



KnowYourNumber™
The Key To Proactive Good Health



Know Your Number® Aggregate Report Comparisons Between Baseline & Follow-Up

Client:	XYZ Corp.
Study Population:	964
Total Population:	1,500
Time Window of Baseline:	07/27/05 - 03/16/06
Time Window of Follow-Up:	11/03/05 - 07/08/06
Date of Comparison Report :	01/28/08
Version of Report:	V7.3

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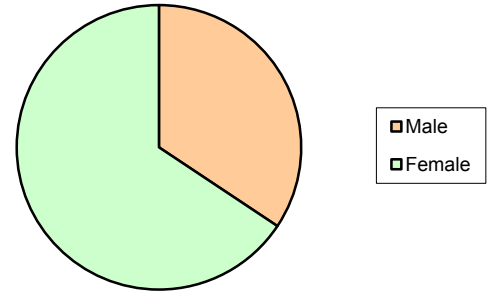
www.knowyournumber.com OR www.kyn-us.com



Study Population Demographics

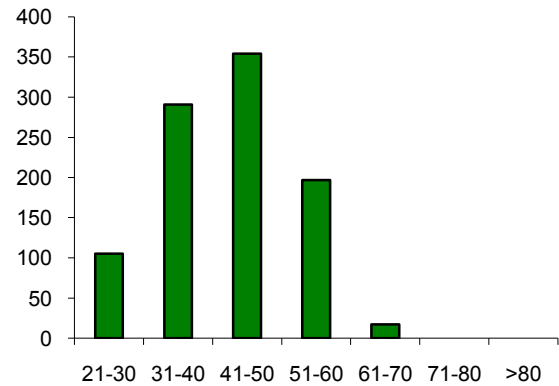
Gender Distribution

Gender	Number	%
Male	331	34.3%
Female	633	65.7%
Total	964	100.0%



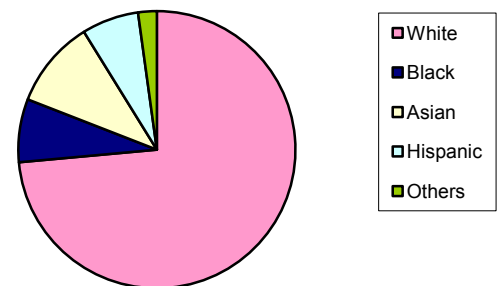
Age Distribution

Age	Number	%
21-30	105	10.9%
31-40	291	30.2%
41-50	354	36.7%
51-60	197	20.4%
61-70	17	1.8%
71-80	0	0.0%
>80	0	0.0%
Total	964	100.0%



Ethnicity Distribution

Race	Number	%
White	709	73.5%
Black	71	7.4%
Asian	99	10.3%
Hispanic	64	6.6%
Others	21	2.2%
Total	964	100.0%



