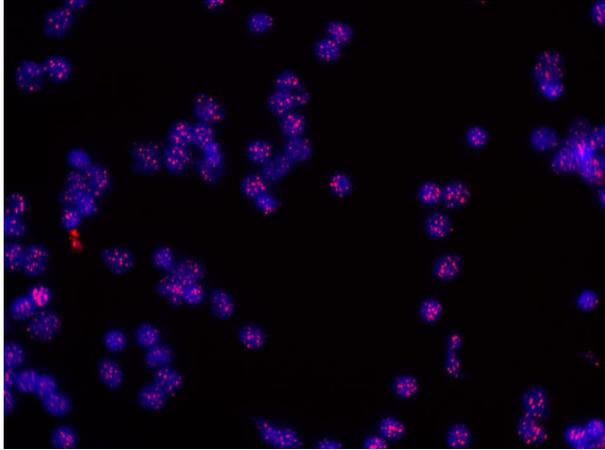# Interpreting Life Length's Results Report

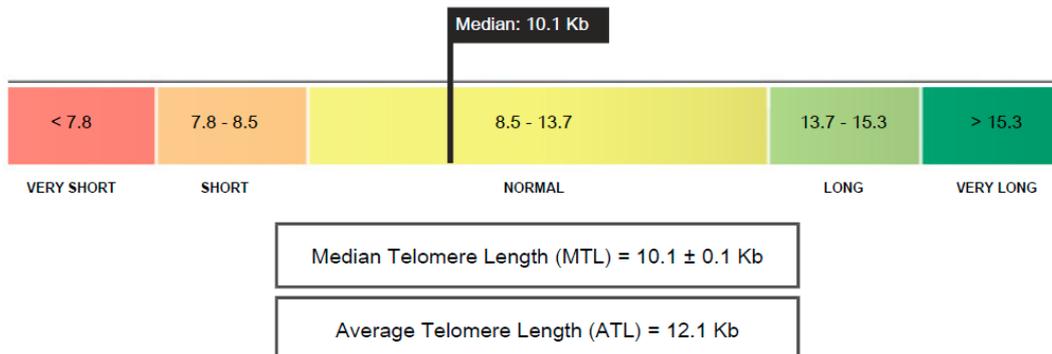- Page 3 includes a photo of the patient's telomeres

- On page 5, you can find the patient's median and average telomere length. We compare your patient's telomere length to our database population and this is how we determine if a person's telomeres are "very short", "short", "normal", "long" or "very long."
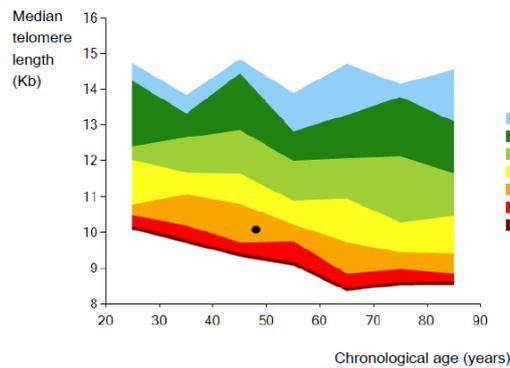
1. Your telomere length

Median Telomere Length: 10.1 Kb

Your median telomere length is estimated to be normal compared to Life Length's, database population.

Median: 10.1 Kb

< 7.8	7.8 - 8.5	8.5 - 13.7	13.7 - 15.3	> 15.3
VERY SHORT	SHORT	NORMAL	LONG	VERY LONG

Median Telomere Length (MTL) = 10.1 ± 0.1 Kb

Average Telomere Length (ATL) = 12.1 Kb

- On page 5, you will also see a comparison by age band and percentiles. It is best that a person falls within one of the higher bands of the graph. For example, if a person's results fall within the 90% it means that only 10% of the database has a longer median telomere length. This would be an excellent result! But, if a person falls in 5%, it means that 95% of the database has longer median telomere length and that this person very short telomeres.

