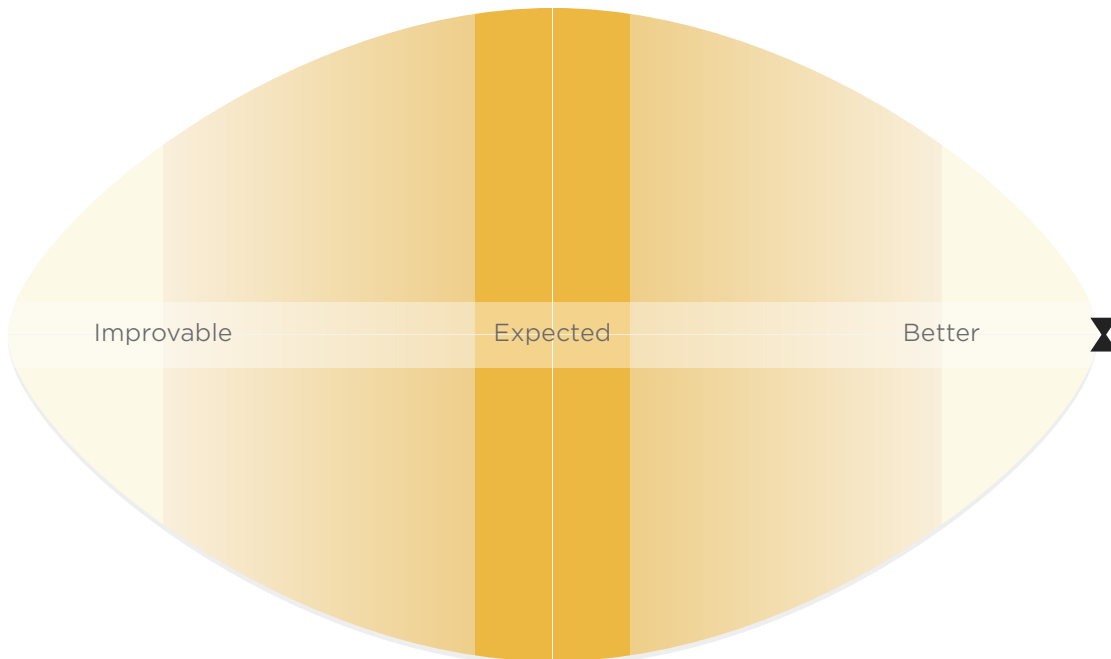


Your actual age:
66 years



The age of your cells:
43 TeloYears, Younger than your Actual age

Self Assessment Results

Activity Details

 Little Plenty

Nutrition Details

 Poor Healthy

Sleep Details

 Poor Good

Stress Details

 High Good

Environmental/Chemical Exposure Details

 Bad Good

Your Results

Your Average Telomere Length is 1.40 (T/S ratio)

which puts you in the 99th percentile. This means that your telomeres are longer than **99%** of men your age.

Opportunities for improvement

Telomere length can be influenced by several factors including your physical activity, nutrition, quality of sleep, stress management as well as chronic diseases.

Download the [Blueprint for Aging Well](#) to see suggestions for each area that have been clinically proven to help improve telomere health.