Risk Factor Profile Changes Between Baseline & Follow-Up

	Baseline	Follow-Up	Difference*	Change %	P Value**
Clinical Measures with Yes/No Values (%)					
Current smoking	2.7%	2.8%	0.1%	3.8%	0.6550
Overweight (BMI 25.0-29.9 kg/m2)	36.7%	36.4%	-0.3%	-0.8%	0.8256
Obesity (BMI>=30 kg/m2)	40.9%	32.1%	-8.8%	-21.6%	0.0000
High waist (male>40 inch, female>35 inch)	55.6%	38.6%	-17.0%	-30.6%	0.0000
Prehypertension (>=120/80 and <140/90 mmHg)	46.7%	50.4%	3.7%	8.0%	0.0804
Hypertension (>=140/90 mmHg)	29.4%	18.2%	-11.2%	-38.2%	0.0000
Metabolic syndrome ***	27.4%	18.6%	-8.8%	-32.2%	0.0000
Total cholesterol (>=200 mg/dL)	46.0%	39.2%	-6.7%	-14.7%	0.0000
HDL (<40 mg/dL)	14.6%	10.6%	-4.0%	-27.7%	0.0000
LDL>=130 mg/dL	34.9%	28.9%	-5.9%	-17.0%	0.0000
LDL>=ATP III suggested goal	17.2%	13.4%	-3.8%	-22.3%	0.0011
Triglyceride>=150 mg/dL	30.6%	20.5%	-10.1%	-32.9%	0.0000
Undiagnosed diabetes (glucose>=126 mg/dL)	1.5%	0.4%	-1.0%	-71.4%	0.0038
Prediabetes (100<=glucose<126 mg/dL)	19.7%	12.7%	-7.1%	-35.8%	0.0000
Clinical Measures with Numerical Values					
Weight (lbs)	188.3	179.3	-9.0	-4.8%	0.0000
BMI (kg/m2)	29.6	28.2	-1.4	-4.7%	0.0000
Waist (inch)	38.2	36.1	-2.1	-5.5%	0.0000
Exercise level (1=Low; 2=Moderate; 3=High)	1.6	2.5	0.8	52.5%	0.0000
Systolic blood pressure (mmHg)	127.6	123.4	-4.2	-3.3%	0.0000
Diastolic blood pressure (mmHg)	82.5	79.0	-3.5	-4.3%	0.0000
Total cholesterol (mg/dL)	198.9	192.6	-6.4	-3.2%	0.0000
HDL cholesterol (mg/dL)	54.3	55.9	1.6	2.9%	0.0000
LDL cholesterol (mg/dL)	118.8	113.7	-5.1	-4.3%	0.0000
Triglyceride (mg/dL)	134.8	116.0	-18.9	-14.0%	0.0000
Fasting glucose (mg/dL)	95.2	91.8	-3.4	-3.6%	0.0000

* Difference was the value of follow-up minus the value of baseline.

** P value was based on paired T-test or Chi squared analysis. P<0.05 suggests the difference was statistically significant and is shown in red.

*** Metabolic syndrome was diagnosed based on the ATP III guideline criteria.

Risk Factor Profile Changes Between Baseline & Follow-Up (continued) Females

	Baseline	Follow-Up	Difference	Change %	P Value
Clinical Measures with Yes/No Values (%)					
Current smoking	3.2%	3.2%	0.0%	0.0%	1.0000
Overweight (BMI 25.0-29.9 kg/m ²)	33.1%	32.3%	-0.8%	-2.4%	0.6045
Obesity (BMI ≥ 30 kg/m ²)	38.9%	32.9%	-6.0%	-15.4%	0.0000
High waist (female > 35 inch)	58.1%	43.4%	-14.7%	-25.3%	0.0000
Prehypertension (≥ 120/80 and < 140/90 mmHg)	45.6%	46.0%	0.5%	1.0%	0.8566
Hypertension (≥ 140/90 mmHg)	23.7%	15.3%	-8.4%	-35.3%	0.0000
Metabolic syndrome	23.9%	18.2%	-5.7%	-23.8%	0.0003
Total cholesterol (≥ 200 mg/dL)	46.8%	41.5%	-5.4%	-11.5%	0.0017
HDL (< 40 mg/dL)	5.7%	5.1%	-0.6%	-11.1%	0.3715
LDL ≥ 130 mg/dL	31.8%	27.8%	-4.0%	-12.4%	0.0208
LDL ≥ ATP III suggested goal	14.2%	12.5%	-1.7%	-12.2%	0.1969
Triglyceride ≥ 150 mg/dL	25.2%	18.4%	-6.8%	-27.0%	0.0000
Undiagnosed diabetes (glucose ≥ 126 mg/dL)	1.4%	0.6%	-0.8%	-55.6%	0.0587
Prediabetes (100 ≤ glucose < 126 mg/dL)	15.7%	10.4%	-5.2%	-33.3%	0.0005
Clinical Measures with Numerical Values					
Weight (lbs)	175.3	168.3	-6.9	-4.0%	0.0000
BMI (kg/m ²)	29.3	28.1	-1.2	-4.0%	0.0000
Waist (inch)	36.7	34.9	-1.8	-5.0%	0.0000
Exercise level (1=Low; 2=Moderate; 3=High)	1.6	2.4	0.8	52.1%	0.0000
Systolic blood pressure (mmHg)	124.2	120.7	-3.5	-2.8%	0.0000
Diastolic blood pressure (mmHg)	81.5	78.2	-3.3	-4.0%	0.0000
Total cholesterol (mg/dL)	199.1	194.9	-4.1	-2.1%	0.0000
HDL cholesterol (mg/dL)	59.0	59.7	0.7	1.2%	0.0155
LDL cholesterol (mg/dL)	116.7	113.4	-3.2	-2.8%	0.0005
Triglyceride (mg/dL)	122.1	109.9	-12.2	-10.0%	0.0000
Fasting glucose (mg/dL)	94.8	91.4	-3.3	-3.5%	0.0000

