

1482 Data Points.

324 Hours.

1 vital life.

Your Clear Health Program.

Jane Clear



01 Thank you

A letter from the Clear Health team

02 Overview

What you have logged in the Clear Program

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Your blood glucose pattern during the day

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An overview of your blood glucose and logged food/drinks per day

06 HbA1c

What is your average glucose level?

Thank you

Dear Jane,

We are very happy that you participated in The Clear Health Program.

In case of question please reach out to us via info@theclearhealthprogram.com.

Healthy regards,

Piet Hein, Jim

& The Clear Health Team

Disclaimer

The mission of Clear is to help you understand your own biology better, by using science and your own biomarker data. And by this maintaining a healthier lifestyle.

By definition, this requires your own common sense. You participate in this program on your own risk. If you have any medical concerns, please check your general practitioner. And if the program shows you respond relatively well to an IPA-beer, don't drink 10 of them. This is what we mean by common sense.

If you have questions on the interpretation of your results, please ask us info@theclearhealthprogram.com.

Overview

02 Jul to 16 Jul 2020

You have logged:

Foods
87

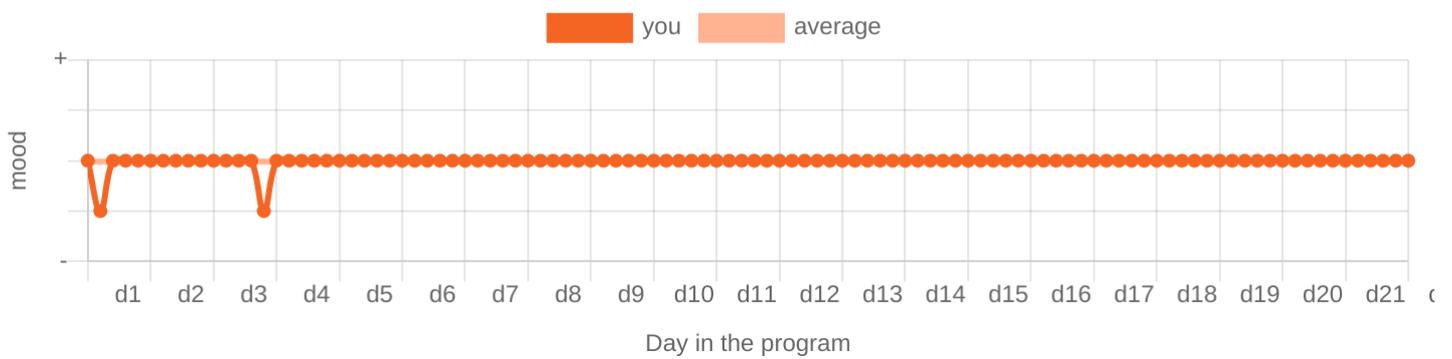
Drinks
39

Exercises
21

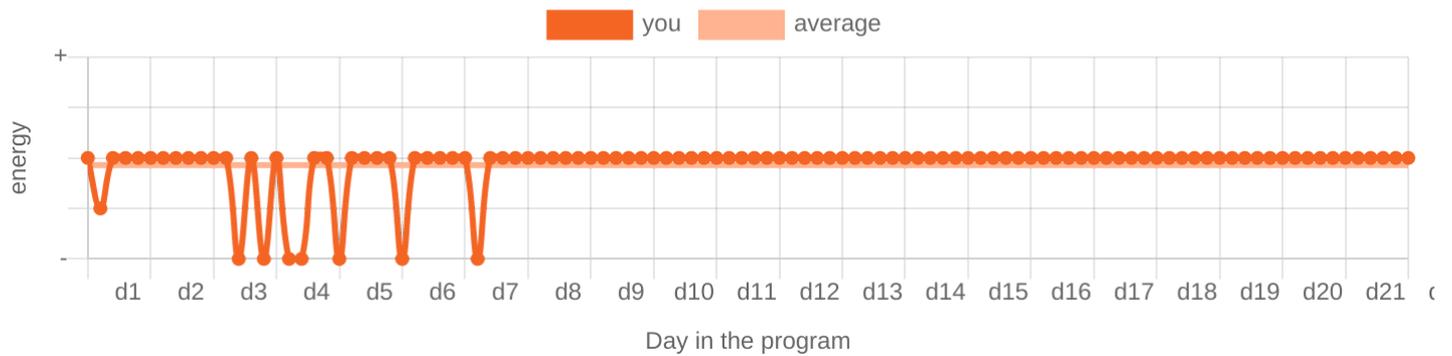
Supplements
0

Your Timeline:

