

HEALTH HISTORY REPORT



100 Concourse Pkwy - Suite 120,
Hoover, AL 35244

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+1.678.408.1245
www.eclipsecorp.us



For Doctors Without Borders, the ability to respond quickly to medical humanitarian emergencies is crucial to saving more lives.

Please contact us at (212)-763-5779 or
Email donations@newyork.msf.org with any questions.
Online www.donate.doctorswithoutborders.org

Thank you for supporting our lifesaving work.



Patient Information

Full Name: **Jackson Thomson** I prefer to be called: **Jackson**

Spouse/Guardian: **Leslie Thomson**

Address: **100 Oak Street**

City: **Fox River Grove** State: **IL** Postal Code: **60021**

Home Tel: **(847)555-1221** Work Tel: **(847)555-6846** Cell Tel: **(847)555-2563**

E-Mail Address: **sales@eclipsecorp.us**

Preferred means of appointment reminders: Text Email If text, enter cellular provider: **AT&T**

Date of Birth: **1973-02-27** Age: **52** Gender: **Male** Married Single Widow(er)

Heart Exam

Blood Pressure Category	Systolic mm Hg (upper #)	Arm	Diastolic mm Hg (lower #)	Date	Checked By	Blood Pressure Medication(s)	Heart Rate
Normal	114		62	2024-03-16	Julie Cox RN	none	86
Normal	104		60	2024-02-28	Julie Cox RN	none	81
Normal	111		61	2024-02-21	Julie Cox RN	none	86
Normal	109		59	2024-02-27	Julie Cox RN	none	82
Normal	119		78	2023-08-16	Julie Cox RN	none	84
Prehypertension	125		82	2023-02-20	Livi Smith	none	80
Prehypertension	133		84	2022-07-04	Livi Smith	none	81
High Blood Pressure (Hypertension) Stage 1	145		98	2022-01-04	Livi Smith	none	84
High Blood Pressure (Hypertension) Stage 2	160		110	2012-08-12	Julie Cox RN	none	72
Hypertensive Crisis (Emergency care needed)	190		130	2012-02-14	Julie Cox RN	Lipitor oral Simcor oral niacin-lovastatin oral	69

Heart Exam

Normal

General Exam Notes from Previous Visit(s)

Normal	Normal	Normal	None
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Eye Exam

Normal

Teeth & Gums Exam

Normal

Continued on next page

HEALTH HISTORY REPORT (continued)Patient: **Jackson Thomson**DOB: **1973-02-27**Visit Date: **2024-01-31**MRN: **660980970**Age: **52** Gender: **Male**

Tonsils	Thyroid	Arteries	Other
Sinuses Exam			
Normal			

Abdomen Exam Liver size, abdominal fluids, bowel sounds and tenderness
Normal

Lung Exam
Normal

Dermatological Exam
Dry Itchy skin

Home Remedies For Dry Skin

Prevent dry skin by taking lukewarm (not hot) showers or baths for no longer than 10-15 minutes. Use a mild soap or body cleanser. Dry yourself very carefully (pat yourself dry, instead of rubbing vigorously) and apply moisturizing skin lotions all over your body. Avoid lotions with fragrances or other irritating substances. Avoid wool/mohair and other irritating fibers.



Lubriderm® Advanced Therapy Formula Deeply Hydrates Extra Dry Skin. Restore extra-dry skin · Intensely hydrates · Clinically shown · Vitamin B5 · Absorbs in seconds

Neurological Exam: Muscle Strength, reflexes, balance and mental state
Normal - good balance and reflexes

Extremities Exam
Normal

Male Exam
Take Male vitamins

Laboratory Test Notes		
Complete Blood Count	Chemistry Panel	Urinalysis (UA)
Hemoglobins LOW @ 9 g/dL RDW: Red Cell Distribution Width LOW @ 8.7 LYM HIGH at 8.56 MONO HIGH @ 10.48 All other Hematology NORMAL	Normal	Lead ELEVATED 10 Proteins TRACE Mercury ELEVATED 6.3 All other Urinalysis NORMAL

Continued on next page

HEALTH HISTORY REPORT (continued)