Risk Factor Profile Changes Between Baseline & Follow-Up (continued) Males

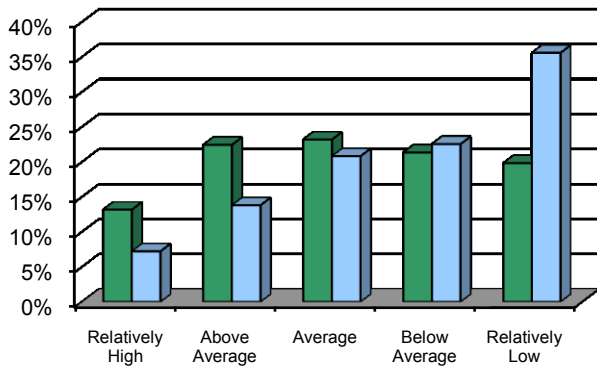
	Baseline	Follow-Up	Difference	Change %	P Value
Clinical Measures with Yes/No Values (%)					
Current smoking	1.8%	2.1%	0.3%	16.7%	0.3180
Overweight (BMI 25.0-29.9 kg/m2)	43.7%	44.3%	0.6%	1.4%	0.8352
Obesity (BMI >=30 kg/m2)	44.6%	30.4%	-14.2%	-31.8%	0.0000
High waist (male >40 inch)	50.9%	29.5%	-21.4%	-42.0%	0.0000
Prehypertension (>=120/80 and <140/90 mmHg)	48.8%	58.7%	9.9%	20.4%	0.0067
Hypertension (>=140/90 mmHg)	40.1%	23.5%	-16.6%	-41.4%	0.0000
Metabolic syndrome	34.0%	19.3%	-14.8%	-43.4%	0.0000
Total cholesterol (>=200 mg/dL)	44.3%	34.9%	-9.3%	-21.1%	0.0002
HDL (<40 mg/dL)	31.6%	21.1%	-10.5%	-33.3%	0.0000
LDL >=130 mg/dL	40.7%	31.0%	-9.6%	-23.7%	0.0000
LDL >=ATP III suggested goal	22.9%	15.1%	-7.8%	-34.2%	0.0009
Triglyceride >=150 mg/dL	41.0%	24.7%	-16.3%	-39.7%	0.0000
Undiagnosed diabetes (glucose >=126 mg/dL)	1.5%	0.0%	-1.5%	-100.0%	0.0251
Prediabetes (100 <= glucose <126 mg/dL)	27.4%	16.9%	-10.5%	-38.5%	0.0001
Clinical Measures with Numerical Values					
Weight (lbs)	213.2	200.2	-13.0	-6.1%	0.0000
BMI (kg/m2)	30.1	28.3	-1.8	-6.1%	0.0000
Waist (inch)	41.0	38.3	-2.6	-6.4%	0.0000
Exercise level (1=Low; 2=Moderate; 3=High)	1.7	2.5	0.9	53.1%	0.0000
Systolic blood pressure (mmHg)	133.9	128.4	-5.5	-4.1%	0.0000
Diastolic blood pressure (mmHg)	84.4	80.4	-4.0	-4.7%	0.0000
Total cholesterol (mg/dL)	198.6	188.0	-10.6	-5.3%	0.0000
HDL cholesterol (mg/dL)	45.4	48.7	3.3	7.2%	0.0000
LDL cholesterol (mg/dL)	123.0	114.2	-8.7	-7.1%	0.0000
Triglyceride (mg/dL)	159.1	127.6	-31.5	-19.8%	0.0000
Fasting glucose (mg/dL)	96.1	92.6	-3.5	-3.6%	0.0000

Distribution of Disease Risks in Population By Percentiles

Type 2 Diabetes

	Relatively High	Above Average	Average	Below Average	Relatively Low
Baseline	13%	22%	23%	21%	20%
Follow up	7%	14%	21%	23%	36%

