YOUR RESULTS - STEVE

Summary Report

AN OVERVIEW BY
TRUDIAGNOSTIC

PROVIDED BY: TruDiagnostic™ The Epigenetic Company

OMICm Age

*Developed with Harvard**

65.33
YEARS OLD
OMIC*m* Age

Biological Age 65.33

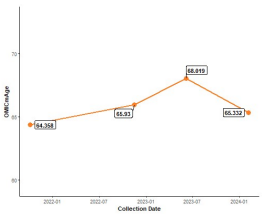
Calendar Age 68.09

Your OMICm Age is

LOWER THAN

your calendar age by **2.76** years.

YOUR OMIC*M* Age IS IN THE:
81.84st
PERCENTILE MEANING THAT YOUR OMIC*M* AGE IS HIGHER THAN **81.84%** OF THE POPULATION AT YOUR SAME CHRONOLOGICAL AGE.



Aging has been scientifically proven to be the number one risk factor for major chronic diseases world-wide. Accelerated aging (having an older biological age than your calendar age) increases your **risk of disease with each year of discrepancy,** and having a younger biological age decreases these risks. Based on age, we can predict the following increase or decreased risk of Death, Cancer, Heart Disease, Stroke, Type 2 Diabetes, COPD, and Depression.

YOUR RISK OF DISEASE

-28% Disease Risk — Reflects your current risk. A -28% score means that your risk is 28% lower compared to people of your same chronological age.

47% Disease Risk — Reflects your current risk. A 47% score means that your risk is 47% higher compared to people of your same chronological age.

31 — Reflects your **potential risk** score based on potential changes to your biological age.

DEATH

19.45% | -1 YEAR | 36.8% Disease Risk | 56.66% | +1 YEAR

CANCER

8.32% | -1 YEAR | 15.13% Disease Risk | 22.36% | +1 YEAR

HEART DISEASE

10.08% | -1 YEAR | 18.44% Disease Risk | 27.44% | +1 YEAR

STROKE

9.26% | -1 YEAR | 16.89% Disease Risk | 25.06% | +1 YEAR

TYPE 2 DIABETES

8.45% | -1 YEAR | 15.38% Disease Risk | 22.75% | +1 YEAR

COPD

5.47% | -1 YEAR | 9.85% Disease Risk | 14.42% | +1 YEAR

DEPRESSION

5.29% | -1 YEAR | 9.53% Disease Risk | 13.93% | +1 YEAR

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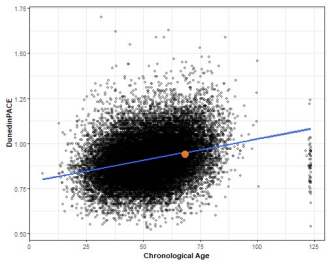
DunedinPACE of Aging

