

**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.

<b>Date of Home Visit:</b>	DATE
<b>Participant Name:</b>	NAME
<b>Participant Age at Home Visit:</b>	XX YEARS
<b>Participant Gender:</b>	FEMALE
<b>SA ID:</b>	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
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**APPROPRIATE BMI/WAIST CIRCUMFERENCE STATEMENT HERE**

### Blood Pressure & Heart Rate

Systolic Blood Pressure:	118 mm Hg	Normal < 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
<b>Hemoglobin A1c</b>	4.6	%		<6.5
<b>Glucose</b>	85	mg/dL		65-99
<b>Albumin</b>	3.7	g/dL		3.6-5.1
<b>Albumin:Globulin Ratio</b>	1.5			1.0-2.5
<b>Alanine Aminotransferase (ALT)</b>	10	U/L		9-46
<b>Alkaline Phosphatase</b>	60	U/L		40-115
<b>Aspartate Aminotransferase (AST)</b>	11	U/L		10-35
<b>Bicarbonate</b>	20	mmol/L		20-32
<b>Total Bilirubin</b>	0.2	mg/dL		0.2-1.2
<b>Direct Bilirubin</b>	0.1	mg/dL		≤0.2
<b>Indirect Bilirubin</b>	0.3	mg/dL(calculated)		0.2-1.2
<b>Blood Urea Nitrogen (BUN)</b>	8	mg/dL		7-25
<b>Calcium</b>	10.0	mg/dL		8.6-10.4
<b>Chloride</b>	102	mmol/L		98-110
<b>Creatinine</b>	0.9	mg/dL		0.70-1.18
<b>Globulin</b>	2	g/dL(calculated)		1.9-3.7
<b>Glomerular Filtration Rate (estimated)</b>	120	mL/min/1.73m <sup>2</sup>		≥60
<b>Potassium</b>	4.0	mmol/L		3.4-4.8
<b>Total Protein</b>	6.9	g/dL		6.1-8.1
<b>Sodium</b>	136	mmol/L		135-146
<b>Total Cholesterol</b>	182	mg/dL		<200
<b>Total Cholesterol/HDL Ratio</b>	4	mg/dL		<5.0
<b>HDL Cholesterol</b>	40	mg/dL		>45
<b>LDL Cholesterol</b>	90	mg/dL		<100
<b>Non-HDL Cholesterol</b>	120	mg/dL(calculated)		<130
<b>Triglycerides</b>	87	mg/dL		<150
<b>Hemoglobin</b>	14	g/dL		13.2-17.1
<b>COVID-19 Serology*</b>	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
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