

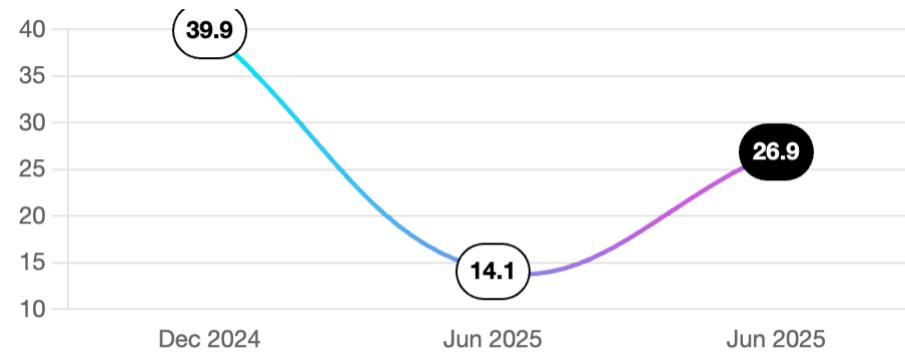
Aging Summary

Chronological Age: 29.4

OMICm Age

14.1

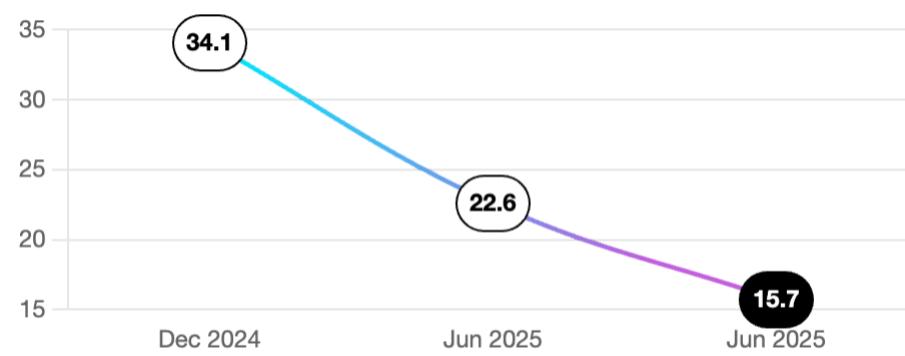
Younger ↵



Symphony Age

22.6

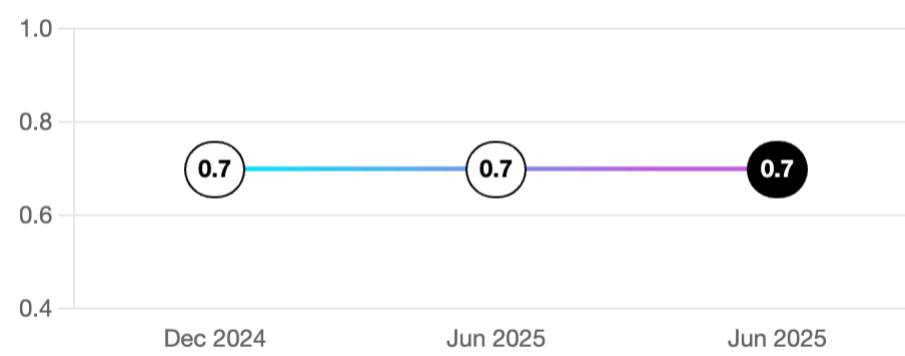
Younger ↵



Pace of Aging

0.7

Slower ↵



OMICm Age

🎂 Chronological Age: 29.4

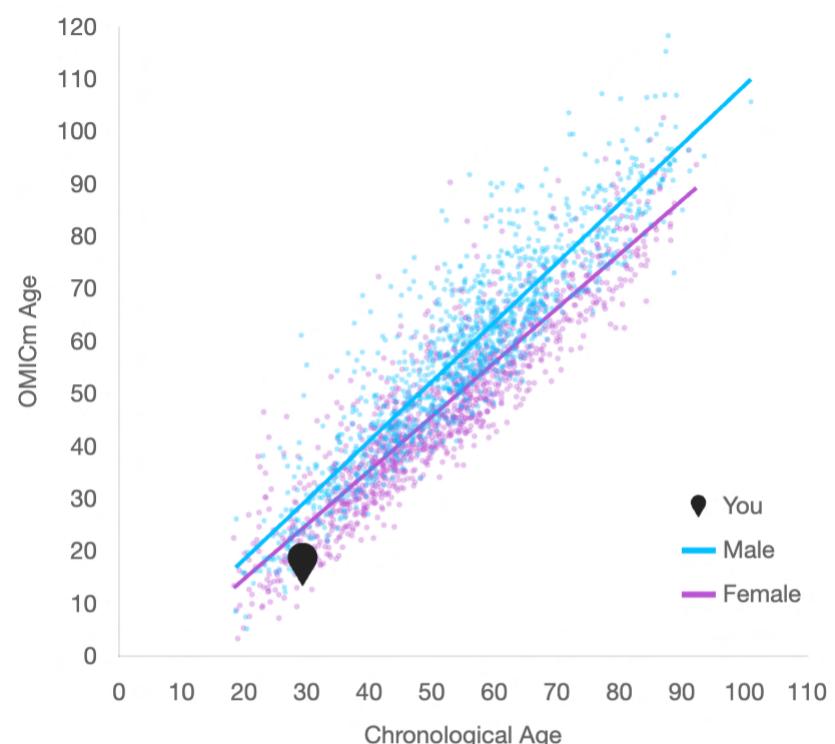
OMICm Age

14.1

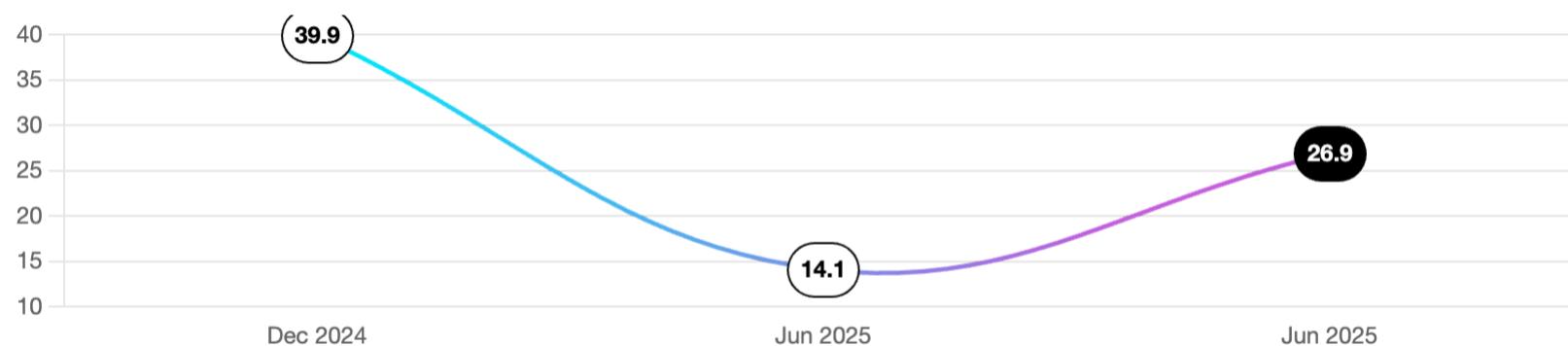
Younger ↘

10.2%

Your OMICm Age is **lower** than 89.8% of people of the same age and sex.



Results Over Time



DISCLAIMER: The population graph and percentile for OMICm Age are based on observed and validated data patterns from an equal distribution of Harvard research participants and TruDiagnostic clients to emulate a population of average health.

Most Actionable Epigenetic Biomarkers

Epigenetic Biomarker (EBs) are compared against a balanced reference dataset composed of individuals from both the Harvard and TruDiagnostic cohorts. We identify individuals of the same sex and a similar age (within ± 5 years) to create a personalized comparison group. Above the 80th percentile: Indicates your outcome is higher than 80% of individuals in the cohort. Below the 20th percentile: Indicates your outcome is lower than 80% of individuals in the cohort.

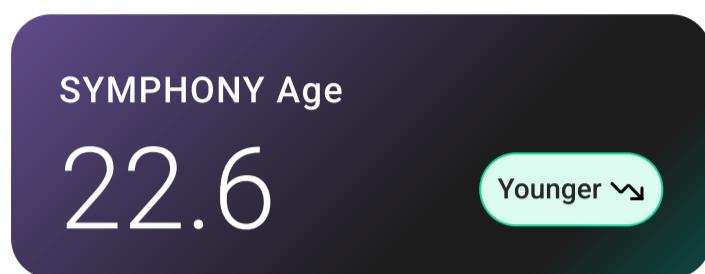
* Listed in order of impact on OMICm age. Find the rest of your Epigenetic Biomarkers at the end of the report



SYMPHONY Age

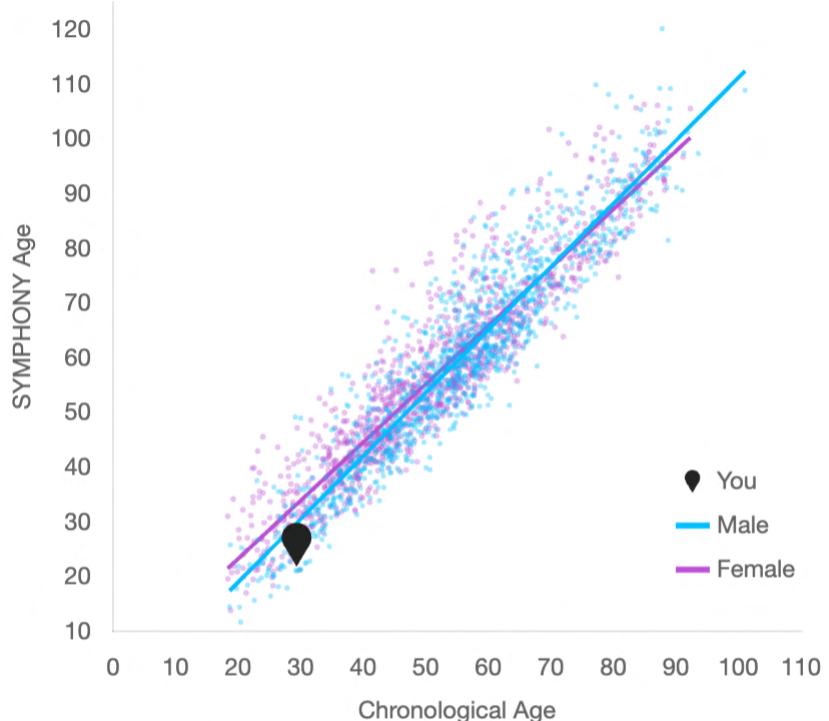
🎂 Chronological Age: 29.4

This advanced approach dives into the age of **11 distinct organ systems**.

