

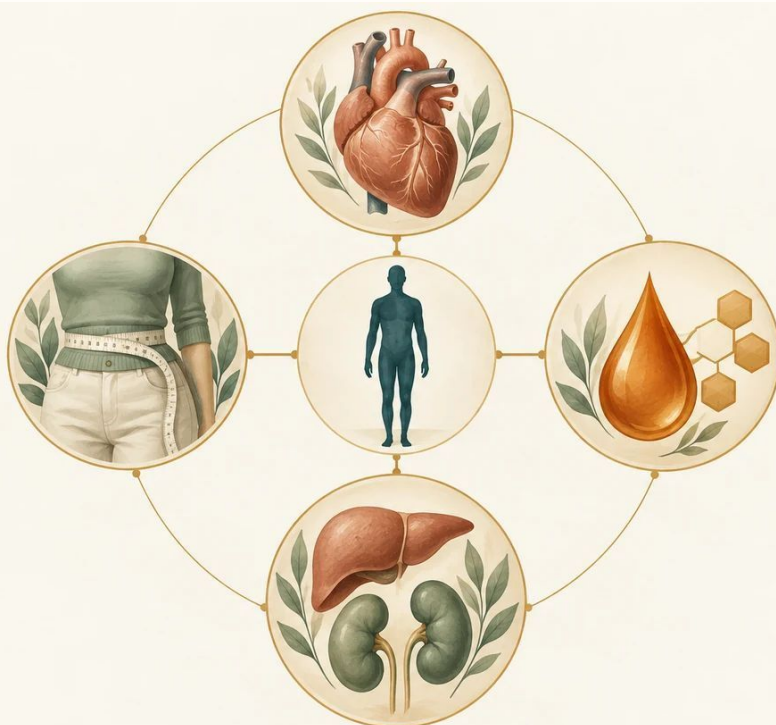


Comprehensive Cardiovascular  
Optimization Program

CONFIDENTIAL

PREPARED FROM YOUR CONSULTATION

# Your Personal Cardiometabolic Plan



PREPARED FOR

Alex Sample

CONSULTATION

October 14, 2026

WITH

Marc Bloom, MD

This plan contains your personal health information. Tampa Cardiovascular Associates · 4450 E. Fletcher Avenue, Suite C, Tampa, FL 33613 · (813) 975-2800

## A NOTE FROM YOUR PHYSICIAN

Welcome to *your plan.*

Alex Sample

Consultation October 14, 2026



Marc Bloom, MD  
Medical Director  
Cardiothoracic surgeon

Dear Alex,

It was a pleasure to meet you and your spouse today. Thank you for sharing your story so openly, including your father's heart attack at 52. That history, together with your Lp(a) result, tells us your heart risk is partly inherited. The encouraging news is that the parts we can change are very changeable.

Today we agreed on three priorities: bringing your LDL and ApoB down to protect your arteries, turning around your prediabetes before it becomes diabetes, and building your fitness safely, starting with a stress test so you can exercise with confidence.

This plan brings together everything we discussed: your numbers, what they mean, the steps we agreed on, and practical guides for food, activity, sleep, and stress. Keep it somewhere handy. We will measure your progress together, and in a year your Heart Report will show how far you have come.

You are not doing this alone. If anything is unclear, or something changes, message us through the healow app or call your coordinator.

Marc Bloom, MD

Medical Director · Comprehensive Cardiovascular Optimization Program

## YOUR VISIT AT A GLANCE

## Three priorities. One plan.

Alex Sample

Consultation October 14, 2026

01

**Lower LDL and ApoB**

Your inherited Lp(a) and family history make LDL your most powerful lever. Target: LDL below 70 mg/dL.

02

**Reverse prediabetes**

An A1c of 6.1% can return to normal. Losing about 15 lb and walking daily are the strongest tools.

03

**Build fitness safely**

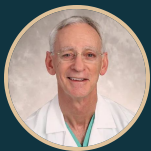
A stress test first, then a 12-week plan to reach 150 minutes a week with strength training.