Patient: **Jackson Thomson**

DOB: **1973-02-27**

Visit Date: **2024-01-31**

MRN: **660980970**

Age: **52** Gender: **Male**

Imperial Body Mass Index (BMI) Formula

$$\text{BMI} = \frac{\text{Mass (Pounds)}}{(\text{Height(Inches)})^2} \times 703.06957964$$

BMI Category	Date	Checked By	Medication(s)	Weight	Height	BMI Score
Normal Healthy Weight	2024-02-22	Julie Cox RN	none	115 lbs	63 "	20
Normal Healthy Weight	2024-08-16	Julie Cox RN	none	128 lbs	63 "	23
Overweight	2024-02-20	Livi Smith	none	145 lbs	63 "	26
Obese	2024-07-04	Livi Smith	none	170 lbs	63 "	30
Obese	2024-01-04	Livi Smith	none	198 lbs	63 "	35
Extremely Obese	2024-08-12	Julie Cox RN	none	243 lbs	63 "	43
Extremely Obese	2012-02-14	Julie Cox RN	Celexa oral Diethyltoluamide Dietex Forte	272 lbs	63 "	48



One A Day Men's VitaCraves Multivitamin Gummies - Green Apple, Cherry & Berry

One A Day® Men's VitaCraves® Gummies is designed specifically to help address men's health concerns with more† antioxidants† which support the increased need caused by moderate to intense physical activity and more†† B-Vitamins which support heart health‡ and help convert food to energy.* All this, in an enjoyable gummy form.†With 30% DV more Vitamin A (4000 IU vs. 2500 IU) and 75% DV more Vitamin C (75mg vs. 30mg) than VitaFusion® Men's††With 150% DV more Vitamin B6 (5mg vs. 2mg), 83% DV more Vitamin B12 (15mcg vs. 10mcg), and 150% DV more Biotin (600mcg vs. 150 mcg) than One A Day® VitaCraves® Gummies‡ Not a replacement for heart medications.*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

If the item details above aren't accurate or complete, we want to know about it.

Overall Recommendations and Sponsored Ad(s)

Patient is in great shape overall. Following regular exercise routine. Follows a proper diet. Currently takes vitamin supplements.

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Online www.donate.doctorswithoutborders.org

Thank you for supporting our lifesaving work.



Patient Information

Full Name: **Beth Arlege** I prefer to be called: **Beth**

Spouse/Guardian: **Kirk Arlege**

Address: **100 Oak Street**

City: **Barrington** State: **IL** Postal Code: **60010**

Home Tel: **(847)555-1221** Work Tel: **(847)555-6846** Cell Tel: **(847)555-2563**

E-Mail Address: **sales@eclipsecorp.us**

Preferred means of appointment reminders: Text Email If text, enter cellular provider: **AT&T**

Date of Birth: **1966-02-27** Age: **58** Gender: **Female** Married Single Widow(er)

Heart Exam

Blood Pressure Category	Systolic mm Hg (upper #)	Arm	Diastolic mm Hg (lower #)	Date	Checked By	Blood Pressure Medication(s)	Heart Rate
Normal	109		59	2024-04-01	Julie Cox RN	none	82
Normal	119		78	2024-08-16	Julie Cox RN	none	84
Prehypertension	125		82	2024-02-20	Livi Smith	none	80
Prehypertension	133		84	2024-07-04	Livi Smith	none	81
High Blood Pressure (Hypertension) Stage 1	145		98	2024-01-04	Livi Smith	none	84
High Blood Pressure (Hypertension) Stage 2	160		110	2024-08-12	Julie Cox RN	none	72
Hypertensive Crisis (Emergency care needed)	190		130	2012-02-14	Julie Cox RN	Lipitor oral Simcor oral niacin-lovastatin oral	69

Heart Exam

Normal

General Exam Notes from Previous Visit(s)

Normal	Swollen	Normal	None
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Eye Exam

Red

Home Remedies For Red, Itchy Eyes

Cold compresses or warm compresses (whichever feels best) can be used. Over-the-counter and prescription medications can give short-term relief of some eye allergy symptoms. Sterile saline rinses and eye lubricants can soothe irritated eyes and help flush out allergens.