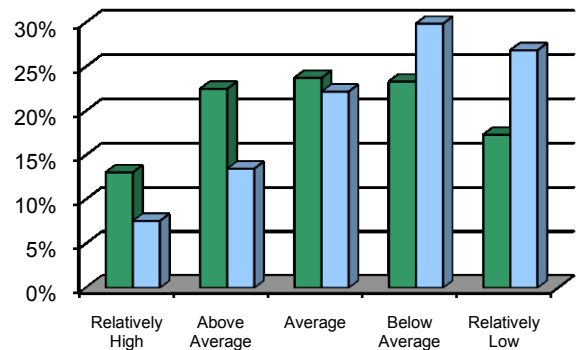
Baseline* N= 918
Follow-up** N= 927



Coronary Heart Disease

	Relatively High	Above Average	Average	Below Average	Relatively Low
Baseline	13%	23%	24%	23%	17%
Follow up	8%	13%	22%	30%	27%

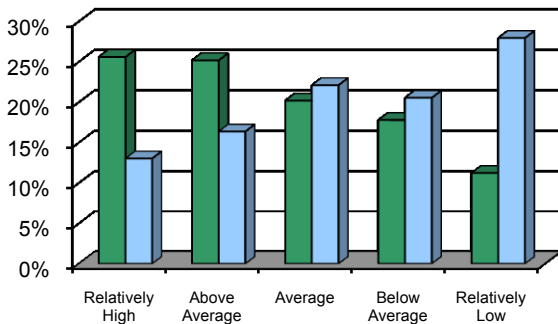
Baseline N= 964
Follow-up N= 964



Stroke

	Relatively High	Above Average	Average	Below Average	Relatively Low
Baseline	26%	25%	20%	18%	11%
Follow up	13%	16%	22%	21%	28%

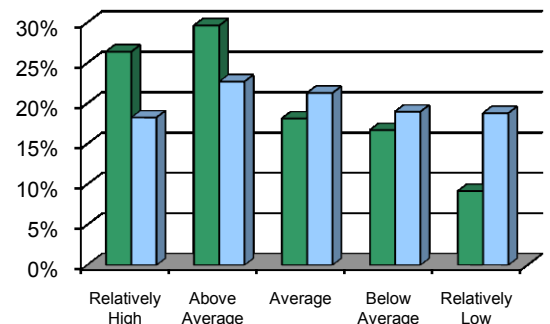
Baseline N= 961
Follow-up N= 959



Heart Failure

	Relatively High	Above Average	Average	Below Average	Relatively Low
Baseline	26%	30%	18%	17%	9%
Follow up	18%	23%	21%	19%	19%

Baseline N= 557
Follow-up N= 564



Notes:

Disease risk is classified by risk percentile of following groups:

- Relatively High** >=80th percentile
- Above Average** >=60th & < 80th percentile
- Average** >=40th & <60th percentile
- Below Average** >=20th & <40th percentile
- Relatively Low** <20th percentile

Percentile is age and gender specific. High percentiles represent high risk.

* Baseline N refers to the number of people who had a prediction at baseline for the specific disease.

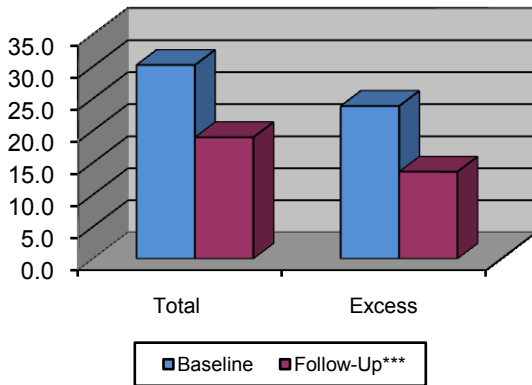
** Follow-up N refers to the number of people who had a prediction at follow-up for the specific disease.

No data for COPD and lung cancer because those models were only run for smokers.

