

SAMPLE

# Health Check

powered by Nightingale Health

Routine risk assessment for  
common chronic diseases

**Clinical Report**

# Clinical summary

## Risks for common chronic diseases

For more details, please see the risk page for each disease.

	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Heart attack	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Ischemic stroke	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Type 2 diabetes	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Chronic kidney disease	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fatty liver disease	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

## More detailed summary of the risks

Please see the detailed disease-specific risk and intervention pages of the report to evaluate clinical interventions.

● The patient has a **high risk for heart attack and ischemic stroke**. This means that the patient is **much more likely** to develop the diseases than people on average at her age. **Additionally, strong possibility of high Lp(a) is detected**, increasing the risk for heart attack and stroke.

● The patient has a **higher than average risk for type 2 diabetes**. This means that the patient is **more likely** to develop the diseases than people on average at her age. **The patient likely has high HbA1c.**

● The patient has an **average or lower risk for chronic kidney disease and fatty liver disease**. This means that the patient is **less or as likely** to develop the diseases than people on average at her age.

# Heart attack

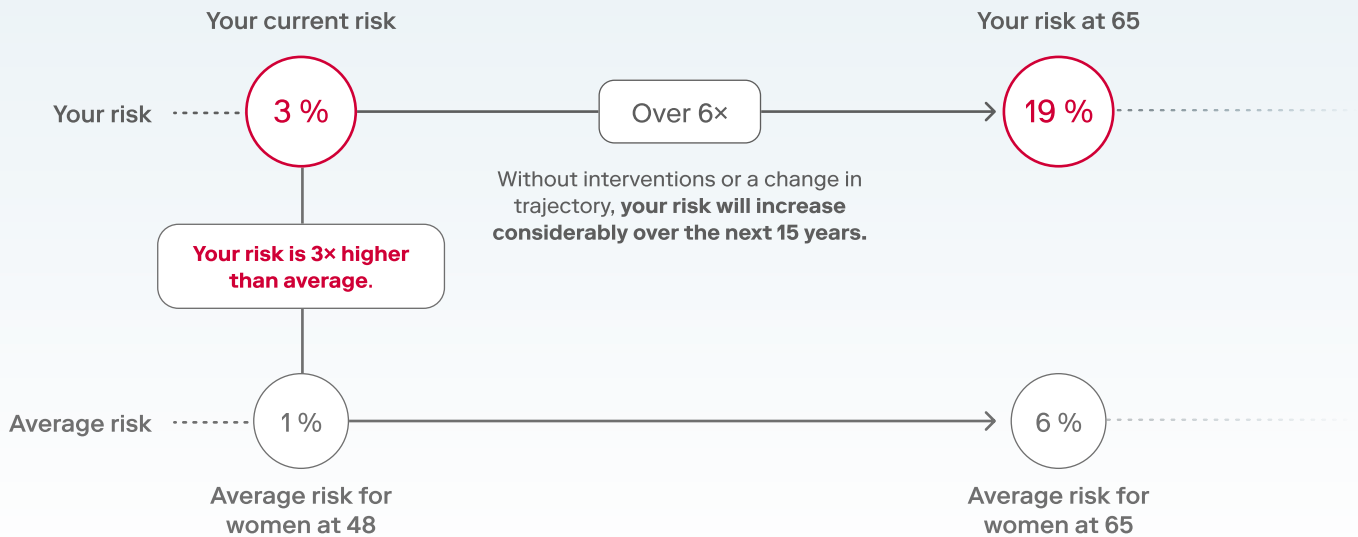
## Your current risk

Notably above average

Heart attack is one of the most common causes of death. It occurs when an artery supplying blood and oxygen to the heart muscle is occluded.

## Your future risk

How you compare to other women your age, and what happens when you get older.



### What factors increase your risk?

- **Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress, and lack of sleep may influence the **clinical risk factors** and your risk.

### How to improve?

- See the **Lifestyle guidance** page for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors**.