## Your key numbers today

|                 |           |                 |
|-----------------|-----------|-----------------|
| Blood pressure  | 138/86    | WORKING ON IT   |
| LDL cholesterol | 131 mg/dL | NEEDS ATTENTION |
| ApoB            | 118 mg/dL | NEEDS ATTENTION |
| A1c             | 6.1%      | WORKING ON IT   |
| Weight          | 214 lb    | WORKING ON IT   |
| Waist           | 41 in     | WORKING ON IT   |

## What happens next

|           |                                                     |
|-----------|-----------------------------------------------------|
| Weeks 1–2 | Home blood-pressure readings; set up the healow app |
| Weeks 3–4 | Echocardiogram and exercise stress test             |
| Week 5    | Start the 12-week activity plan                     |
| Month 3   | Follow-up visit; cholesterol, ApoB, and A1c results |



YOUR PHYSICIAN GOING FORWARD

**Marc Bloom, MD**

Medical Director · Cardiothoracic surgeon

**(813) 975-2800**

Secure messaging: healow app

## YOUR CARDIOMETABOLIC PICTURE

Four systems, **one** you.

Alex Sample

Consultation October 14, 2026

Your heart, blood sugar, weight, kidneys, and liver affect one another. Here is where each stands today, and the target we set together.

**Heart & blood vessels**

Blood pressure and the cholesterol particles that build plaque in artery walls.

| MEASURE         | TODAY             | YOUR TARGET              | STATUS          |
|-----------------|-------------------|--------------------------|-----------------|
| Blood pressure  | <b>138/86</b>     | Below 130/80             | WORKING ON IT   |
| LDL cholesterol | <b>131 mg/dL</b>  | Below 70                 | NEEDS ATTENTION |
| ApoB            | <b>118 mg/dL</b>  | Below 80                 | NEEDS ATTENTION |
| Lp(a)           | <b>142 nmol/L</b> | Inherited; measured once | NEEDS ATTENTION |
| Triglycerides   | <b>186 mg/dL</b>  | Below 150                | WORKING ON IT   |

**What this means for you:** Your blood pressure is mildly raised and your LDL and ApoB are well above target. Because your Lp(a) is high and inherited, lowering LDL matters even more for you.

**Blood sugar & insulin**

How your body handles sugar. Higher levels damage blood vessels over time.

| MEASURE         | TODAY            | YOUR TARGET | STATUS        |
|-----------------|------------------|-------------|---------------|
| A1c             | <b>6.1%</b>      | Below 5.7%  | WORKING ON IT |
| Fasting glucose | <b>112 mg/dL</b> | Below 100   | WORKING ON IT |

**What this means for you:** Your A1c of 6.1% is in the prediabetes range. This is the stage where lifestyle changes work best, and it often returns to normal.

**Weight & visceral fat**

Fat stored around the organs drives blood pressure, blood sugar, and inflammation.

| MEASURE | TODAY         | YOUR TARGET  | STATUS        |
|---------|---------------|--------------|---------------|
| Weight  | <b>214 lb</b> | 199 lb (−7%) | WORKING ON IT |
| Waist   | <b>41 in</b>  | Below 40 in  | WORKING ON IT |
| BMI     | <b>30.7</b>   | Below 27     | WORKING ON IT |

**What this means for you:** Your waist suggests extra fat around the organs, which is likely driving your blood sugar, triglycerides, and liver enzyme.

**Kidneys & liver**

Early kidney and liver changes are signs that metabolism is straining the body.

| MEASURE                 | TODAY          | YOUR TARGET  | STATUS        |
|-------------------------|----------------|--------------|---------------|
| Kidney filtering (eGFR) | <b>78</b>      | 60 or higher | ON TARGET     |
| Urine protein (UACR)    | <b>22 mg/g</b> | Below 30     | ON TARGET     |
| Liver enzyme (ALT)      | <b>48 U/L</b>  | Below 40     | WORKING ON IT |

**What this means for you:** Your kidneys are working well. Your mildly raised ALT may reflect fatty liver, which usually improves with weight loss.

## YOUR PLAN

What we agreed, **step by step.**

Alex Sample

Consultation October 14, 2026

Your plan across the program's four principles. Tick each step as it becomes routine.