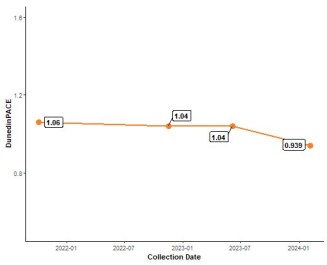
DunedinPACE Value

DunedinPACE Value
0.94

Population

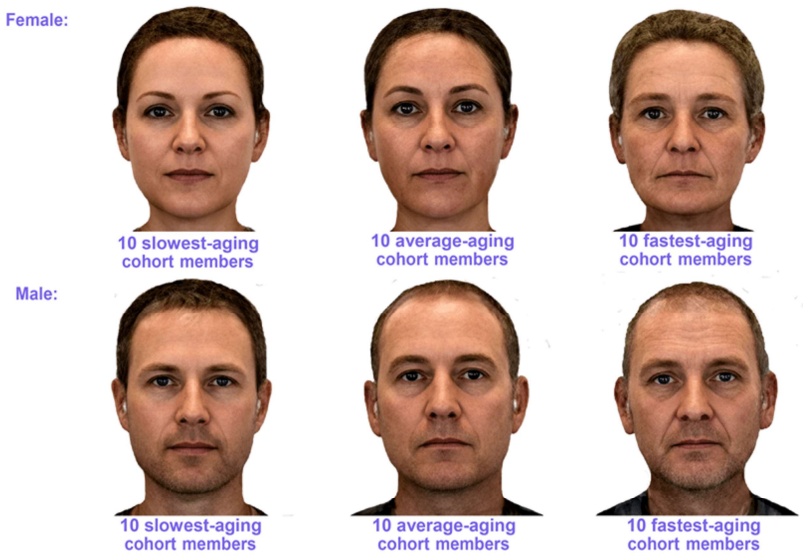


Changes Over Time



ALGORITHM	PATIENT DATA	MORBIDITY AND MORTALITY ASSOCIATIONS	RISK STATEMENT
DunedinPACE	0.94 Biological years per year	**All-Cause Mortality** (Beslsky et al., 2020)	If you are aging above a rate of 1.00, you would increase risk of death by 56% over the next 7 years.
		Chronic Disease (Beslsky et al., 2020)	If you are aging above a rate of 1.00, you would increase risk of chronic disease diagnosis by 54% over the next 7 years.

Significant Variation in Facial Aging



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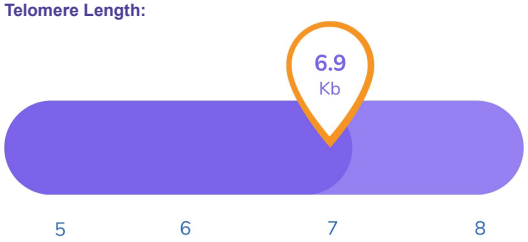
Telomere Length

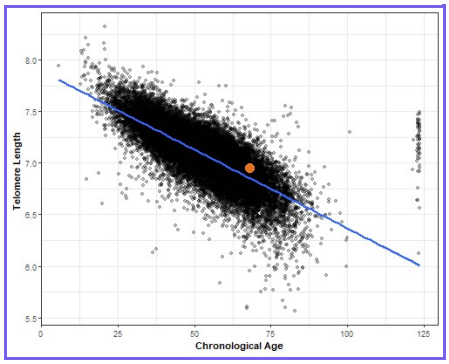
Telomere Length:



If we were to estimate your biological age **strictly from your telomere measurement,** we would anticipate your age to be:

61.86
YEARS OLD

Telomere Length Based on Biological Age Prediction:



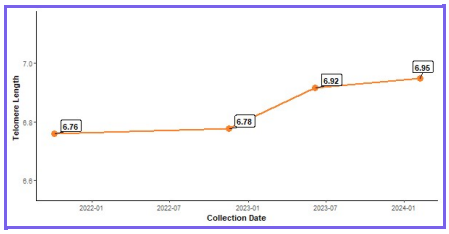
Your Average telomere prediction length:

6.9 kb

This puts you in the:

71.82st Percentile

Changes Over Time



ALGORITHM	PATIENT DATA	MORBIDITY AND MORTALITY ASSOCIATIONS	RISK STATEMENT
Telomere	6.9 Kilobase Unit	At your chronological age of 68.09, your telomeres are longer than 71.82st% of people. who share the same chronological age as you.	Shorter telomeres are not only associated with age but with disease too. Shorter telomere length and low telomerase activity are correlated with several chronic preventable diseases.

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Fitness Age

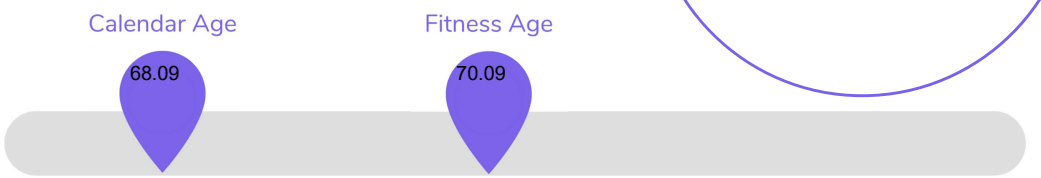
OMICm FitAge

The incorporation of physical fitness measurements into epigenetic clocks **increases the measurable effects of lifestyle, medical, and environmental interventional changes** on the aging process. The DNAmFitAgeAccel algorithm, also simply known as FitAgeAcceleration, was developed by researchers at UCLA, and is an estimate of epigenetic age acceleration. We have created a version of this, however, we incorporated our **OMICm Age** algorithm (developed with Harvard) instead. We call this **OMICm FitAge,** which tells you how old you are according to your physical fitness and functionality.