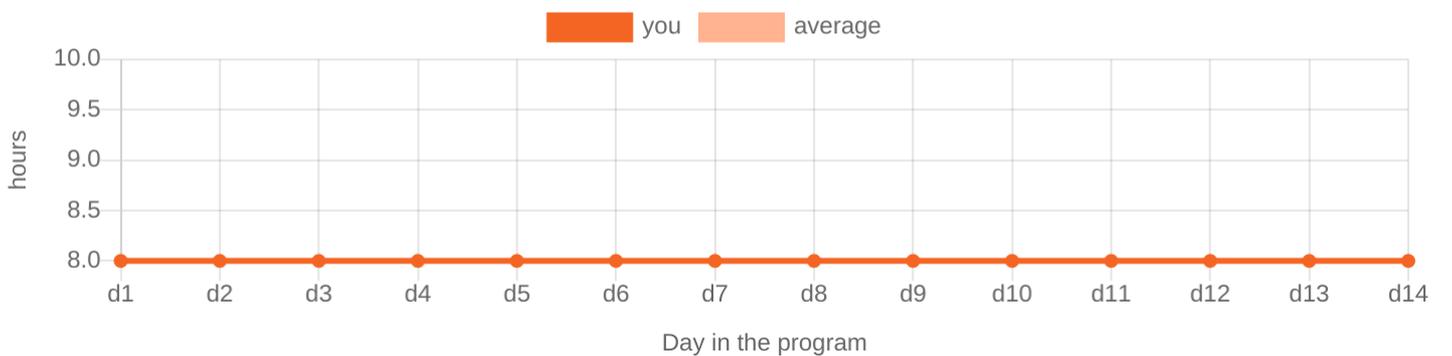
Mood



Energy level

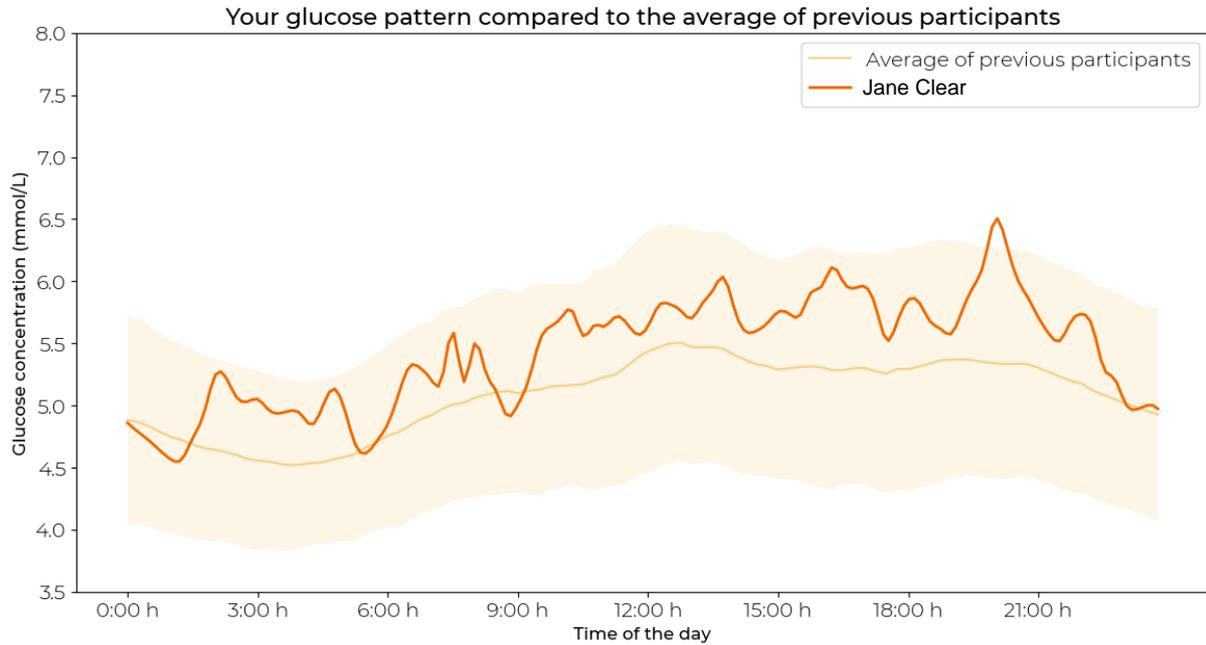


Hours of sleep



Your glucose profile

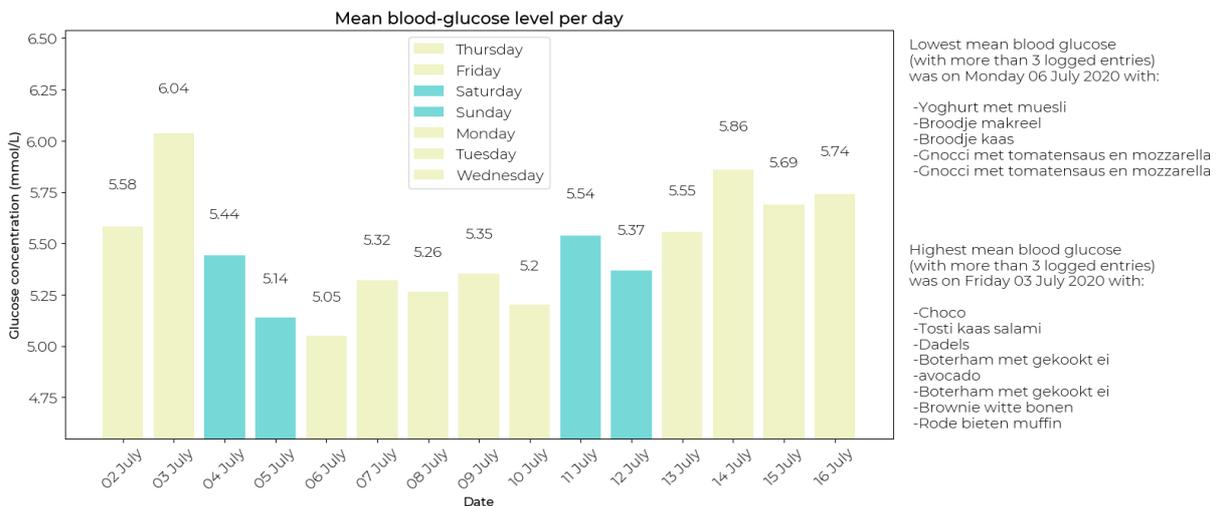
The following graph reflects your mean glucose pattern during the Clear. nutrition program (orange line) compared to participants that already completed the program.



Disclaimer: Clear. does not possess any medical information of its participants (for example on the