01

## Risk modification

## YOUR GOAL

**LDL below 70 and blood pressure below 130/80 within 3 months**

- ☐ Increase atorvastatin as discussed
- ☐ Home blood-pressure readings twice daily for two weeks
- ☐ Recheck cholesterol and ApoB in 8–12 weeks

**How we will measure progress:** Cholesterol panel, ApoB, home blood-pressure log

02

## Physical activity

## YOUR GOAL

**150 minutes a week of moderate activity, plus strength training twice a week**

- ☐ Complete your stress test first
- ☐ Start the 12-week walking plan the week after
- ☐ Add two strength sessions from week 5

**How we will measure progress:** Weekly minutes; fitness on your next stress test

03

## Weight loss

## YOUR GOAL

**Lose 15 lb (7%) over six months**

- ☐ Follow the plate method at lunch and dinner
- ☐ Replace evening snacks and soda
- ☐ Weekly weigh-in every Sunday morning

**How we will measure progress:** Weight, waist, A1c at 3 months

04

## Mental health

## YOUR GOAL

**7 hours of sleep and less work stress in the evenings**

- ☐ Fixed bedtime of 10:30 pm
- ☐ Five minutes of slow breathing after work
- ☐ Complete a home sleep-apnea test

**How we will measure progress:** Sleep hours; sleep test result



## FOR YOUR FAMILY

Because Lp(a) is inherited, we recommend that your brother and your adult children each have it measured once. Their own physicians can order the test.

YOUR TESTS AND MEDICATIONS

# What we will measure, and why.

Alex Sample  
Consultation October 14, 2026

### Echocardiogram

An ultrasound of your heart:  
how strongly it pumps and  
how the valves work.

RECOMMENDED

#### Within 4 weeks

A baseline of heart structure and pumping, given your blood pressure and family history.

### Carotid ultrasound

An ultrasound of the arteries  
in your neck that supply the  
brain.

NOT NEEDED NOW

Not needed now. You have no symptoms, and it would not change your treatment today.

### Exercise stress test

A treadmill test of how your  
heart handles exertion, and  
your fitness level.

RECOMMENDED

#### Within 4 weeks, before starting vigorous exercise

To confirm it is safe to exercise and to measure your starting fitness.

### Aortic aneurysm screening

An ultrasound that checks  
the body's largest artery for a  
silent enlargement.

NOT NEEDED NOW

Not indicated at your age and history. We will revisit at 65.

### Bloodwork

- ☐ Cholesterol panel and ApoB in 8–12 weeks
- ☐ A1c and liver enzymes in 3 months

### Other tests discussed

- ☐ Home sleep–apnea test (arranged by the coordinator)
- ☐ Liver ultrasound to look for fatty liver (billed separately; discussed)

## Your medications

| MEDICATION               | WHAT IT IS FOR         | PLAN                                                         |
|--------------------------|------------------------|--------------------------------------------------------------|
| Atorvastatin 20 mg daily | Lowers LDL cholesterol | Increase discussed; recheck in 8–12 weeks                    |
| Lisinopril 10 mg daily   | Lowers blood pressure  | Continue; review home readings in 2 weeks                    |
| Fish oil (supplement)    | Taken for heart health | Discussed: no proven heart benefit at this dose; your choice |

Included assessments are performed when clinically appropriate. Bloodwork may be billed to your insurance; other tests are explained, and their cost discussed, before they are ordered.

