.5 - 50.0	▲ 40.5 - 45.5
MCV	fL	86	80.0 - 100.0	85.6 - 96.1
MCH	pg	28.2	27.0 - 33.0	▼ 29.5 - 33.4
MCH Concentration	g/dL	33	32.0 - 36.0	▼ 33.8 - 36.8
RDW	%	12.8	11.0 - 15.0	11.9 - 13.9
Platelet count	x10 ³ /μL	232	140 - 400	183.0 - 295.0
Neutrophil count	uL	3.7	▼ 1500 - 7800	▼ 1507.0 - 4232.0
Lymphocyte count	uL	2.8	▼ 850 - 3900	▼ 1006.0 - 2008.0
Monocyte count	uL	0.7	▼ 200 - 950	▼ 143.0 - 591.0
Eosinophil count	uL	0.3	▼ 15 - 500	0.0 - 200.0
Basophil count	uL	0	0 - 200	0.0 - 40.0
Neutrophil percent	%	49	N/A	34.6 - 67.0
Lymphocyte percent	%	37	N/A	22.4 - 51.3
Monocyte percent	%	10	N/A	5.2 - 11.0
Eosinophil percent	%	4	N/A	▲ 0.6 - 3.8
Basophil percent	%	0	N/A	0.0 - 2.0

¹: eGFR is a calculation based off the value of either Creatinine or Cystatin C in the blood. Therefore, it is often normal to see two different eGFR values within the same draw, if both Creatinine and Cystatin C are tested.

²: Lab reference ranges cited are from Quest Diagnostics laboratory reference standards

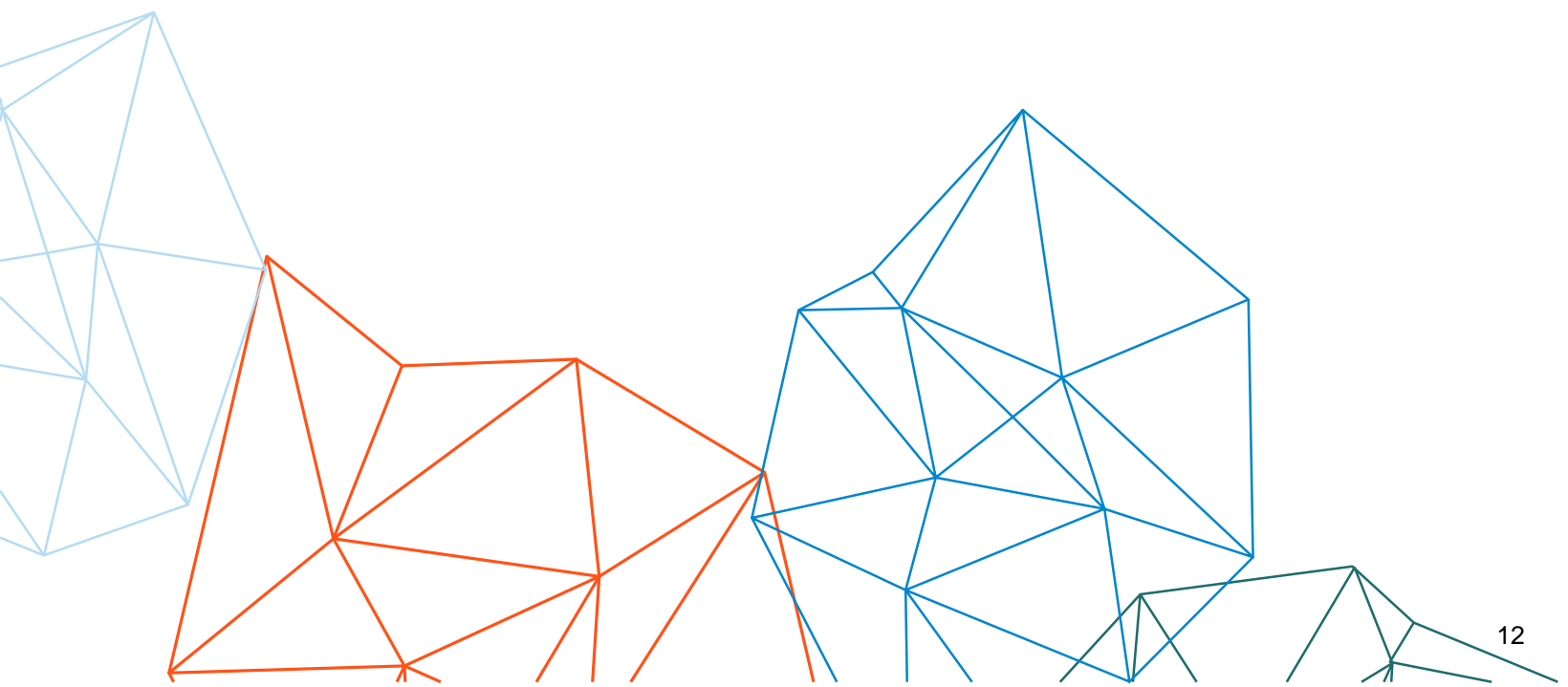
Test Name	Units	Results	Lab Reference Range	Volo Modeled Range (VMR)
Lipid Panel with Ratios				
HDL Cholesterol	mg/dL	50	>= 40	47.0 - 84.0
LDL Cholesterol	mg/dL	186	▲ < 100	▲ 111.0 - 166.0
Triglycerides	mg/dL	188	▲ < 150	63.0 - 197.0
Total Cholesterol	mg/dL	271	▲ < 200	N/A
LDL:HDL Ratio	Ratio	3.72	< 4.90	N/A
Non-HDL Cholesterol	mg/dL		< 130	N/A
Chol/HDLC Ratio	Ratio		N/A	N/A
Apolipoprotein assessment				
Apolipoprotein B	mg/dL		< 90	83.0 - 119.0
ApoB:ApoA1 Ratio	Ratio		< 0.77	N/A
Apolipoprotein A1	mg/dL		>= 115	134.7 - 198.9
LDL / ApoB Ratio	Ratio		N/A	1.32 - 1.62
Testosterone Free, Profile I				
Free Testosterone	pg/mL	7.8	▼ 46.0 - 224.0	N/A
SHBG	nmol/L		10 - 50	29.0 - 65.0
Testosterone, Total	ng/dL	439	250 - 1100	329.0 - 956.0
Albumin	g/dL	4.9	3.6 - 5.1	4.4 - 4.9
Insulin-like Growth Factor-1 (IGF-1)				
IGF-1	ng/mL		63 - 373	141.0 - 247.0
Z_Score			N/A	N/A
Other Individual Tests				
HbA1C	%	5.6	< 5.7	▲ 4.4 - 5.5
Fasting Insulin	IU/mL		<= 18.4	N/A
Lipoprotein (a)	nmol/L		< 75	4.0 - 100.0
Urate (Uric Acid)	mg/dL		4.0 - 8.0	4.1 - 6.4
Vitamin D	ng/mL	32.2	30 - 100	27.0 - 86.0
GGT	U/L	25	3 - 70	12.0 - 29.0
C - Reactive Protein	mg/L	1	< 3.0	▲ 0.45 - 0.92
Physical Measures				
BMI	kg/m ²	27.7	< 30	▲ 21.5 - 27.4
Systolic BP	mm[Hg]	120	< 120	94.0 - 132.0
Diastolic BP	mm[Hg]	78	< 80	61.0 - 79.0
Pulse Rate	beats/min	62	60 - 100	43.0 - 64.0
Mean Grip Strength (lb)	lbs	102	N/A	92.0 - 136.0

Section Three

Scores By Domain

This section is dedicated to reviewing biomarker results and how they are impacting the six domains of health

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Interpreting Graphs – Scores By Domain

This section reviews biomarker results and their impact on the six health domains. Definitions can be found in the Appendix.

- Longevity
- Cardiovascular Health
- Kidney Health
- Inflammation Health
- Metabolic Health
- Brain Health

Example Graph 1:



The above section provides insights into Domain Volo Scores over time. Use the legend to help simplify how your health is progressing in each domain.

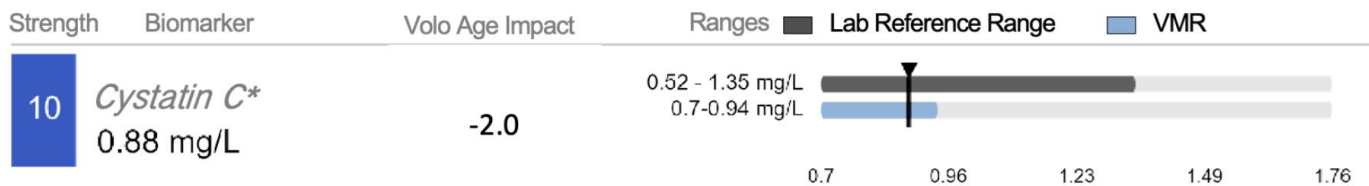
In addition to domain scoring, the most impactful biomarkers are compared against two ranges:

1. **Lab Range** - as provided by the testing laboratory
2. **Voloridge Modeled Range (VMR)** - An aggregate modeled health and wellness range across the six health domains.

The **Biomarker Strength** indicates the biomarker’s correlation to the health domain (10 = Strongest, 1 = Weakest)

Example Graph 2:

Top Biomarkers



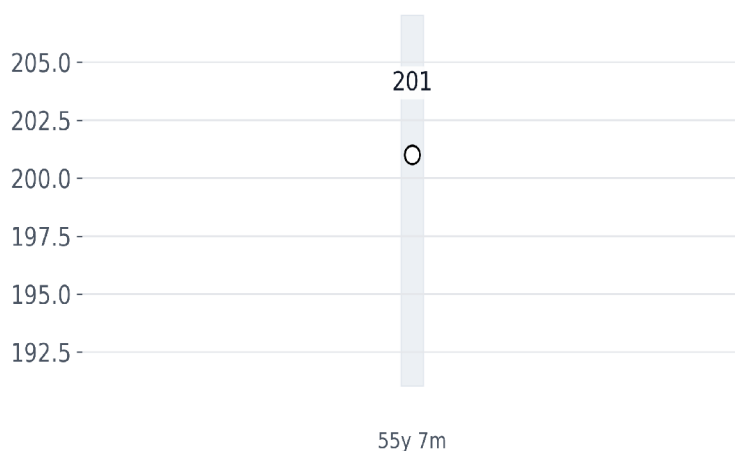
This visual provides quick assessment where biomarker results fall within the Lab and VMR targeted ranges. In the above example, Cystatin C, with a value of 0.88 mg/L, is falling within the Laboratory Reference Range and VMR. Cystatin C has a Strength score of 10 noting the biomarker is strongly correlated with the Health Domain Volo Score.

** Denotes an imputed value.* This value was not directly observed but derived from other biomarkers and measurements using an imputation method developed by Voloridge Health. Any biomarker value not recorded within two years preceding or following the most recent blood draw data will be automatically imputed.

The Volo Score reflects the overall picture of health by combining all contributing factors rather than relying on a single biomarker. As a result, someone may have a higher score despite certain biomarkers being average or poor, or conversely, a lower score even when biomarkers are rated good or excellent.