## Your progress over time

Your risk has increased since your last blood test.

Notably above average	<input type="radio"/>	<input checked="" type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input type="radio"/>
Average or lower	<input type="radio"/>	<input type="radio"/>

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Your current risk

# Heart attack

## Risk of heart attack in different age groups

Age \ Risk	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Below 40	Median 10y risk in the group 0.2 %	0.4 %	0.7 %
40 – 49 ▶	Optimal <b>0.7 %</b>	1.3 %	Your current risk <b>3 %</b>
50 – 59	2 %	3 %	5 %
60 – 64	3 %	5 %	8 %
65 – 69	4 %	7 %	12 %
70 – 74	5 %	8 %	14 %
75 and above	7 %	12 %	20 %

### Action you can take immediately

 Follow a **healthy lifestyle**.

#### Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

#### Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

#### Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

#### Alcohol and smoking

Don't smoke and minimize alcohol consumption.

#### Recovery

Sleep 7–9 hours each night and manage stress.

→ See the **Lifestyle guidance page** for more information.

### Further actions your doctor may take



Take a more detailed medical history and perform more examinations.



Order more tests to evaluate your condition. This may include blood tests, electrophysiology studies, imaging studies, or other investigations.



Start you on medication if appropriate to modify your risk factors.



# Ischemic stroke

## Risk of ischemic stroke in different age groups

Age \ Risk	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Below 40	Median 10y risk in the group < 0.1 %	0.1 %	0.1 %
40 – 49 ▶	Optimal <b>0.2 %</b>	0.3 %	<b>Your current risk 1 %</b>
50 – 59	0.6 %	1 %	1 %
60 – 64	1 %	2 %	3 %
65 – 69	2 %	3 %	4 %
70 – 74	3 %	5 %	7 %
75 and above	5 %	6 %	9 %

### Action you can take immediately

 Follow a healthy lifestyle.

#### Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

#### Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

#### Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

#### Alcohol and smoking

Don't smoke and minimize alcohol consumption.

#### Recovery

Sleep 7–9 hours each night and manage stress.

→ See the **Lifestyle guidance page** for more information.

### Further actions your doctor may take



Take a more detailed medical history and perform more examinations.



Order more tests to evaluate your condition as appropriate. This may include blood tests, electrophysiology studies, imaging studies, or other investigations.



Start you on medication if appropriate to modify your risk factors.