## UNDERSTANDING YOUR NUMBERS

## What each measure means.

Alex Sample

Consultation October 14, 2026

General reference ranges for adults. Your personal targets, set with your physician, may differ based on your history and risk.

| MEASURE              | WHAT IT IS                                                                                                       | GENERAL REFERENCE                                                                       |
|----------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Blood pressure       | The force of blood against artery walls. The top number is pressure as the heart beats; the bottom, as it rests. | Normal: below 120/80. Elevated: 120–129 / below 80. High: 130/80 or above.              |
| LDL cholesterol      | “Bad” cholesterol, the main kind that builds up in artery walls.                                                 | Lower is better. With heart disease, targets are often below 70 mg/dL.                  |
| ApoB                 | A count of the particles that carry cholesterol into artery walls. Often a sharper signal than LDL.              | Lower is better. Your physician sets your target.                                       |
| Lp(a)                | An inherited cholesterol particle. Most people need it measured only once in their life.                         | Raised risk: 50 mg/dL (about 125 nmol/L) or higher.                                     |
| Triglycerides        | A blood fat that rises with sugar, refined carbohydrates, alcohol, and extra weight.                             | Normal: below 150 mg/dL.                                                                |
| A1c                  | Your average blood sugar over the past three months.                                                             | Normal: below 5.7%. Prediabetes: 5.7–6.4%. Diabetes: 6.5% or higher.                    |
| Fasting glucose      | Blood sugar after not eating overnight.                                                                          | Normal: below 100 mg/dL. Prediabetes: 100–125.                                          |
| Waist                | Measured at the navel. Reflects fat stored around the organs.                                                    | Higher risk: above 40 in (men) or 35 in (women).                                        |
| eGFR                 | How well your kidneys filter your blood.                                                                         | 60 or higher is generally adequate. Below 60 for three months indicates kidney disease. |
| Urine protein (UACR) | Protein leaking into urine, an early sign of kidney and blood-vessel strain.                                     | Normal: below 30 mg/g.                                                                  |
| ALT                  | A liver enzyme. Persistently raised levels can be a sign of fatty liver.                                         | Compared with your laboratory's reference range.                                        |

## YOUR GUIDE

# Eating for your heart.

No single food fixes heart health. A steady pattern of real food does, and it is one of the best-studied tools in cardiology.

**The evidence:** a Mediterranean-style diet rich in extra-virgin olive oil or nuts led to about 30% fewer heart attacks, strokes, and cardiovascular deaths in a large randomized trial. The DASH eating pattern lowered systolic blood pressure by about 11 points in people with high blood pressure.



## YOUR FOCUS

Lunch and dinner on the plate method, and sodium under 2,000 mg a day while we lower your blood pressure.

## BUILD YOUR PLATE



- **Half: vegetables and fruit.** Variety and color; leafy greens most days.
- **A quarter: protein.** Fish, poultry, beans, lentils, tofu, eggs.
- **A quarter: whole grains.** Oats, brown rice, quinoa, whole-wheat bread.

Cook with extra-virgin olive oil. Drink water or unsweetened tea.

## EAT LESS OF

- **Sodium:** ideally under 1,500 mg a day, and no more than 2,300 mg. Most comes from packaged and restaurant food, not the salt shaker.
- **Added sugar:** under 25 g a day for women, 36 g for men.
- Processed meats, refined grains, sugary drinks, and fried food.

## EACH WEEK, AIM FOR

- Fish twice, ideally oily fish: salmon, sardines, trout
- Beans or lentils three or more times
- A small handful of unsalted nuts most days
- 25 to 30 grams of fiber a day, from food
- Fruit as your usual dessert

## SIMPLE SWAPS

|                     |   |                                    |
|---------------------|---|------------------------------------|
| White bread or rice | → | <b>Whole grain or brown rice</b>   |
| Chips or crackers   | → | <b>Unsalted nuts</b>               |
| Soda or juice       | → | <b>Sparkling water with citrus</b> |
| Deli meat           | → | <b>Roasted chicken or beans</b>    |
| Butter              | → | <b>Extra-virgin olive oil</b>      |
| Ice cream           | → | <b>Greek yogurt with berries</b>   |

**Reading labels:** 5% of the daily value is low; 20% or more is high.

## YOUR GUIDE

# Moving with confidence.

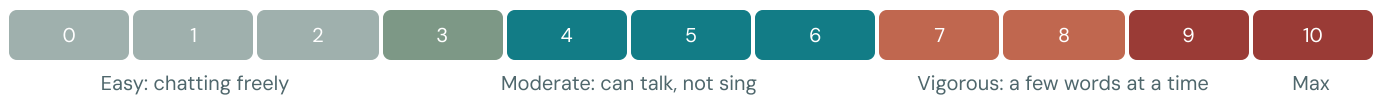
Fitness is one of the strongest predictors of a long, independent life, and one of the most improvable.