Cardiovascular Score Trend

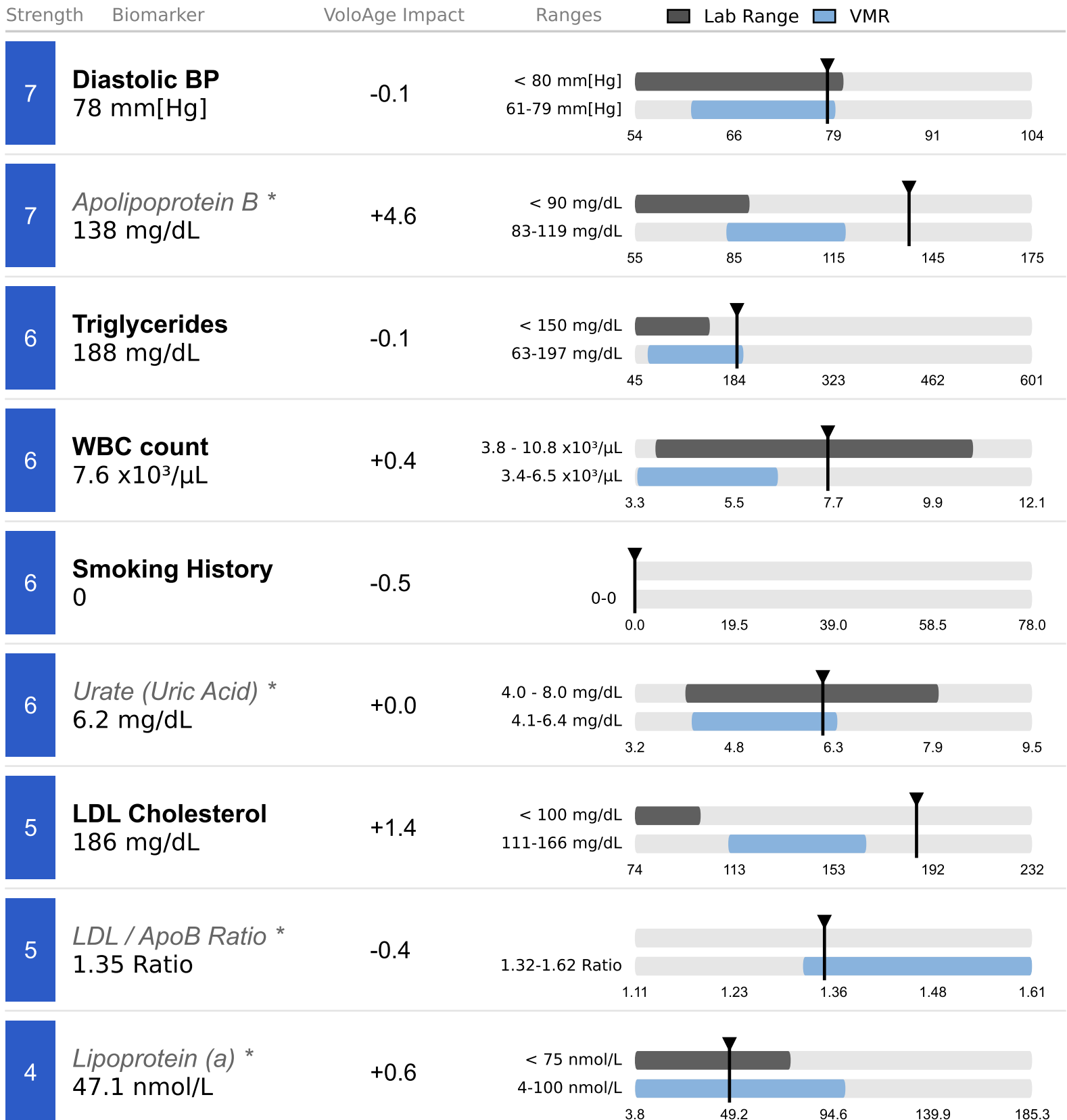


Top Biomarkers

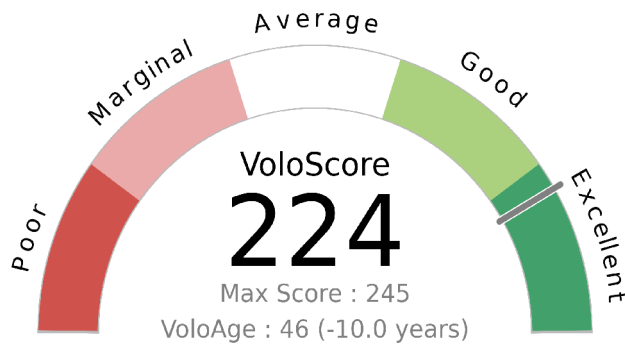
Strength	Biomarker	VoloAge Impact	Ranges	Lab Range	VMR
10	Cystatin C 0.97 mg/L	+0.7	0.52 - 1.35 mg/L 0.66-0.93 mg/L	0.66 - 1.4	0.66 - 0.84
10	Systolic BP 120 mm[Hg]	-1.4	< 120 mm[Hg] 94-132 mm[Hg]	94 - 176	94 - 135
9	HbA1C 5.6 %	-0.1	< 5.7 % 4.4-5.5 %	4.4 - 7.0	4.4 - 5.0
8	BMI 27.7 kg/m ²	-0.0	< 30 kg/m ² 21.5-27.4 kg/m ²	19.5 - 44.2	19.5 - 25.7
8	HDL Cholesterol 50 mg/dL	-0.7	>= 40 mg/dL 47-84 mg/dL	28 - 91	44 - 75
8	C - Reactive Protein 1 mg/L	-0.4	< 3.0 mg/L 0.45-0.92 mg/L	0.1 - 3.0	0.1 - 0.82

* Denotes an imputed value.

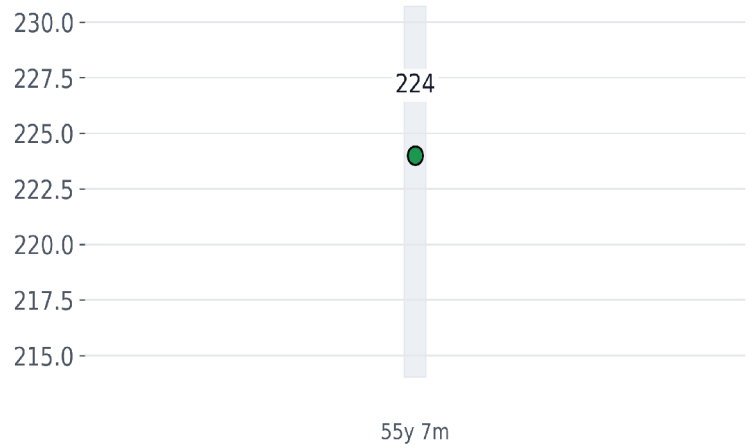
Top Biomarkers



* Denotes an imputed value.



Kidney Score Trend

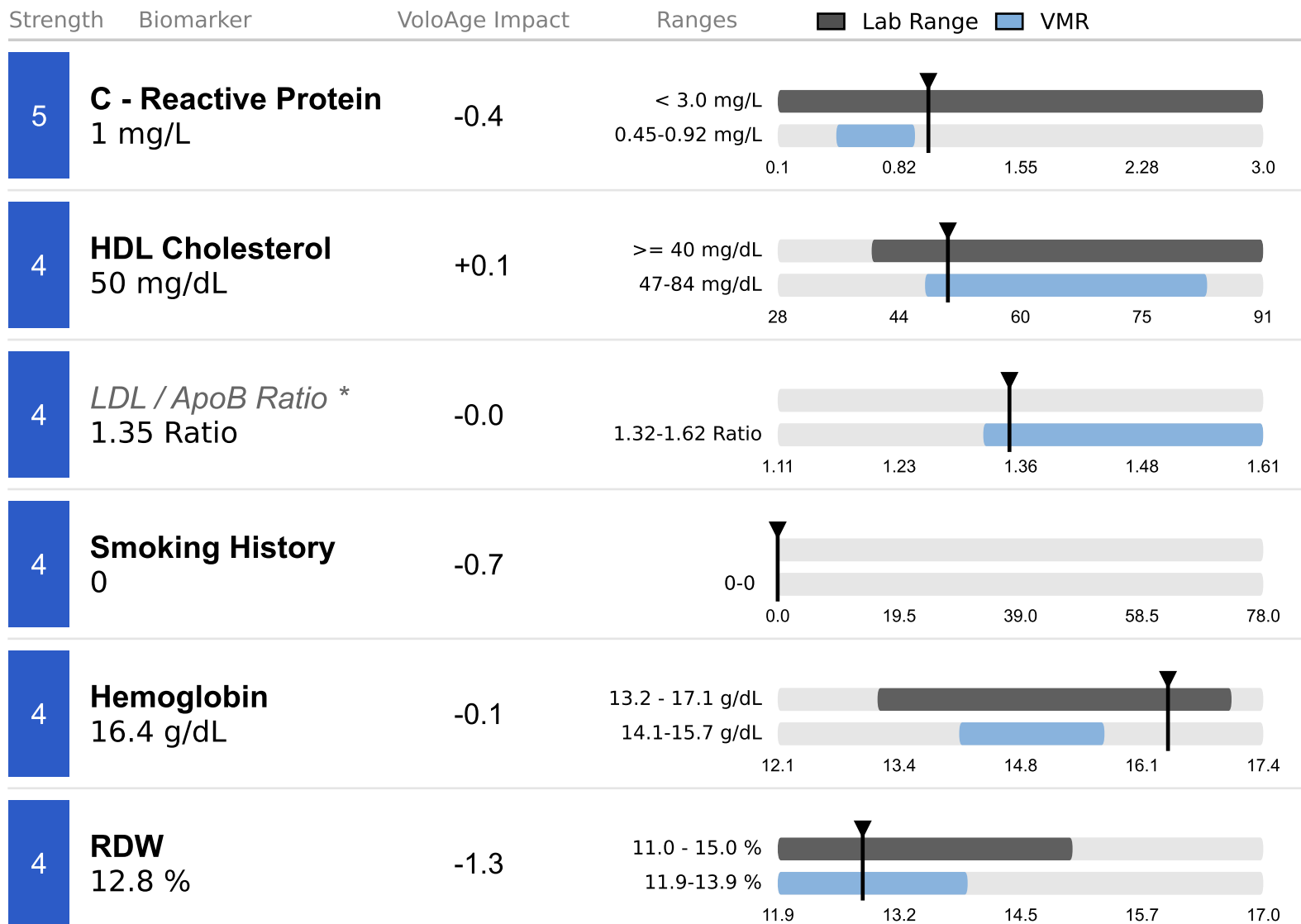


Top Biomarkers

Strength	Biomarker	VoloAge Impact	Ranges	Lab Range	VMR
10	Cystatin C 0.97 mg/L	+0.3	0.52 - 1.35 mg/L 0.66-0.93 mg/L	0.66 0.84 1.03 1.21 1.4	
7	BMI 27.7 kg/m ²	-0.2	< 30 kg/m ² 21.5-27.4 kg/m ²	19.5 25.7 31.8 38.0 44.2	
7	HbA1C 5.6 %	-0.2	< 5.7 % 4.4-5.5 %	4.4 5.0 5.7 6.3 7.0	
6	Creatinine 1.06 mg/dL	+0.1	0.60 - 1.24 mg/dL 0.77-1.06 mg/dL	0.61 0.81 1.01 1.22 1.42	
6	<i>Urate (Uric Acid) *</i> 6.2 mg/dL	-0.3	4.0 - 8.0 mg/dL 4.1-6.4 mg/dL	3.2 4.8 6.3 7.9 9.5	
5	Urea (BUN) 16 mg/dL	-0.2	7 - 25 mg/dL 11-19 mg/dL	8.1 12.8 17.5 22.2 26.9	

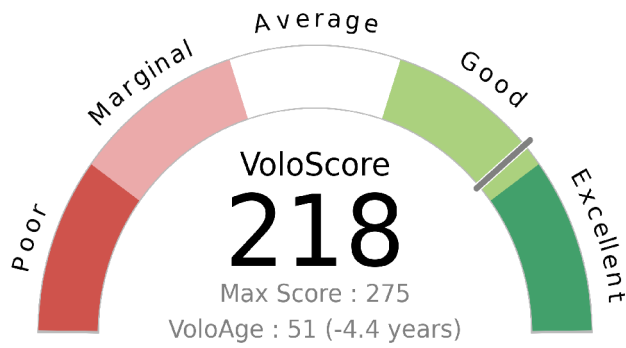
* Denotes an imputed value.

Top Biomarkers

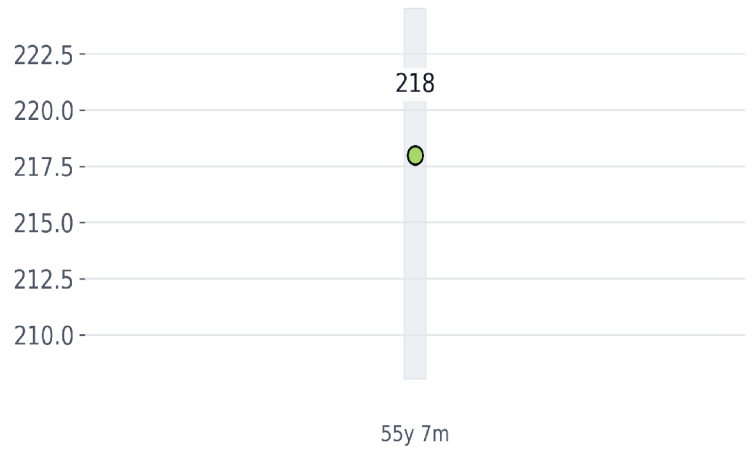


* Denotes an imputed value.