Clear Eyes™ - Relieves redness of the eye due to minor eye irritations. For use as a protectant against further irritation or to relieve dryness of the eye. Temporarily relieves burning and irritation due to dryness of the eye. Removes redness. Soothes and moisturizes. Fast acting.

Continued on next page

HEALTH HISTORY REPORT (continued)


Patient: **Beth Arlege** DOB: **1966-02-27** Visit Date: **2024-02-22** MRN: **6668761335** Age: **58** Gender: **Female**

Tonsils	Thyroid	Arteries	Other
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Teeth & Gums Exam

Gums bleeding

General Tips for Bleeding Gums: The best way to reduce plaque buildup and your risk for bleeding gums is to amp up your oral care routine. Remember to brush twice a day using a fluoride toothpaste. Floss at least once a day as well; gums can sometimes stop bleeding with regular flossing.

 **Parodontax™** - #1 recommended toothpaste for bleeding gums by reducing plaque when used twice-daily.

Sinuses Exam

Irritated throat, nasal drainage, sneezing, allergies

Stay Away From Triggers

You can ease your allergy symptoms by avoiding or reducing your exposure to triggers. For seasonal allergies, you should:

- Stay indoors as much as possible during peak pollen counts and windy days. Ragweed is highest in the morning. Tree and grass pollens peak in the early evening.
- Close windows and use your air conditioner.
- Wear glasses or sunglasses to keep pollen out of your eyes.
- Wear a mask when you work outdoors.

 **Claritin® 24 Hour Non-Drowsy Allergy Relief Tablets**

Relieve your seasonal allergies with Claritin 24-hour tablets. Claritin works on indoor and outdoor allergies, plus it won't make you drowsy or hyper. Adults can relieve allergy symptoms like sneezing, runny nose, itchy and watery eyes and itchy throat and nose with one tablet. Each 10-mg. antihistamine tablet provides 24 hours of relief.

Abdomen Exam| Liver size, abdominal fluids, bowel sounds and tenderness

Normal

Lung Exam

Wheezing in chest - appears to be asthma related due to allergins.
Chronic obstructive pulmonary disease (COPD) diagnosed from secondary smoke.
Prescribed Advair 230 twice a day along with the ProAir rescue inhaler for acute symptoms.
Patient still has shortness of breath.
Patient shows signs of Chronic bronchitis based on repeated, frequent episodes of productive cough.
2024-11-03 Chest X-Rays diagnosed patient with Pneumonia. Infection in both sides of the lungs.
Prescribed 2 5-day packs of Zithromax to be taken back-to-back.
Patient's Asthma appears to be controlled from the daily steroid inhaler along with the rescue inhaler.
Prescribed OTC Zyrtec to be taken daily to control allergy symptoms which trigger asthma symptoms including the lungs' airways (bronchi) which become inflamed and can spasm, causing shortness of breath and wheezing. Allergies, viral infections, or air pollution often trigger asthma symptoms.

Continued on next page

HEALTH HISTORY REPORT (continued)

Patient: **Beth Arlege**

DOB: **1966-02-27**

Visit Date: **2024-02-22**

MRN: **6668761335**

Age: **58** Gender: **Female**

Dermatological Exam

Dry, flaky, pale
Eczema

Home Remedies For Dry Skin

Prevent dry skin by taking lukewarm (not hot) showers or baths for no longer than 10-15 minutes. Use a mild soap or body cleanser. Dry yourself very carefully (pat yourself dry, instead of rubbing vigorously) and apply moisturizing skin lotions all over your body. Avoid lotions with fragrances or other irritating substances. Avoid wool/mohair and other irritating fibers.