**The evidence:** across 33 studies, each step up in fitness (1 MET, roughly the difference between a slow and a brisk walk) was linked to about 13% lower risk of death. Guidelines recommend 150 to 300 minutes of moderate activity a week, plus strength training on two days.



**YOUR FOCUS** After your stress test, start weeks 1–4 of the plan. Your target is 150 minutes a week by month 3.

## HOW HARD IS “MODERATE”? USE THE TALK TEST



## A 12-WEEK STARTING PLAN (ONCE YOUR PHYSICIAN CLEARS YOU)

| WEEKS | AEROBIC                                                        | STRENGTH AND BALANCE                                                        |
|-------|----------------------------------------------------------------|-----------------------------------------------------------------------------|
| 1–4   | Walk 10–15 minutes, 5 days a week, at an easy-to-moderate pace | Gentle stretching; stand from a chair 10 times, twice a day                 |
| 5–8   | Build to 20–30 minutes, 5 days a week, at a moderate pace      | Two sessions a week: bands or light weights, 8 exercises, 10–15 repetitions |
| 9–12  | 30–40 minutes; add brisk intervals if your physician agrees    | Two to three sessions a week; add balance work such as heel-to-toe walking  |

## GOOD HABITS

- Warm up and cool down for 5 minutes
- Breathe out as you lift; never hold your breath
- Stand or walk for 2–3 minutes every half hour of sitting
- Pick activities you enjoy: walking, swimming, cycling, dancing

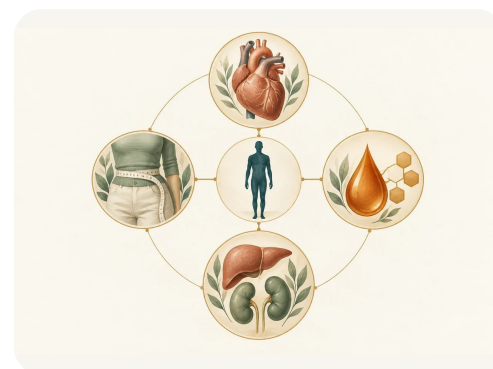
**Stop and rest if you notice** chest pain, pressure, or tightness; unusual shortness of breath; dizziness; a racing or irregular heartbeat; or pain spreading to the arm, neck, or jaw. **If it does not settle within a few minutes of rest, call 911.**

## YOUR GUIDE

# Weight and metabolism.

The goal is not a number on the scale. It is less fat around the organs, steadier blood sugar, and more strength.

**The evidence:** in the Diabetes Prevention Program, losing about 7% of body weight and walking 150 minutes a week cut the chance of developing type 2 diabetes by 58%. Losing 5–10% improves blood pressure, blood sugar, and triglycerides.



**YOUR FOCUS** About 15 lb over six months, roughly half a pound a week. Protein at breakfast is your first change.

## WHAT WORKS

- Protein at every meal (about 25–30 g) to protect muscle and stay full
- Strength training twice a week; muscle helps control blood sugar
- Regular meal times; avoid grazing late in the evening
- Cut liquid calories: soda, juice, sweet coffee drinks, and alcohol
- Sleep 7–9 hours; short sleep raises hunger hormones

## ABOUT WEIGHT-LOSS MEDICATIONS

GLP-1–based medicines can help when lifestyle changes are not enough. In people with heart disease and excess weight, one lowered the risk of heart attack, stroke, or cardiovascular death by 20%. They are not right for everyone; side effects such as nausea are common at first, and protein and strength training matter even more while taking them. Your physician will discuss whether one is appropriate. Medication costs are separate from membership.

## TRACK WHAT MATTERS

- Weigh in once a week, same day and time
- Measure your waist monthly, at the navel
- Notice energy, sleep, and how clothes fit
- Expect a pace of about 0.5–1 lb a week

## WHY THE WAIST MATTERS

Visceral fat, stored deep around the organs, releases substances that raise blood pressure, blood sugar, and inflammation. It is often the first fat to go when you combine better eating with regular movement.