Metabolic Health



Metabolic Score Trend

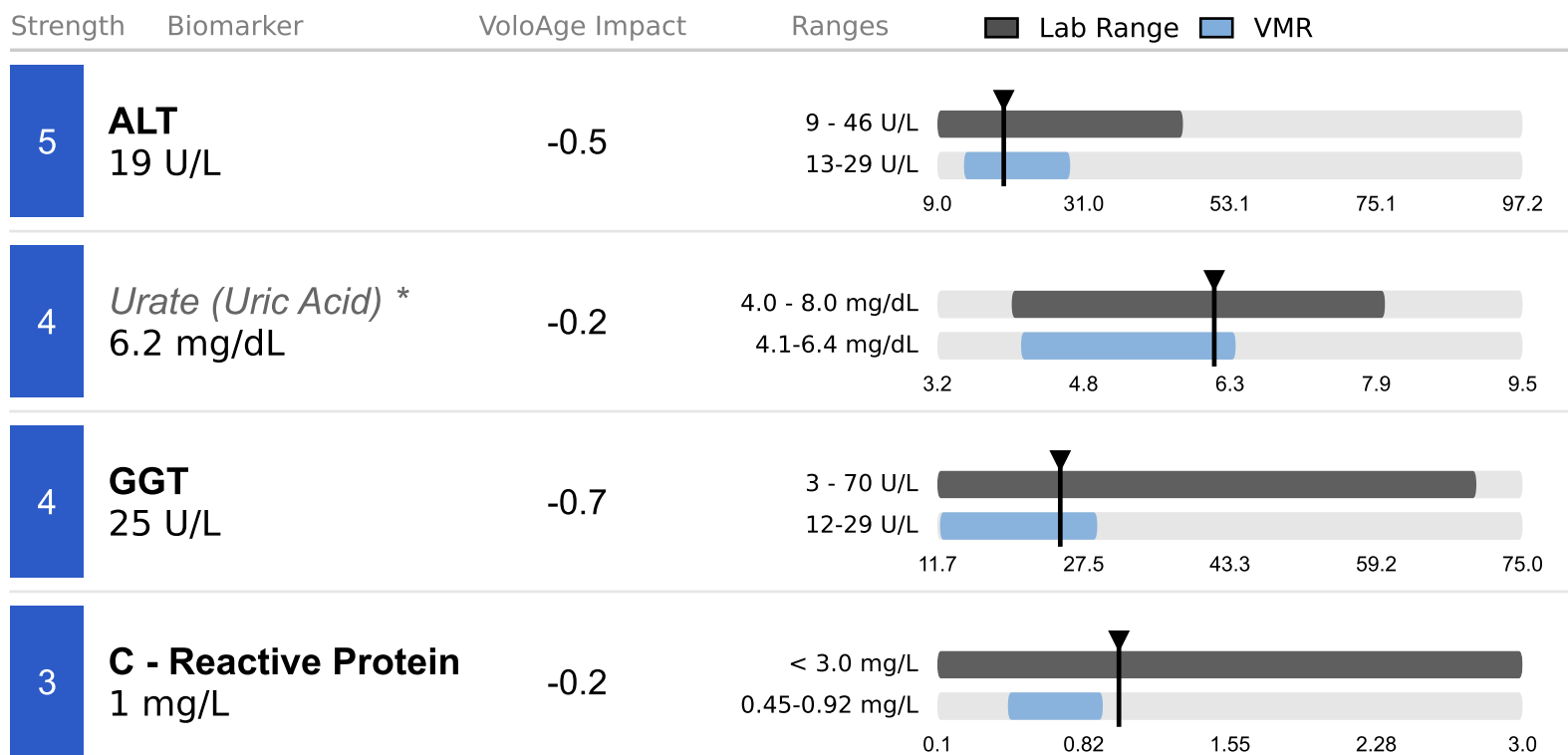


Top Biomarkers

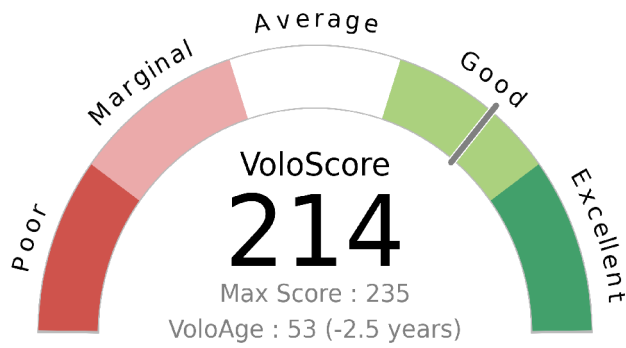
Strength	Biomarker	VoloAge Impact	Ranges	Lab Range	VMR
10	HbA1C 5.6 %	-0.8	< 5.7 % 4.4-5.5 %	4.4 - 7.0	4.4 - 5.7
6	BMI 27.7 kg/m ²	-0.7	< 30 kg/m ² 21.5-27.4 kg/m ²	19.5 - 44.2	19.5 - 25.7
5	<i>SHBG</i> * 35 nmol/L	-0.4	10 - 50 nmol/L 29-65 nmol/L	11 - 93	11 - 32
5	HDL Cholesterol 50 mg/dL	-0.6	>= 40 mg/dL 47-84 mg/dL	28 - 91	28 - 44
5	Triglycerides 188 mg/dL	-0.1	< 150 mg/dL 63-197 mg/dL	45 - 601	45 - 184
5	<i>LDL / ApoB Ratio</i> * 1.35 Ratio	-0.1	1.32-1.62 Ratio	1.11 - 1.61	1.11 - 1.36

* Denotes an imputed value.

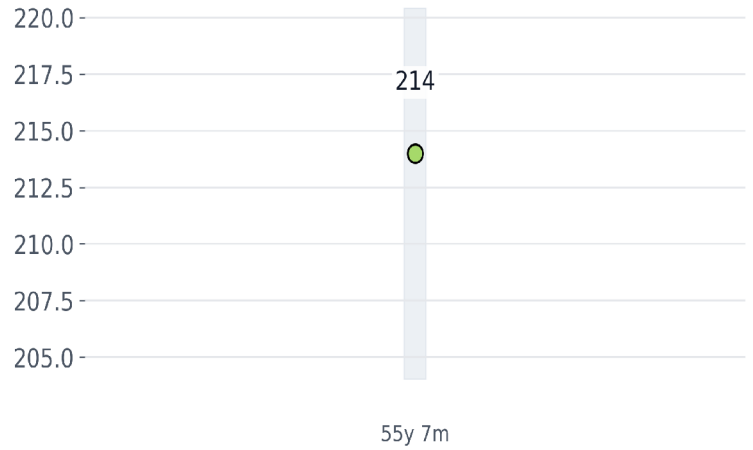
Top Biomarkers



* Denotes an imputed value.



Brain Score Trend

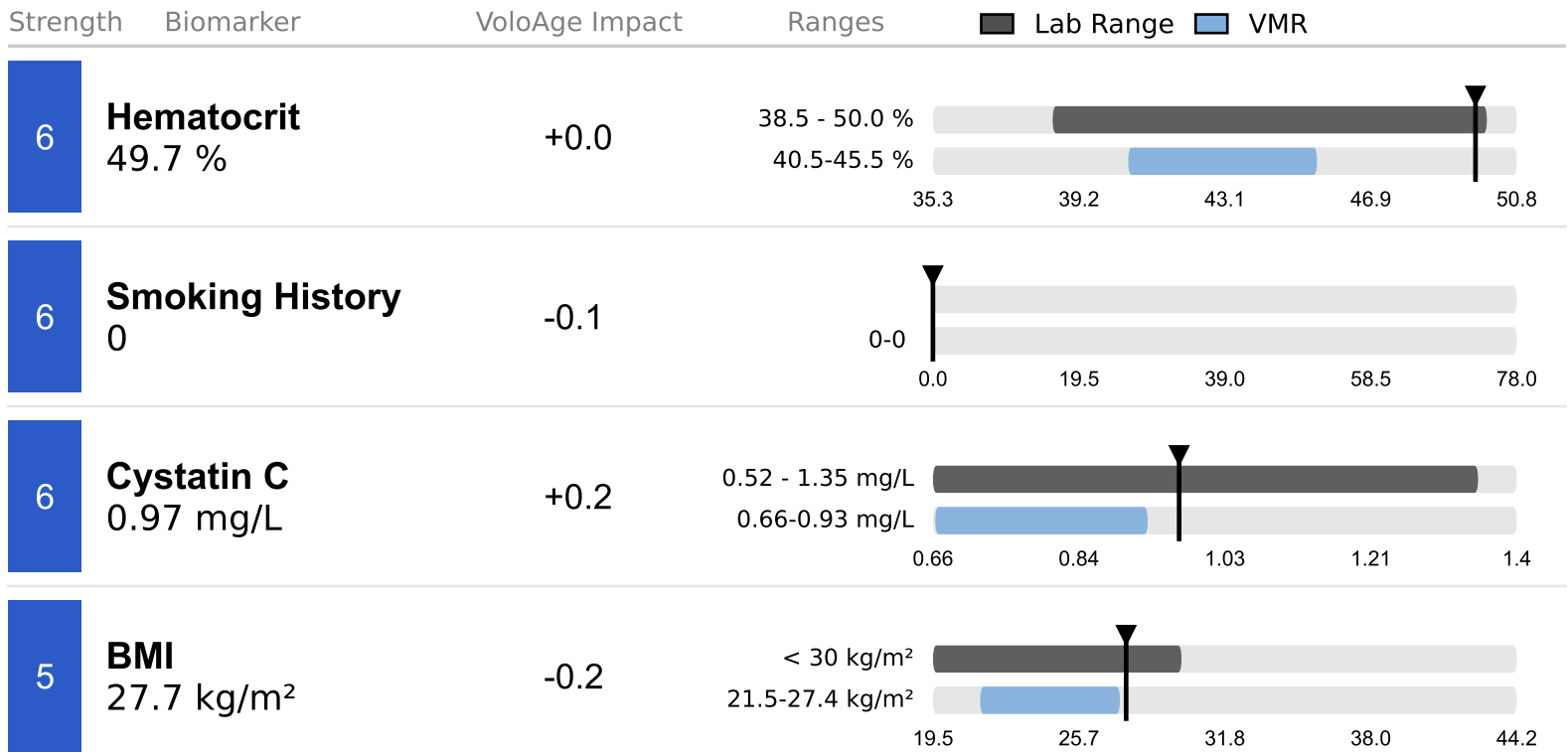


Top Biomarkers

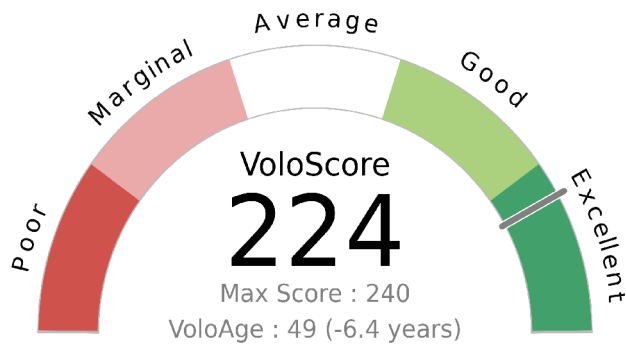
Strength	Biomarker	VoloAge Impact	Ranges	Lab Range	VMR
10	Mean Grip Strength (lb) 102 lbs	-0.8	92-136 lbs	37 - 137	87 - 137
9	HbA1C 5.6 %	-0.2	< 5.7 % 4.4-5.5 %	4.4 - 7.0	4.4 - 5.7
8	C - Reactive Protein 1 mg/L	-0.3	< 3.0 mg/L 0.45-0.92 mg/L	0.1 - 3.0	0.1 - 1.55
7	LDL / ApoB Ratio * 1.35 Ratio	-0.2	1.32-1.62 Ratio	1.11 - 1.61	1.23 - 1.61
7	Hemoglobin 16.4 g/dL	-0.1	13.2 - 17.1 g/dL 14.1-15.7 g/dL	12.1 - 17.4	14.8 - 17.4
7	RBC count 5.8 x10 ⁶ /μL	-0.4	4.20 - 5.80 x10 ⁶ /μL 4.4-5 x10 ⁶ /μL	3.8 - 5.8	4.3 - 5.8

* Denotes an imputed value.

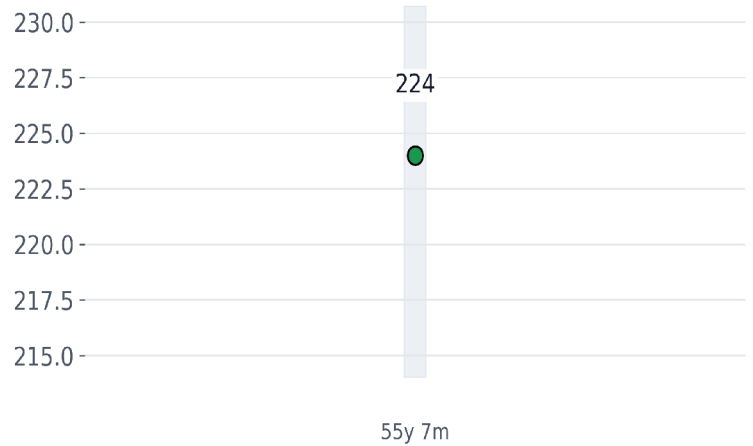
Top Biomarkers



* Denotes an imputed value.