70.09

YEARS OLD

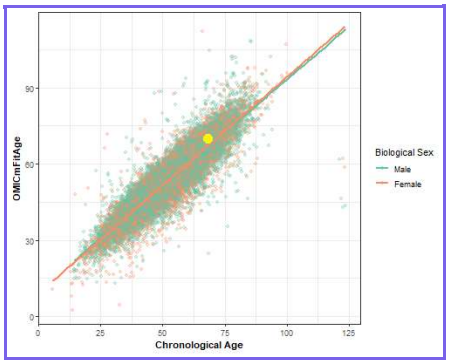
OMIC$_m$ FitAge



Your OMICm Age is

HIGHER THAN

your calendar age by **2.00** years.



IFor every one year older OMICm FitAge is, there is an average **0.29 decrease in relative grip strength and 0.32 increase in BMI.** OMICm FitAge has estimated that high-fit individuals (classified through VO2max) have a **1.5 to 2.0 younger biological age** compared to low/medium fit individuals in females and males, respectively. Younger OMICm FitAge was associated with better memory test performance, emphasizing the beneficial role of physical exercise on cognitive health.

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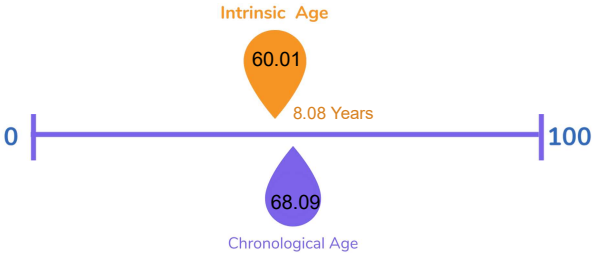
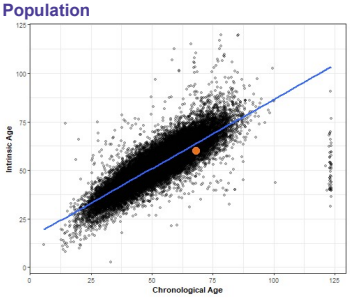
Intrinsic & Extrinsic Age

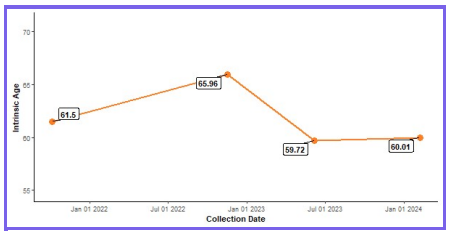
Intrinsic Epigenetic Age



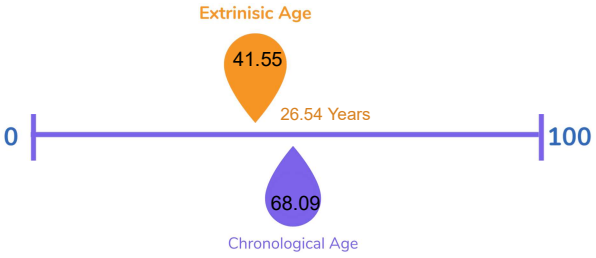
Population



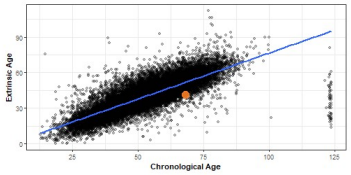
Changes Over Time



Extrinsic Epigenetic Age



Population



Changes Over Time