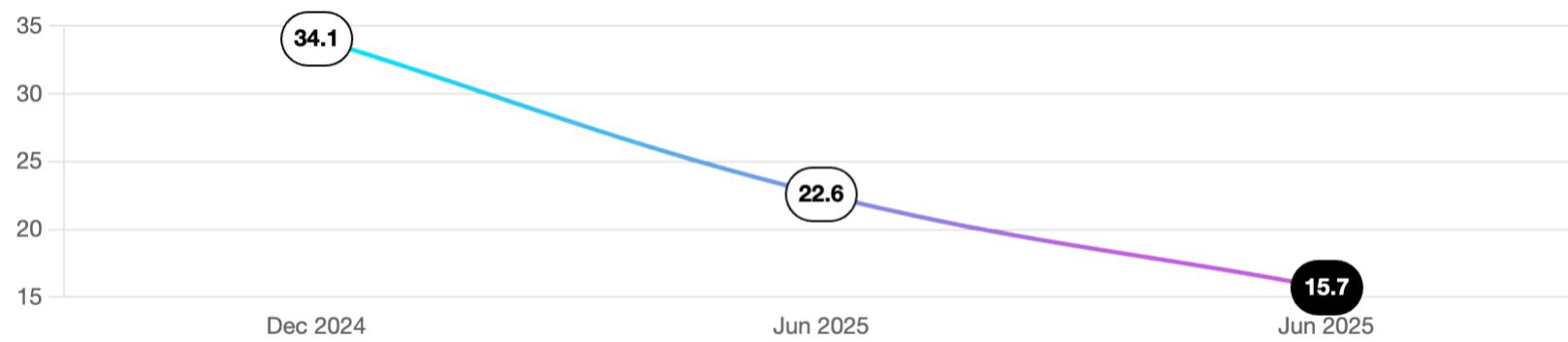


6.8%

Your SYMPHONY Age is **lower** than 93.2% of people of the same age and sex.



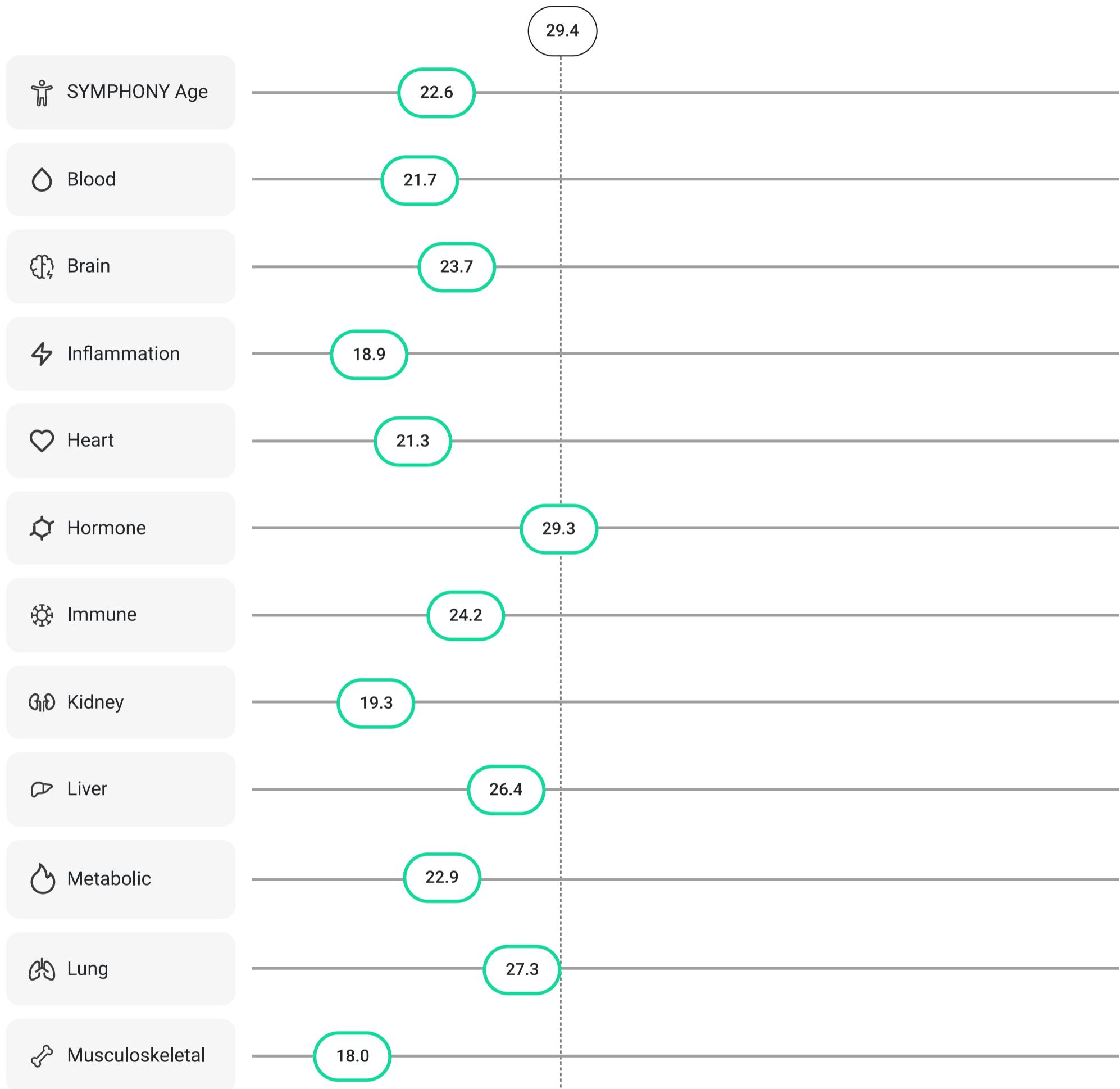
Results Over Time



DISCLAIMER: The population graph and percentile for SYMPHONY Age are based on observed and validated data patterns from an equal distribution of Harvard research participants and TruDiagnostic clients to emulate a population of average health.

Compare the age of 11 distinct organ systems versus your chronological age

Below Chronological Age Chronological Age Above Chronological Age



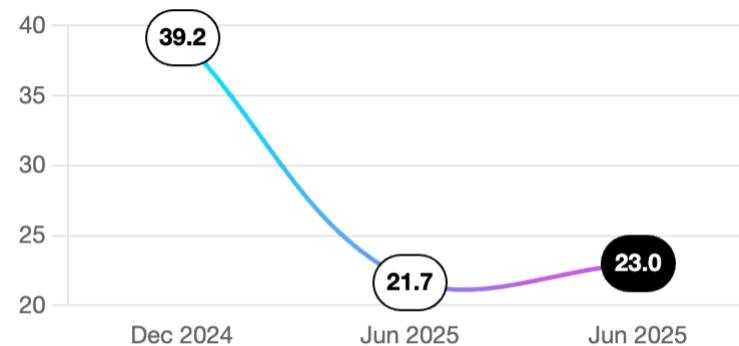
How was this clock created and designed?

Many clocks have used blood based biomarkers and their changes as we get older to predict OMICm age. For SYMPHONY Age, the researchers did this with biomarkers which were specific for each organ system. While previous clocks (like PhenoAge) did this with 9 blood markers, SYMPHONY Age incorporates 133 biomarkers for training to develop this clock. In addition to having a large and detailed number of clinical datapoints, this study is also one of the largest for clock development with approximately 8,000 participants. Together, this gives us an incredibly robust clock associated with organ specific clinical biomarkers which is highly predictive of aging outcomes.

Systems Related Biomarkers

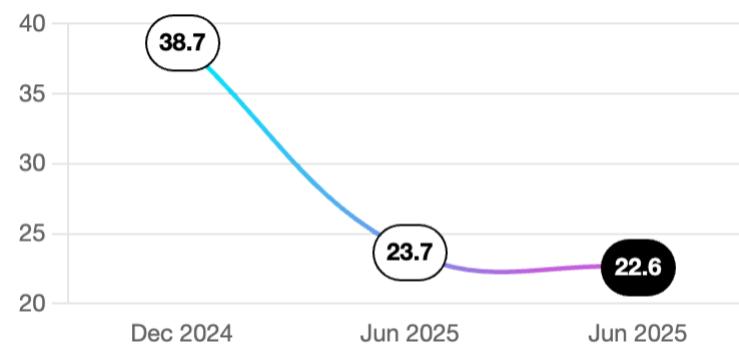
Blood

Biomarkers: Ferritin, Hematocrit, Hemoglobin, Mean Corpuscular Hemoglobin, Mean Corpuscular Hemoglobin Conc, Mean Corpuscular Volume, Mean Platelet Volume, Platelet Distribution width, Platelet Count, Red Blood Cell Count, Red Cell Distribution Width



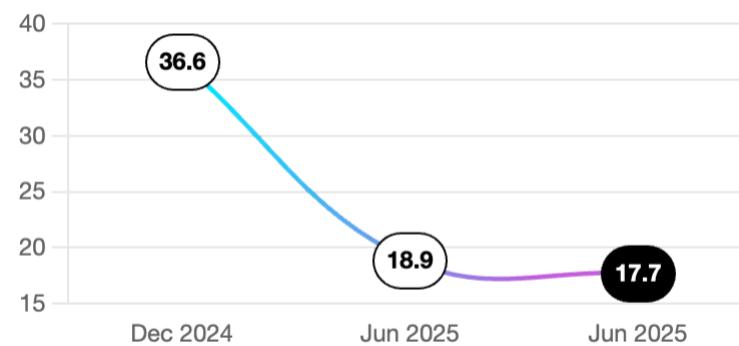
Brain

Biomarkers: Homocysteine, BDNF (serum), Clusterin, Stroke, Total mental status summary score, Total cognition summary score, Immediate word recall, Delayed word recall, Total word recall summary score, Serial 7s



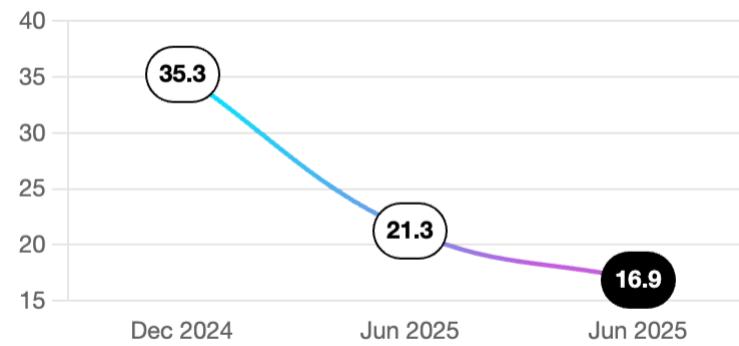
Inflammation

Biomarkers: Ferritin, C-Reactive Protein, Transforming Growth Factor Beta, Interleukin 10, Interleukin 1 Receptor Antagonist, Interleukin 6, Tumor Necrosis Factor Receptor 1