Inflammation Score Trend

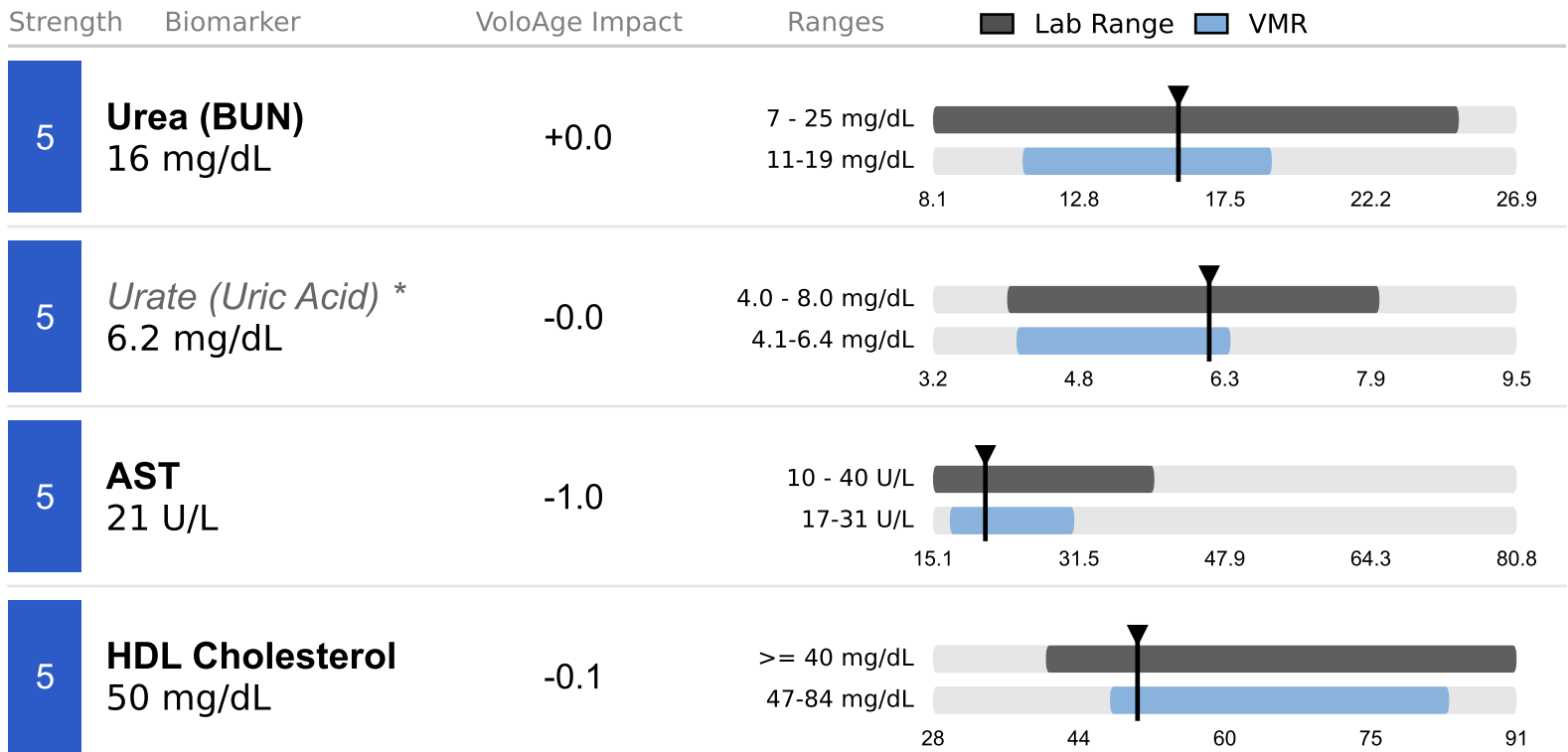


Top Biomarkers

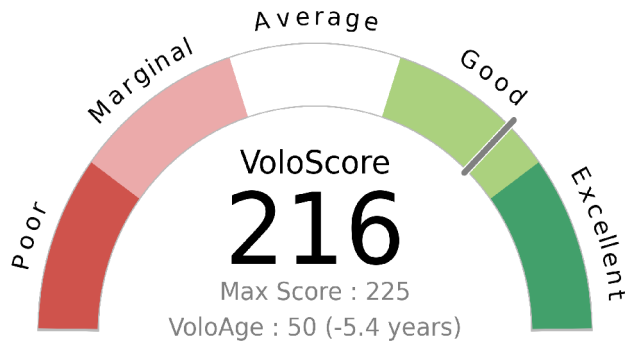
Strength	Biomarker	VoloAge Impact	Ranges	Lab Range	VMR
10	Cystatin C 0.97 mg/L	+2.1	0.52 - 1.35 mg/L 0.66-0.93 mg/L	0.66 - 1.42	0.66 - 0.93
7	HbA1C 5.6 %	-0.6	< 5.7 % 4.4-5.5 %	4.4 - 7.0	4.4 - 5.5
6	Creatinine 1.06 mg/dL	+0.3	0.60 - 1.24 mg/dL 0.77-1.06 mg/dL	0.61 - 1.42	0.77 - 1.06
6	LDL / ApoB Ratio * 1.35 Ratio	-0.1	1.32-1.62 Ratio	1.11 - 1.61	1.32 - 1.62
6	BMI 27.7 kg/m ²	-0.2	< 30 kg/m ² 21.5-27.4 kg/m ²	19.5 - 44.2	21.5 - 27.4
6	C - Reactive Protein 1 mg/L	-0.2	< 3.0 mg/L 0.45-0.92 mg/L	0.1 - 3.0	0.45 - 0.92

* Denotes an imputed value.

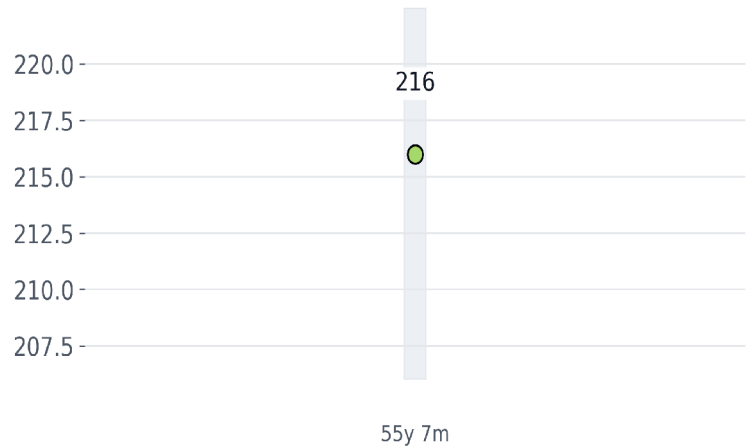
Top Biomarkers



* Denotes an imputed value.



Longevity Score Trend

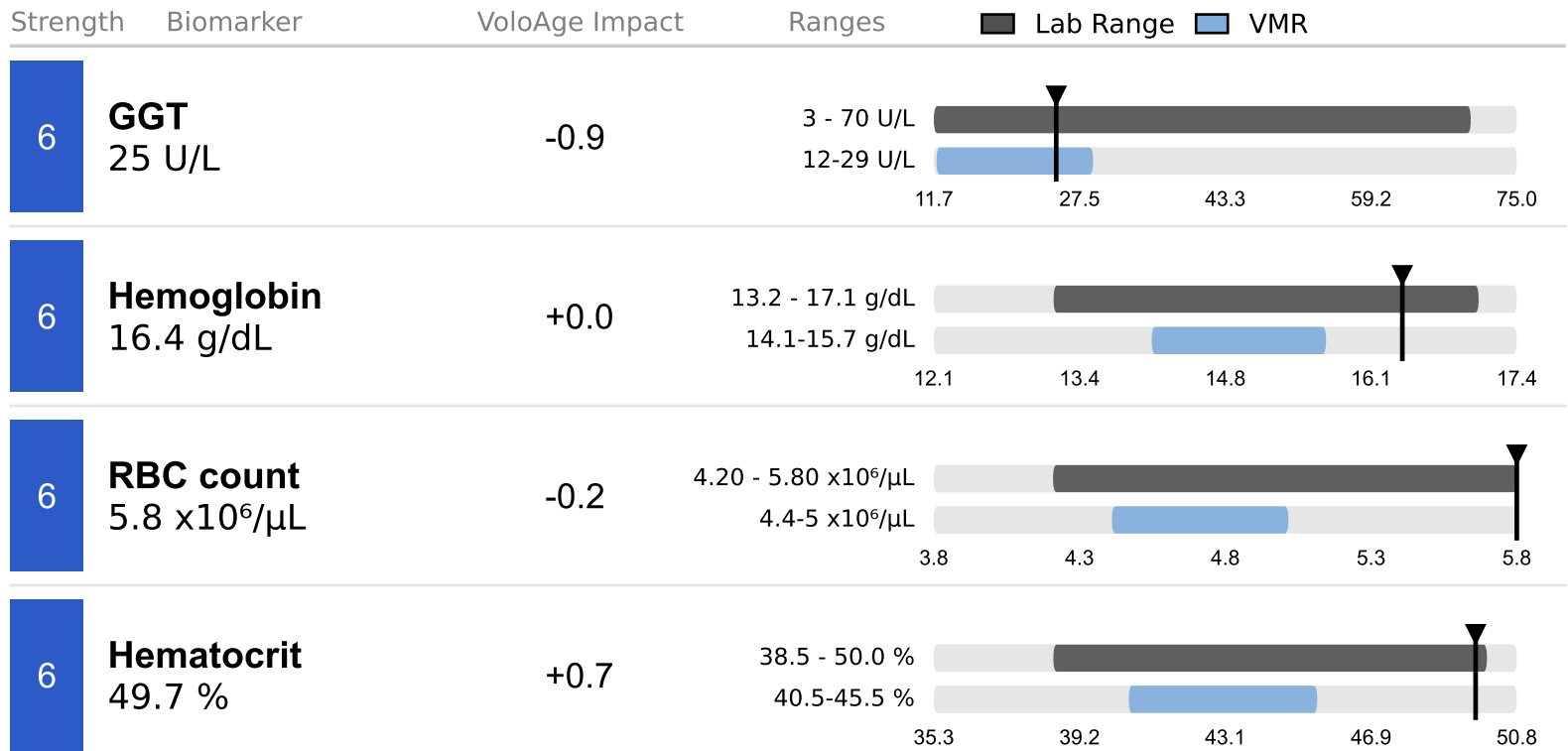


Top Biomarkers

Strength	Biomarker	VoloAge Impact	Ranges	Lab Range	VMR
10	Cystatin C 0.97 mg/L	+0.3	0.52 - 1.35 mg/L 0.66-0.93 mg/L	0.66 - 1.4	0.66 - 0.93
9	Smoking History 0	-0.7	0-0	0.0 - 78.0	0.0
7	BMI 27.7 kg/m ²	-0.1	< 30 kg/m ² 21.5-27.4 kg/m ²	19.5 - 44.2	21.5 - 27.4
7	C - Reactive Protein 1 mg/L	-0.3	< 3.0 mg/L 0.45-0.92 mg/L	0.1 - 3.0	0.45 - 0.92
7	RDW 12.8 %	-0.8	11.0 - 15.0 % 11.9-13.9 %	11.9 - 17.0	11.9 - 13.9
7	HbA1C 5.6 %	-0.1	< 5.7 % 4.4-5.5 %	4.4 - 7.0	4.4 - 5.5

* Denotes an imputed value.

Top Biomarkers



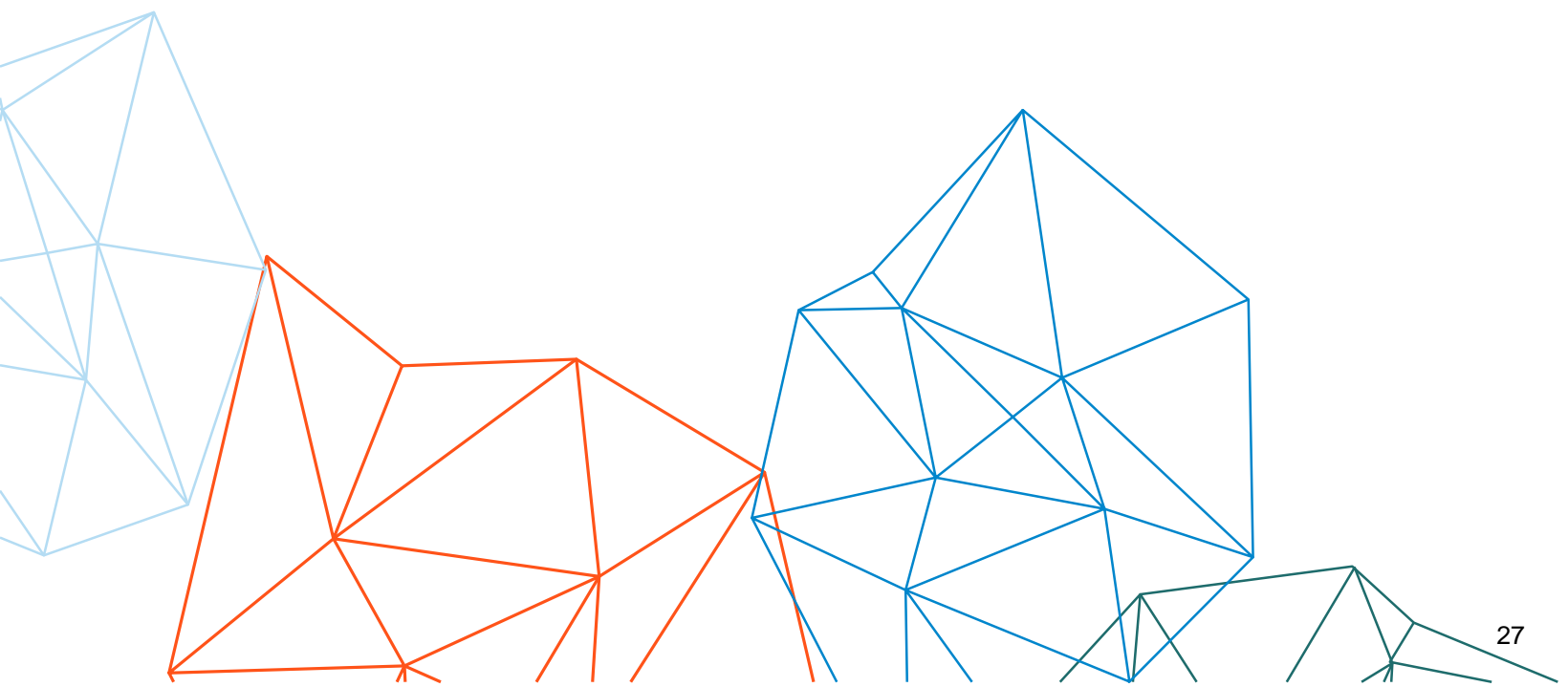
* Denotes an imputed value.

Section Four

Scores By Biomarker

This section is dedicated to reviewing biomarker results over time. Trends are reported by blood test.