Lubriderm® Advanced Therapy Formula Deeply Hydrates Extra Dry Skin. Restore extra-dry skin · Intensely hydrates · Clinically shown · Vitamin B5 · Absorbs in seconds

Neurological Exam: Muscle Strength, reflexes, balance and mental state

Normal - good balance and reflexes

Extremities Exam

Normal

Female Exam

Normal - Pap was negative, breast exam was normal

Laboratory Test Notes

Complete Blood Count	Chemistry Panel	Urinalysis (UA)
Hemoglobins LOW @ 9 g/dL RDW: Red Cell Distribution Width LOW @ 8.7 LYM HIGH at 8.56 MONO HIGH @ 10.48 All other Hematology NORMAL	Normal	Lead ELEVATED 10 Proteins TRACE Mercury ELEVATED 6.3 All other Urinalysis NORMAL

Continued on next page

HEALTH HISTORY REPORT (continued)

Patient: **Beth Arlege**

DOB: **1966-02-27**

Visit Date: **2024-02-22**

MRN: **6668761335**

Age: **58** Gender: **Female**

Imperial Body Mass Index (BMI) Formula

$$\text{BMI} = \frac{\text{Mass (Pounds)}}{(\text{Height(Inches)})^2} \times 703.06957964$$

BMI Category	Date	Checked By	Medication(s)	Weight	Height	BMI Score
Normal Healthy Weight	2024-04-01	Julie Cox RN	none	115 lbs	63 "	20
Normal Healthy Weight	2024-08-16	Julie Cox RN	none	128 lbs	63 "	23
Overweight	2024-02-20	Livi Smith	none	145 lbs	63 "	26
Obese	2024-07-04	Livi Smith	none	170 lbs	63 "	30
Obese	2024-01-04	Livi Smith	none	198 lbs	63 "	35
Extremely Obese	2024-08-12	Julie Cox RN	none	243 lbs	63 "	43
Extremely Obese	2012-02-14	Julie Cox RN	Celexa oral Diethyltoluamide Dietex Forte	272 lbs	63 "	48



One A Day Women's 50+ Advantage - A complete multivitamin with more of what matters to women 50+.

Formulated to support:

- Cell health with antioxidants: vitamins A, C, E, zinc, manganese, copper and selenium
- Bone health with a high level of calcium, vitamin D and magnesium
- Joint health with 200% DV of vitamin C to support collagen formation
- Heart health with vitamins B6, B12, C, E and folic acid• Eye health with vitamins A, C, E and zinc
- Immune health with vitamins A, C, E, selenium and zinc
- Physical energy with B vitamins and chromium to help convert food to energy

Overall Recommendations and Sponsored Ad(s)

Patient is in great shape overall. Following regular exercise routine. Follows a proper diet. Recommend vitamin supplements.

HEALTH HISTORY REPORT



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Patient Information

Full Name: Lauren Conduitt I prefer to be called: Lauren
 Spouse/Guardian: Mother | Leslie Conduitt
 Address: 100 Oak Street
 City: Barrington State: IL Postal Code: 60010
 Home Tel: (847)555-1221 Work Tel: (847)555-6846 Cell Tel: (847)555-2563
 E-Mail Address: sales@eclipsecorp.us
 Preferred means of appointment reminders: Text Email If text, enter cellular provider: AT&T
 Date of Birth: 2009-11-13 Age: 16 Gender: Female Married Single Widow(er)

Heart Exam

Blood Pressure Category	Systolic mm Hg (upper #)	Arm	Diastolic mm Hg (lower #)	Date	Checked By	Blood Pressure Medication(s)	Heart Rate
Normal	114		62	2024-02-22	Julie Cox RN	none	86
Normal	104		60	2024-02-28	Julie Cox RN	none	81
Normal	109		59	2024-02-27	Julie Cox RN	none	82
Normal	119		78	2024-08-16	Julie Cox RN	none	84
Normal	110		70	2024-02-20	Livi Smith	none	80
Normal	112		60	2024-07-04	Livi Smith	none	81
Normal	112		78	2012-01-04	Livi Smith	none	84

Heart Exam

Normal

General Exam Notes from Previous Visit(s)

Normal	Swollen	Normal	None
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Eye Exam

Normal

Teeth & Gums Exam

Normal

Continued on next page

HEALTH HISTORY REPORT (continued)

Patient: **Lauren Conduitt** DOB: **2009-11-13** Visit Date: **2024-03-01** MRN: **66687688** Age: **16** Gender: **Female**

Tonsils	Thyroid	Arteries	Other
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Sinuses Exam

Irritated throat, nasal drainage, sneezing, allergies

Stay Away From Triggers

You can ease your allergy symptoms by avoiding or reducing your exposure to triggers. For seasonal allergies, you should:

- Stay indoors as much as possible during peak pollen counts and windy days. Ragweed is highest in the morning. Tree and grass pollens peak in the early evening.
- Close windows and use your air conditioner.
- Wear glasses or sunglasses to keep pollen out of your eyes.
- Wear a mask when you work outdoors.