Heart

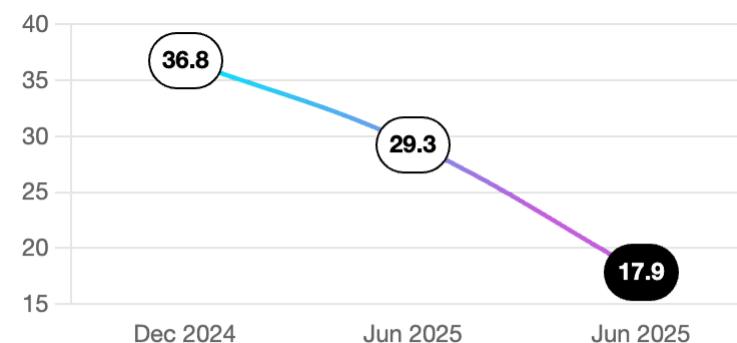
Biomarkers: Shortness of breath while awake, PCcomponents of Grimage, Previous High Blood Pressure, Previous Heart Attack, Previous Stroke, Homocysteine, BMI





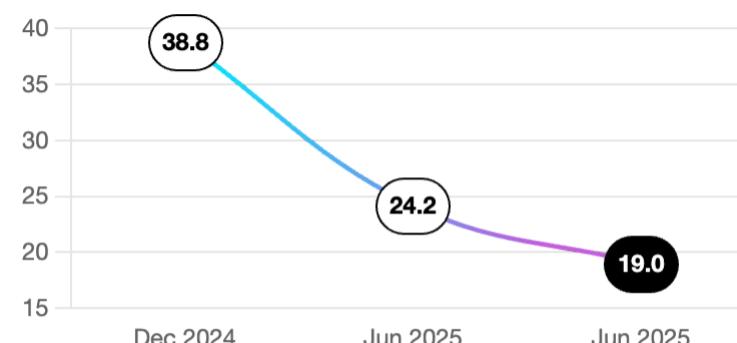
Hormone

Biomarkers: IGF-1, DHEAS



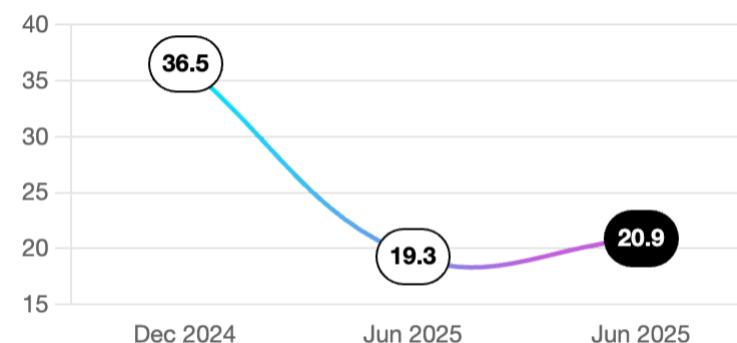
Immune

Biomarkers: Eosinophil Count, Lymphocyte Count, Monocyte Count, Neutrophil Count, Percent Basophils, Percent Eosinophils, Percent Lymphocytes, Percent Monocytes, White Blood Cell Count, Myeloid Dendritic cells (DC-M) Percentage, Plasmacytoid, Dendritic Cells (DC-P) Percentage, NK Cells: CD56HI Percentage, NK Cells: CD56LO Percentage, CD16- Monocytes Percentage, CD16+ Monocytes Percentage, B Cells Percentage, CD8+ T Cells: Central Memory (CM) Percentage, CD4+ T Cells: Central Memory (CM) Percentage, CD8+ T Cells Percentage, CD8+ T Cells: (TemRA) Percentage, CD4+ T Cells: (TemRA) Percentage, CD4+ T Cells Percentage, IgD+ Memory B Cells Percentage, IgD- Memory B Cells Percentage, CD8+ T Cells: Naïve Percentage, CD4+ T Cells: Naïve Percentage, T Cells Percentage, Naive B Cells Percentage, CD8+T Cells: Effector Memory (Tem) Percentage, CD4+ T Cells: Effector Memory (Tem) Percentage, Natural Killer (NK) Cells Percentage, Monocytes Percentage, Dendritic Cells Percentage



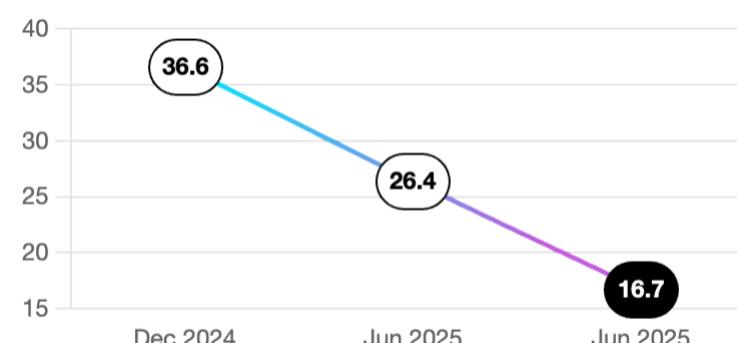
Kidney

Biomarkers: Albumin, Urea Nitrogen, Chloride, Bicarbonate, Creatinine, Cystatin C, Potassium, Sodium



Liver

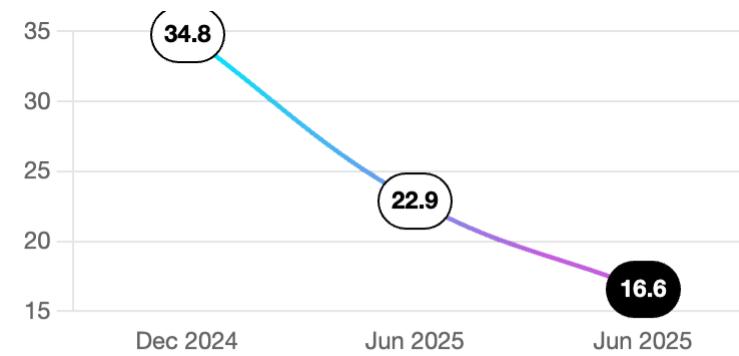
Biomarkers: Albumin, Alkaline Phosphatase, ALT, AST, Bilirubin, Total Protein





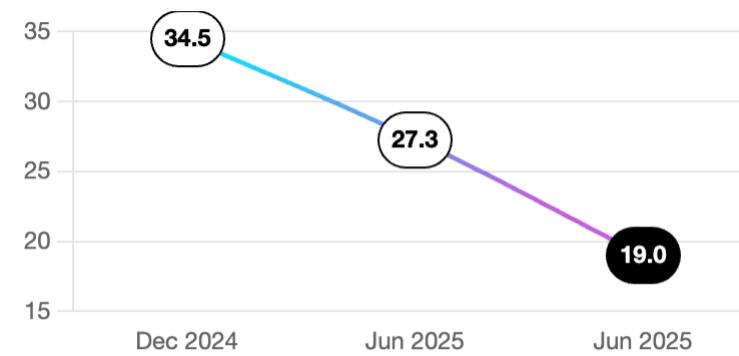
Metabolic

Biomarkers: PCSmoking-packyears, Previous Diabetes, C-Reactive Protein, Glucose-Fasting, HDL-Cholesterol, LDL-Cholesterol, Triglycerides, Interleukin-6, BMI, Waist circumference



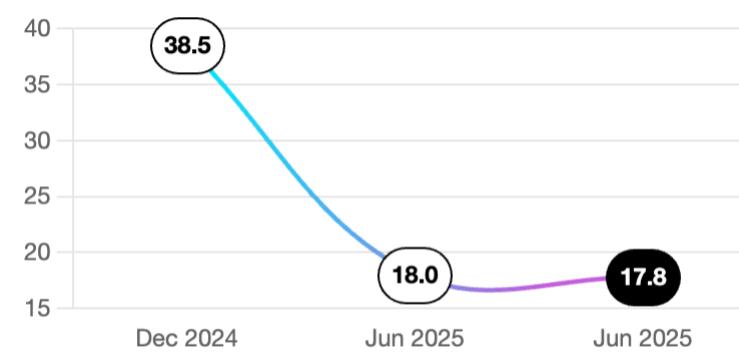
Lung

Biomarkers: Peak expiratory flow, bicarbonate, chronic lung disease, shortness of breath while awake, persistent wheezing, cough, or bringing up phlegm, PCSmoking-packyears



MusculoSkeletal

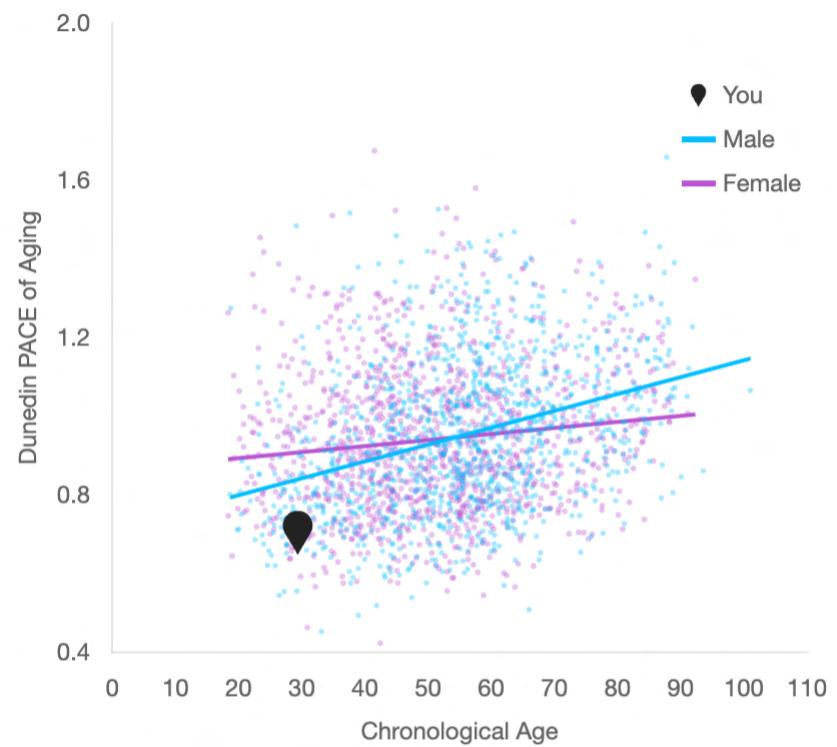
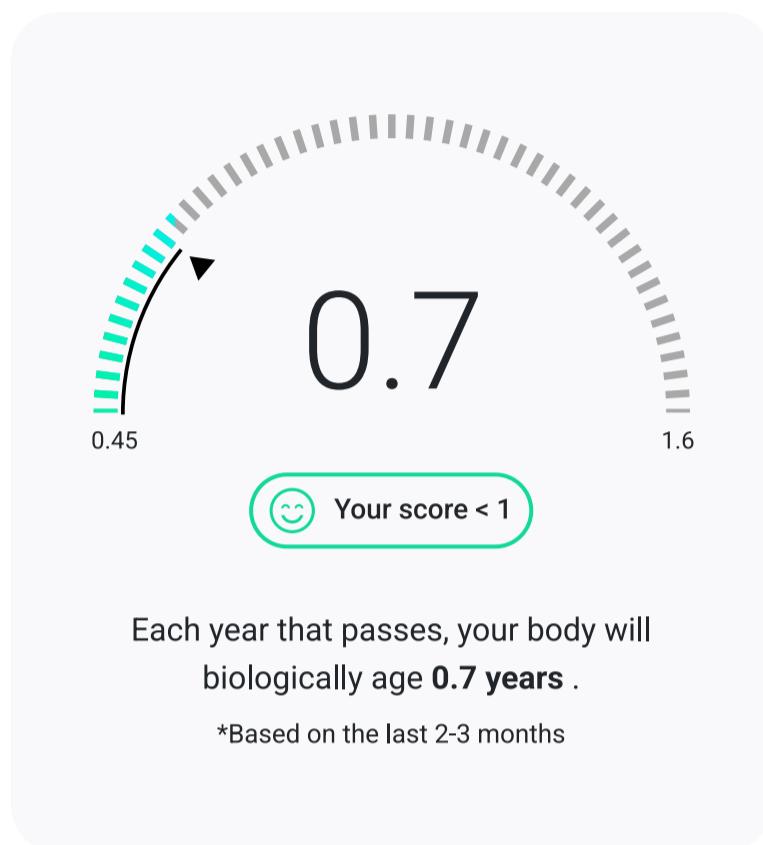
Biomarkers: Vitamin D3, Dehydroepiandrosterone sulphate, IGF-1, Arthritis, Height, Weight, BMI, some diff-mobility, hand grip strength maximum measurement, semi tandem balance test time, timed walk test time, hand grip strength-left hand hand grip strength-right hand, had back problems, some diff-stoop/kneel/crouch, diff-stoop/kneel/crouch, diff-walk one block, diff-walk sev blocks, some diff-walk one block, some diff-walk sev blocks, diff-climb sev flt stair, diff-climb one flt stair, some diff-climb sev flt str, some diff-climb 1 flt stair, diff-get up fr chair, some diff-get up fr chair, diff-reach/extnd arms up, some diff-rch/xtnd arms up, diff-lift/carry 10lbs, some diff-lift/carry 10lbs, side-by-side balance test time, full tandem balance test time, Sum of 7 different functional tests, Combination of all balance scores