Predicted Total * and Excess Cases of Disease Onset within Next Five Years:
 Changes Between Baseline and Follow-Up in Study Population**

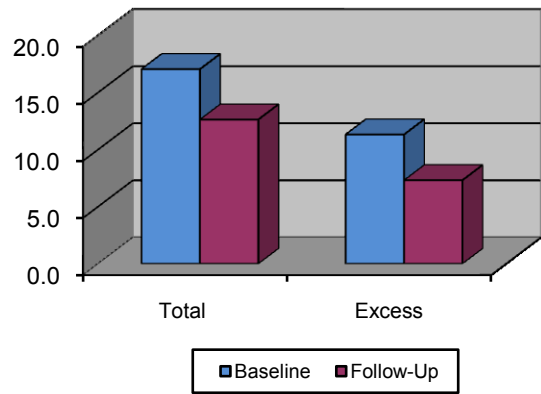
Type 2 Diabetes

	Baseline	Follow-Up***	Change %****	P***** Value
Total	30.2	19.0	-37%	0.00
Excess	23.8	13.6	-43%	0.00



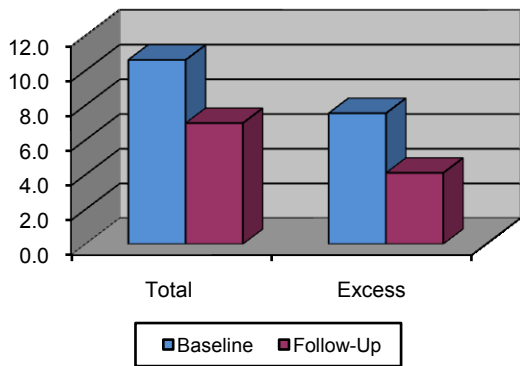
Coronary Heart Disease

	Baseline	Follow-Up	Change %	P Value
Total	17.1	12.6	-26%	0.08
Excess	11.3	7.3	-35%	0.25



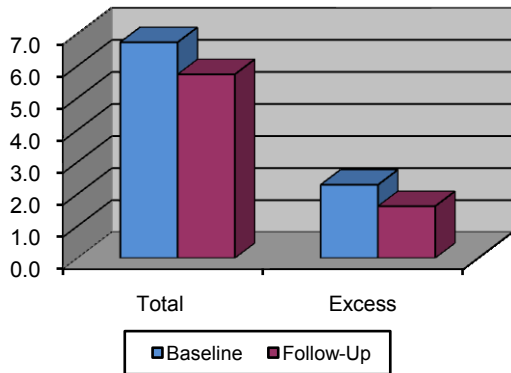
Stroke

	Baseline	Follow-Up	Change %	P Value
Total	10.6	7.0	-0.343	0.005
Excess	7.5	4.1	-46%	0.03



Heart Failure

	Baseline	Follow-Up	Change %	P Value
Total	6.7	5.7	-15%	0.71
Excess	2.3	1.6	-29%	0.94



* Total cases refer to predicted new cases in the next 5 years.

** Excess cases are the cases that can be avoided in the next 5 years, if all modifiable risk factors are brought within the normal range.

*** Follow-up is the re-prediction for the same 5-year window as baseline. It recalculates the risk using age and non-modifiable risk factors from the baseline and modifiable risk factors from the follow-up.

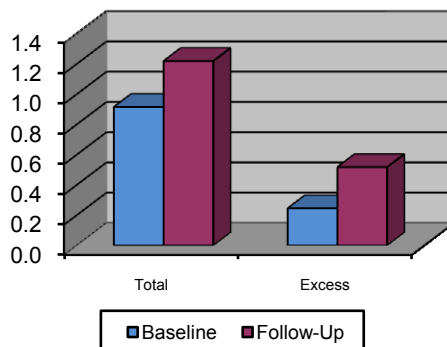
**** Change is the difference in cases between follow-up and the baseline as a percentage of the baseline.

***** P value is based on paired T-test. P<0.05 suggests the difference is statistically significant and is shown in red.