Interpreting Graphs	28
Biomarker Age Impact.	29

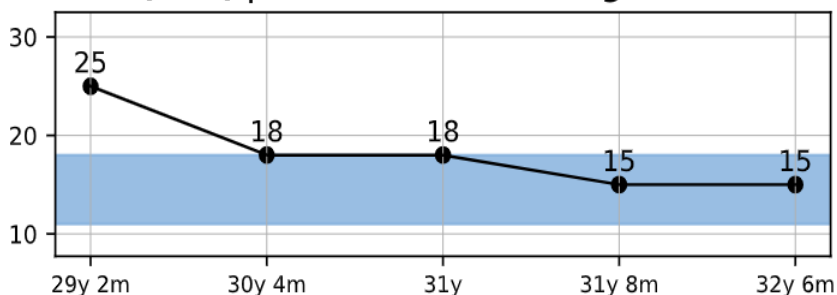


Interpreting Graphs

This section is dedicated to reviewing biomarker results and age impacts over time. Trends are reported by blood test and displayed values are grouped by the six major domains of health covered in the report.

Example Graph 3

Urea (BUN) | VMR : 11.0 - 18.0 mg/dL



Left Graph: Provides insights into Biomarker progression over time compared to the Voloridge Modeled Range (VMR), identified in blue.

Longevity	+0.6	-0.2	-0.2	+0.0	+0.1
Cardiovascular	+2.0	+0.2	+0.1	-0.2	-0.1
Kidney	+2.7	+0.3	+0.3	-0.1	-0.2
Inflammation	+1.9	-0.1	-0.1	-0.0	-0.0
Metabolic	+1.3	+0.2	+0.1	+0.1	+0.1
Brain	-0.2	-0.4	-0.5	-0.2	-0.2

Right Table: Provides a chronological overview of age impact per health domain, allowing for tracking of health over time.

* Denotes an imputed value. This value was not directly observed but derived from other biomarkers and measurements using a patent-pending imputation method developed by Voloridge Health. Any biomarker value not recorded within two years preceding or following the draw date will be automatically imputed.

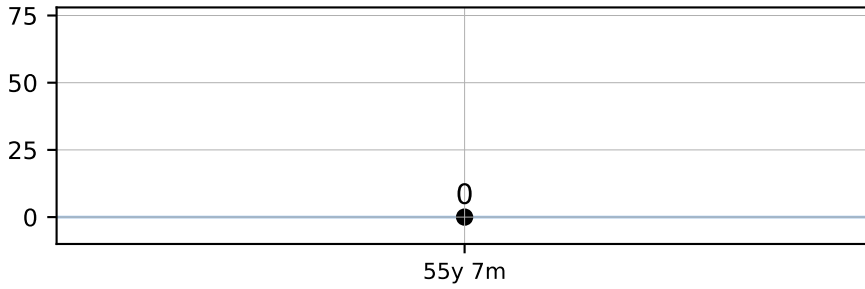
Similar to earlier slides, the biomarker to health domain relationship will be color classified based on the degree to which the biomarker is impacting this health domain.



Biomarker VoloAge Impact

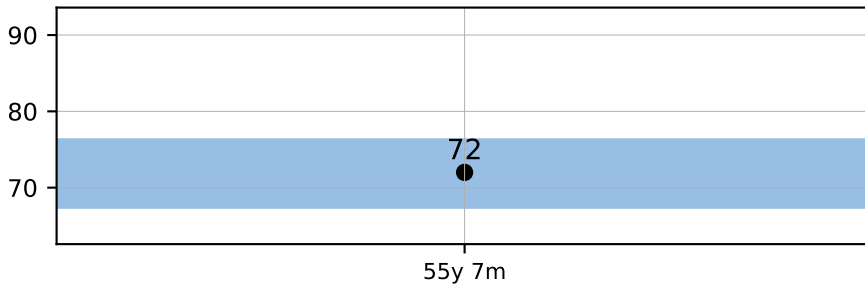
55y 7m

Smoking History | VMR : 0.0 - 0.0



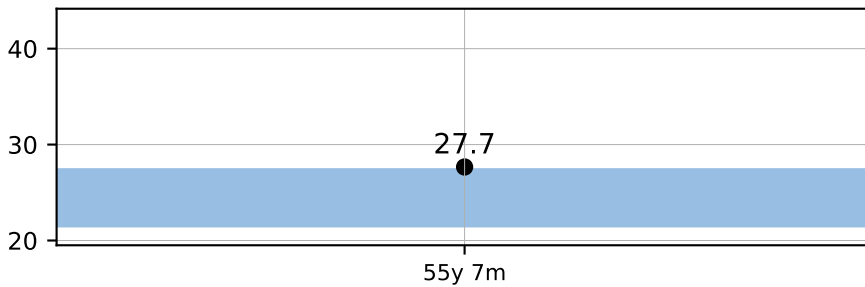
Cardiovascular	-0.5
Kidney	-0.7
Metabolic	+0.1
Brain	-0.1
Inflammation	-0.3
Longevity	-0.7

Height (in) | VMR : 67.4 - 76.3 inches



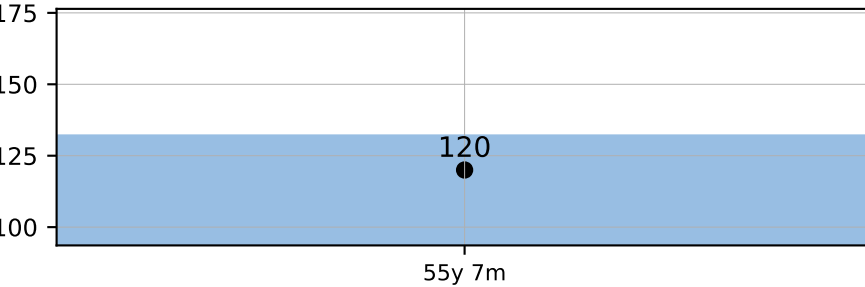
Cardiovascular	-0.9
Kidney	-0.1
Metabolic	-0.1
Brain	-0.2
Inflammation	-0.7
Longevity	+0.4

BMI | VMR : 21.5 - 27.4 kg/m²



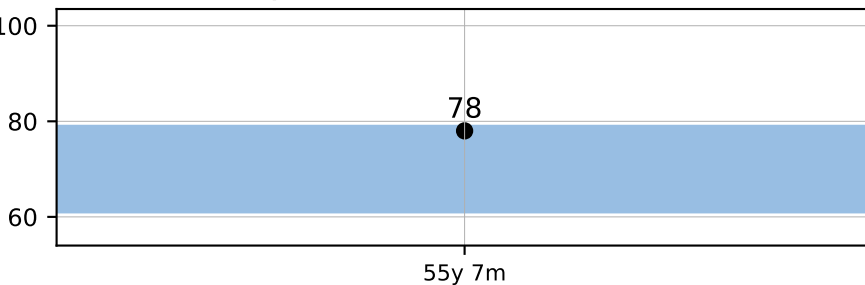
Cardiovascular	-0.0
Kidney	-0.2
Metabolic	-0.7
Brain	-0.2
Inflammation	-0.2
Longevity	-0.1

Systolic BP | VMR : 94.0 - 132.0 mm[Hg]



Cardiovascular	-1.4
Kidney	-1.3
Metabolic	-0.4
Brain	-0.1
Inflammation	-0.1
Longevity	-0.3

Diastolic BP | VMR : 61.0 - 79.0 mm[Hg]



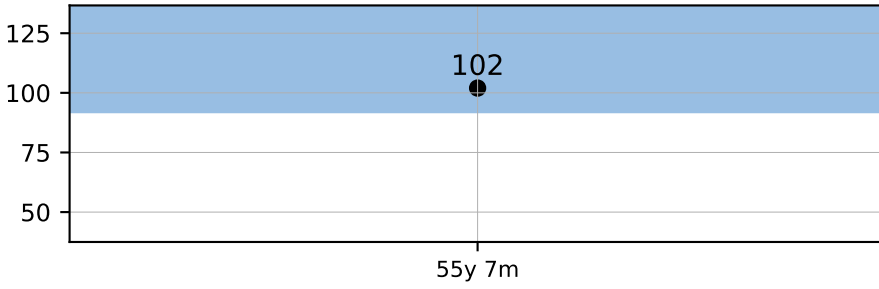
Cardiovascular	-0.1
Kidney	+0.0
Metabolic	-0.3
Brain	-0.1
Inflammation	-0.1
Longevity	+0.0

* Denotes an imputed value.

Biomarker VoloAge Impact

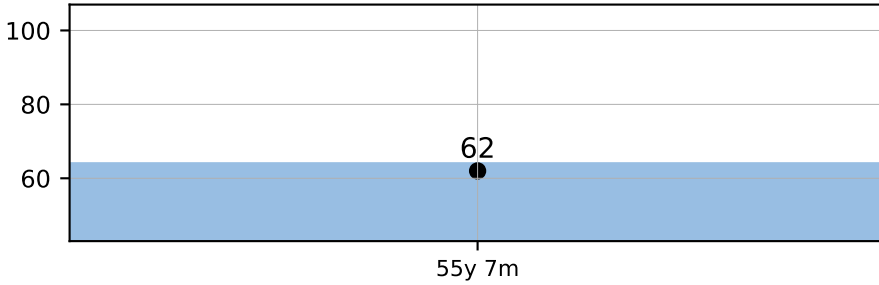
55y 7m

Mean Grip Strength (lb) | VMR : 92.0 - 136.0 lbs



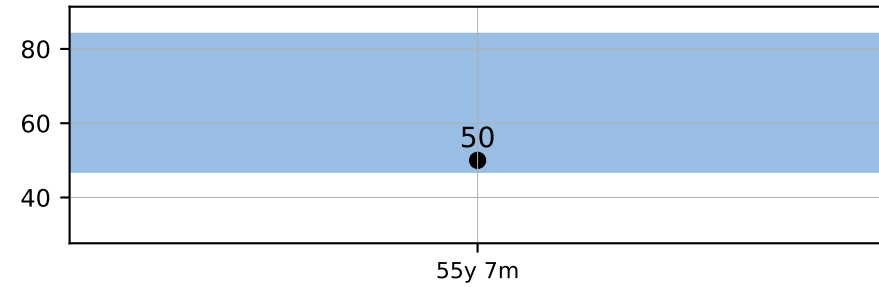
Cardiovascular	-0.4
Kidney	-0.6
Metabolic	-0.6
Brain	-0.8
Inflammation	-0.9
Longevity	-0.4

Pulse Rate | VMR : 43.0 - 64.0 beats/min



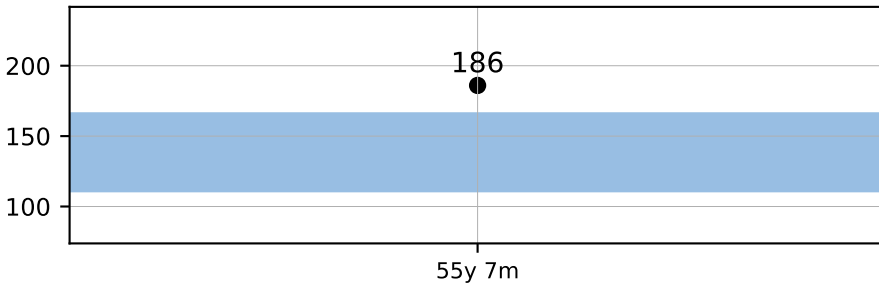
Cardiovascular	-0.2
Kidney	-0.8
Metabolic	-0.1
Brain	+0.0
Inflammation	-0.4
Longevity	-0.4

HDL Cholesterol | VMR : 47.0 - 84.0 mg/dL



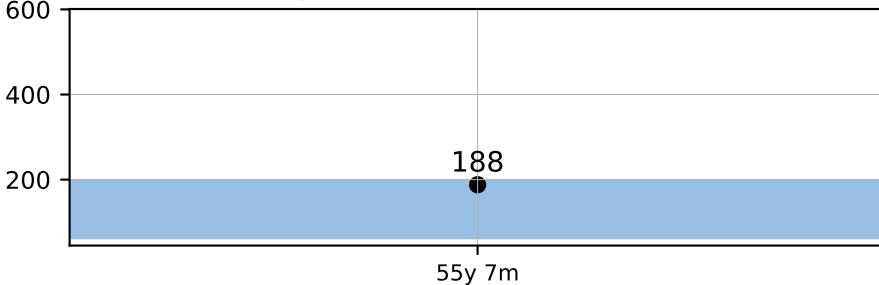
Cardiovascular	-0.7
Kidney	+0.1
Metabolic	-0.6
Brain	-0.1
Inflammation	-0.1
Longevity	-0.2

LDL Cholesterol | VMR : 111.0 - 166.0 mg/dL



Cardiovascular	+1.4
Kidney	-2.0
Metabolic	-2.3
Brain	-2.0
Inflammation	-1.8
Longevity	-0.9

Triglycerides | VMR : 63.0 - 197.0 mg/dL



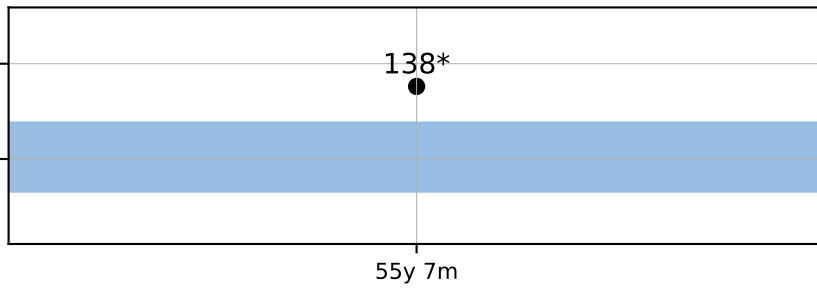
Cardiovascular	-0.1
Kidney	+0.1
Metabolic	-0.1
Brain	-0.1
Inflammation	+0.1
Longevity	+0.1

* Denotes an imputed value.

