

Heart Report

Sample Member · Year 1 review · Tampa Cardiovascular Associates

SAMPLE
ILLUSTRATIVE VALUES

Your cardiometabolic picture

Your heart, blood sugar, weight, kidneys, and liver work as one connected system. Each section shows where you started, where you are now, and the target set with your physician.

 Heart & blood vessels On target				
MEASURE	AT JOINING	THIS YEAR	YOUR TARGET	PROGRESS
Blood pressure	138/86	124/76	Below 130/80	
LDL cholesterol	131 mg/dL	68 mg/dL	Below 70	
ApoB	118 mg/dL	72 mg/dL	Below 80	
Lp(a)	142 nmol/L	Measured once	Inherited; in your plan	

 Blood sugar & insulin On target				
MEASURE	AT JOINING	THIS YEAR	YOUR TARGET	PROGRESS
A1c	6.1%	5.6%	Below 5.7%	
Fasting glucose	112 mg/dL	96 mg/dL	Below 100	

 Weight & visceral fat Improving				
MEASURE	AT JOINING	THIS YEAR	YOUR TARGET	PROGRESS
Weight	214 lb	197 lb	190 lb	
Waist	41 in	37.5 in	Below 40 in	

 Kidneys & liver On target				
MEASURE	AT JOINING	THIS YEAR	YOUR TARGET	PROGRESS
Kidney filtering (eGFR)	78	82	60 or higher	
Urine protein	22 mg/g	14 mg/g	Below 30	
Liver enzyme (ALT)	48 U/L	29 U/L	Below 40	

Fitness and well-being

How you feel and function matters as much as your lab numbers.

EXERCISE CAPACITY

10.4 METs

From 8.1 at joining (stress test)

WEEKLY ACTIVITY

170 min

From 60 minutes; goal 150 or more

SLEEP

7.0 hours

From 5.5 hours; stress now rarely a concern

Your assessments this year

Results in plain language. Full reports are in your medical record.

Echocardiogram	Normal pumping strength and valve function. A baseline for future comparison.
Carotid ultrasound	Mild plaque with no significant narrowing. Supports your current cholesterol plan.
Exercise stress test	Good exercise capacity with a normal heart response to exertion.
Aortic aneurysm screening	Not indicated for you this year, based on age and history.

Your plan for year 2

Agreed with your physician across the program’s four principles.

Risk modification - Continue current cholesterol and blood–pressure treatment - Home blood–pressure readings twice a week - Recheck ApoB and A1c in six months	Physical activity - Maintain 150 or more minutes of weekly activity - Add strength training two days a week
Weight loss - Reach 190 lb with nutrition support - Review medication options at your next visit	Mental health - Keep a regular sleep schedule - Check in on stress at each visit

About this sample. This report is an example. The member, values, findings, and plan are fictitious and do not describe any real person or predict your results. Your own report will reflect your history, your results, and targets set with your physician. It is not medical advice.

Reviewed with your program physician

Date of review