



Your next steps to feeling your best

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Latest Analysis (Apr 20, 2026) ▾

You have 9 analyses. Select one to view its details.

Hello David L!

Small changes can make a big difference

Support your biology and improve your bio age over time.

Bio age

You are 4 years older than your birthday age

53 - 55

Potential
(in 6-9 months)

58 - 60

Bio age

55

Birthday age



David, your results show a solid foundation with good liver function, thyroid status, oxygen transport, and fasting glucose, but also clear, fixable drivers of faster aging: inflammation, atherogenic lipids, prediabetic HbA1c,

Focus area:

Lower systemic inflammation (CRP), normalize lipid profile (LDL, triglycerides, total cholesterol), improve HbA1c into the normal range, and reduce kidney strain (urea, creatinine) while preserving strong liver, thyroid, and oxygen-transport function.

Time frame: 6-9 months

and mild kidney strain. With your already-regular exercise, targeted nutrition, recovery, and monitoring over the next months can meaningfully shift your long-term cardiovascular and metabolic trajectory in your favor.

Estimated bio age progress *

Just started tracking



FROM: 58-60

TO: 53-55

*This trajectory shows your potential of reducing your bio age based on your self reporting using the tracking board below. It is a not a biological report.

YOUR PERSONALIZED PLAN

A personalized plan built from your blood test, targeting biomarkers individually, designed to help you live stronger, younger, longer.

Skip to your Tracking Board ↓

1. Systemic Inflammation (CRP) ^

Why it matters:

Your CRP of 7.5 mg/L indicates low-grade chronic inflammation, a key accelerator of arterial damage, insulin resistance, and biological aging. Reducing this will directly lower cardiovascular risk and support better glycemic and kidney outcomes, amplifying the benefits of your already-normal liver and thyroid function.

Recommendations:

Prioritize an anti-inflammatory eating pattern at most meals

- Base plates on vegetables, beans, whole grains, nuts, and olive oil; keep red/processed meat small and occasional.
- Aim for at least 2 large servings of colorful vegetables and 1 serving of fruit daily.

Add 150–300 minutes per week of moderate cardio plus daily movement

- Use your 3–4 weekly exercise sessions for brisk walking, cycling, or swimming at a pace that raises your heart rate.

- On non-gym days, include 20–30 minutes of easy walking, ideally after meals.

✗ What to avoid: frequent pro-inflammatory foods and habits

- Limit fried/fast foods, processed meats, and sugary snacks to no more than once weekly each.
- Avoid chronic sleep restriction: keep your current 7–8 hours as a non-negotiable baseline.

2. Lipid Profile (LDL, Total Cholesterol, Triglycerides) ^

Why it matters:

Your LDL (4.7 mmol/L), total cholesterol (6.48 mmol/L), and triglycerides (2.12 mmol/L) are all elevated, creating atherogenic dyslipidemia that substantially raises long-term heart attack and stroke risk. Improving this profile will be one of the most powerful levers to slow your cardiovascular and biological aging.

Recommendations:

🥑 Shift fats toward unsaturated sources and away from saturated fats

- Use extra-virgin olive oil, avocado, nuts, and seeds as primary fats; choose skinless poultry or lean cuts when eating meat.
- In New York, favor dishes like grilled fish, Mediterranean-style salads, and bean-based soups instead of creamy or fried options.

🌾 Increase soluble fiber to 20–25 g/day from whole foods

- Include oats, barley, beans, lentils, and apples/pears most days to help pull LDL out of circulation.
- Aim for at least one bowl of oatmeal or high-fiber cereal and one legume-based meal on most days.

✗ What to avoid: regular intake of high-saturated-fat and trans-fat foods

- Minimize processed meats, pastries, deep-fried foods, and large portions of cheese or butter-heavy dishes.
- Check labels and avoid products listing “partially hydrogenated oils” or high amounts of coconut/palm oil.

3. Glycemic Control (HbA1c) v

Why it matters:

Your HbA1c of 6.08% (43 mmol/mol) is in the prediabetic range, meaning your tissues are exposed to more glucose over time despite a normal fasting glucose. This promotes vascular aging, nerve damage,...

4. Kidney Function (Urea, Creatinine) v

Why it matters:

Your urea (12.32 mmol/L) and creatinine (112 µmol/L) are mildly elevated, suggesting possible early kidney

5. Vitamin D & Micronutrient Support

Why it matters:

Your vitamin D is at the low end of an “insufficient” band (20 ng/mL), while B12 and iron are adequate. Optimizing vitamin D and maintaining micronutrient sufficiency supports immune function, muscle...

Target in 6-9 months

	Current	Target
Biological Age	58-60	53-55
CRP	7.5 mg/L	<3 mg/L (ideally <1 mg/L if feasible)
LDL cholesterol	4.7 mmol/L	≤3.0 mmol/L (or clinician-advised goal)
Triglycerides	2.12 mmol/L	<1.7 mmol/L
HbA1c (%)	6.08 %	<5.7 %
Creatinine	112 µmol/L	Within reference range with stable or improved trend



David, your journey to a healthier biological age is well underway. You already have several strong foundations in place, and your labs clearly show where targeted changes can have outsized impact. By steadily improving your food choices, movement, hydration, and recovery over the next 6-9 months, you can meaningfully shift your biological trajectory. Focus on consistency, not perfection, and use each small win as fuel to keep going. Remember, consistency is key, and every small step counts towards a healthier you.