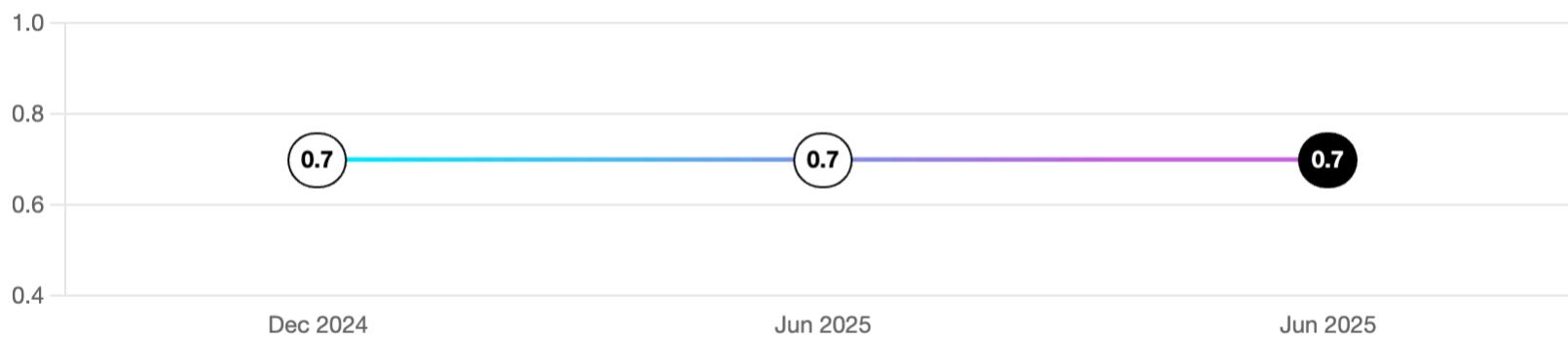
DunedinPACE of Aging

🎂 Chronological Age: 29.4

Your Rate of Aging will change based on your lifestyle interventions. Be sure to retest every 3 months to track your progress.



Results Over Time



DISCLAIMER: The population graph for DunedinPACE of Aging is based on observed and validated data patterns from an equal distribution of Harvard research participants and TruDiagnostic clients to emulate a population of average health.

Immune Health



CD4/CD8T cell ratio is incredibly informative on disease. A low or inverted CD4/CD8 ratio is an immune risk phenotype and is associated with altered immune function, immune senescence, and chronic inflammation.



The Neutrophil-to-Lymphocyte Ratio (NLR) is obtained by dividing the number of neutrophils by the number of lymphocytes. During physiological stress, neutrophil count increases while lymphocyte count decreases. Physiological stress, driven by illness, inflammation, or psychological stress, can elevate NLR. Therefore, NLR elevation is not exclusive to infection or inflammation but can result from any form of physiological stress, including everyday stress and poor recovery or stress management.

Telomere Length

Chronological Age: 29.4

Shorter telomere length and low telomerase activity are correlated with several chronic preventable diseases.

Telomere Biological Age

20.2

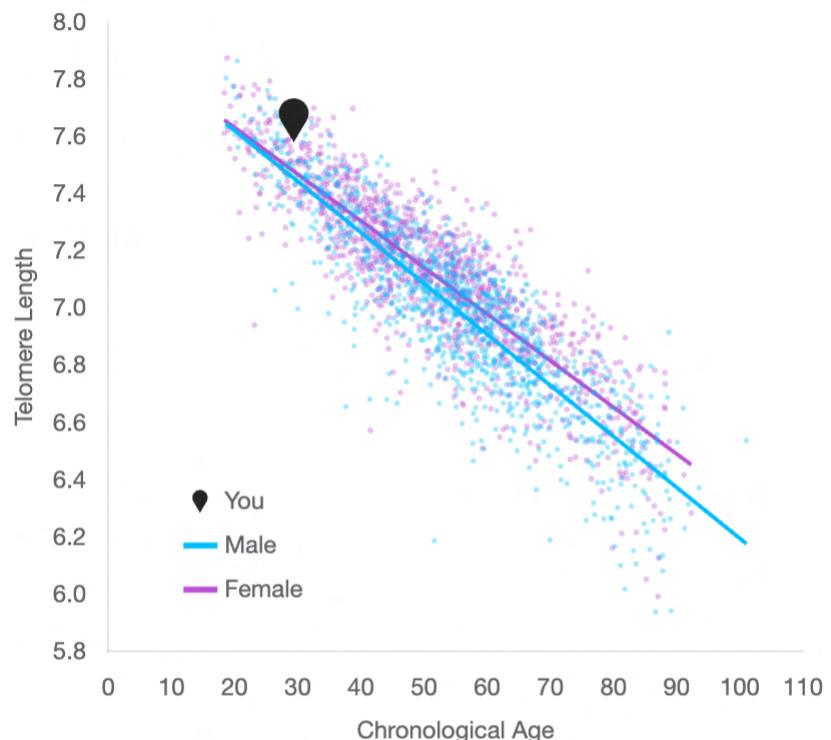
Younger ↘

Telomere Length

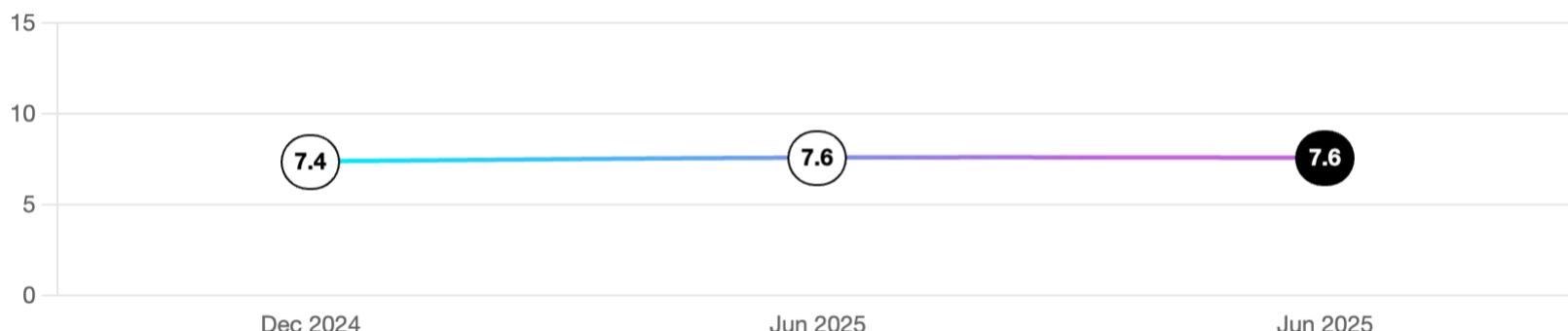
7.6

5.5

8.5



Results Over Time



DISCLAIMER: Telomere length is mostly determined based on predetermined genetic function. The population graph is based on observed and validated data patterns from an equal distribution of Harvard research participants and TruDiagnostic clients to emulate a population of average health.

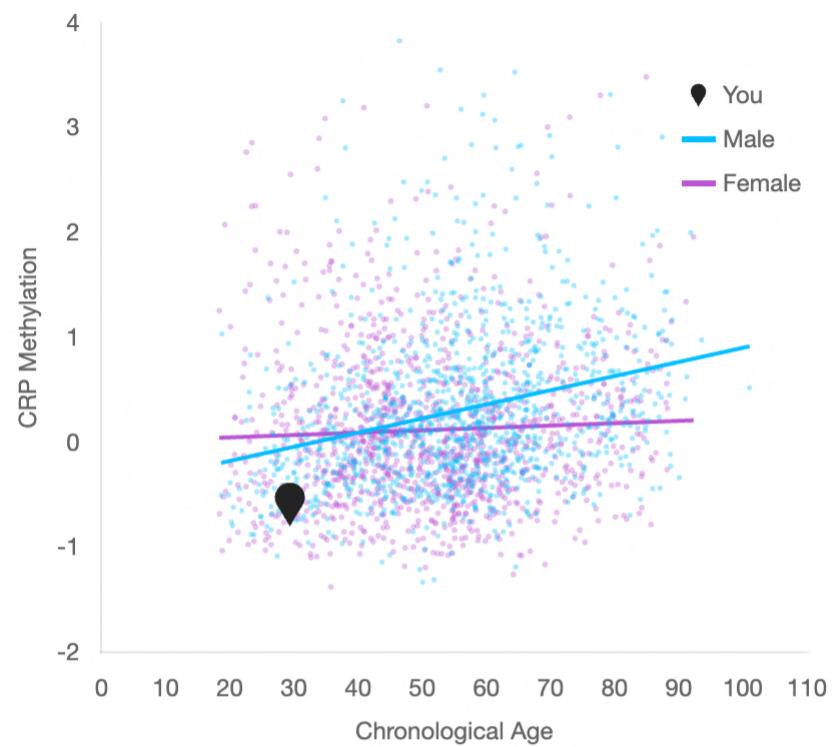
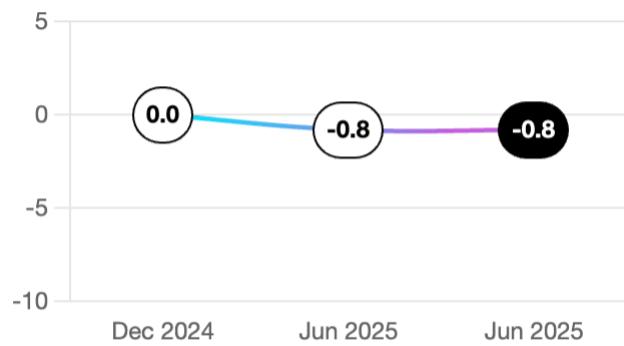
Inflammation

CRP

15.4% 😊

Your CRP methylation level is lower than 84.6% of the population at your same age and sex.