Biomarker VoloAge Impact

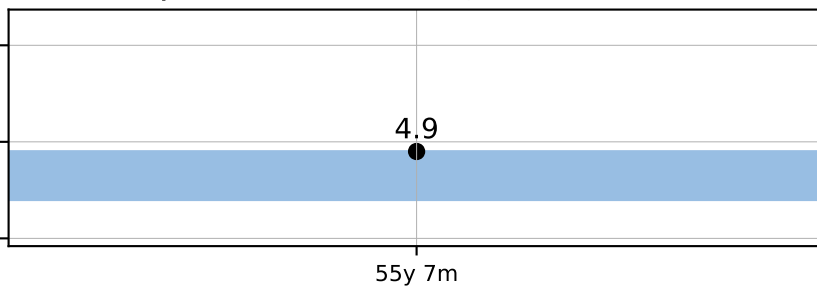
55y 7m

Apolipoprotein B | VMR : 83.0 - 119.0 mg/dL



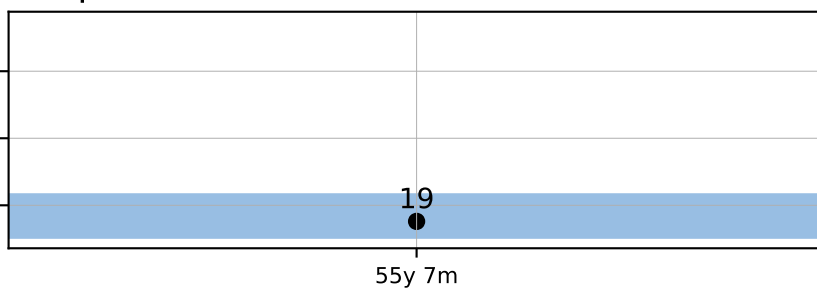
Cardiovascular	+4.6
Kidney	+0.6
Metabolic	+0.4
Brain	+2.8
Inflammation	+1.2
Longevity	+0.9

Albumin | VMR : 4.4 - 4.9 g/dL



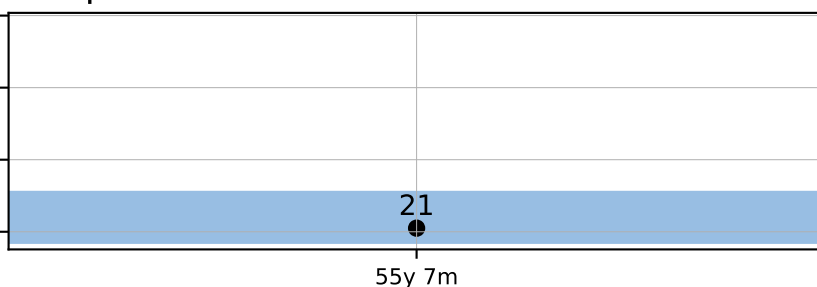
Cardiovascular	-1.7
Kidney	-0.7
Metabolic	+0.4
Brain	-0.1
Inflammation	-0.1
Longevity	-0.3

ALT | VMR : 13.0 - 29.0 U/L



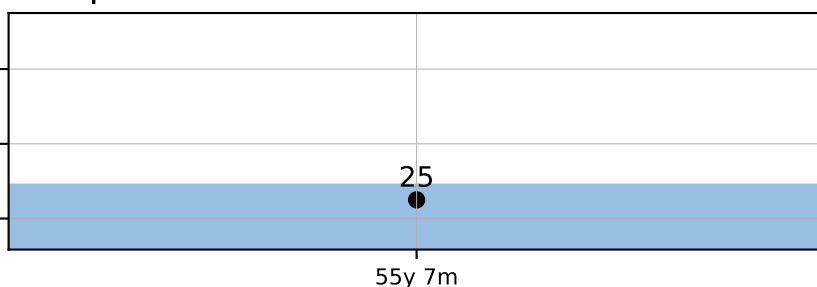
Cardiovascular	+0.9
Kidney	+1.4
Metabolic	-0.5
Brain	+2.0
Inflammation	+0.0
Longevity	+1.6

AST | VMR : 17.0 - 31.0 U/L



Cardiovascular	+0.3
Kidney	-0.6
Metabolic	+0.9
Brain	-1.2
Inflammation	-1.0
Longevity	-0.8

GGT | VMR : 12.0 - 29.0 U/L



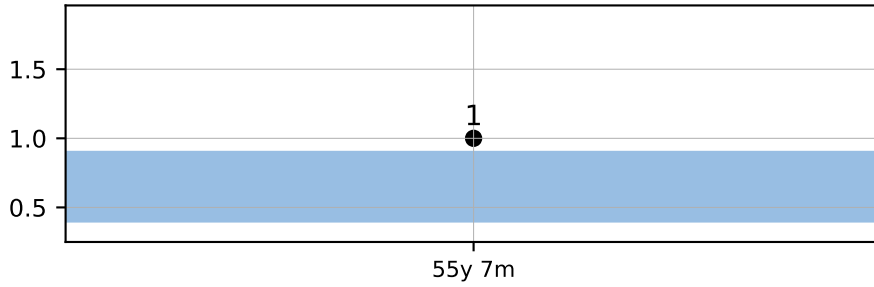
Cardiovascular	-1.0
Kidney	-1.0
Metabolic	-0.7
Brain	-0.8
Inflammation	-0.1
Longevity	-0.9

* Denotes an imputed value.

Biomarker VoloAge Impact

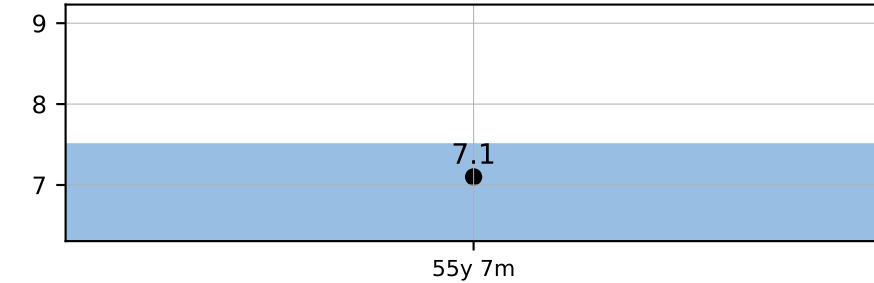
55y 7m

Total Bilirubin | VMR : 0.4 - 0.9 mg/dL



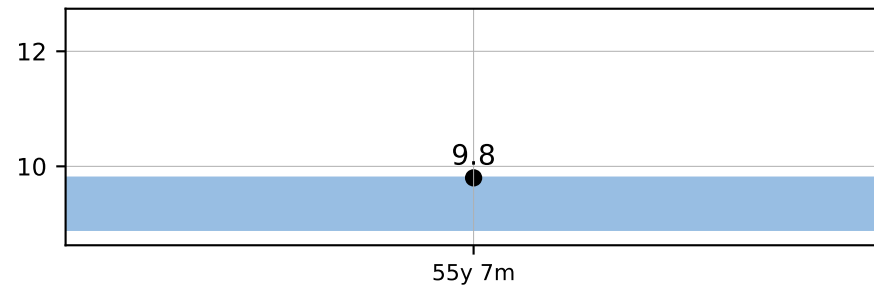
Cardiovascular	-0.5
Kidney	+0.8
Metabolic	+1.2
Brain	+0.2
Inflammation	-0.4
Longevity	+0.0

Total Protein | VMR : 6.3 - 7.5 g/dL



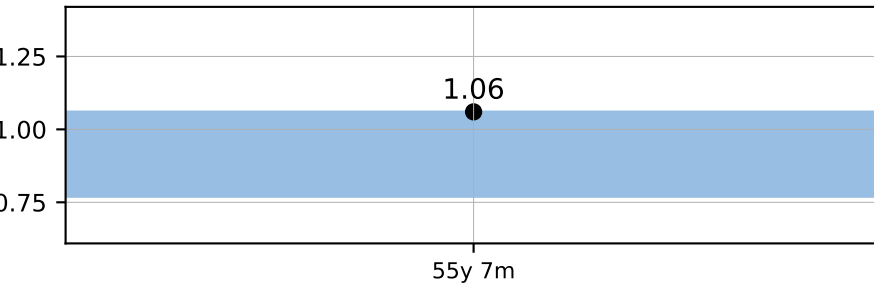
Cardiovascular	+0.3
Kidney	-0.1
Metabolic	+0.2
Brain	+0.0
Inflammation	-0.1
Longevity	-0.1

Calcium | VMR : 8.9 - 9.8 mg/dL



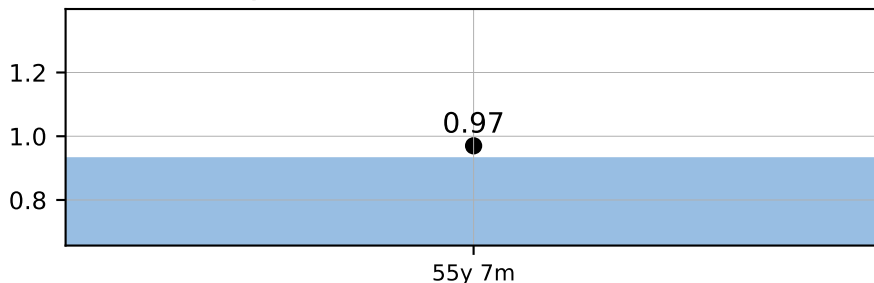
Cardiovascular	+0.3
Kidney	+0.2
Metabolic	+0.1
Brain	+0.0
Inflammation	+0.2
Longevity	+0.2

Creatinine | VMR : 0.77 - 1.06 mg/dL



Cardiovascular	-0.5
Kidney	+0.1
Metabolic	-0.9
Brain	-0.3
Inflammation	+0.3
Longevity	-1.0

Cystatin C | VMR : 0.66 - 0.93 mg/L

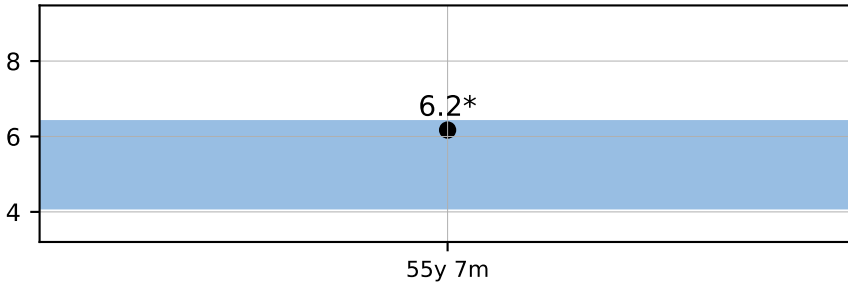


Cardiovascular	+0.7
Kidney	+0.3
Metabolic	+0.1
Brain	+0.2
Inflammation	+2.1
Longevity	+0.3

* Denotes an imputed value.

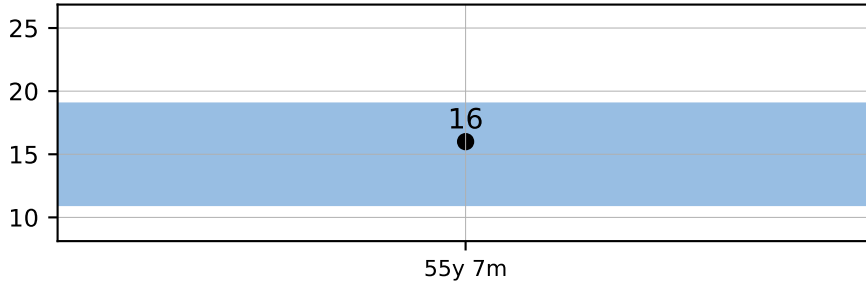
Biomarker VoloAge Impact

Urate (Uric Acid) | VMR : 4.1 - 6.4 mg/dL



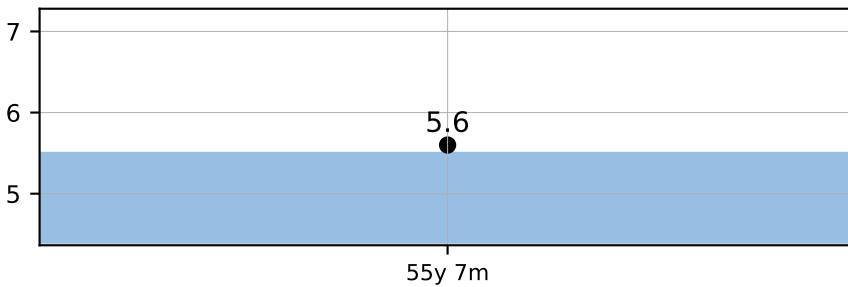
	<u>55y 7m</u>
Cardiovascular	+0.0
Kidney	-0.3
Metabolic	-0.2
Brain	-0.2
Inflammation	-0.0
Longevity	-0.1