presence of diabetes). This plot does not reflect the 'healthy' range and can thus not be used to assess the health of your glucose profile.

Your glucose per day

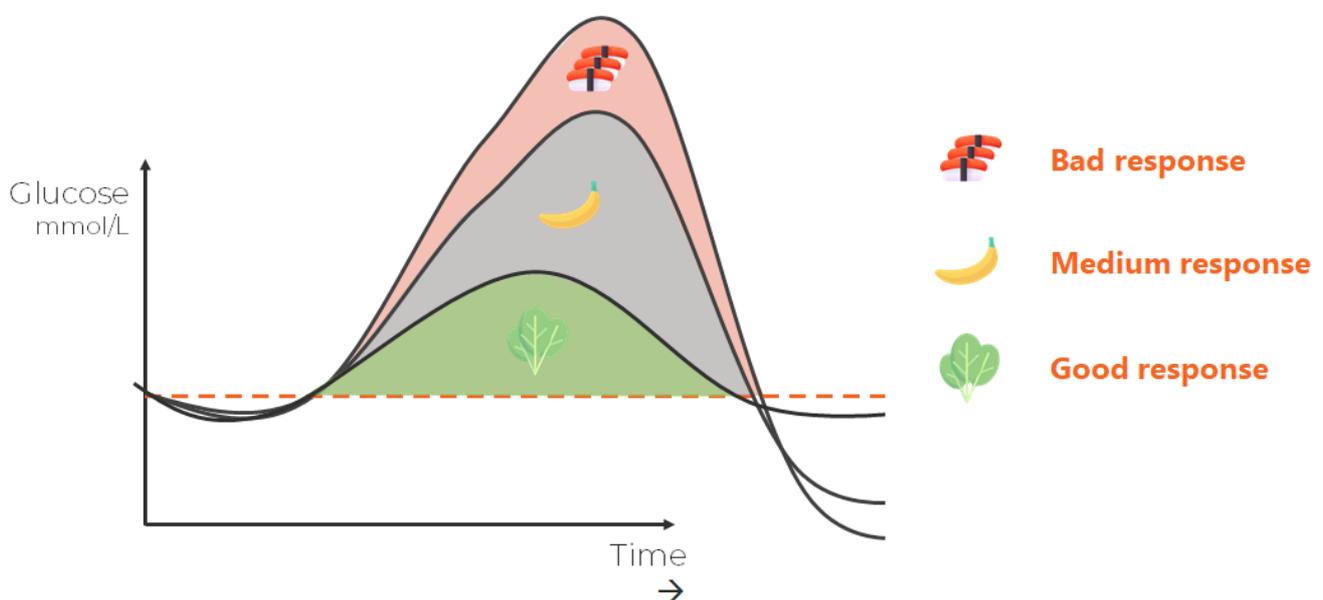
Below you will find your mean blood glucose concentration per day during the Clear. nutrition program. In addition, the entries you logged in the Clear. nutrition tracker on the day with the highest and lowest mean blood glucose are denoted on the right