CRP is produced by the liver in response to acute inflammation. DNAm CRP has an inverse relationship with cognitive functions such as memory, speed, and visuospatial functions.

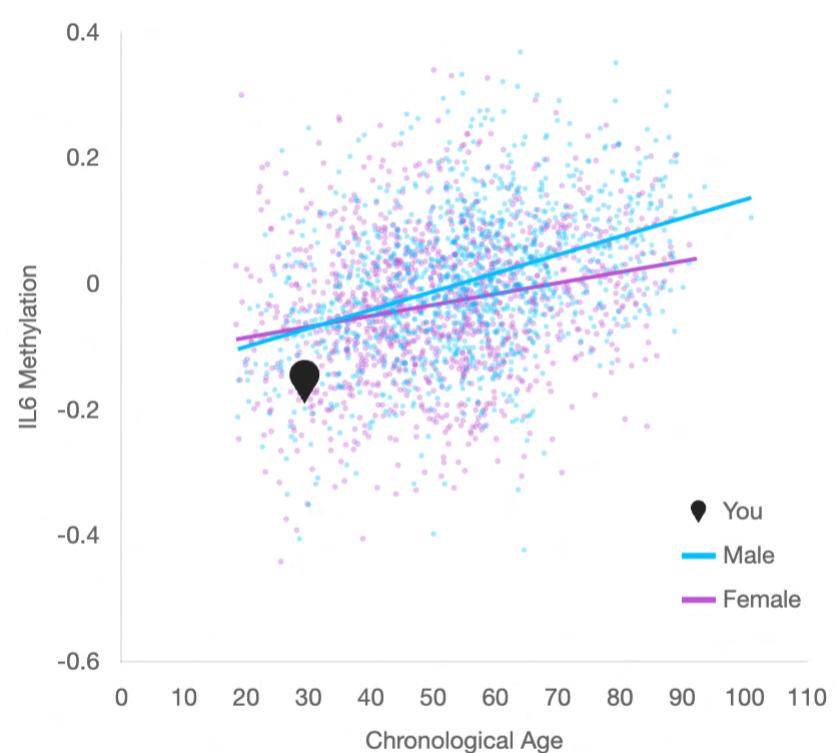
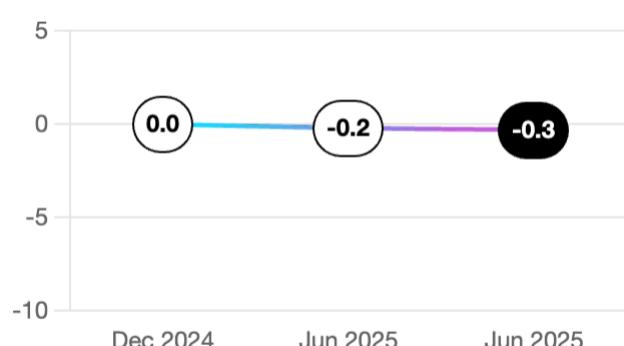


IL-6

21.2% 😊

Your IL-6 methylation level is lower than 78.8% of the population at your same age and sex.

IL-6 is a widely used marker of inflammation and circulating levels of the cytokine typically rise in older age. DNAm IL-6 is positively associated with BMI, self-reported smoking status, and alcohol intake.



DISCLAIMER: The population graph and percentile are based on observed and validated data patterns from an equal distribution of Harvard research participants and TruDiagnostic clients to emulate a population of average health.

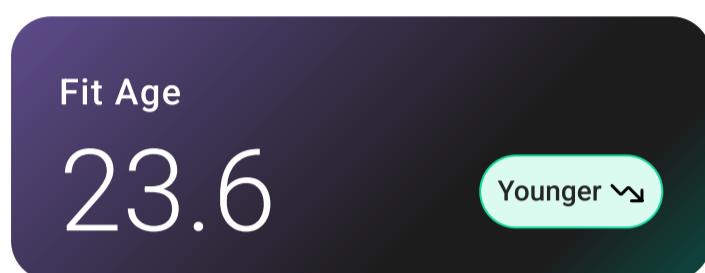
OMICm Fit Age

🎂 Chronological Age: 29.4

Tells you how old you are according to your physical fitness and functionality.

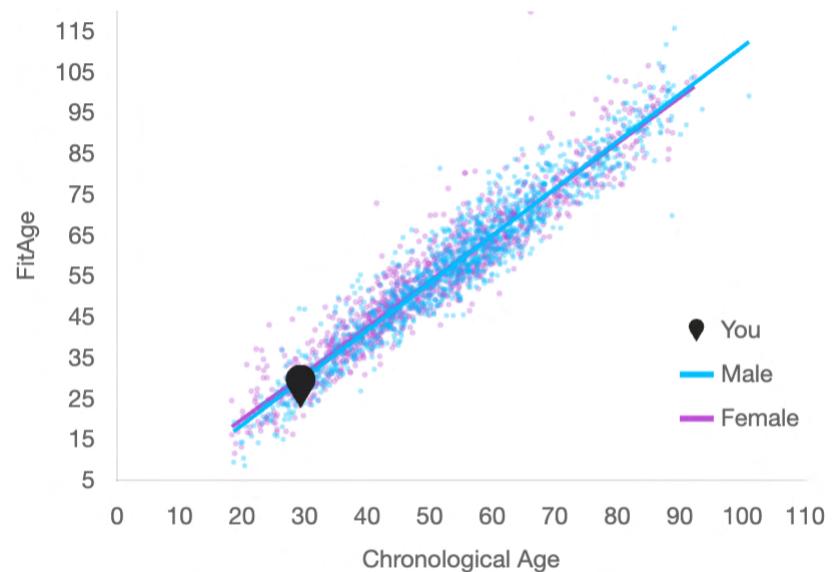
For every one year older OMICm FitAge is, there is an average 0.29 decrease in relative grip strength and 0.32 increase in BMI. OMICm FitAge has estimated that **high-fit individuals** (classified through VO₂max) have a **1.5 to 2.0 younger** OMICm age compared to low/medium fit individuals in females and males, respectively.

Younger OMICm FitAge was associated with better memory test performance, emphasizing the beneficial role of physical exercise on cognitive health.



-5.8 yr 😊

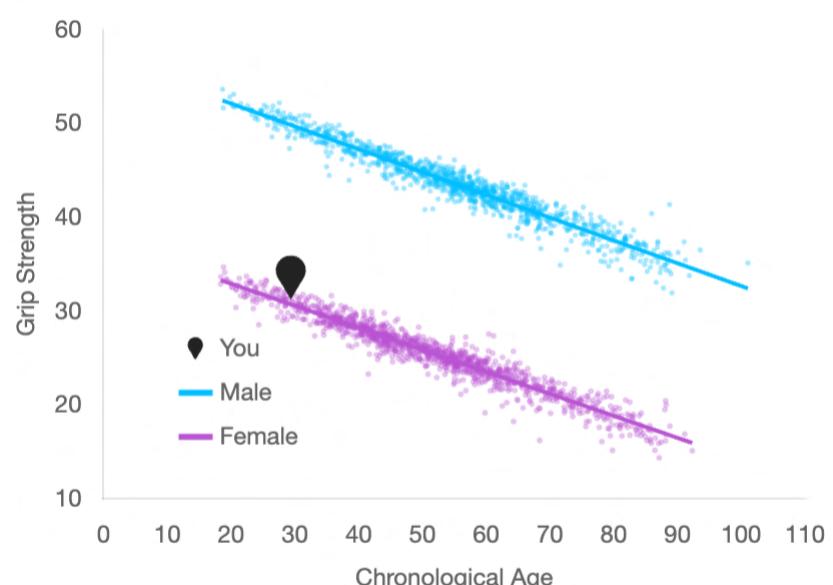
Your FitAge is lower by **5.8 years** compared to people your same age and sex.



Grip Strength Percentile

78.0% 😊

Your Grip Strength is higher than **78.0%** of people of the same age and sex.



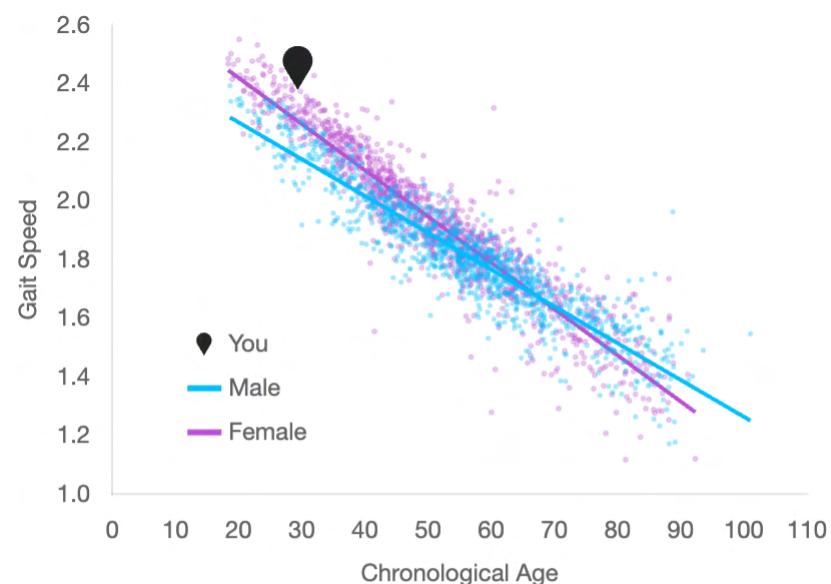
DISCLAIMER: The population graph and percentile are based on observed and validated data patterns from an equal distribution of Harvard research participants and TruDiagnostic clients to emulate a population of average health. These are our least correlated clocks but can be used for most to gamify fitness.

Gait Speed Percentile

87.3% 

Your Gait Speed is higher than 87.3% of people of the same age and sex.

Gait speed, also known as walking speed, is measured in meters per second.