Claritin® 24 Hour Non-Drowsy Allergy Relief Tablets

Relieve your seasonal allergies with Claritin 24-hour tablets. Claritin works on indoor and outdoor allergies, plus it won't make you drowsy or hyper. Adults can relieve allergy symptoms like sneezing, runny nose, itchy and watery eyes and itchy throat and nose with one tablet. Each 10-mg. antihistamine tablet provides 24 hours of relief.

Abdomen Exam | Liver size, abdominal fluids, bowel sounds and tenderness

Normal

Lung Exam

Normal

Dermatological Exam

Normal | Fair tone red head | recommended sunscreen

Neurological Exam: Muscle Strength, reflexes, balance and mental state

Normal - good balance and reflexes

Extremities Exam

Normal

Female Exam

Normal - Pap was negative, breast exam was normal

Laboratory Test Notes

Complete Blood Count	Chemistry Panel	Urinalysis (UA)
Hemoglobins LOW @ 9 g/dL RDW: Red Cell Distribution Width LOW @ 8.7 LYM HIGH at 8.56 MONO HIGH @ 10.48 All other Hematology NORMAL	Normal	Lead ELEVATED 10 Proteins TRACE Mercury ELEVATED 6.3 All other Urinalysis NORMAL

Continued on next page

HEALTH HISTORY REPORT (continued)

Patient: **Lauren Conduitt**

DOB: **2009-11-13** Visit Date: **2024-03-01** MRN: **66687688**

Age: **16** Gender: **Female**

Imperial Body Mass Index (BMI) Formula

$$\text{BMI} = \frac{\text{Mass (Pounds)}}{(\text{Height(Inches)})^2} \times 703.06957964$$

BMI Category	Date	Checked By	Medication(s)	Weight	Height	BMI Score
Normal Healthy Weight	2024-03-16	Julie Cox RN	none	102 lbs	62 "	19
Underweight	2024-03-16	Julie Cox RN	none	98 lbs	62 "	18
Normal Healthy Weight	2024-02-20	Livi Smith	none	97 lbs	61 "	18
Normal Healthy Weight	2024-02-04	Livi Smith	none	95 lbs	60 "	19
Normal Healthy Weight	2024-01-04	Livi Smith	none	92 lbs	59 "	19



One-A-Day, One A Day for Her, VitaCraves, Teen Multivitamin

- Supports Bone Health with Calcium & Vitamin D
- Artificially Flavored
- Multivitamin/Mineral Supplement

Knowing what your teen wants is hard, but giving her what she may need is easy. One A Day Teen for Her

VitaCraves Gummies is specially designed to address health concerns of teenage girls, like bone health, energy support, and immune health, with key nutrients she may need.

Overall Recommendations and Sponsored Ad(s)

Patient is in great shape overall. Following regular exercise routine. Plays competitive lacrosse. Follows a proper diet.

Medical Care and Your 13 to 18 Year-Old

By meeting yearly with your teen, the doctor can keep track of changes in physical, mental, and social development and offer advice about avoiding unhealthy behaviors, such as smoking and drinking. The doctor also can help your teen understand the importance of choosing a healthy lifestyle that includes good nutrition, proper exercise, and safety measures. The more that teens understand about their physical growth and sexual development, the more they will recognize the importance of active involvement in their own health care.

What to Expect at the Doctor's Office

Teens should visit their doctors annually. Those with a chronic medical condition or certain clinical signs or symptoms might need more frequent visits.

Medical care should include screenings for high blood pressure, obesity, eating disorders, depression, and if indicated, hyperlipidemia (an excess of cholesterol and/or other fats in the blood). Older teens may be screened for alcohol, drugs, and sexually transmitted diseases (STDs). A tuberculin (PPD) test may be done if a teen is at risk for tuberculosis.

Vision and hearing will be checked. Teens are also checked for scoliosis (curvature of the spine).