**Predicted Total & Excess Cases of Disease Onset within Next Five Years:
Changes Between Baseline and Follow-Up in Study Population (continued)**

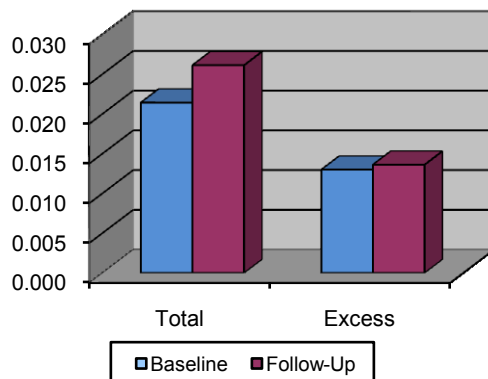
COPD

	Baseline	Follow-Up	Change %	P Value
Total	0.9	1.2	33%	0.91
Excess	0.2	0.5	53%	0.48



Lung Cancer

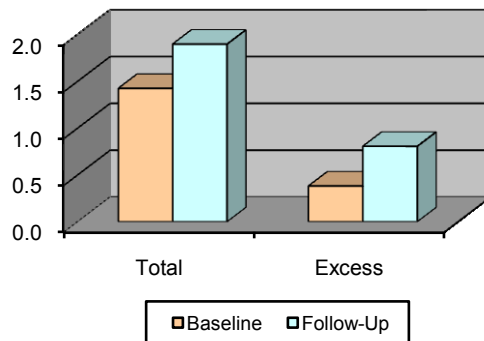
	Baseline	Follow-Up	Change %	P Value
Total	0.021	0.026	22%	0.03
Excess	0.013	0.014	5%	0.04



Extrapolation to Total Population
Predicted Total & Excess Cases of Disease Onset within Next Five Years:
Changes Between Baseline and Follow-Up (continued)

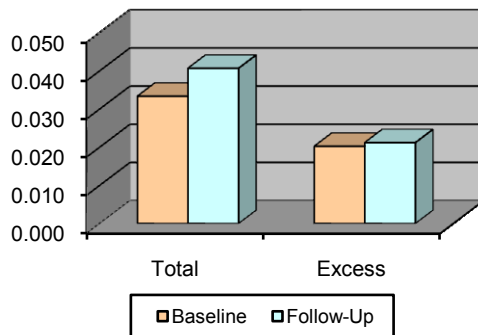
Total Population: N= 1,500
COPD

	Baseline	Follow-Up	Change %
Total	1.4	1.9	33%
Excess	0.4	0.8	111%



Lung Cancer

	Baseline	Follow-Up	Change %
Total	0.033	0.041	22%
Excess	0.020	0.021	5%



**Changes of Estimated Five-year Cost * of Future Chronic Disease Onset
Between Baseline and Follow-Up**

Study Population**

Study Population:

N= 964

Diseases	Baseline	Follow-Up	Difference***
Type 2 Diabetes	\$824,562	\$516,867	-\$307,695
Coronary Heart Disease	\$409,099	\$303,159	-\$105,940
Stroke	\$296,952	\$195,100	-\$101,852
Heart Failure	\$107,531	\$91,562	-\$15,969
COPD	\$7,466	\$9,945	\$2,480
Lung Cancer	\$1,465	\$1,786	\$321
All Diseases	\$1,647,073	\$1,118,418	-\$528,655

Extrapolation to Total Population****

Total Population:

N= 1500

Diseases	Baseline	Follow-Up	Difference
Type 2 Diabetes	\$1,283,032	\$804,253	-\$478,779
Coronary Heart Disease	\$636,564	\$471,720	-\$164,844
Stroke	\$462,062	\$303,579	-\$158,484
Heart Failure	\$167,319	\$142,472	-\$24,848
COPD	\$11,617	\$15,475	\$3,858
Lung Cancer	\$2,279	\$2,778	\$500
All Diseases	\$2,562,873	\$1,740,277	-\$822,597

* The formula used to calculate probable cost is:

probability of disease onset (KYN) x 2.5 years x annual cost of disease

** Study population is the population who participated in Know Your Number

*** Difference is the value of follow up minus the value of baseline

**** Total population is the population that the study population represents

The annual cost for type 2 diabetes was \$10,909; CHD was \$9,595; stroke was \$11,196; CHF was \$6,385; COPD was \$3,263; lung cancer was \$27,324 per patient year. The costs included direct and indirect medical costs associated with occurrence of each disease. They were calculated using the most current annual costs based on national averages documented by the American Heart Association, the American Diabetes Association, the American Lung Association and National Cancer Institute.