Urea (BUN) | VMR : 11.0 - 19.0 mg/dL



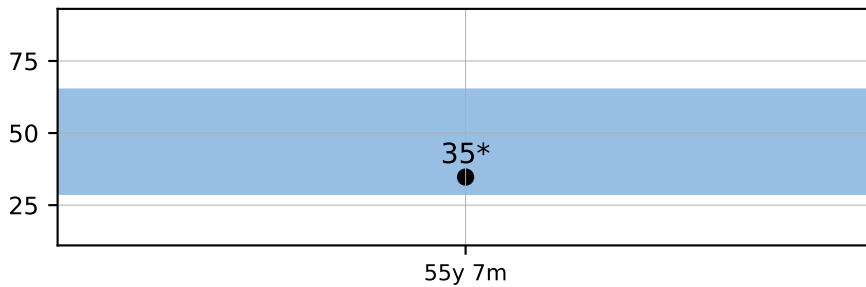
Cardiovascular	-0.0
Kidney	-0.2
Metabolic	+0.1
Brain	-0.2
Inflammation	+0.0
Longevity	+0.0

HbA1C | VMR : 4.4 - 5.5 %



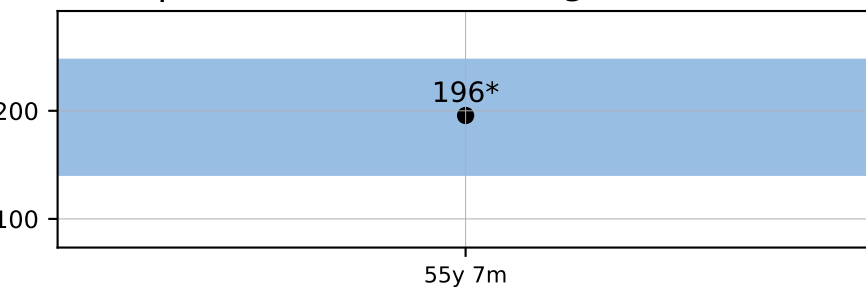
Cardiovascular	-0.1
Kidney	-0.2
Metabolic	-0.8
Brain	-0.2
Inflammation	-0.6
Longevity	-0.1

SHBG | VMR : 29.0 - 65.0 nmol/L



Cardiovascular	+0.2
Kidney	-0.0
Metabolic	-0.4
Brain	+0.1
Inflammation	-0.8
Longevity	+0.1

IGF-1 | VMR : 141.0 - 247.0 ng/mL



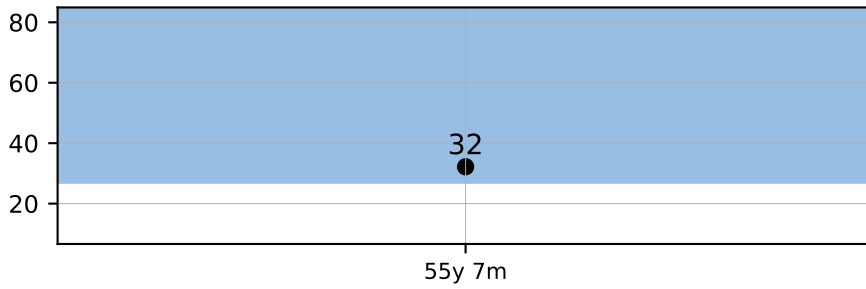
Cardiovascular	-0.1
Kidney	-0.1
Metabolic	-0.3
Brain	+0.3
Inflammation	-0.4
Longevity	+0.2

* Denotes an imputed value.

Biomarker VoloAge Impact

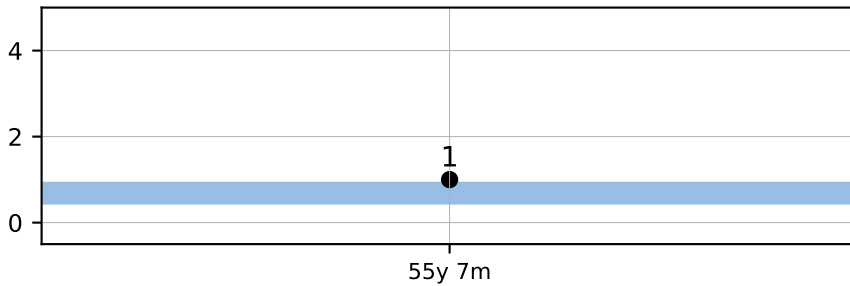
55y 7m

Vitamin D | VMR : 27.0 - 86.0 ng/mL



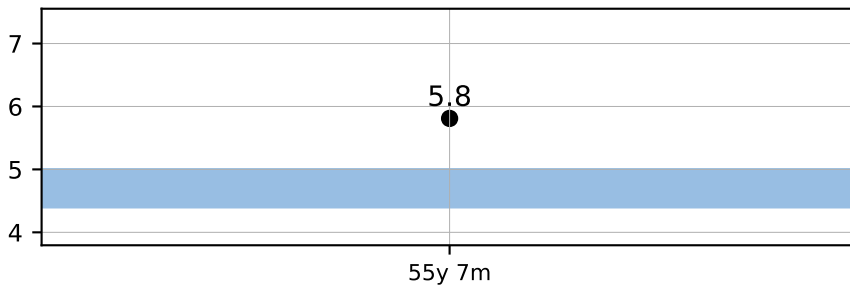
Cardiovascular	-0.0
Kidney	-0.2
Metabolic	-0.0
Brain	-0.1
Inflammation	-0.1
Longevity	-0.1

C - Reactive Protein | VMR : 0.45 - 0.92 mg/L



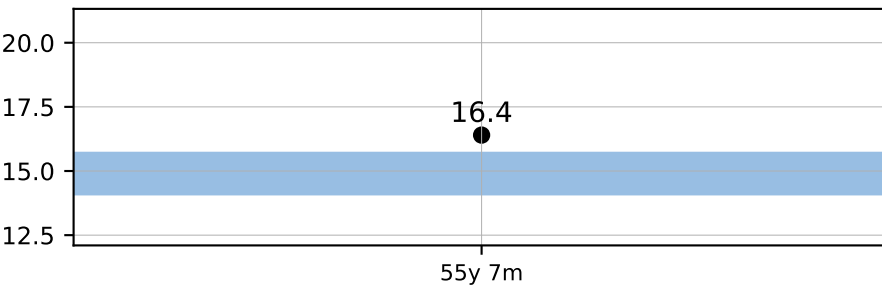
Cardiovascular	-0.4
Kidney	-0.4
Metabolic	-0.2
Brain	-0.3
Inflammation	-0.2
Longevity	-0.3

RBC count | VMR : 4.4 - 5.0 x10⁶/μL



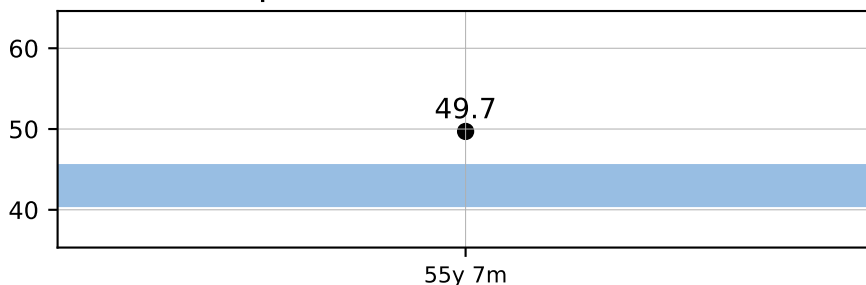
Cardiovascular	+0.0
Kidney	-2.9
Metabolic	+1.9
Brain	-0.4
Inflammation	-1.1
Longevity	-0.2

Hemoglobin | VMR : 14.1 - 15.7 g/dL



Cardiovascular	+1.6
Kidney	-0.1
Metabolic	+1.8
Brain	-0.1
Inflammation	+0.5
Longevity	+0.0

Hematocrit | VMR : 40.5 - 45.5 %



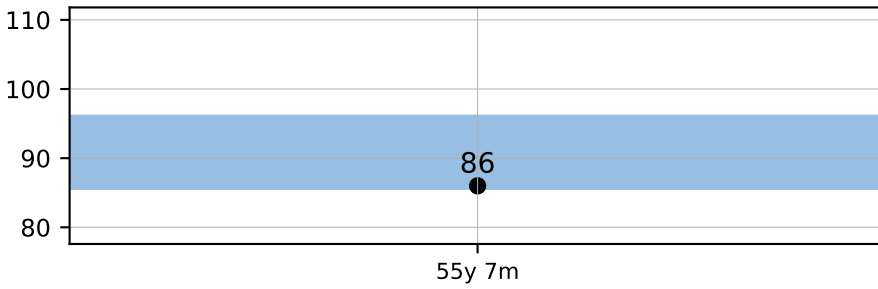
Cardiovascular	+0.3
Kidney	+2.1
Metabolic	-0.0
Brain	+0.0
Inflammation	+0.2
Longevity	+0.7

* Denotes an imputed value.

Biomarker VoloAge Impact

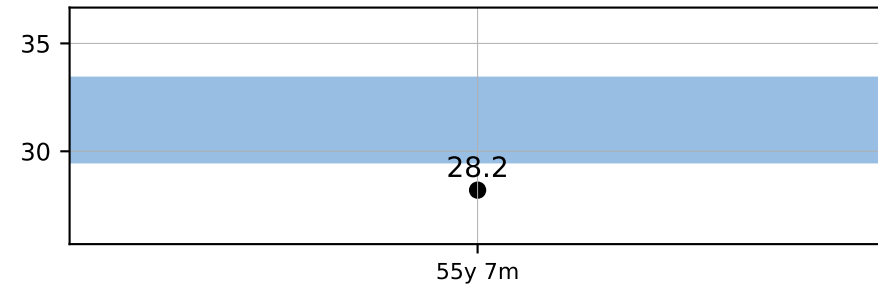
55y 7m

MCV | VMR : 85.6 - 96.1 fL



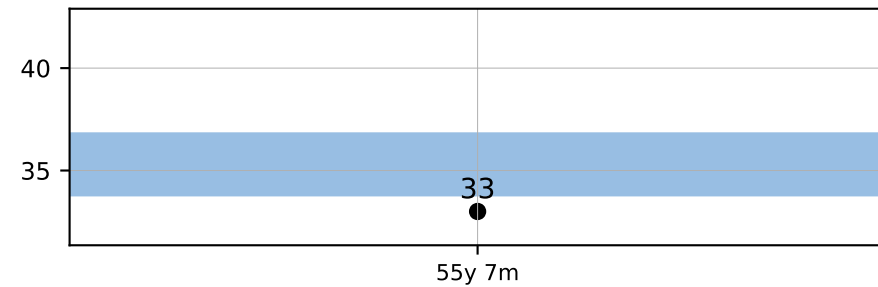
Cardiovascular	-0.3
Kidney	-0.6
Metabolic	-0.0
Brain	-0.2
Inflammation	-0.2
Longevity	-0.3

MCH | VMR : 29.5 - 33.4 pg



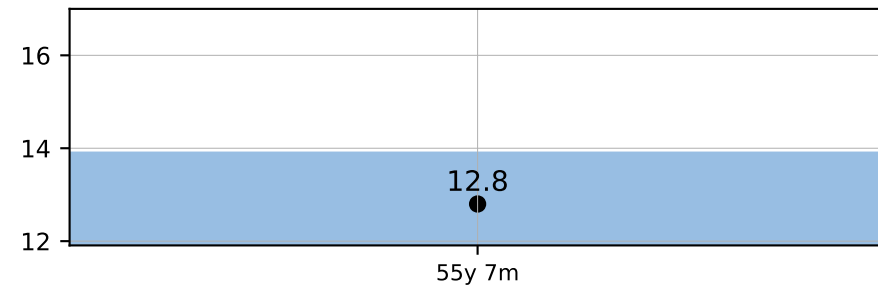
Cardiovascular	-1.0
Kidney	-0.4
Metabolic	-1.3
Brain	+0.3
Inflammation	-0.7
Longevity	-0.8

MCH Concentration | VMR : 33.8 - 36.8 g/dL



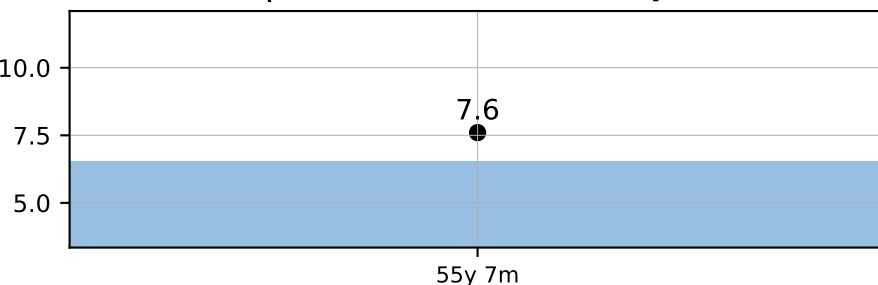
Cardiovascular	-0.4
Kidney	-0.2
Metabolic	-0.5
Brain	-0.1
Inflammation	-0.2
Longevity	-0.4

RDW | VMR : 11.9 - 13.9 %



Cardiovascular	-0.8
Kidney	-1.3
Metabolic	+0.1
Brain	-0.0
Inflammation	-0.4
Longevity	-0.8

