



## Manual 2 – Results Letter Templates

### Seated Blood Pressure, Weight, BMI, Depression Findings, Nutrition, and Laboratory Results

Measurement	Threshold Values / Trigger conditions	Reported to participant as:			Script for Report
Seated blood pressure	SBP <120 and DBP <80	Normal			Your blood pressure was normal. Please recheck it in one year. If you are being treated for high blood pressure, your physician may have given you a schedule for your next check-up. Please follow that schedule.
Seated blood pressure	SBP 120-129 and DBP <80	Normal			Your blood pressure was somewhat elevated, according to recent guidelines. Please recheck it in 3-6 months. If you are being treated for high blood pressure, your physician may have given you a schedule for your next check-up. Please follow that schedule.
Seated blood pressure	SBP 130-139 or DBP 80-89		Abnormal		Your blood pressure was high, according to recent guidelines. You should have your blood pressure checked within two months by a physician. If you are being treated for high blood pressure please see your physician.
Seated blood pressure	SBP 140-179 or DBP 90-119		Abnormal		Your blood pressure was quite high. You should have your blood pressure checked within a month by a physician. If you are being treated for high blood pressure, please see your physician.
Seated blood pressure	SBP 180-199 or DBP 110-119			Alert Arrange for medical evaluation within 48 hrs	Your blood pressure was very high. At the time of your ARIC visit we indicated that you should see a medical professional within 48 hours to determine whether treatment should be started or changed. If you have not done so already, please see your physician without delay.

Measurement	Threshold Values / Trigger conditions	Reported to participant as:			Script for Report
Seated blood pressure	SBP $\geq$ 200 or DBP $\geq$ 120			Alert. Stop the exam & arrange for same-day eval.	Your reading was very high. At the time of your ARIC visit we indicated that you should see a medical professional within hours to determine whether treatment should be started or changed. If you have not done so already, please see your physician without delay.
Weight	Value	Can use 'Normal' cover letter			N/A
Body mass index (BMI)	N/A	Can use 'Normal' cover letter			The body mass index (BMI) is an estimate of your body fat, based on your height and weight. In adults, the BMI provides information on health and potential health risks. A BMI of less than 18.5 is Underweight; 18.5 to 24.9 is Healthy; 25.0 to 29.9 is Overweight; 30.0 or more indicates Obesity
Depression finding	CES Form Q13 (sum) $\geq$ 9			Alert	At the time of the ARIC examination we provided a letter recommending review of possible depression by a health professional
Triglycerides	Triglycerides $\geq$ 1000 mg/dl			Alert (only in Results Report)	<p>Non-Fasting: Your serum triglyceride is very high. You should check with your physician about this as soon as possible. Serum triglyceride was measured from a non-fasting sample and should be repeated with a fasting sample.</p> <p>Fasting: Your serum triglyceride is very high. You should check with your physician about this as soon as possible.</p>
Total cholesterol	Value	Can use 'Normal' cover letter			Total cholesterol levels less than 200 mg/dL are optimal.
HDL-cholesterol	Value	Can use 'Normal' cover letter			HDL-cholesterol values below 40 mg/dL are sub-optimal.
Calculated non-HDL-C	Value	Can use 'Normal' cover letter			Non-HDL cholesterol values above 150 mg/dL are suboptimal.

Measurement	Threshold Values / Trigger conditions	Reported to participant as:			Script for Report
Hemoglobin	Female: 11.7 - 15.7; Male: 13.3 - 17.7	Normal			For women, hemoglobin values usually are between 11.7 - 15.7 g/dL. For men, hemoglobin values usually are between 13.3 - 17.7 g/dL. Hemoglobin was calculated from frozen whole blood and should be repeated in a fresh blood sample.
Hemoglobin	7 g/dl - 11.6 g/dl if female; 7 g/dl - 13.2 g/dl if male		Abnormal		Your hemoglobin is low. You should check with your physician about this. Hemoglobin was calculated from frozen whole blood and should be repeated in a fresh blood sample.
Hemoglobin	<7 g/dL			Alert	Your hemoglobin value is very low. You should check with your physician about this. Hemoglobin was calculated from frozen whole blood and should be repeated in a fresh blood sample.
Hemoglobin	>15.7 g/dl if female; >17.7 g/dl if male		Abnormal		Your hemoglobin is high. You should check with your physician about this. Hemoglobin was calculated from frozen whole blood and should be repeated in a fresh blood sample.
Glycosylated hemoglobin	HbA1c	Can use 'Normal' cover letter			Normal A1c values are less than 5.7% for someone who does not have diabetes. A result between 5.7 and 6.4% can indicate prediabetes (a high risk of developing diabetes). A result of 6.5% or higher may indicate diabetes. You should check with your physician about this. If you have previously been diagnosed with diabetes, please follow your physician's guidelines.
Serum potassium	Serum potassium (K) 2.6 – 5.9 mmol/L	Normal			Normal potassium levels in the blood are 3.3-5.1 mmol/L
Serum potassium	Serum potassium (K) <=2.5 mmol/L			Alert	Normal potassium levels in the blood are 3.3-5.1 mmol/L. A potassium level of 2.5 mmol/L or lower can be dangerous. Please check with your physician about this right away.