Explanation

For every food and drink you log in the Clear. nutrition tracker we calculate your body's blood sugar response. We call this your glycemic response and use this to provide you with personalised dietary advice.

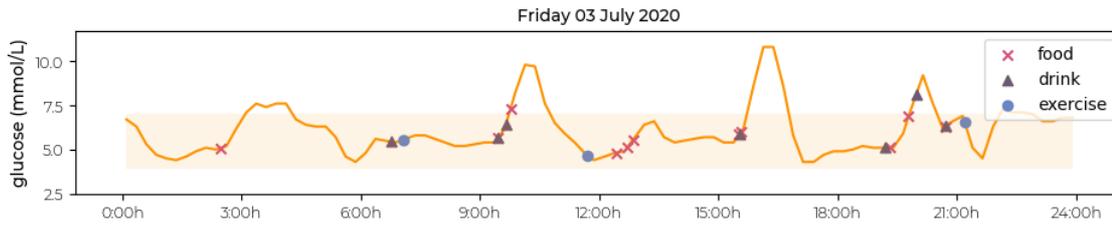
These calculations are provided by our advanced algorithm which is a complex formula that analyses the intensity and length of the logged entry's effect on your blood glucose level. In addition, it takes into account other factors that might influence your glucose homeostasis, such as consumed foods in the same time window or lifestyle factors, like exercise, stress or sleep that are known to affect glucose levels.



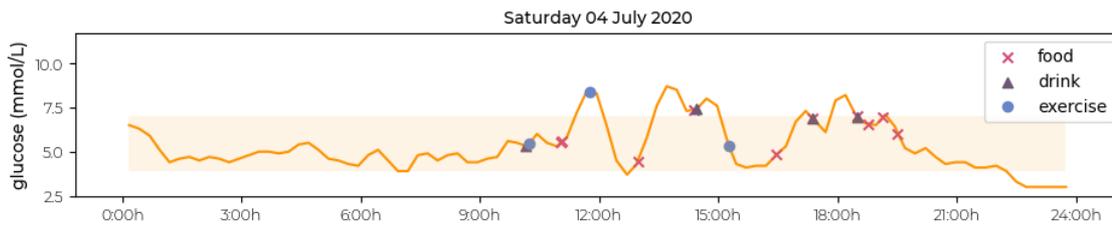
We aim to provide you with a useful and easy to interpret advice. In a separate document we send you your personal glycemic index. In this index you will find an overview of all the food and drinks you consumed, ranked from good to bad, based on the algorithm's output. In addition, each entry is assigned a color: red for items that you can better avoid, orange for items which we advise to consume with care and green for items your body responds well to.

Note: A good glucose response does not always imply that what you consumed is a healthy choice from a nutrition perspective (i.e. if you react well to alcoholic beverages or fastfood meals).