# Type 2 diabetes

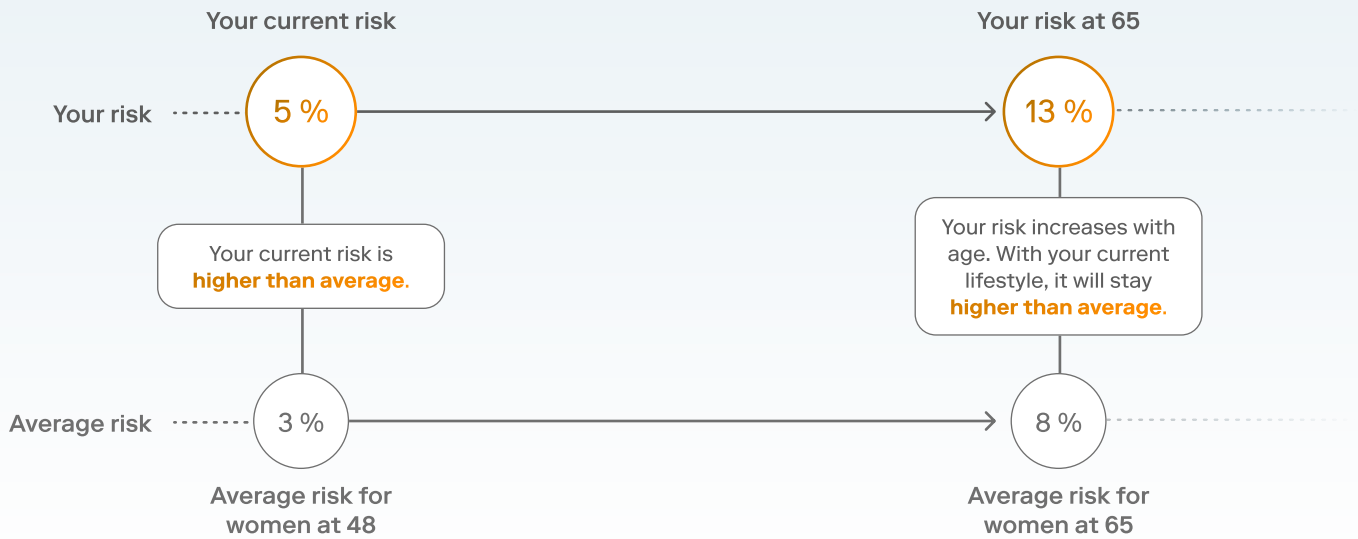
## Your current risk

Higher than average

Type 2 diabetes is a common condition that causes high blood sugar and can damage the eyes, kidneys, nerves, and the heart. It can often be prevented and even reversed through lifestyle choices.

## Your future risk

How you compare to other women your age, and what happens when you get older.



### What factors increase your risk?

- Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress, and lack of sleep may influence the **clinical risk factors** and your risk.

### How to improve?

- See the **Lifestyle guidance** page for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors**.

## Your progress over time

Your risk has stayed at the same level since your last blood test.

Notably above average	<input type="radio"/>	<input type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Average or lower	<input type="radio"/>	<input type="radio"/>

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Your current risk

# Type 2 diabetes

## Risk of type 2 diabetes in different age groups

Age \ Risk	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Below 40	Median 10y risk in the group 0.9 %	2 %	5 %
40 – 49 ▶	Optimal 2 %	Your current risk 5 %	10 %
50 – 59	3 %	7 %	16 %
60 – 64	4 %	10 %	21 %
65 – 69	5 %	12 %	26 %
70 – 74	6 %	15 %	32 %
75 and above	7 %	17 %	36 %

### Action you can take immediately

 Follow a healthy lifestyle.

#### Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

#### Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

#### Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

#### Alcohol and smoking


Don't smoke and minimize alcohol consumption.


#### Recovery


Sleep 7–9 hours each night and manage stress.

→ See the **Lifestyle guidance page** for more information.

### Further actions your doctor may take

 Take a more detailed medical history and perform more examinations as appropriate.

 Order more tests to evaluate your condition as appropriate. This may include blood tests, urine tests, or imaging studies.

 Start you on medication if appropriate to modify your risk factors.