## YOUR GUIDE

## Sleep and your heart.

Sleep is when blood pressure falls and the body repairs. The American Heart Association now counts it as one of eight essentials of heart health.

**The aim:** 7 to 9 hours a night. Regular short sleep is linked to higher blood pressure, higher blood sugar, and weight gain.



**YOUR FOCUS** A fixed 10:30 pm bedtime, and the home sleep test because of your snoring.

## HABITS THAT HELP

- Go to bed and wake at the same time every day, weekends included
- Keep the bedroom cool, dark, and quiet
- Get daylight within an hour of waking
- Have caffeine before noon only
- Avoid alcohol close to bedtime; it fragments sleep
- Put screens away an hour before bed

## COULD IT BE SLEEP APNEA? TELL US IF

- ☐ You snore loudly
- ☐ Someone has seen you stop breathing in your sleep
- ☐ You feel tired or doze off during the day
- ☐ You wake with headaches
- ☐ Your blood pressure is hard to control

Sleep apnea is common, strains the heart, and is very treatable. Testing can often be done at home.

## YOUR GUIDE

## Stress, mood, and your heart.

The mind and the heart are closely connected. Looking after one supports the other.

**The evidence:** the American Heart Association reports that depression and chronic stress are linked to higher cardiovascular risk, and that optimism, purpose, and social connection are linked to better heart health.

**YOUR FOCUS** Five minutes of slow breathing after work, and protecting your evenings from email.

## DAILY TOOLS

- **Five minutes of slow breathing:** in for 4 counts, out for 6, twice a day
- **Move outdoors:** a daily walk lowers stress and lifts mood
- **Stay connected:** regular time with people you care about
- **Protect your evenings:** limit news and work after dinner
- **Do something with purpose:** volunteering, hobbies, faith, family

## A QUICK CHECK-IN

Over the past two weeks, how often have you had little interest or pleasure in doing things, or felt down or hopeless? If the answer is "more than half the days," please tell us. Support works, and we can connect you with a qualified professional.

**In a crisis,** call or text **988** (Suicide & Crisis Lifeline) at any time, or call 911.

## YOUR GUIDE

# Getting the most from **your medications.**

Heart medicines work best when taken consistently over years, not weeks.

**YOUR FOCUS** Take atorvastatin each evening with your pill organizer; message us if you notice muscle aches.

## MAKE IT AUTOMATIC

- Take them at the same time each day, linked to a habit such as brushing your teeth
- Use a weekly pill organizer and phone reminders
- Refill a week before you run out
- Keep an up-to-date list in your wallet or phone

## TALK TO US BEFORE YOU STOP

- Never stop a cholesterol, blood-pressure, or blood-thinning medicine on your own
- Side effects such as muscle aches usually have solutions: a different dose, schedule, or medicine
- Tell us about every supplement; some interact with heart medicines
- Message us through the healow app with questions

## YOUR GUIDE

# Measuring blood pressure **at home.**

Home readings show your true blood pressure better than a single office reading.

The method matters.

**YOUR FOCUS** Twice a day for the next two weeks, then send your log through the healow app.

## BEFORE YOU MEASURE

- No caffeine, exercise, or smoking for 30 minutes
- Empty your bladder
- Sit quietly for 5 minutes

## HOW TO MEASURE

- 1 Sit with your back supported, feet flat, legs uncrossed
- 2 Rest your arm on a table, cuff at heart level, on bare skin
- 3 Do not talk during the reading
- 4 Take two readings, one minute apart
- 5 Measure in the morning before medications, and in the evening

**YOUR 7-DAY LOG** · bring it to your next visit, or send the readings through the healow app

| DAY | MORNING 1 | MORNING 2 | EVENING 1 | EVENING 2 | NOTES |
|-----|-----------|-----------|-----------|-----------|-------|
| 1   |           |           |           |           |       |
| 2   |           |           |           |           |       |
| 3   |           |           |           |           |       |
| 4   |           |           |           |           |       |
| 5   |           |           |           |           |       |
| 6   |           |           |           |           |       |
| 7   |           |           |           |           |       |