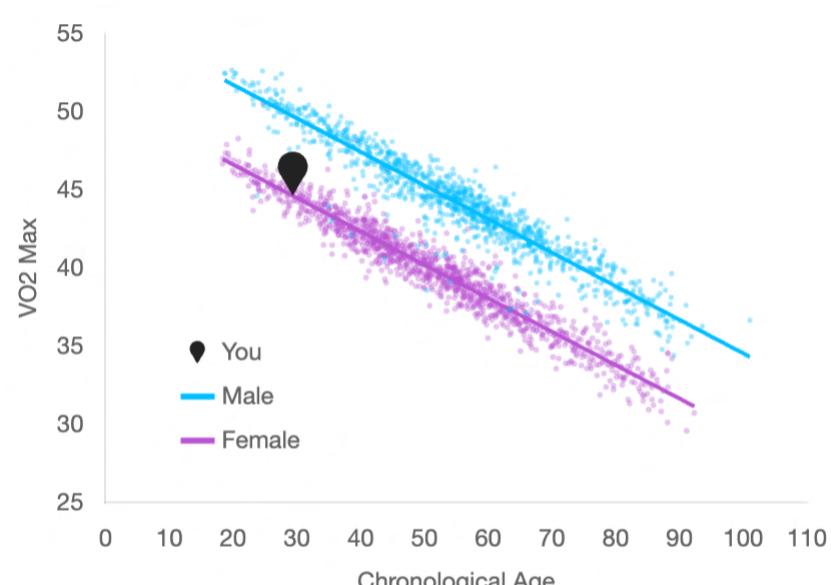


VO2 Max Percentile

55.6% 

Your VO2 Max is higher than 55.6% of people of the same age and sex.

Maximal oxygen uptake, or VO2max, is a measure of cardiovascular health and aerobic endurance.

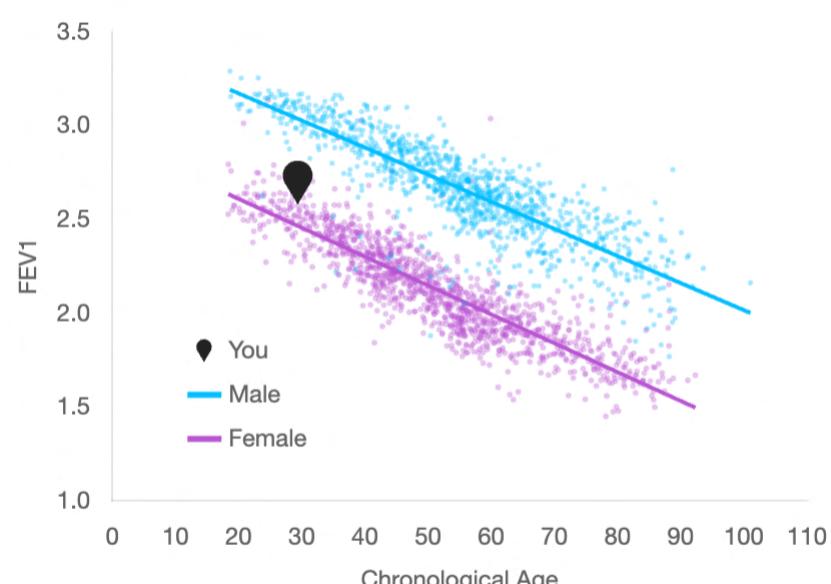


FEV1 Percentile

86.3% 

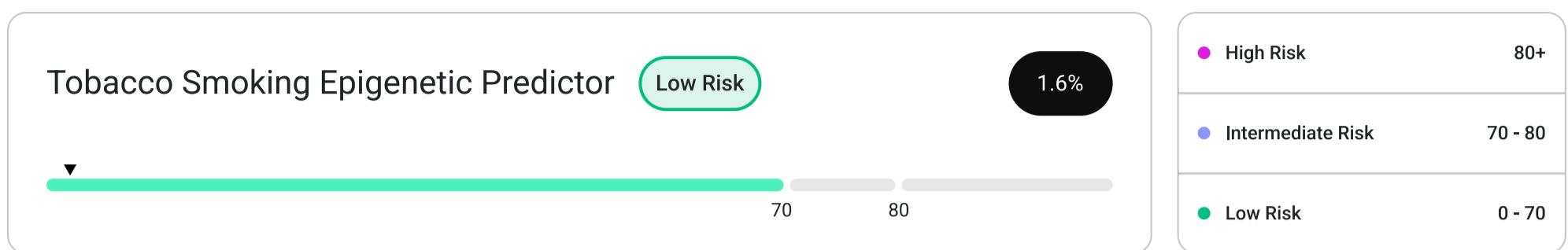
Your FEV1 is higher than 86.3% of people of the same age and sex.

Forced expiratory volume, also known as FEV1, measures lung function by determining the amount of air forced from the lungs in one second.

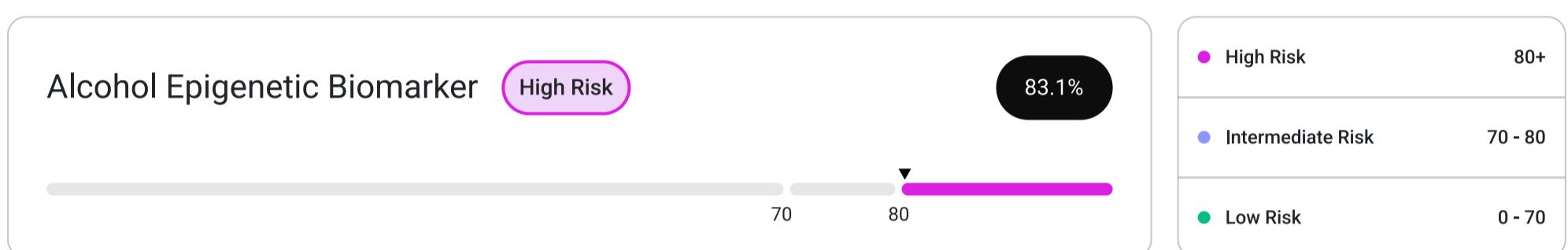


DISCLAIMER: The population graph and percentile are based on observed and validated data patterns from an equal distribution of Harvard research participants and TruDiagnostic clients to emulate a population of average health.