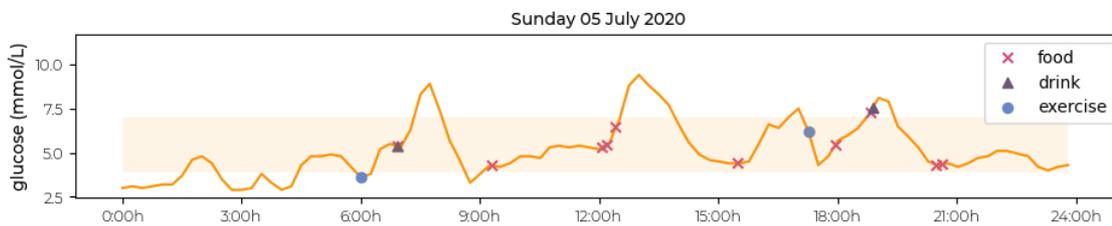
Your data (week 1)



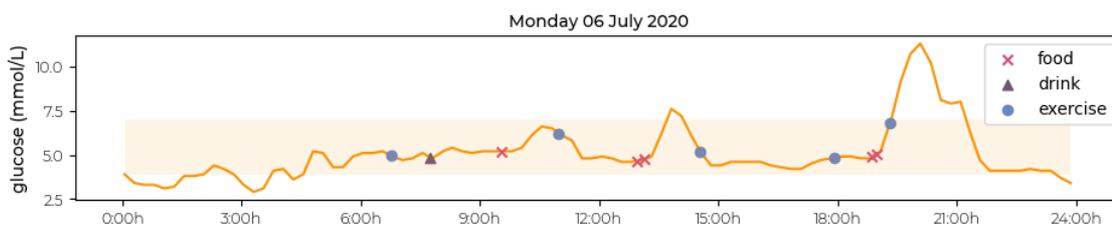
mean glucose
6.0 mmol/L



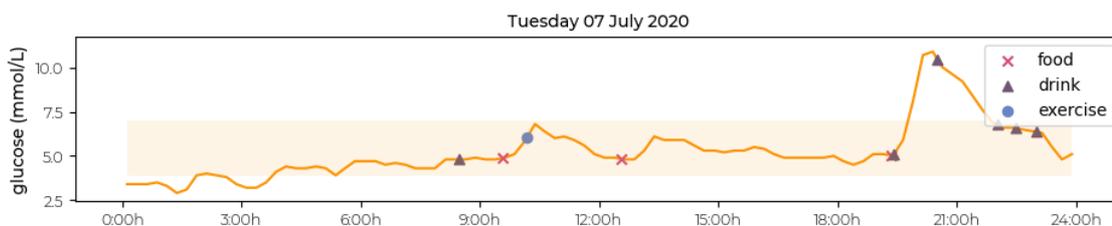
mean glucose
5.4 mmol/L



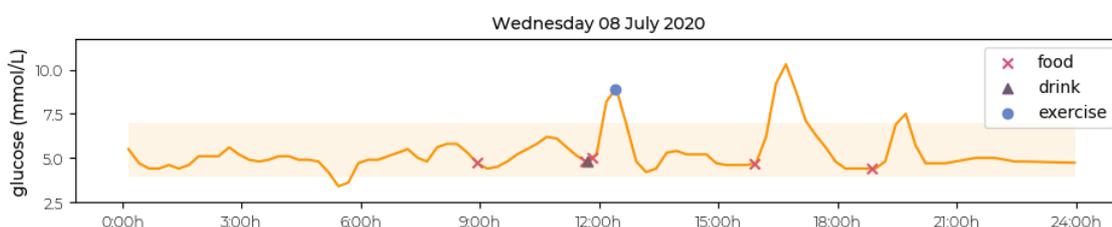
mean glucose
5.1 mmol/L