Immunizations

By age 13, teens should have already had these immunizations:

- chickenpox (varicella) vaccine (if they have not had chickenpox)
- measles, mumps, and rubella (MMR) vaccine
- hepatitis B vaccine (HBV) series
- hepatitis A vaccine (HAV) series
- meningococcal vaccine
- human papillomavirus vaccine (HPV)
- diphtheria, tetanus, and acellular pertussis booster (Tdap)
- Doctors recommend a Tdap booster at 11-12 years of age, with a tetanus and diphtheria booster (Td) every 10 years after that.

Continued on next page

Overall Recommendations and Sponsored Ad(s)

The Tdap vaccine is also recommended for all pregnant women during the second half of each pregnancy, regardless of whether or not they had it before, or when it was last given. The flu vaccine, given before flu season each year, also is recommended. As teens go through puberty, issues of sexual health will be addressed. Young women may be referred to a gynecologist for a first visit. Young men will be checked for hernias and testicular cancer and taught how to do a testicular self-exam.

Teens should be asked about behaviors or emotional problems that may indicate depression or the risk of suicide. The doctor also should provide counseling about risky behaviors and other issues, including:

- sexual activities that may result in unintended pregnancy and STDs
- use of alcohol and other substances, including anabolic steroids
- use of tobacco products, including cigarettes and smokeless tobacco
- drinking and driving
- the importance of bicycle helmets, seat-belts, and protective sports gear
- how to resolve conflicts without violence, including how to avoid the use of weapons
- learning problems or difficulties at school
- importance of regular physical activity

Brought to you by Kids Health

<http://kidshealth.org/en/parents/medical-care-13-18.html>

HEALTH HISTORY REPORT



100 Concourse Pkwy - Suite 120,
Hoover, AL 35244

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www.eclipsecorp.us

Patient Information

Full Name: Arnie Mickerson I prefer to be called: Arnie
 Spouse/Guardian: Mother | Sue Mickerson
 Address: 5673 Lakeshore Drive
 City: Cary State: IL Postal Code: 60039
 Home Tel: (847)555-1221 Work Tel: (847)555-6846 Cell Tel: (847)555-2563
 E-Mail Address: sales@eclipsecorp.us
 Preferred means of appointment reminders: Text Email If text, enter cellular provider: AT&T
 Date of Birth: 2015-01-01 Age: 9 Gender: Female Married Single Widow(er)

Heart Exam

Blood Pressure Category	Systolic mm Hg (upper #)	Arm	Diastolic mm Hg (lower #)	Date	Checked By	Blood Pressure Medication(s)	Heart Rate
Normal	114		62	2024-03-01	Julie Cox RN	none	86
Normal	104		60	2024-02-28	Julie Cox RN	none	81
High Blood Pressure (Hypertension) Stage 2	175		132	2024-02-27	Julie Cox RN	none	85
High Blood Pressure (Hypertension) Stage 2	160		113	2024-08-16	Julie Cox RN	none	89
High Blood Pressure (Hypertension) Stage 1	155		124	2024-02-20	Livi Smith	none	88
Hypertensive Crisis (Emergency care needed)	195		134	2024-07-04	Livi Smith	none	84
Hypertensive Crisis (Emergency care needed)	187		144	2024-01-04	Livi Smith	none	85

Heart Exam

Normal

General Exam Notes from Previous Visit(s)

Normal	Swollen	Normal	None
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Eye Exam

Normal

Teeth & Gums Exam

Normal

Continued on next page

HEALTH HISTORY REPORT (continued)Patient: **Arnie Mickerson**DOB: **2015-01-01**Visit Date: **2024-03-16**MRN: **666536534**Age: **9**Gender: **Female**

Tonsils	Thyroid	Arteries	Other
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Sinuses Exam

Irritated throat, nasal drainage, sneezing, allergies

Stay Away From Triggers

You can ease your allergy symptoms by avoiding or reducing your exposure to triggers. For seasonal allergies, you should:

- Stay indoors as much as possible during peak pollen counts and windy days. Ragweed is highest in the morning. Tree and grass pollens peak in the early evening.
- Close windows and use your air conditioner.
- Wear glasses or sunglasses to keep pollen out of your eyes.
- Wear a mask when you work outdoors.