WBC count | VMR : 3.4 - 6.5 x10³/μL

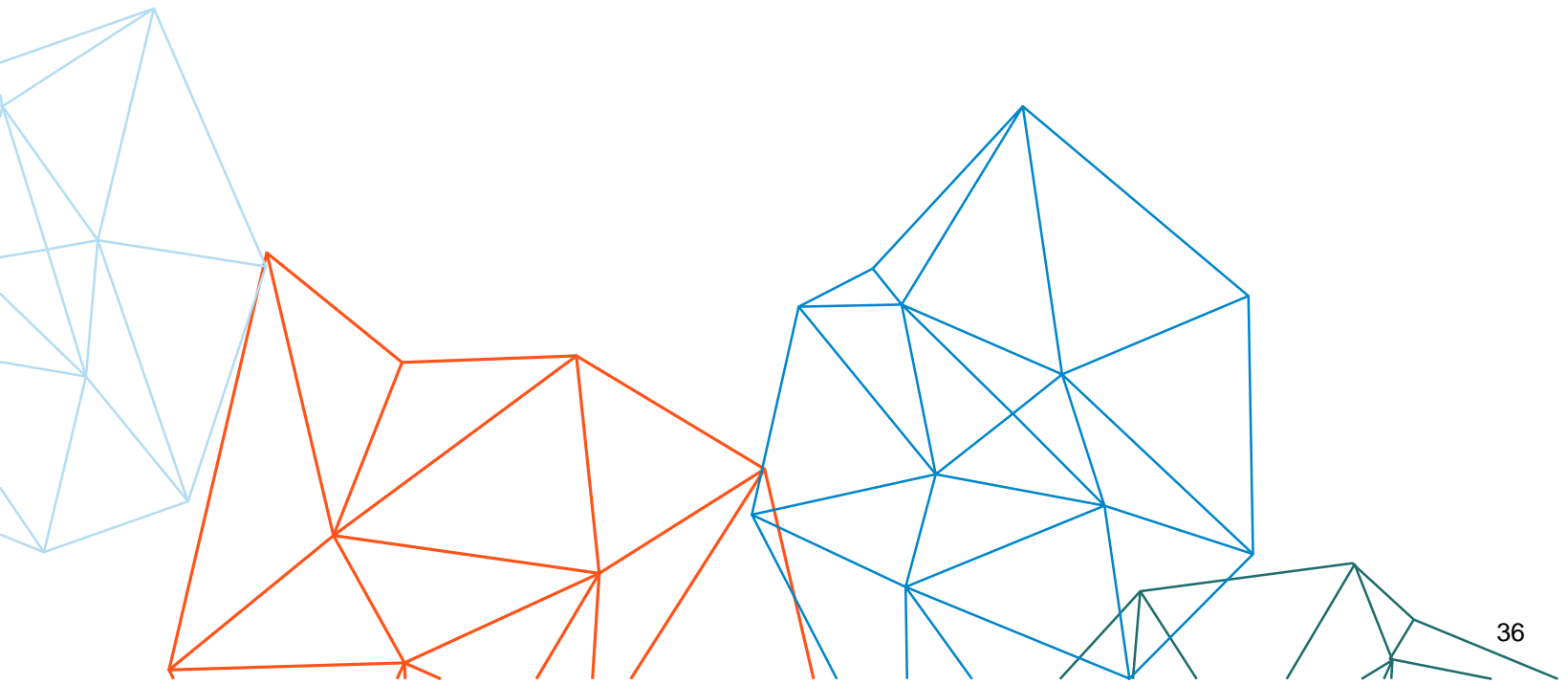


Cardiovascular	+0.4
Kidney	-0.1
Metabolic	+0.2
Brain	+0.4
Inflammation	+0.5
Longevity	-0.2

* Denotes an imputed value.

Appendix

Biomarker: Health Correlation Strength Table	37
Biomarker Age Impact Summary Table	38
Definitions of Health Domains and Scores	40



	Cardiovascular	Kidney	Metabolic	Brain	Inflammation	Longevity
HbA1C	9	7	10	9	7	7
Cystatin C	10	10	3	6	10	10
BMI	8	7	6	5	6	7
C - Reactive Protein	8	5	3	8	6	7
HDL Cholesterol	8	4	5	4	5	5
Smoking History	6	4	2	6	3	9
Urate (Uric Acid)	6	6	4	4	5	5
Hemoglobin	4	4	2	7	4	6
GGT	5	4	4	4	4	6
Creatinine	5	6	1	4	6	5
Mean Grip Strength (lb)	4	3	2	10	3	5
RBC count	4	3	2	7	4	6
WBC count	6	4	3	3	5	5
LDL Cholesterol	5	4	2	5	5	4
Urea (BUN)	4	5	1	5	5	5
Hematocrit	3	3	2	6	4	6
AST	3	3	3	5	5	5
IGF-1	4	4	2	3	5	5
Apolipoprotein B	7	3	2	4	3	3
Alkaline Phosphatase	5	3	2	3	4	5
Albumin	5	3	1	3	4	5
Triglycerides	6	2	5	3	3	2
SHBG	4	3	5	4	3	2
RDW	3	4	1	3	3	7
ALT	3	2	5	3	5	3
Pulse Rate	4	3	2	2	4	5
Vitamin D	3	3	2	5	2	4
MCV	3	2	1	5	3	5
MCH	3	2	1	4	3	5
Systolic BP	10	2	2	1	1	2
Diastolic BP	7	2	2	2	1	2
Height (in)	4	1	1	5	1	2
Total Protein	3	2	1	2	3	3
Testosterone, Total	2	2	2	2	2	3
Calcium	3	1	1	2	2	2
Total Bilirubin	2	2	1	2	2	2
Lipoprotein (a)	4	0	1	2	1	1
MCH Concentration	0	1	1	2	1	2

				CV	Kidney	Metabolic	Brain	Inflammation	Longevity
				0.95	0.43	0.54	0.62	nan	0.58
				201.0	224.0	218.0	214.0	224.0	216.0
				240.0	245.0	275.0	235.0	240.0	225.0
				51.0	82.0	44.0	81.0	84.0	92.0
				-0.9	-10.0	-4.4	-2.5	-6.4	-5.4
Biomarker Name	VMR	Value	Percentile	CV	Kidney	Metabolic	Brain	Inflammation	Longevity

Age		55.59		55.0	46.0	51.0	53.0	49.0	50.0
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Height (in)	(67.4, 76.3)	72	83	-0.9	-0.1	-0.1	-0.2	-0.7	0.4
BMI	(21.5, 27.4)	27.66	53	-0.0	-0.2	-0.7	-0.2	-0.2	-0.1
Systolic BP	(94.0, 131.0)	120	36	-1.4	-1.3	-0.4	-0.1	-0.1	-0.3
Diastolic BP	(61.0, 79.0)	78	58	-0.1	0.0	-0.3	-0.1	-0.1	0.0
Mean Grip Strength (lb)	(92.0, 137.0)	102	75	-0.4	-0.6	-0.6	-0.8	-0.9	-0.4
Pulse Rate	(43.0, 64.0)	62	32	-0.2	-0.8	-0.1	0.0	-0.4	-0.4
Smoking History	(0.0, 0.0)	0	32	-0.5	-0.7	0.1	-0.1	-0.3	-0.7

Lipids

HDL Cholesterol	(47.0, 83.0)	50	55	-0.7	0.1	-0.6	-0.1	-0.1	-0.2
LDL Cholesterol	(111.0, 166.0)	186	91	1.4	-2.0	-2.3	-2.0	-1.8	-0.9
Triglycerides	(63.0, 197.0)	188	65	-0.1	0.1	-0.1	-0.1	0.1	0.1
Apolipoprotein B	(83.0, 119.0)	138.1*	90	4.6	0.6	0.4	2.8	1.2	0.9
Lipoprotein (a)	(4.0, 100.0)	47.07*	70	0.6	0.6	0.2	0.1	0.2	0.4

Liver

Albumin	(4.4, 4.9)	4.9	91	-1.7	-0.7	0.4	-0.1	-0.1	-0.3
Alkaline Phosphatase	(39.0, 86.0)	75	45	-0.3	-0.3	0.0	-0.1	-0.1	-0.2
ALT	(13.0, 30.0)	19	24	0.9	1.4	-0.5	2.0	0.0	1.6
AST	(17.0, 31.0)	21	14	0.3	-0.6	0.9	-1.2	-1.0	-0.8
GGT	(12.0, 29.0)	25	28	-1.0	-1.0	-0.7	-0.8	-0.1	-0.9
Total Bilirubin	(0.4, 0.9)	1	92	-0.5	0.8	1.2	0.2	-0.4	0.0
Total Protein	(6.3, 7.5)	7.1	34	0.3	-0.1	0.2	0.0	-0.1	-0.1
Calcium	(8.9, 9.8)	9.8	81	0.3	0.2	0.1	0.0	0.2	0.2

Kidneys

Creatinine	(0.77, 1.06)	1.06	87	-0.5	0.1	-0.9	-0.3	0.3	-1.0
Cystatin C	(0.66, 0.92)	0.97	74	0.7	0.3	0.1	0.2	2.1	0.3
Urate (Uric Acid)	(4.1, 6.4)	6.17*	59	0.0	-0.3	-0.2	-0.2	-0.0	-0.1
Urea (BUN)	(11.0, 19.0)	16	61	-0.0	-0.2	0.1	-0.2	0.0	0.0

* Denotes an imputed value.

Biomarker Name	VMR	Value	Percentile	CV	Kidney	Metabolic	Brain	Inflammation	Longevity
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Metabolism

HbA1C	(4.4, 5.5)	5.6	78	-0.1	-0.2	-0.8	-0.2	-0.6	-0.1
Testosterone, Total	(329.0, 956.0)	439	59	0.4	0.6	-0.1	-0.0	-0.5	-0.0
SHBG	(29.0, 64.0)	34.74*	49	0.2	-0.0	-0.4	0.1	-0.8	0.1
IGF-1	(142.0, 249.0)	195.64*	76	-0.1	-0.1	-0.3	0.3	-0.4	0.2
Vitamin D	(26.0, 86.0)	32.2	48	-0.0	-0.2	-0.0	-0.1	-0.1	-0.1

C - Reactive Protein	(0.44, 0.92)	1	44	-0.4	-0.4	-0.2	-0.3	-0.2	-0.3
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CBC

RBC count	(4.5, 5.0)	5.81	100	0.0	-2.9	1.9	-0.4	-1.1	-0.2
Hemoglobin	(14.1, 15.7)	16.4	93	1.6	-0.1	1.8	-0.1	0.5	0.0
Hematocrit	(40.5, 45.5)	49.7	99	0.3	2.1	-0.0	0.0	0.2	0.7
MCV	(85.5, 96.0)	86	10	-0.3	-0.6	-0.0	-0.2	-0.2	-0.3
MCH	(29.5, 33.4)	28.2	2	-1.0	-0.4	-1.3	0.3	-0.7	-0.8
MCH Concentration	(33.8, 36.8)	33	3	-0.4	-0.2	-0.5	-0.1	-0.2	-0.4
RDW	(11.9, 13.9)	12.8	21	-0.8	-1.3	0.1	-0.0	-0.4	-0.8
WBC count	(3.4, 6.5)	7.6	76	0.4	-0.1	0.2	0.4	0.5	-0.2

* Denotes an imputed value.

Definitions of Health Domains and Volo Scores

Domain Volo Score

The Domain Volo Scores are calculated based on how your biomarkers compare to the biomarkers of individuals of the same age and sex in our data. The healthier your biomarkers, the healthier your Volo Score. A Volo Score of 200 represents your long-term health outlook is average compared to similar individuals in our data and models. Each biomarker factors into your score differently than it may for other people. Certain biomarkers are more important for some individuals than others, based on individualized data (e.g. age, sex, and scores related to other biomarkers). Your Voloridge Health and Wellness Report shows which biomarkers have the greatest impact (or strength) on each of your personal Domain Volo Scores.

Longevity Volo Score

Your Longevity Volo Score is a measure of your current state of long-term health and overall wellness. Taking steps to improve biomarkers related to your Longevity Volo Score may support better long-term health and reduce the risk of chronic disease. Talk to your doctor about steps you can take to improve your biomarkers and optimize your Longevity Volo Score.

Cardiovascular Health Volo Score

Your Cardiovascular Health Volo Score is a measure of your current state of cardiovascular health. Taking steps to improve biomarkers related to your Cardiovascular Volo Score may help reduce the risk of, or impact of, chronic cardiovascular disease including heart attack, stroke, and cardiovascular death. Talk to your doctor about steps you can take to improve your biomarkers for a better Cardiovascular Health Volo Score.

Kidney Health Volo Score

Your Kidney Health Volo Score is a measure of your current state of Kidney health. Taking steps to improve biomarkers related to your Kidney Volo Score may help reduce the risk of, or impact of, chronic Kidney disease including Renal Failure . Talk to your doctor about steps you can take to improve your biomarkers for a better Kidney Health Volo Score.

Inflammation Health Volo Score

Your Inflammation Health Volo Score is a measure of your current state of inflammatory health. Taking steps to improve biomarkers related to your score may help reduce the production of gdf15. Talk to your doctor about steps you can take to improve your biomarkers for a better Inflammation Health Volo Score.

Metabolic Health Volo Score

Your Metabolic Health Volo Score is a measure of your current state of Metabolic health. Taking steps to improve biomarkers related to your Metabolic Volo Score may help reduce the risk of, or impact of, chronic Metabolic disease including Type 2 Diabetes. Talk to your doctor about steps you can take to improve your biomarkers for a better Metabolic Health Volo Score.

Brain Health Volo Score

Your Brain Health Volo Score is a measure of your current state of Brain health. Taking steps to improve biomarkers related to your Brain Volo Score may help reduce the risk of, or impact of, chronic Brain disease including Dementia. Talk to your doctor about steps you can take to improve your biomarkers for a better Brain Health Volo Score.