YOUR TRACKING BOARD

Journey began Apr 20, 2026

DAILY HABITS






Send daily reminders Off


NUTRITIONAL TIPS

These are daily habits to incorporate into your routine for optimal health.

[Select all](#)

↓ Check box when done, to better track your progress

-  Start each day with a large glass of water and reach 2–2.5 L fluids by evening. 🕒 Morning Supports kidney filtration and may help normalize urea and creatinine.
-  Build meals around protein, vegetables, and whole grains; avoid sugary drinks. 🕒 Any Stabilizes blood sugar and improves lipids and inflammation.
-  Walk 10–15 minutes after one or two main meals. 🕒 Midday Enhances post-meal glucose disposal and triglyceride handling.
-  Limit fried, fast, and highly processed foods to rare occasions. 🕒 Any Reduces inflammatory and atherogenic load.
-  Protect your 7–8 hours of sleep with a consistent bedtime and wake time. 🕒 Evening Good sleep supports inflammation control and metabolic health.

 Getting closer to your potential bio age: You are **5 actions** away from hitting your daily goal

WEEKLY HABITS

Send weekly reminders On

These are weekly habits to incorporate into your schedule for long-term health.

[Select all](#)

↓ Check box when done, to better track your progress

-  Do moderate-intensity cardio (brisk walking, cycling, swimming) for 150–300 minutes total. 📅 4x /week Leverages your existing 3–4 exercise days to target inflammation, lipids, and glucose.
e.g. Monday, Wednesday
-  Include 2–3 strength-training sessions focusing on major muscle groups. 📅 3x /week Improves insulin sensitivity and body composition.
e.g. Monday, Wednesday

Specific nutrition guidance tailored to your biomarker results and location.

Fats

Use extra-virgin olive oil as your main cooking and dressing fat instead of butter or cream sauces.

e.g., California or Mediterranean extra-virgin olive oil from US supermarkets, Simple olive oil and lemon dressing on salads, Grilled vegetables drizzled with olive oil

> **Monounsaturated fats improve lipid profile and reduce inflammation compared with saturated fats.**

Carbohydrates

Base breakfast on oats or other whole grains with added nuts and fruit instead of pastries or white bread.

e.g., Old-fashioned oatmeal with blueberries and walnuts, Steel-cut oats from brands like McCann's or Quaker, Whole-grain toast with natural peanut butter

> **Soluble fiber from oats and whole grains helps lower LDL and smooths blood sugar curves.**

Fiber

Include beans or lentils in at least one meal most days to boost fiber and plant protein.

e.g., Black bean burrito bowls, Lentil soup from New York delis or homemade, Chickpea salads with olive oil and vegetables

> **Legumes improve satiety, glycemic control, and lipid levels.**

Protein

Choose lean proteins like fish, skinless poultry, tofu, or beans over large red meat portions.

e.g., Grilled salmon or cod at local restaurants, Rotisserie chicken without skin, Tofu stir-fries with vegetables

> **Leaner and plant-based proteins reduce saturated fat load and kidney strain.**

Carbohydrates

Limit sugary drinks, large fruit juices, and dessert-style coffees to rare treats.

e.g., Skip regular soda and choose seltzer water with lime, Order unsweetened iced tea or black coffee, Have small, occasional desserts instead of daily sweets



Eat fish or seafood 2–3 times, prioritizing oily fish when possible.

e.g. Tuesday, Thursday

📅 3x /week

Omega-3 fats support lower inflammation and better triglycerides.



Plan at least 4–5 dinners that are home-cooked, high-fiber, and low in saturated fat.

e.g. Sunday, Monday

📅 5x /week

Home cooking makes it easier to control fats, fiber, and refined carbs.



Limit alcohol to no more than 2–3 standard drinks total per week, with alcohol-free days.

e.g. Friday, Saturday

📅 3x /week

Keeps occasional drinking from undermining metabolic and inflammatory goals.



Review your week every Sunday and note exercise, sleep, and nutrition wins and gaps.

e.g. Sunday

📅 1x /week

Simple self-monitoring improves adherence and long-term change.



Getting closer to your potential bio age:

You are **6 actions** away from hitting your weekly goal

> Liquid sugars rapidly spike glucose and triglycerides, worsening HbA1c and metabolic risk.

Cooking

Keep highly processed snacks and fast food to no more than once per week.

e.g., Avoid frequent burgers and fries from chains; choose grilled chicken salads instead, Swap chips and candy for nuts, fruit, or yogurt, Opt for deli salads with beans and vegetables over fried options

> Ultra-processed foods drive inflammation and poor lipid profiles.

Micronutrients

Include vitamin D–rich foods several times weekly, especially in winter.

e.g., Fortified milk or plant milks, Eggs, especially yolks, Fatty fish like salmon, mackerel, or sardines

> Supports bone, immune, and muscle health and may help modulate inflammation.

Hydration

Drink water or unsweetened tea with meals instead of alcohol on most days.

e.g., Sparkling water with lemon or lime, Unsweetened iced green tea, Herbal teas in the evening

> Helps protect liver and kidney function and supports better metabolic control.

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