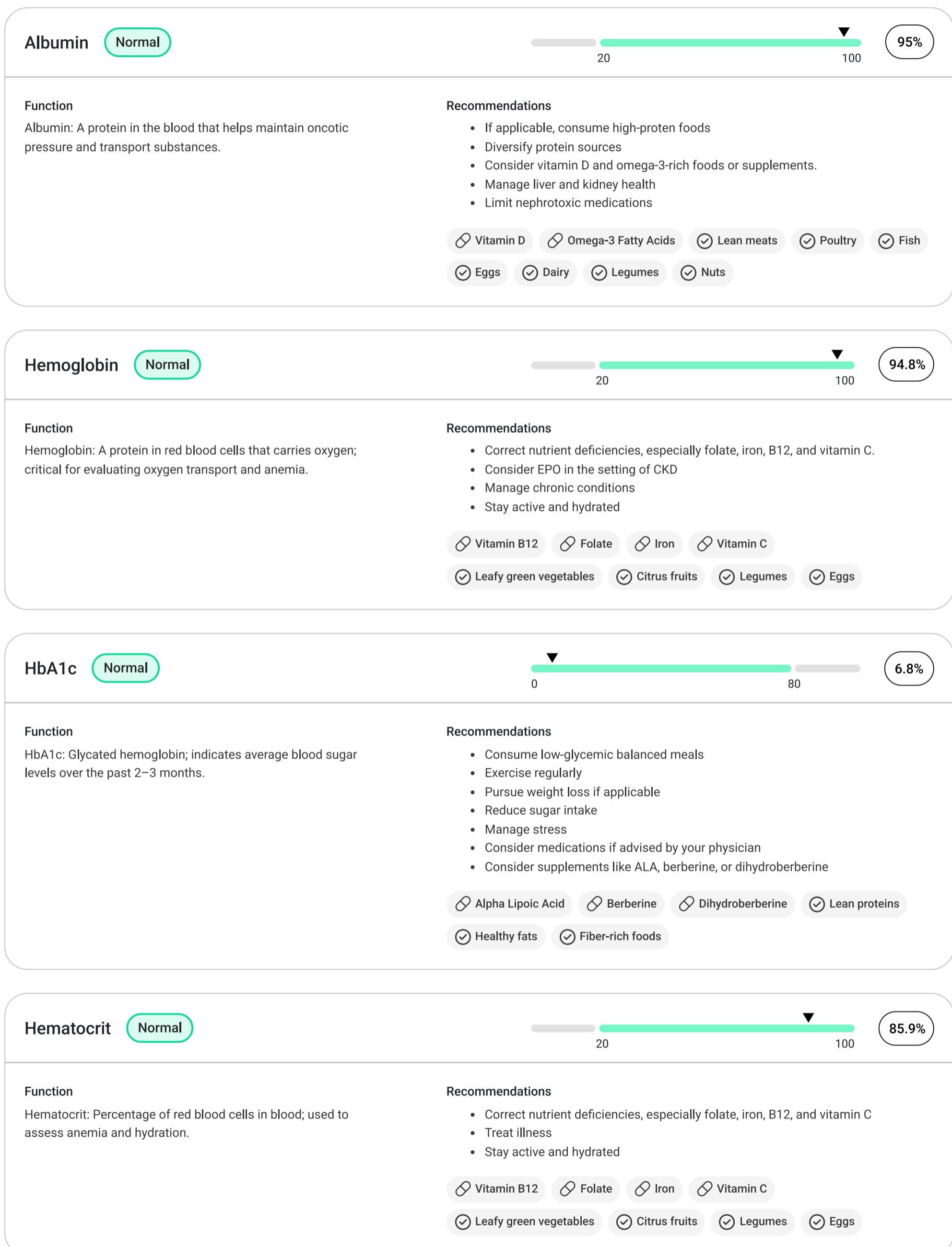
Relative Smoking Risk



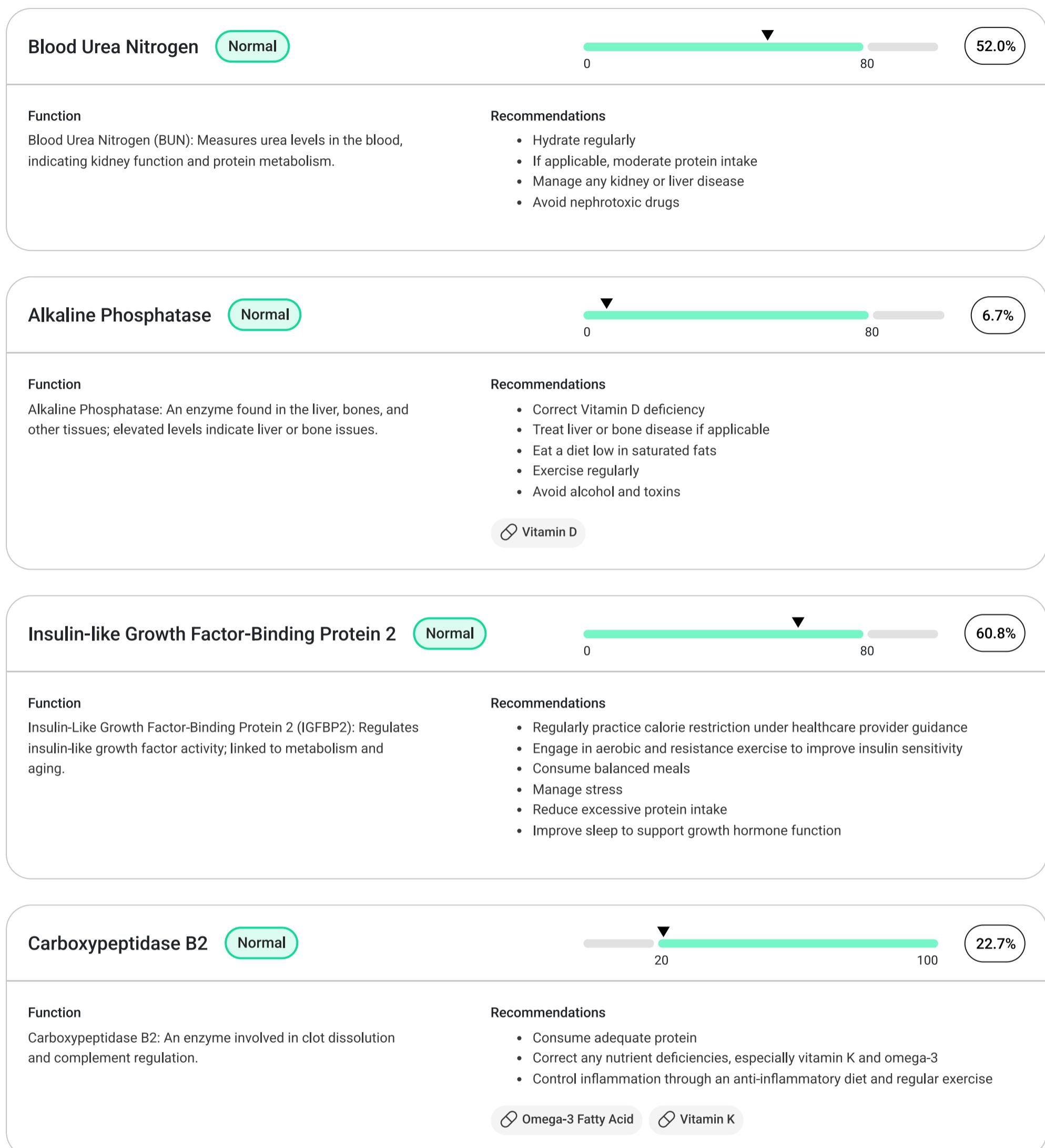
Relative Alcohol Risk



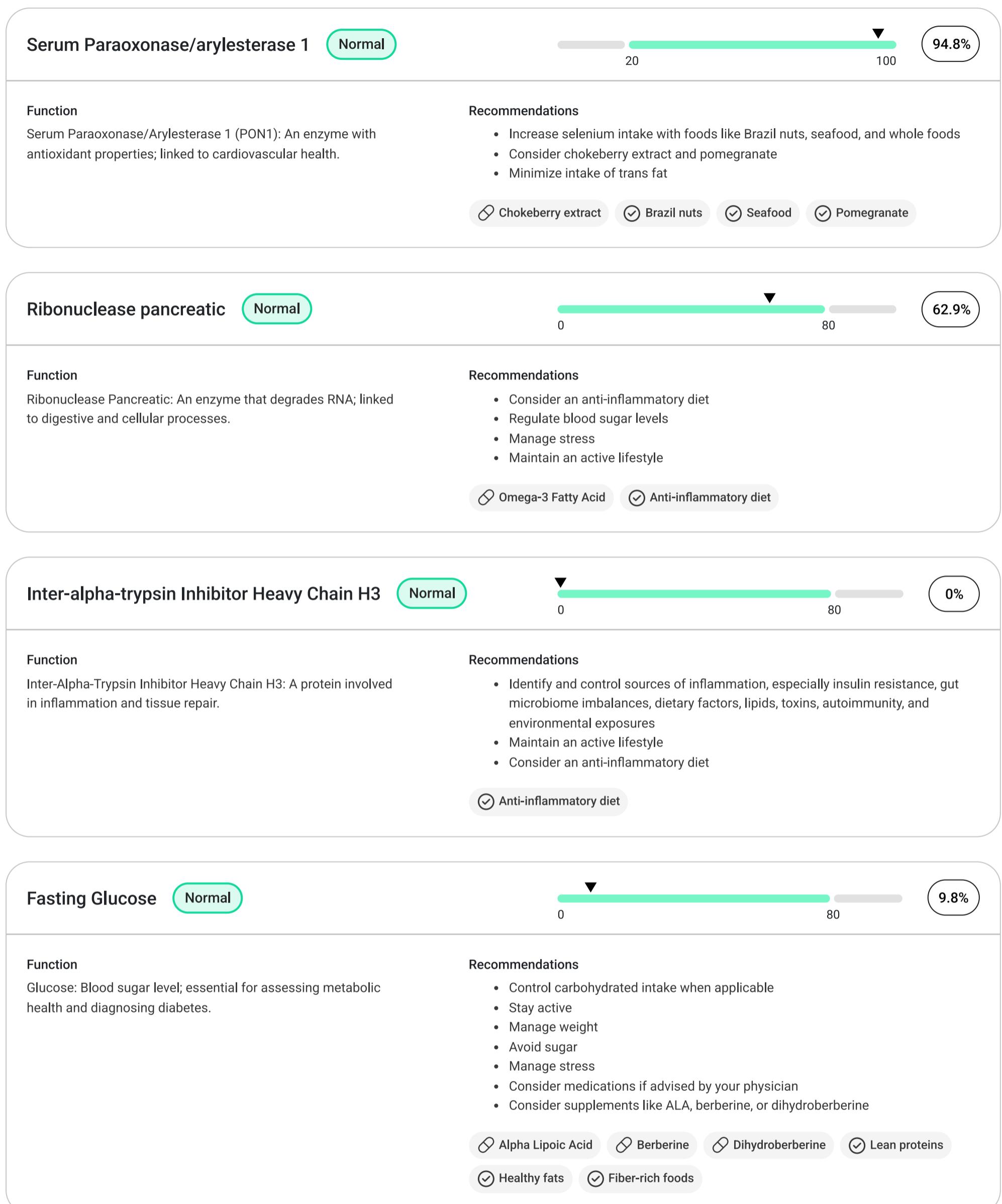
Additional Epigenetic Biomarkers



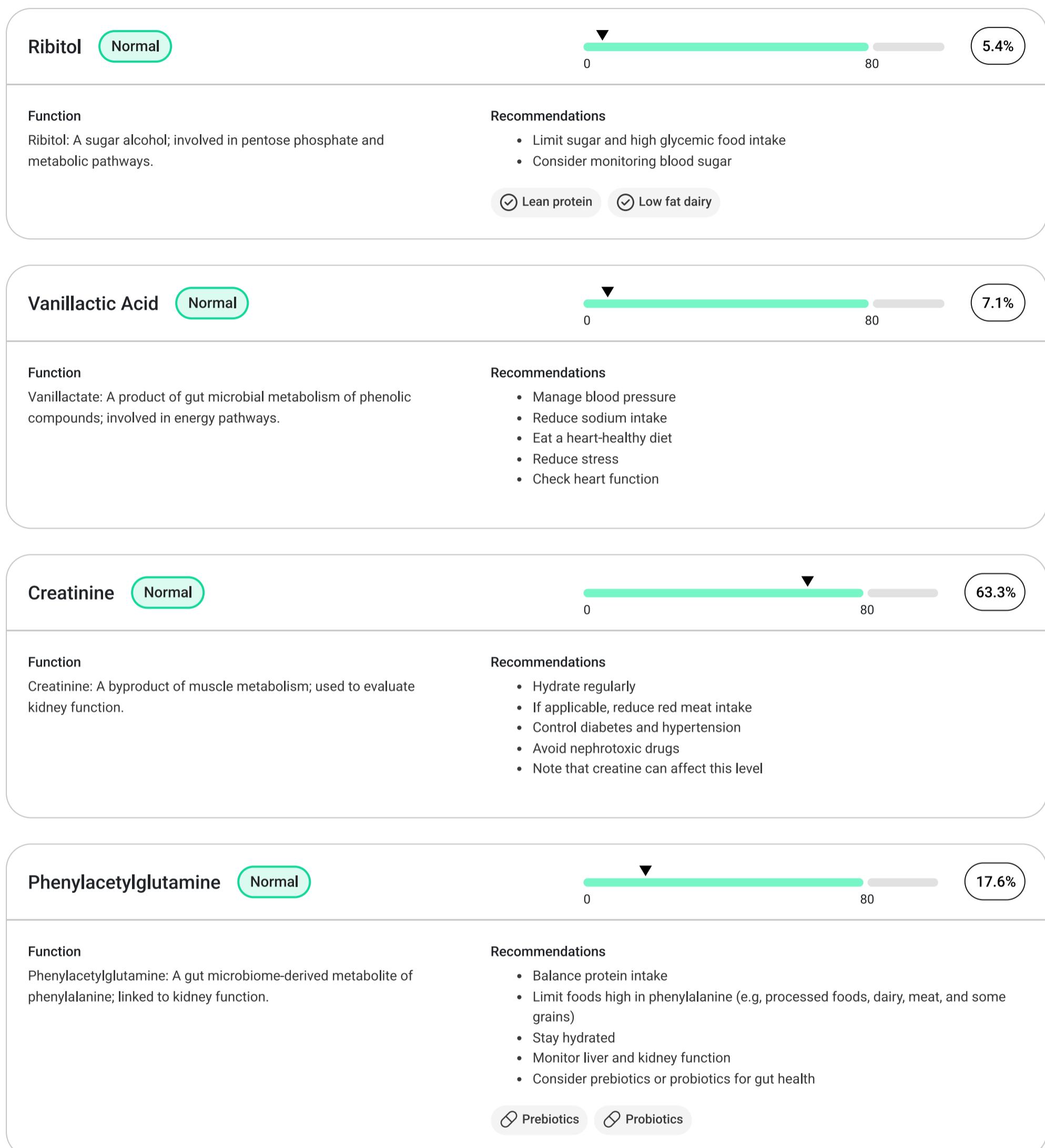
Additional Epigenetic Biomarkers



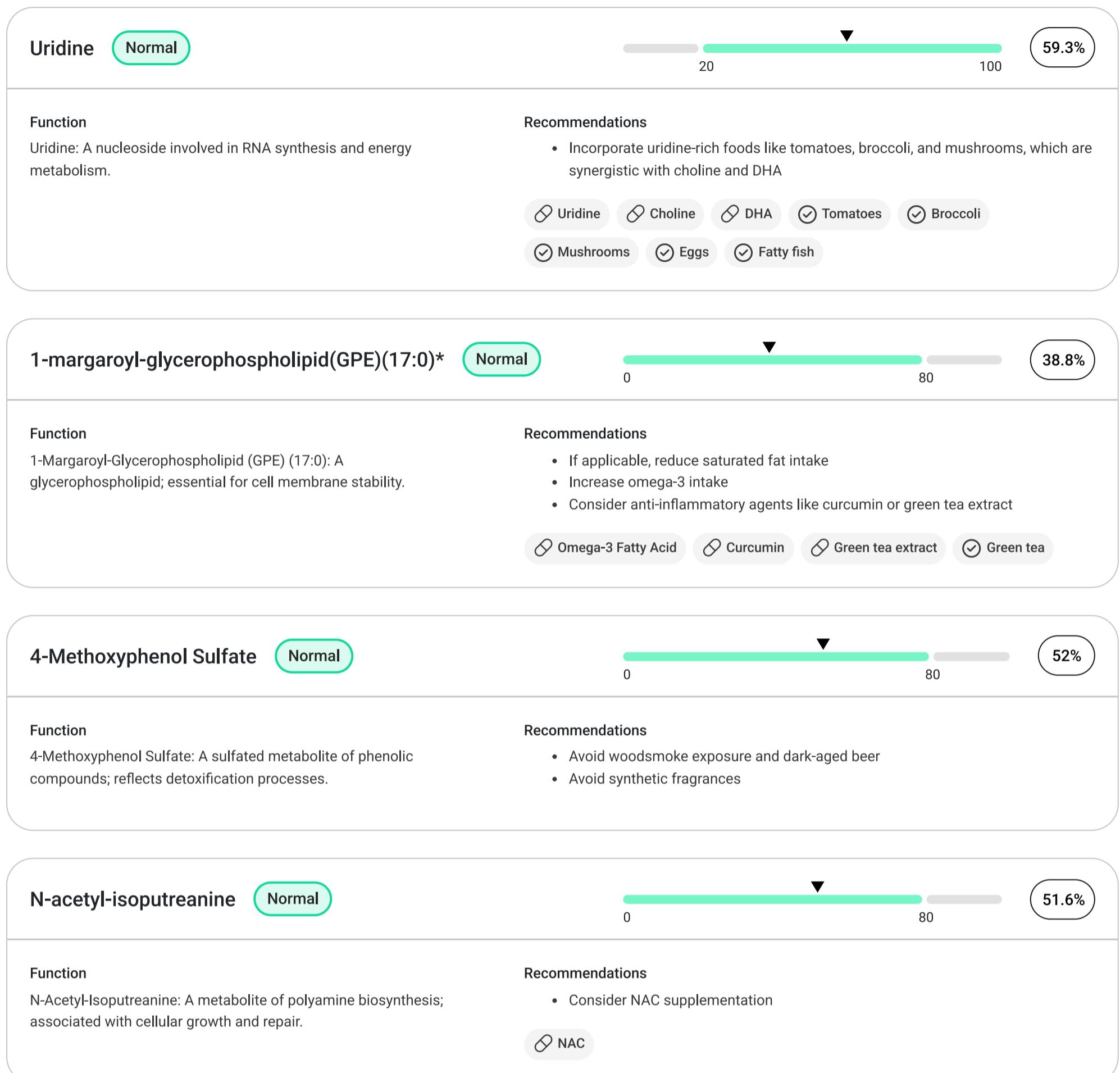