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Abdomen Exam | Liver size, abdominal fluids, bowel sounds and tenderness

Normal

Lung Exam

Normal

Dermatological Exam

Normal | Fair tone red head | recommended sunscreen

Neurological Exam: Muscle Strength, reflexes, balance and mental state

Normal - good balance and reflexes

Extremities Exam

Normal

Female Exam

Normal - Pap was negative, breast exam was normal

Laboratory Test Notes

Complete Blood Count	Chemistry Panel	Urinalysis (UA)
Hemoglobins LOW @ 9 g/dL RDW: Red Cell Distribution Width LOW @ 8.7 LYM HIGH at 8.56 MONO HIGH @ 10.48 All other Hematology NORMAL	Normal	Lead ELEVATED 10 Proteins TRACE Mercury ELEVATED 6.3 All other Urinalysis NORMAL

Continued on next page

HEALTH HISTORY REPORT (continued)

Patient: **Arnie Mickerson**

DOB: **2015-01-01**

Visit Date: **2024-03-16**

MRN: **666536534**

Age: **9** Gender: **Female**

Imperial Body Mass Index (BMI) Formula

$$\text{BMI} = \frac{\text{Mass (Pounds)}}{(\text{Height(Inches)})^2} \times 703.06957964$$

BMI Category	Date	Checked By	Medication(s)	Weight	Height	BMI Score
Obese	2024-03-01	Julie Cox RN	none	224 lbs	68 "	34
Obese	2024-08-16	Julie Cox RN	none	201 lbs	61 "	38
Obese	2024-08-16	Julie Cox RN	none	178 lbs	56 "	40
Extremely Obese	2024-02-20	Livi Smith	none	166 lbs	54 "	40
Obese	2024-07-04	Livi Smith	none	151 lbs	52 "	39
Obese	2024-01-04	Livi Smith	none	131 lbs	50 "	37



Packed with Organic Goodness

L'il Critters Organic Complete Multi: Certified Organic Ingredients. Naturally Healthy Kids. Start your day off right with an exciting new product from America's #1 Gummy Vitamin Brand: L'il Critters™ Organic Complete Multi! Organic ingredients mean organic goodness.

Made with 11 essential vitamins in a natural mixed berry fruit flavor, L'il Critters™ Organic Multi provides a wholesome fusion of nutrients and USDA certified organic ingredients. These power-packed vegetarian gummies deliver nutrition you can feel good about.

- Multivitamin supports your child's healthy growth and development*
- Vitamin D supports calcium absorption for bones and teeth*
- Vitamin C plus Zinc supports your child's immune system*

Best of all, L'il Critters™ Organic Multi gives you the nutrients you need without anything extra -- because what's in our gummies is as important as what's not!

- No artificial flavors or sweeteners
- No high fructose corn syrup
- No synthetic (FD&C) dyes
- No gluten, gelatin, dairy, soy, or nuts

No wonder Kids Love 'Em and Parents Trust Them.

Overall Recommendations and Sponsored Ad(s)

Patient needs to follow a regular exercise routine and follow a proper diet.

Continued on next page

Overall Recommendations and Sponsored Ad(s)

We Want Arnie Mickerson To Eat Right

Eating right is important to staying at a healthy weight and keeping an energy balance, the balance between the calories in what you eat and drink, and calories you burn when moving.

The same amount of ENERGY IN (calories consumed) and ENERGY OUT (calories burned) over time = weight stays the same

More IN than OUT over time = weight gain

More OUT than IN over time = weight loss

The best way to make sure you have energy balance is to make better choices before you or your family sit down to eat. Make sure to:

Choose foods that are lower in fat and have fewer calories

Shop "smart" at the grocery store. Learn to read the Nutrition Facts Label on packaged foods. Choose healthy foods more often.

Use the GO, SLOW, and WHOA foods chartpdf document icon (136 KB) to learn which foods are better for you.

GO foods are good for you; eat them just about anytime

SLOW foods should be eaten in smaller amounts

WHOA foods should only be eaten rarely, or on special occasions

Show your family the **GO**, **SLOW**, and **WHOA** chart called U R What U Eat document (2.3 MB). Help them understand how to make good choices.

