**Attachment 1k**

**National Health Interview Survey (NHIS) Follow-up Health Study**

**Final Report of Findings**

Dear {Participant NAME},

We appreciate your participation in the NHIS Follow-up Health study conducted by the National Center for Health Statistics.

Enclosed are your test results from the measurements taken during our visit to your home on <insert date> and from the tests that were run on the blood and urine that you provided during that visit. We have provided you with information about what your height, weight, and blood pressure could mean to your health based on recommended guidelines. In addition, we have provided all laboratory results with reference ranges. Reference ranges are sets of values that can be used by your health care provider to interpret your results. [*If abnormal laboratory result, insert*: **We reviewed your test results, found that one or more values were abnormal, and want to make you aware of them. These results are flagged in the table.]**

The home visit was not intended to be a substitute for visits to your health care provider. Your health care provider can help you understand your study results in the enclosed report.

If you have any questions about your results, you can call our Medical Officer, Dr. Tony Nguyen, toll-free at **1-833-872-0534**between 9:00 AM and 4:00 PM Eastern Time, Monday through Friday.

Sincerely,

Brian C. Moyer, Ph.D.

Director

National Center for Health Statistics, Centers for Disease Control and Prevention

Enclosure

**NHIS Follow-Up Health Study**

*These measurements were obtained as part of a health study and do not represent a medical diagnosis. Interpretation of these measurements must be made by your physician.*

Please keep this document in a safe place so that you can control who sees it. NCHS can only protect information that is inside NCHS systems.

|  |  |
| --- | --- |
| **Date of Home Visit:** | DATE |
| **Participant Name:** | NAME |
| **Participant Age at Home Visit:** | XX YEARS |
| **Participant Gender:** | FEMALE |
| **SA ID:** | 123456 |

**Body Measurements**

|  |  |
| --- | --- |
|  |  |
| Height: | 5 feet 3 in |
| Weight: | 123 lbs. |
| Body Mass Index (BMI): | 21.8 |

**Based on your height, your BMI is:**

**APPROPRIATE NIH BMI/HEIGHT STATEMENT HERE**

Waist circumference: 32 inches

**APPROPRIATE BMI/WAIST CIRCUMFERENCE STATEMENT HERE**

**Blood Pressure & Heart Rate**

|  |  |  |
| --- | --- | --- |
|  |  | Normal |
| Systolic Blood Pressure: | 118 mm Hg | < 120 |
| Diastolic Blood Pressure: | 76 mm Hg | < 80 |
| Resting Heart Rate: | 88 beats per minute |  |
|  |  |  |

## Your blood pressure today is within the normal range based on the American Cardiology Association (ACC) and the American Heart Association (AHA) Hypertension Guidelines for Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. American Journal of Hypertension, 2018; 31 (2):133-135.

**Laboratory Tests - Blood**

Number of hours fasted prior to blood draw: 8

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Result** | **Units** | **Flag** | **Reference Range** |
| **Hemoglobin A1c** | 4.6 | % |  | <6.5 |
| **Glucose** | 85 | mg/dL |  | 65-99 |
| **Albumin** | 3.7 | g/dL |  | 3.6-5.1 |
| **Albumin:Globulin Ratio** | 1.5 |  |  | 1.0-2.5 |
| **Alanine Aminotransferase (ALT)** | 10 | U/L |  | 9-46 |
| **Alkaline Phosphatase** | 60 | U/L |  | 40-115 |
| **Aspartate Aminotransferase (AST)** | 11 | U/L |  | 10-35 |
| **Bicarbonate** | 20 | mmol/L |  | 20-32 |
| **Total Bilirubin** | 0.2 | mg/dL |  | 0.2-1.2 |
| **Direct Bilirubin** | 0.1 | mg/dL |  | ≤0.2 |
| **Indirect Bilirubin** | 0.3 | mg/dL(calculated) |  | 0.2-1.2 |
| **Blood Urea Nitrogen (BUN)** | 8 | mg/dL |  | 7-25 |
| **Calcium** | 10.0 | mg/dL |  | 8.6-10.4 |
| **Chloride** | 102 | mmol/L |  | 98-110 |
| **Creatinine** | 0.9 | mg/dL |  | 0.70-1.18 |
| **Globulin** | 2 | g/dL(calculated) |  | 1.9-3.7 |
| **Glomerular Filtration Rate (estimated)** | 120 | mL/min/1.73m2 |  | ≥60 |
| **Potassium** | 4.0 | mmol/L |  | 3.4-4.8 |
| **Total Protein** | 6.9 | g/dL |  | 6.1-8.1 |
| **Sodium** | 136 | mmol/L |  | 135-146 |
| **Total Cholesterol** | 182 | mg/dL |  | <200 |
| **Total Cholesterol/HDL Ratio** | 4 | mg/dL |  | <5.0 |
| **HDL Cholesterol** | 40 | mg/dL |  | >45 |
| **LDL Cholesterol** | 90 | mg/dL |  | <100 |
| **Non-HDL Cholesterol** | 120 | mg/dL(calculated) |  | <130 |
| **Triglycerides** | 87 | mg/dL |  | <150 |
| **Hemoglobin** | 14 | g/dL |  | 13.2-17.1 |
| **COVID-19 Serology\*** | Negative |  |  |  |

**\***More information about COVID antibody testing can be found on the COVID-19 Serology Results, Explained page included with this report, and on the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>. .

**\*Insert any notes from the laboratory report**

**Laboratory Tests - Urine**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Result** | **Units** | **Flag** | **Reference Range** |
| **Creatinine** | 30 | mg/dL |  | 20-320 |
| **Glucose** | Negative |  |  | Negative |
| **Hemoglobin** | 0.9 | mg/dL |  | <1.1 |
| **Microalbumin** | 15 | mcg/mg creat |  | Not Established |
| **Protein** | 6 | mg/dL |  | 5-25 |
| **Protein/Creatinine Ratio** | 0.10 | mcg/mg creat |  | 0.022-0.128 |

# *\*Insert any notes from the laboratory report*

# Laboratory Information

All biological specimen testing was performed at the following CLIA-certified laboratory.

|  |
| --- |
| Quest Diagnostics  10101 Renner Blvd  Lenexa, KS 66219  CLIA #: 17D0648226 |