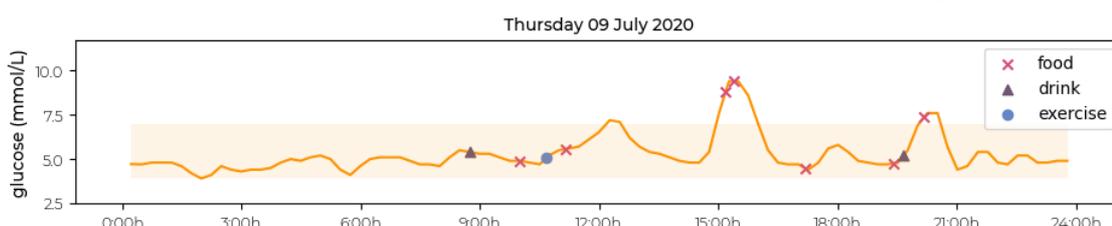
mean glucose
5.1 mmol/L



mean glucose
5.3 mmol/L

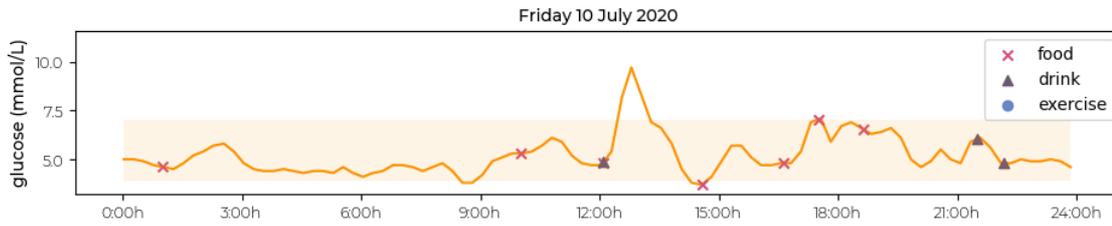


mean glucose
5.3 mmol/L

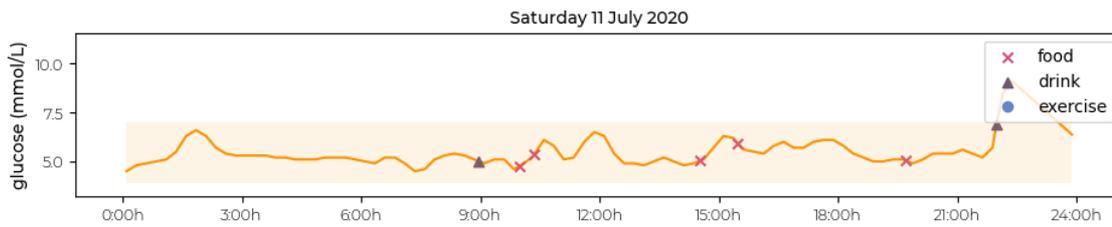


mean glucose
5.4 mmol/L

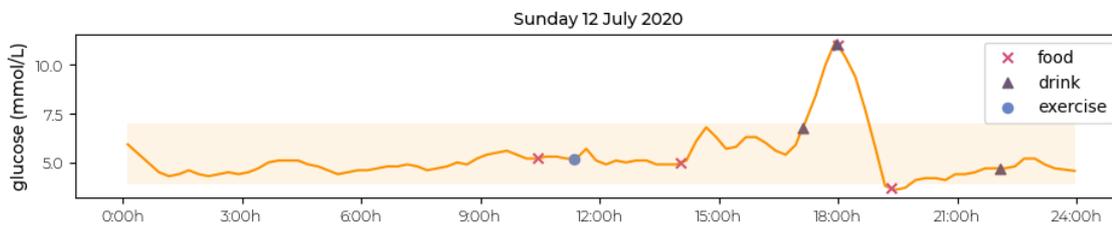
Your data (week 2)