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf>

Review dietary guidelines

Check out disclaimer. The information on this website comes from the Dietary Guidelines for Americans, which are issued by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture every five years. The guidelines can help you make healthy choices that can reduce your chances of getting some diseases, like heart disease and diabetes.

Look at some healthy eating plans. The USDA Food Patterns and the DASH Eating Plan can help you figure out how much of each food group (for example, fruits, vegetables, grains, meats) you should eat each day.

Cook smart

Read about some easy ways to cook foods that can help you make recipes healthier by lowering the calories. They'll be better for you and will still taste great.

Eat smaller portions

In many cases, the amount of food that appears on your plate when eating out has nearly doubled over the past 20 years. And that has affected the way we look at and serve food at home, too. Learn more about what we call "portion distortion" and about the difference between a portion and a serving.

Make better choices when you eat out

Eat smaller portions and try to find items on the menu that are lower in fat and added sugar. And don't forget you can always ask for healthier options if you don't see them on the menu.

Know your calories

Remember that whether calories come from a soda, sweet potato, or steak, they're still calories. And calories do count for adults and children. Read more about calories from fat and sugar.

U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- **“Go”** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **“Slow”** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **“Whoa”** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

Food Groups	GO	SLOW	WHOA
<p>Fruits</p> <p>Whole fruits (fresh, frozen, canned, dried) are smart choices. You need 2 cups of fruit a day. 1 cup is about the size of a baseball.</p>			
<p>Vegetables</p> <p>Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need 2 ½ cups of vegetables a day. Dark green and orange vegetables are smart choices.</p>			
<p>Grains</p> <p>Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked rice or pasta. You need about 6 ounces a day.</p>			
<p>Milk</p> <p>Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About 3 cups are needed each day; 1 cup of milk, 1 cup of yogurt or 1 ½ ounces of natural cheese count as 1 cup.</p>			
<p>Meats & Beans</p> <p>Eating 5 ½ oz. a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (¼ cup cooked), nuts (½ oz.) and lean meats (1 oz.) baked or broiled.</p>			

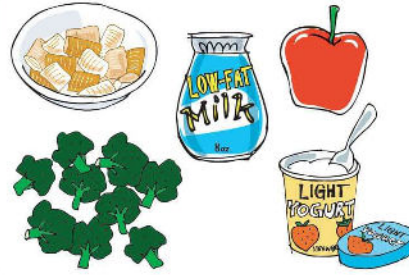
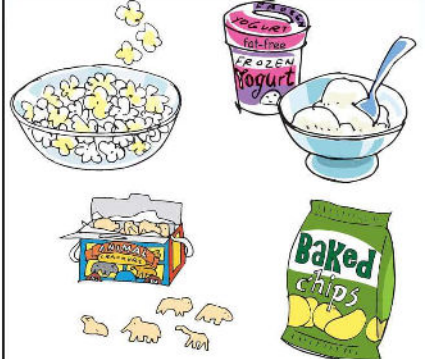

The amounts of foods recommended per food group are based on a 2,000-calorie diet, the approximate number of calories for most active boys and girls ages 9-13. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

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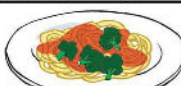


Sweets and Snacks

The foods below are snack-type foods. The "Slow" and "Whoa" foods are higher in fat, added sugar, and/or calories and need to be limited so you do not eat more calories than your body needs. Remember, if you eat sweets and snacks, eat small amounts.

GO	SLOW	WHOA
 <p>For "Go" snacks, select foods from the "Go" column in the food groups section.</p>		

Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from the milk products, grains, vegetables and meat groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

GO	SLOW	WHOA	
Combined Foods			
Pizza	 English muffin pizza with low-fat cheese (using ½ English muffin)	 Regular or classic veggie pizza: 1 slice from a medium pizza	 Deep dish pepperoni pizza: 1 slice from a medium pizza
Pasta	 Pasta with tomato sauce and vegetables – 1 cup	 Macaroni and cheese – 1 cup	 Pasta with sausage – 1 cup

Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the *We Can!*™ Web site at <http://wecan.nhlbi.nih.gov>. *We Can!* is a national education program promoting healthy weight for children from the National Institutes of Health.

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