Measurement	Threshold Values / Trigger conditions	Reported to participant as:			Script for Report
Serum potassium	Serum potassium(K) $\geq 6.0$ mmol/L			Alert	Normal potassium levels in the blood are 3.3-5.1 mmol/L. Having a blood potassium level higher than 6.0 mmol/L can be dangerous. You should check with your physician about this as soon as possible.
Serum magnesium	Serum magnesium (MG) (mg/dL)	Can use 'Normal' cover letter			Normal values of magnesium in the blood for adults are 1.6-2.6 mg/dL.
Serum albumin	Serum albumin (ALB) $\geq 3.5$ (g/dL)	Normal			Normal levels of albumin in the blood are approximately 3.5 to 5.2 g/dL
Serum albumin	Serum albumin (ALB) $< 3.5$ (g/dL)		Abnormal		Your serum albumin result was low. This may indicate decreased liver or kidney function. Please discuss the serum albumin results with your physician.
Kidney function	Fixed Text				ARIC estimated glomerular filtration from both creatinine and cystatin for more precise measurement of kidney function, especially in older adults (Inker et al., NEJM, 2012;367:20-9).
Serum creatinine	Creatinine (CR) $\leq 2$ mg/dl	Normal			Normal levels of creatinine in the blood are approximately 0.5 to 1.2 mg/dL in men, and 0.4 to 1.1 mg/dL in women.
Serum creatinine	Creatinine (CR) $> 2$ mg/dl			Alert	Your serum creatinine result was high. This may indicate a decreased kidney function. Please discuss the creatinine <u>and</u> the estimated glomerular filtration rate (eGFR) results with your physician
eGFR (creatinine and cystatin)	eGFRcr-cys $\geq 60$ mL/min/1.73 m <sup>2</sup>	Normal			Your estimated glomerular filtration rate (eGFR) was calculated from the amount of creatinine and cystatin in your blood. Your eGFR is greater than 60 mL/min/1.73 m <sup>2</sup> , which suggests that your kidneys are working well.

Measurement	Threshold Values / Trigger conditions	Reported to participant as:			Script for Report
eGFR (creatinine and cystatin)	eGFRcr-cys 30- < 60 mL/min/1.73m <sup>2</sup>		Abnormal		Your estimated glomerular filtration rate (eGFR) was calculated from the amount of creatinine and cystatin in your blood. An eGFR persistently less than 60 mL/min/1.73 m2 is an indicator of decreased kidney function and potential chronic kidney disease. You should discuss these results with your healthcare provider within a month.
eGFR (creatinine and cystatin)	eGFRcr-cys < 30 mL/min/1.73m <sup>2</sup>			Alert	Your estimated glomerular filtration rate (eGFR) was calculated from the amount of creatinine and cystatin in your blood. An eGFR persistently less than 30 mL/min/1.73 m2 indicates severely decreased kidney function. You should discuss this result with your health care provider as soon as possible.
Urine albumin: creatinine ratio	ACR < 30 mg/g Cr	Normal			The level of albumin, the major protein in your urine, is in the normal range.
Urine albumin: creatinine ratio	ACR >= 30 mg/g Cr		Abnormal		The amount of albumin, the major protein in your urine, is moderately elevated and may indicate chronic kidney disease. You should discuss this result with your healthcare provider.
Albumin: creatinine ratio (albumin)	Ratio >= 300 mg/g			Alert	The amount of albumin, the major protein in your urine, is elevated and may indicate chronic kidney disease. You should discuss this result with your healthcare provider as soon as possible.

## Nutrition

### MINI NUTRITION ASSESSMENT RESULTS

#### PARTICIPANT REPORT

The Mini Nutritional Assessment assesses an older adult's risk of being malnourished. The score on your Mini Nutritional Assessment [select one of the following 3 responses]:

[normal: score 24-30] - suggests that you do not show evidence of being at risk of malnutrition at the time of this assessment.

[abnormal: score 17- <24] – suggests that you may be at risk of malnutrition. We recommend that you notify your personal physician or health care clinic to discuss whether you might benefit from further medical evaluation. We would be glad to assist with an appropriate referral if you do not have a personal physician or other source of health care. If you instructed us to send these results to your physician during the ARIC Study visit, we have done so.

[abnormal: score <17] - suggests that you may be malnourished. We recommend that you notify your personal physician or health care clinic to discuss whether you might benefit from further medical evaluation. We would be glad to assist with an appropriate referral if you do not have a personal physician or other source of health care. If you instructed us to send these results to your physician during the ARIC Study visit, we have done so.

[unscorable] was unfortunately unable to be calculated.

We sincerely appreciate your time and commitment to the ARIC study. Without dedicated volunteers such as you, we would be unable to conduct this research.

Sincerely,

Signature of the field center PI