

# \$Health Saver\$ LLC

1-877-How-R-You? (1-877-469-7968) or [www.HowHealthyAreYou.Info](http://www.HowHealthyAreYou.Info)

## The Basic Health Meter For Men

### A Basic Explanation, Meaning and Description For Lab Tests and Results

Enter Your Results		Normal	Borderline	Abnormal
Vital Signs	Below	X	X	X
Height	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Weight	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Body Mass Index(BMI)	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Body Fat Percent	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Blood Pressure	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Heart Beats / minute	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Temperature	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Pulse Oximetry	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Peak Flow Meter	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Lab Tests	Compare your results in each category to see "How Are You?"			
Random Blood Sugar	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Fasting Blood sugar	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Hemoglobin	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Lipid Panel ( 4 Tests )	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Total Cholesterol (TC)	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Triglycerides (Trigs)	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
HDL	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
LDL Calculated (LDL-C)	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
TSH (Thyroid)	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
ALT (Liver)	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Creatinine	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
HgbA1c ( If Diabetic )	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
C-Reactive Protein	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Urine Dipstick	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Glucose	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Protein	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Nitrite	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
RBC	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
WBC	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Helicobacter Pylori	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Hepatitis A	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Hepatitis B	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Hepatitis C	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			
Blood in Stool Test	Learn the basic meaning of this test and get a simple explanation in one short, easy to read sentence.			

Note: The information provided here is to help inform you about basic health and test results. Consult your medical provider for any questions about your health.

#### Follow your Preventative Health Maintenance Schedule

If you are: Age>18-39	Age>40-50	Age>50
Self testicle exam Every?	Find Out	How often?
Prostate exam- Every?	Find Out	How often?
Physical- Every ? years	Find Out	How often?
Colon Cancer Test:Every?	Find Out	How often?
Cardiac exercise-Every?	Find Out	How often?

#### Match the small numbers from each category to this key

We Suggest	For 1, 2, 3	We Urge	For 1, 2, 3
Weight Loss	1	Weight Loss	1
Blood Pressure Logs	2	Blood Pressure Logs	2
Lifestyle Changes	1 and/or 2	Lifestyle Changes	1 and/or 2
Repeat Blood or Urine test again in 3 mo's	3	Speak to your medical provider immediately!	3