# Chronic kidney disease

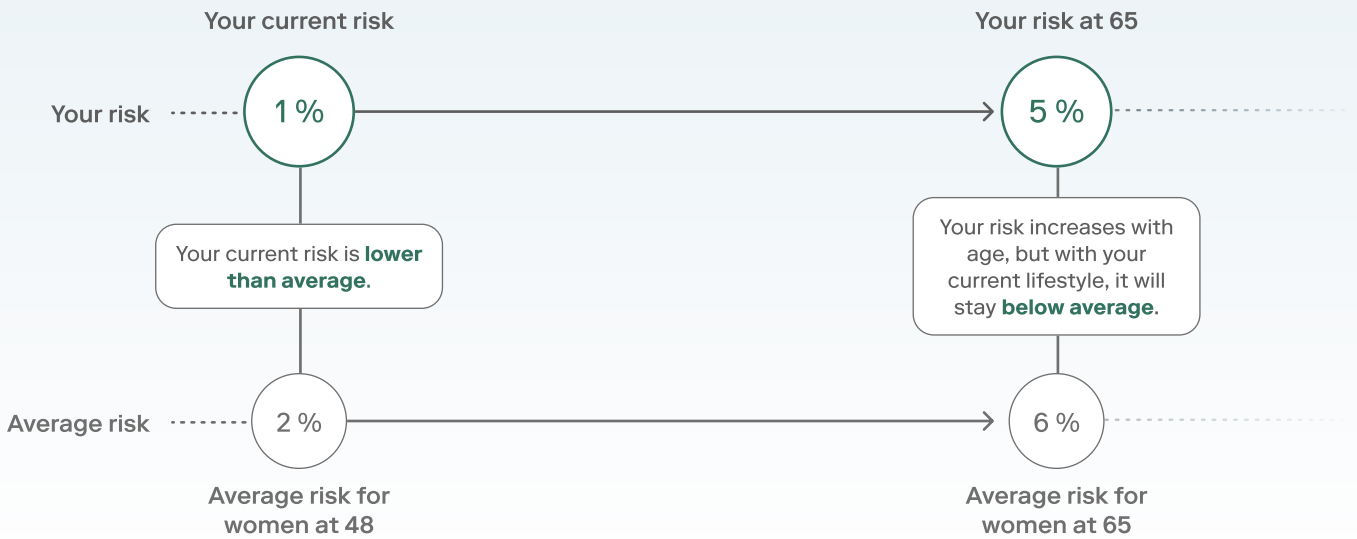
## Your current risk

Average or lower

Chronic kidney disease is a long-term condition in which the kidneys slowly lose function. It is very common in older people. Diabetes and high blood pressure are major risk factors, both strongly linked to lifestyle.

## Your future risk

How you compare to other women your age, and what happens when you get older.



### What factors increase your risk?

- **Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress, and lack of sleep may influence the **clinical risk factors** and your risk.

### How to improve?

- See the **Lifestyle guidance** page for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors**.

## Your progress over time

Your risk has decreased since your last blood test. Keep up the good work!

Notably above average	<input type="radio"/>	<input type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input type="radio"/>
Average or lower	<input type="radio"/>	<input checked="" type="radio"/>

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Your current risk

# Chronic kidney disease

## Risk of chronic kidney disease in different age groups

Age \ Risk	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Below 40	Median 10y risk in the group 0.2 %	0.4 %	1 %
<b>40 – 49 ▶</b>	<b>Your current risk 1 %</b>	2 %	4 %
50 – 59	2 %	5 %	12 %
60 – 64	5 %	11 %	24 %
65 – 69	8 %	18 %	38 %
70 – 74	14 %	29 %	55 %
75 and above	18 %	37 %	65 %

### Action you can take immediately

-  Follow a **healthy lifestyle**.
-  **Maintain good hydration** to prevent dehydration and kidney stone formation.

#### Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

#### Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

#### Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

#### Alcohol and smoking




Don't smoke and minimize alcohol consumption.

#### Recovery

Sleep 7–9 hours each night and manage stress.

→ See the **Lifestyle guidance page** for more information.

### Further actions your doctor may take

-  Take a more detailed medical history and perform more examinations.
-  Order more tests to evaluate your condition as appropriate. This may include blood tests, urine tests, or imaging studies.
-  Start you on medication if appropriate to modify your risk factors.