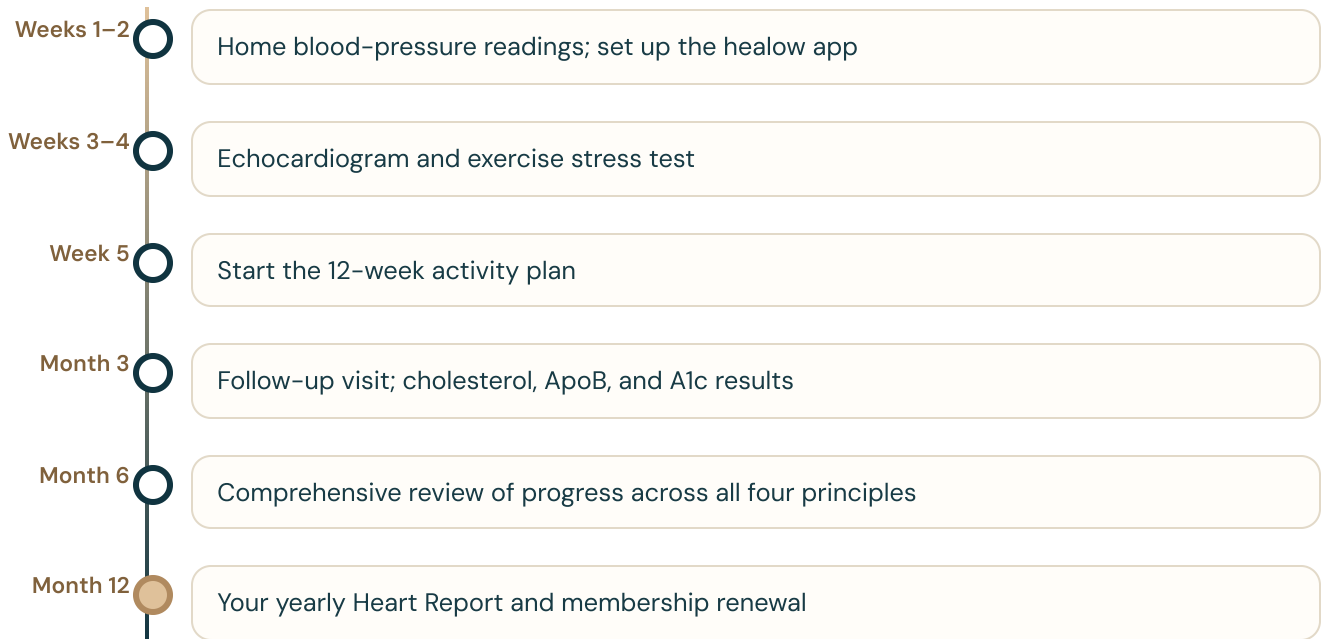
## YOUR YEAR AHEAD

## The next twelve months.

Alex Sample

Consultation October 14, 2026

Your program follows a clear rhythm, so you always know what comes next.



## When to call.

## Call 911

**Heart attack:** chest pain, pressure, or discomfort; pain in the arm, back, neck, jaw, or stomach; shortness of breath; cold sweat, nausea, or light-headedness.

**Stroke: BE FAST**



## Call or message us

- Your home blood pressure is above **160/100** on two readings
- It is below **90/60**, or you feel faint
- New swelling in your legs, dizziness, or a side effect that worries you
- You have questions about your plan or medications

## PROGRAM

(813) 975-2800

Ask for the program coordinator

## SECURE MESSAGES

healow app

Messages, results, and video visits

## OFFICE

4450 E. Fletcher Ave  
Suite C, Tampa, FL 33613

## SOURCES

## The research behind your guides.

Alex Sample

Consultation October 14, 2026

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**About this plan.** This plan summarizes your consultation and is not your complete medical record. General information in the guides is educational and does not replace advice from your physician. Treatment decisions are individualized. The program is not an emergency service; for a medical emergency, call 911.