2. Median telomere length – Comparison by age band and percentiles

Median telomere length (Kb)

Chronological age (years)

The black dot above shows your result.

This graph shows how your median telomere length compares with other people your age.

Each color block represents a specific percentile of our database. As an example only: falling in the 25th percentile means that 75% of people of your age have a longer median telomere length than you.

It is therefore best if your results falls into one of the higher bands.

- At the bottom of page 5 you can see the person's estimated biological age. It is based on an algorithm and can be used in comparison to the chronological age to gain insight into your patient's rate of aging in order to make recommendations regarding lifestyle habits

3. Your estimated biological age

Estimated Biological Age: 53.0 years old

Chronological Age: 48.3 years old

- On page 6 you can see the telomere length distribution of the sample. The 20th percentile represents the proportion of short telomeres. If there are many bars in red, it means there is a relatively low amount of short telomeres, but if only a few bars are red it indicates a high percentage of short telomeres. You can also see the median (black bar) and average telomere length (green bar). If the histogram is narrow, it means there is relative homogeneity in telomere length and a wider histogram means greater telomere length variability.

Telomere length distribution of your sample

Relative frequency
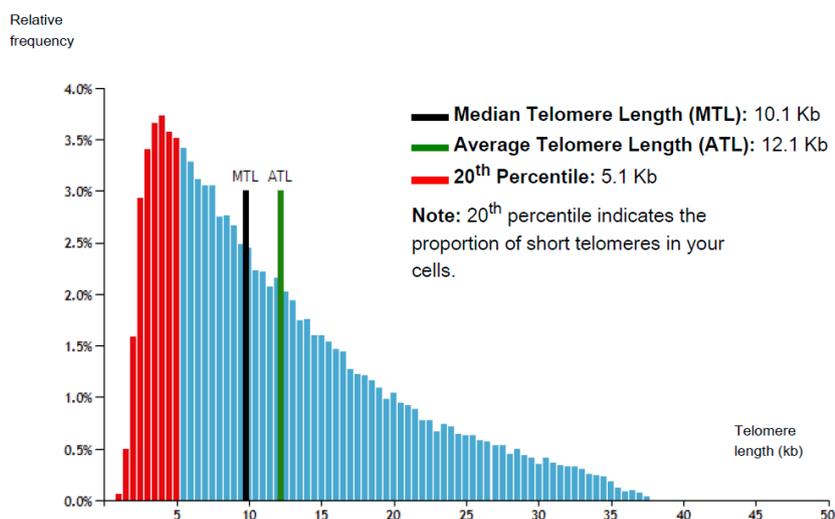
Median Telomere Length (MTL): 10.1 Kb
Average Telomere Length (ATL): 12.1 Kb
**20th Percentile:** 5.1 Kb

Note: 20th percentile indicates the proportion of short telomeres in your cells.

Telomere length (kb)

- On page 7 you will see a comparison of your patient's 20th percentile compared to our database population and a comparison by age band allowing you to see your patient's degree of cellular aging compared to other patients of the same age band.