Results over time

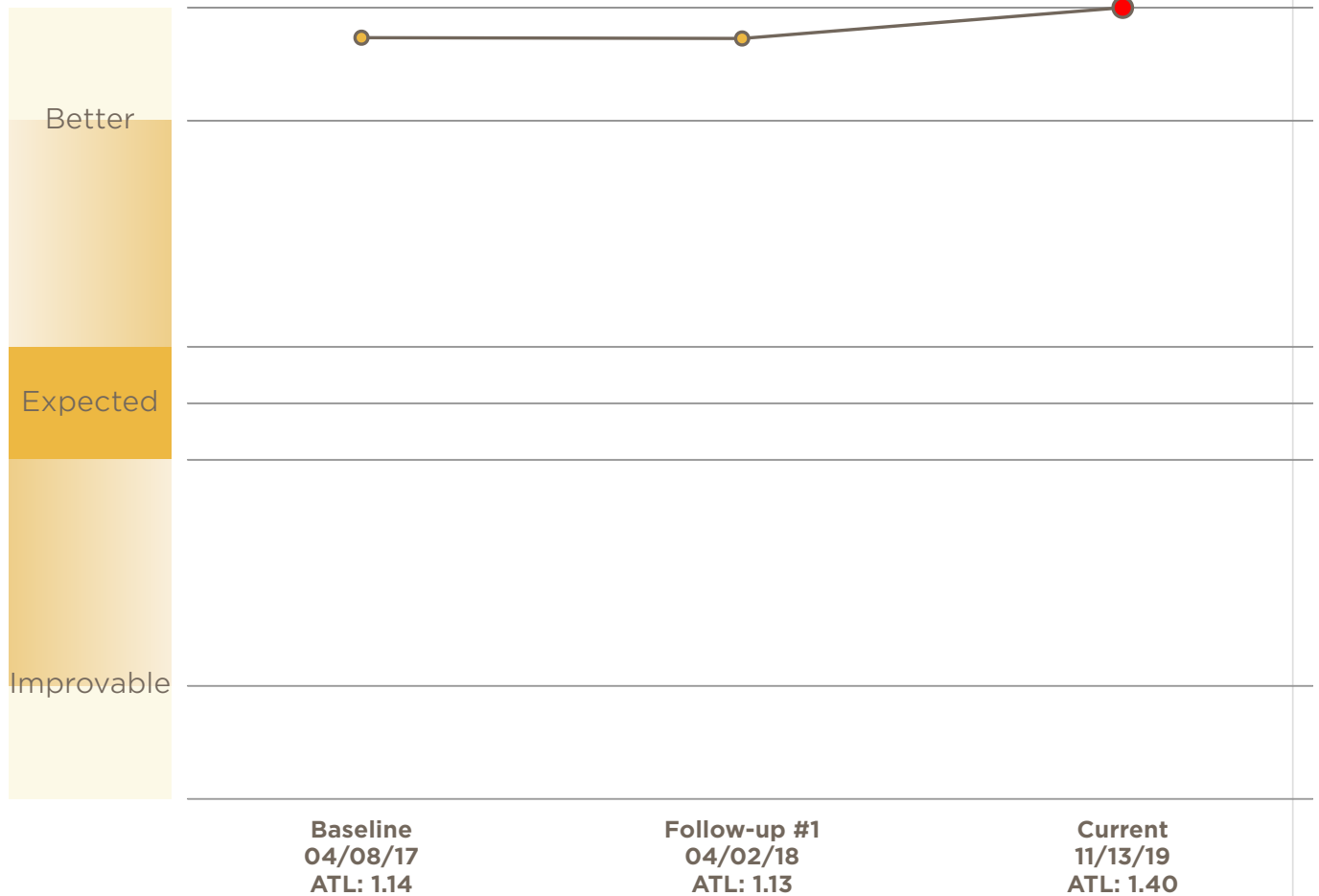
		ATL T/S ratio	Change from Baseline
BASELINE	08-Apr-2017	1.14	—
FOLLOW-UP #1	02-Apr-2018	1.13	Decrease
CURRENT	13-Nov-2019	1.40	Increase



This change in your Average Telomere Length is not significant at the 95% confidence level.

Change in Average Telomere Length

i Check result changes across your analyzed samples. The one you clicked on is marked with **red**.



WHAT NOW

Explore the TeloYears Blueprint for Aging Well provided with this report for insights and information on how to get the most out of your TeloYears results. Consult your doctor before engaging in any diet, exercise, or lifestyle modification program.

Laboratory Director - Anagh Vora M.D. CLIA #05D2041002

1. Data on File at Telomere Diagnostics (2019).

The TeloYears test is not intended for screening, diagnosing, treating or preventing diseases or medical conditions. The information provided by the TeloYears test should not be used to replace medically appropriate screening tests recommended based upon actual age or other risk factors nor should the information be used to make decisions about diagnosis or treatment of diseases or medical conditions. Consult your doctor to identify other tests that may be appropriate

for you. The Telomere Diagnostics lab is regulated under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) as qualified to perform high-complexity clinical testing. The performance characteristics of this test were determined by Telomere Diagnostics. The TeloYears test has not been cleared or approved by the U.S. Food and Drug Administration. TeloYears and Telomere Diagnostics are trademarks of Telomere Diagnostics, Inc. ©2017 Telomere Diagnostics, Inc. All rights reserved.



2688 Middlefield, Suite A
Redwood City, CA 94063
www.teloyears.com

T: (844) 457-9944
F: (650) 369-0644
support@teloyears.com

The TeloYears test is not intended for screening, diagnosing, treating or preventing diseases or medical conditions. The site does not offer medical advice and nothing contained in the content is intended to constitute professional advice for medical diagnosis. The TeloYears genetic test may indicate the possibility of identifying a rare telomere syndrome associated with extremely shorter or longer average telomere length (ATL). In these rare cases, further testing and consultation with a doctor to rule in or rule out a telomere syndrome is recommended. The test is available for individuals between the ages of 20 to 80 within the United States, except for the state of New York. The information provided by the TeloYears test should not be used to replace medically appropriate screening tests recommended based upon actual age or other risk factors, nor should the information be used to make decisions about diagnosis or treatment of diseases or medical conditions. The Telomere Diagnostics lab is regulated under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) as qualified to perform high complexity clinical testing. The performance characteristics of this test were determined by Telomere Diagnostics. It has not been cleared or approved by the U.S. Food and Drug Administration.

[FOR MEDIA](#) [FOR DOCTORS](#) [FOR CUSTOMERS](#) [AFFILIATE PROGRAM](#) [CONTACT US](#) [FAQS](#) [TERMS & CONDITIONS](#) [PRIVACY POLICY](#)

© 2017 TeloYears. All rights reserved.