# Fatty liver disease

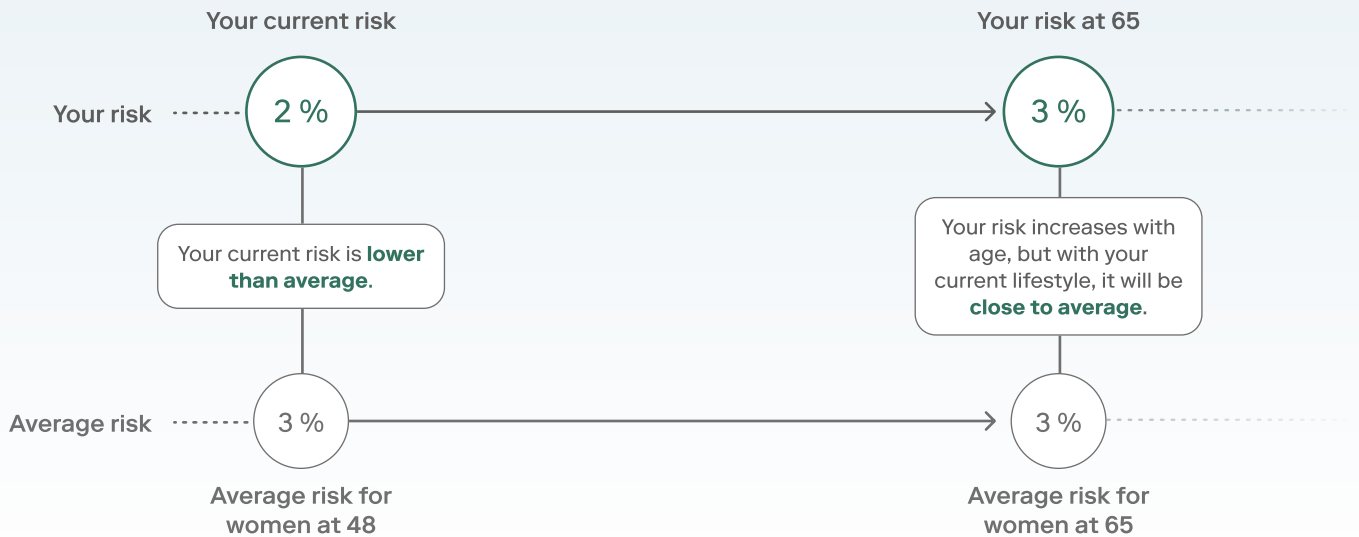
## Your current risk

Average or lower

In fatty liver disease, excess fat builds up in the liver. It is a common condition often linked to diabetes and being overweight. It can cause severe liver damage, but can be prevented with a healthy lifestyle.

## Your future risk

How you compare to other women your age, and what happens when you get older.



### What factors increase your risk?

- **Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress, and lack of sleep may influence the **clinical risk factors** and your risk.

### How to improve?

- See the **Lifestyle guidance** page for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors**.

## Your progress over time

Your risk has stayed at the same level since your last blood test.

Notably above average	<input type="radio"/>	<input type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input type="radio"/>
Average or lower	<input type="radio"/>	<input checked="" type="radio"/>

1 December 2024

14 November 2025  
Your current risk

# Fatty liver disease

## Risk of fatty liver disease in different age groups

Age \ Risk	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Below 40	Median 10y risk in the group 2 %	4 %	8 %
<b>40 – 49 ▶</b>	<b>Your current risk 2 %</b>	5 %	9 %
50 – 59	2 %	5 %	10 %
60 – 64	2 %	5 %	11 %
65 – 69	2 %	5 %	11 %
70 – 74	2 %	6 %	12 %
75 and above	2 %	6 %	12 %

### Action you can take immediately

 Follow a **healthy lifestyle**.

#### Diet

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### Further actions your doctor may take



Take a more detailed medical history and perform more examinations as appropriate.



Order more tests to evaluate your condition as appropriate. This may include blood tests, or imaging studies.



Start you on medication if appropriate to modify your risk factors.

# Metabolic Resilience Score

Metabolic Resilience Score shows how well your body can stay balanced and strong day to day. A higher score means your system can adapt to change — switching between energy sources, managing stress, and returning to balance after everyday challenges like a late night or an indulgent meal. Think of it as having a flexible, well-tuned engine that runs clean and efficiently, even when life speeds up.

## Your Metabolic Resilience Score

# 44

Below average

Your Metabolic Resilience Score is **below average.**

Improving your Metabolic Resilience Score starts with healthy everyday habits: moving regularly, eating nourishing meals, getting enough good-quality sleep, and finding ways to manage stress.