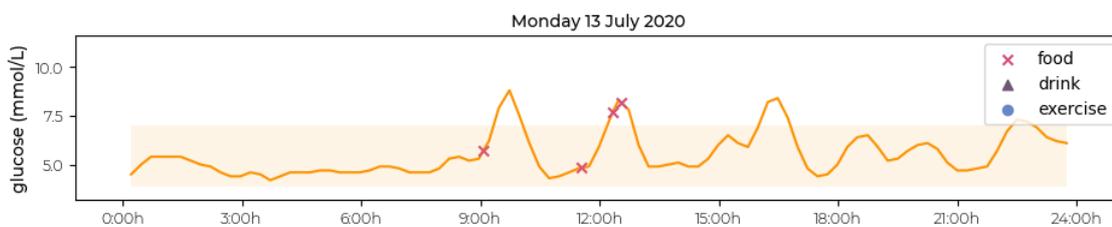
mean glucose
5.2 mmol/L



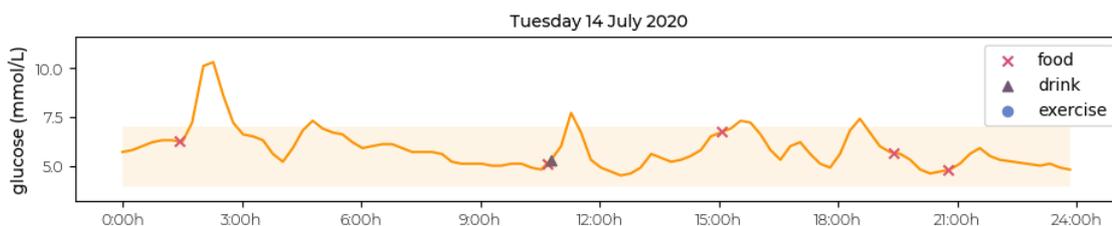
mean glucose
5.5 mmol/L



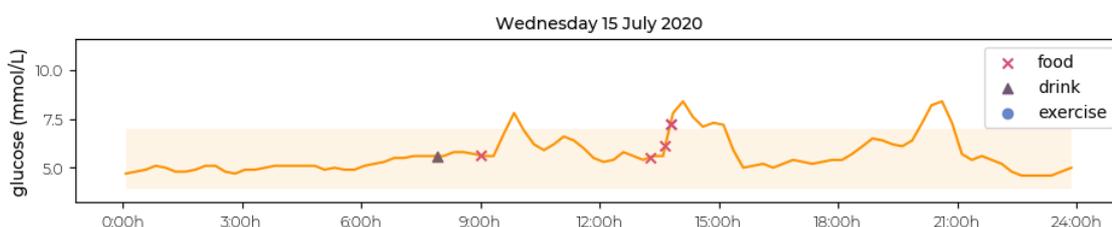
mean glucose
5.4 mmol/L



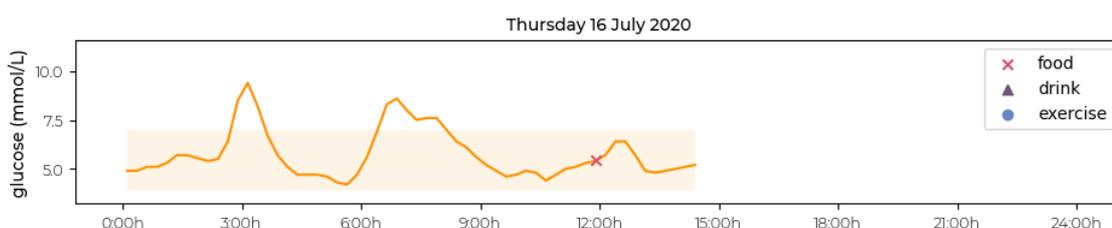
mean glucose
5.6 mmol/L



mean glucose
5.9 mmol/L



mean glucose
5.7 mmol/L



mean glucose
5.7 mmol/L

Your HbA1c

HbA1c

HbA1c is a measure of glucose regulation, it is expressed as a concentration (mmol/mol) or percentage. It reflects the (predicted) average blood sugar level over the last two to three months.

mmol/mol	%
<42	<5.9%
43-48	6.0-6.4%
>49	>6.5%

◀ your HbA1c is 4.9%

What does that mean?

Hb is short for hemoglobin. That is the color in red blood cells, which transport oxygen. Red blood cells have a life span of 2-3 months. When traveling through the blood, red blood cells encounter glucose. The higher the glucose levels in the blood, the more of it sticks to hemoglobin. The measurement HbA1c indicates the percentage of red blood cells to which glucose is bound, and this reflects the average glucose level in the blood over the last 2-3 months. Specifically, the A1c predicts what percentage of hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated). The higher the percentage HbA1c, the poorer the blood sugar control and the higher the risk of developing (pre)diabetes or complications of diabetes. For people without diabetes, the HbA1c is 20- 42 mmol/mol (<5,9%). If the HbA1c level is between 42-48 mmol/mol (5,9-6,4%) it is considered prediabetic, which means there is a high risk of developing diabetes in the future. If this is the case we advise you to discuss this with your doctor or dietist.

CLEAR. 1 VITAL LIFE.



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SHOULD BE ENTERED IN THE DESIGNATED FIELD.

CLEARREF20

REFERRAL CODE TO USE ON
[THECLEARHEALTHPROGRAM.COM/SIGNUP](https://theclearhealthprogram.com/signup)