## Your 20th percentile / short telomeres

20th percentile: 5.1 Kb

Your 20th percentile is estimated to be short compared to Life Length's database population.
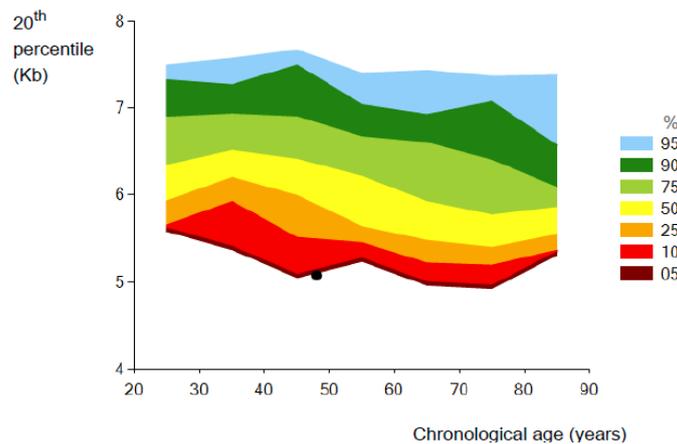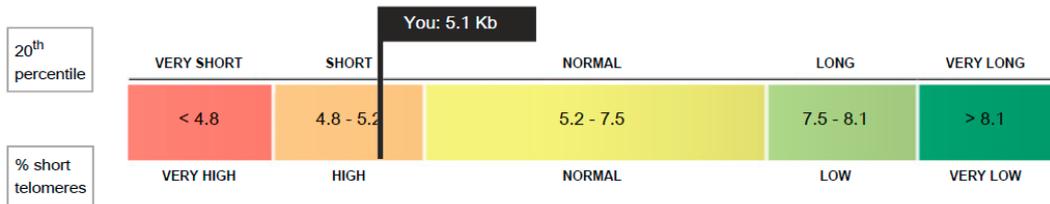
- There is a longitudinal analysis on page 8. We recommend your patient to retest each year in order to see how fast his or her telomeres are shortening. For example, if the slope of the line is very steep, it indicates faster telomere shortening and cellular aging. This part of the report makes sense only when a person tests at least 2 times.

Longitudinal analysis – MTL and 20th percentile
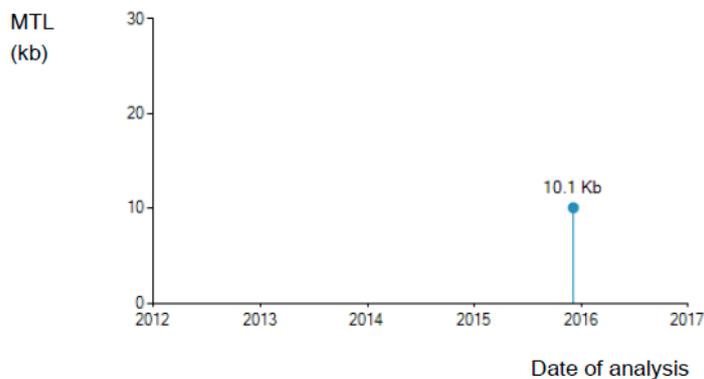
This graph show the his of your results. Each sp an analysis that you hav

The steeper the slopes the faster the speed of t shortening and cellular

We encourage you to ta more tests in order for t to become meaningful.

- The other graph on page 8 allows you to see the longitudinal evolution of the person's biological age vs. chronological age. In order for this to be meaningful, we suggest the person test at least twice.

Longitudinal analysis - Chronological age vs. biological age
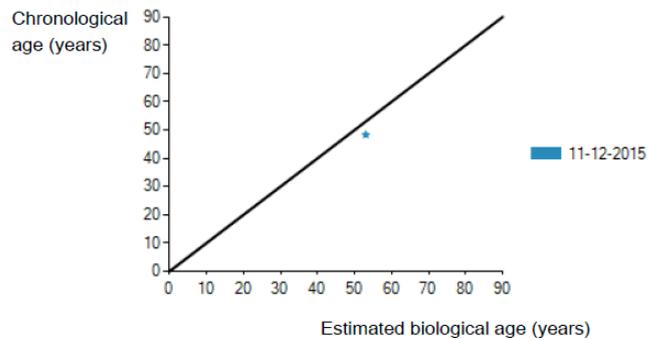
This graph shows the longitudinal evolution of your biological age vs. your chronological age. Each spot represents an analysis you have had.

Spots above the line correspond to an estimated biological age lower than your chronological age.

Spots below the line correspond to an estimated biological age higher than your chronological age.

- On pages 9-11 you will find useful links to studies on telomeres, categorized by health factors. If the factor is highlighted in blue, it is a factor that affects the patient based on the answers of his or her questionnaire. You may want to make lifestyle change recommendations for the patients on the factors in blue.
- Pages 12-15 include general information on telomeres that may be of interest to you or the patient