## Your Metabolic Resilience Score compared to other women your age



### 40 %

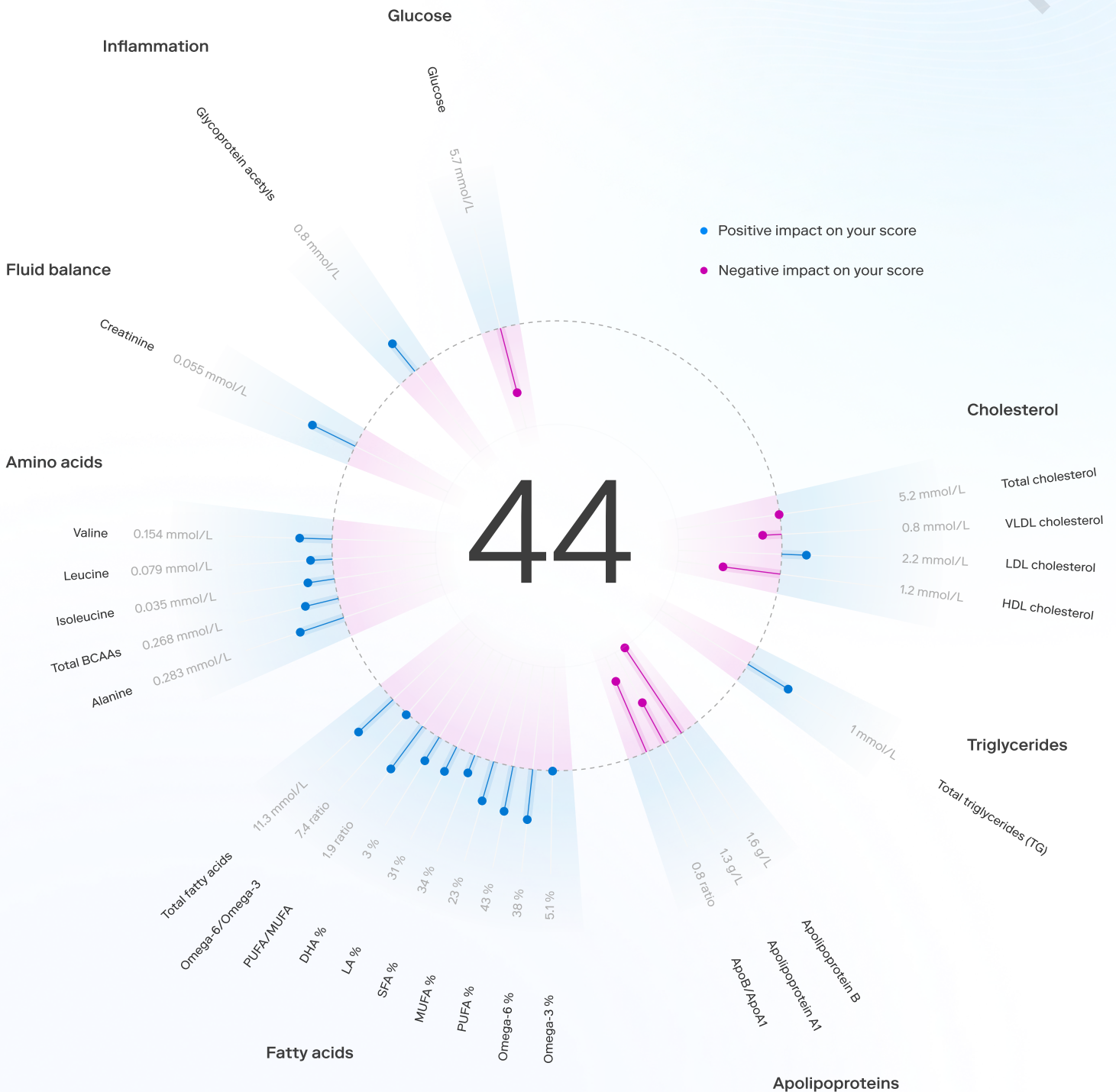
of women your age have a lower score than you.

### 60 %

of women your age have a higher score than you.