Additional Epigenetic Biomarkers



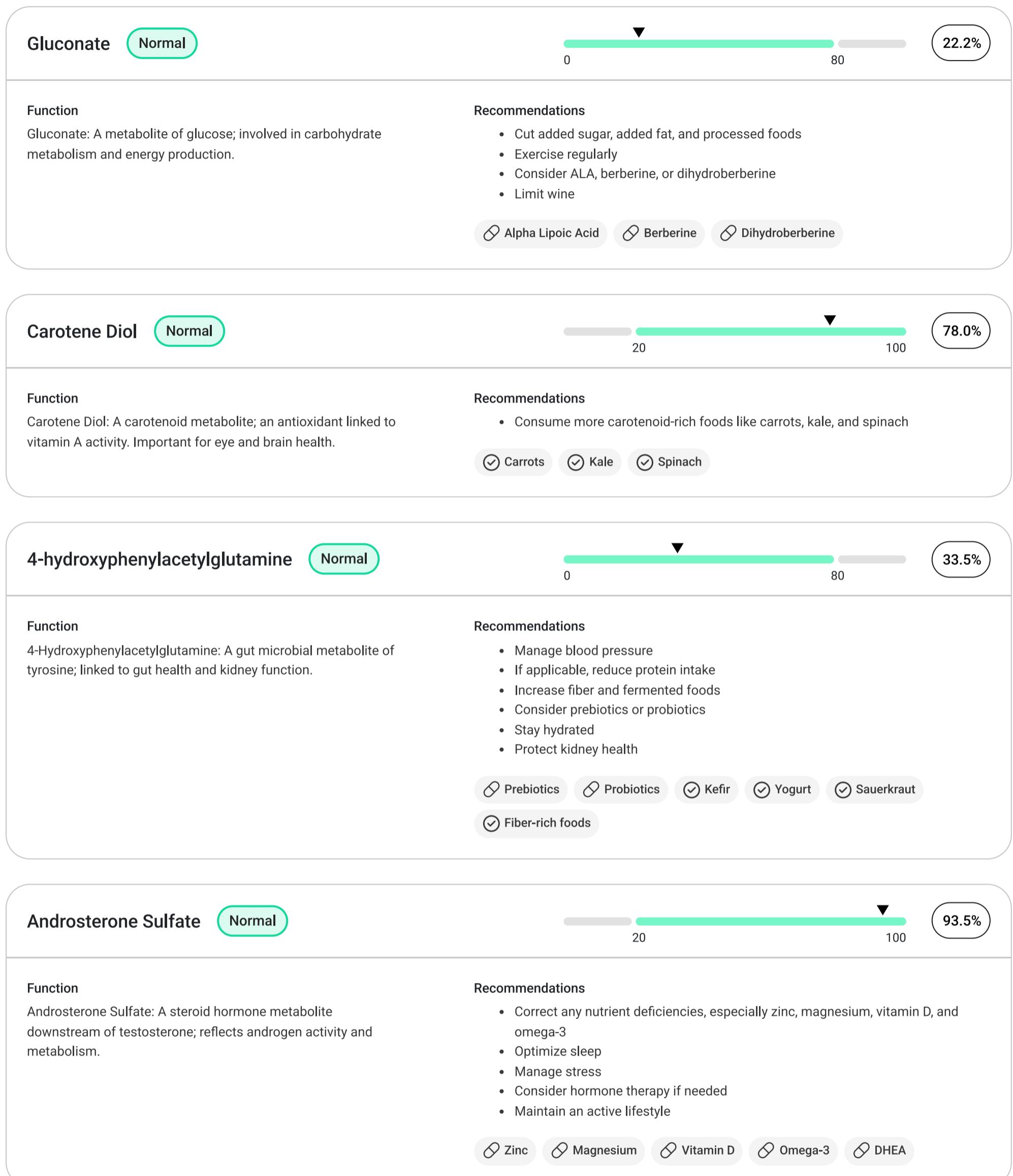
Additional Epigenetic Biomarkers



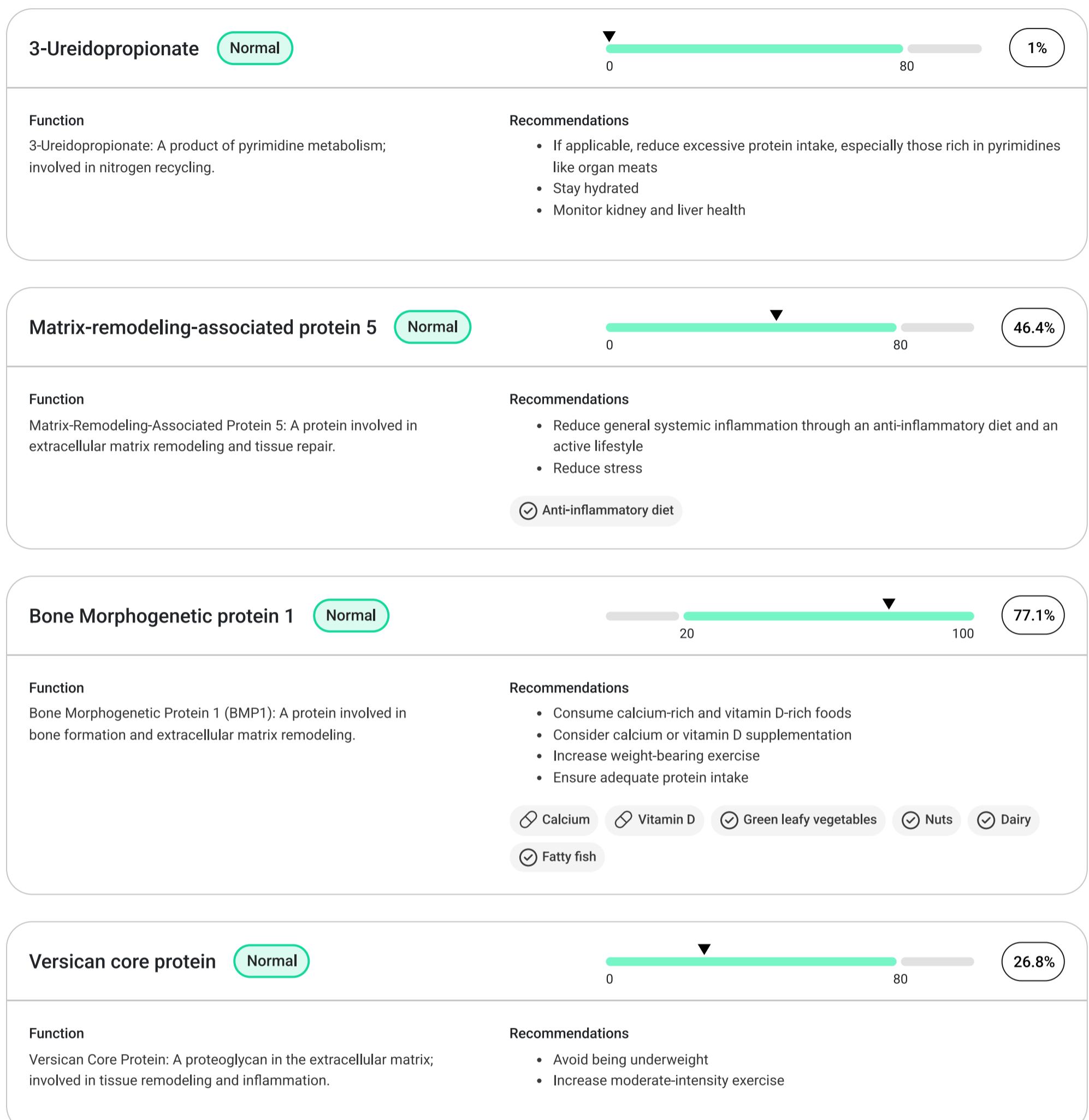
Additional Epigenetic Biomarkers



Additional Epigenetic Biomarkers



Additional Epigenetic Biomarkers



Additional Epigenetic Biomarkers