# Blood markers for your Metabolic Resilience Score

Each blood marker in your results is linked to your Metabolic Resilience and shapes your score. The longer the blue lines, the more that marker supports your body's ability to stay balanced and strong. The longer the pink lines, the more that marker is holding your score back. This view helps you see where to focus your habits so you can improve your score and strengthen your ability to return to balance. Improving your Metabolic Resilience Score starts with healthy everyday habits: moving regularly, eating nourishing meals, getting enough good-quality sleep, and finding ways to manage stress.



# Blood marker interpretation guide

The blood marker groups behind your Metabolic Resilience Score are explained below in more detail. This helps you see what each group means for your score and how your everyday choices can improve it.

Your Metabolic Resilience Score is a holistic view of how your body is doing, built from patterns across all your blood marker groups. These markers interact and influence each other, so they are best understood together as an interconnected whole rather than one by one. Use this guide to see where to focus your habits so your body can stay more balanced and strong day to day.

## Cholesterol

These measures show how much cholesterol is being carried around your body (total, LDL, HDL, and related amounts) and how it's distributed among carriers.

Here's how to improve your score:

- Build most meals around vegetables, fruit, whole grains, pulses, nuts, and seeds, and use liquid plant oils instead of butter or coconut oil.
- Include fish regularly and choose lean or minimally processed proteins to keep your overall fat pattern balanced.

## Triglycerides

These measures reflect the main form of circulating fat that your body stores and uses for energy (overall and within VLDL/LDL/HDL).

Here's how to improve your score:

- Cut back on added sugars and refined carbohydrates, and keep alcohol modest or skip it.
- Add steady aerobic activity each week and eat oily fish 1–2 times weekly.

## Apolipoproteins

These measures are the protein “backbones” of lipoproteins: ApoB marks particles that mainly carry cholesterol outward; ApoA1 is the main protein in HDL.

Here's how to improve your score:

- Support a favorable balance by prioritizing plant-forward meals with fiber and unsaturated fats, and keeping portions of red/processed meats smaller.
- Keep up weekly aerobic activity and add resistance training twice a week.

## Fatty acids

These measures show the types and amounts of fats circulating in your blood.

Here's how to improve your score:

- Eat oily fish (e.g., salmon, sardines) 1–2 times weekly and use plant oils, nuts, and seeds in place of butter and fatty meats.
- Keep industrial trans fats out and make whole-grain, high-fiber carbohydrates your default.

## Amino acids

These measures reflect aspects of protein and energy metabolism in your body.

Here's how to improve your score:

- Move most days (a mix of aerobic work plus two strength sessions weekly) and aim for plenty of fiber from plants.
- Choose a varied protein mix—fish, legumes, yogurt/kefir, eggs, tofu/tempeh, nuts—rather than relying mainly on ultra-processed options.

## Fluid balance

This measure is a muscle by-product your body filters out; levels can reflect hydration and filtration dynamics.

Here's how to improve your score:

- Drink fluids throughout the day so your urine is pale yellow, aiming for roughly 6–8 cups (1.5–2 L) daily, adjusting for heat and activity.
- Spread intake from morning to evening and include water as your main drink.

## Inflammation

This measure combines several proteins in your blood into one overall signal that shows your body's everyday level of inflammation.

Here's how to improve your score:

- A Mediterranean-style way of eating—rich in extra-virgin olive oil, vegetables, legumes, whole grains, nuts, and fish—can lower inflammatory biomarkers in studies.
- Combine that with regular weekly activity for an additive effect.

## Glucose

These measures show how much sugar (glucose) is circulating in your blood and how well your body is managing it over time. High levels can signal challenges with energy balance or insulin response.

Here's how to improve your score:

- Eat at regular intervals and build meals around vegetables, whole grains, pulses, nuts, and seeds to keep blood sugar steady.
- Pair carbohydrates with protein or healthy fats to slow absorption.
- Limit sugary drinks and highly processed snacks; choose fruit for sweetness instead.
- Stay active—movement helps your body use glucose more effectively.