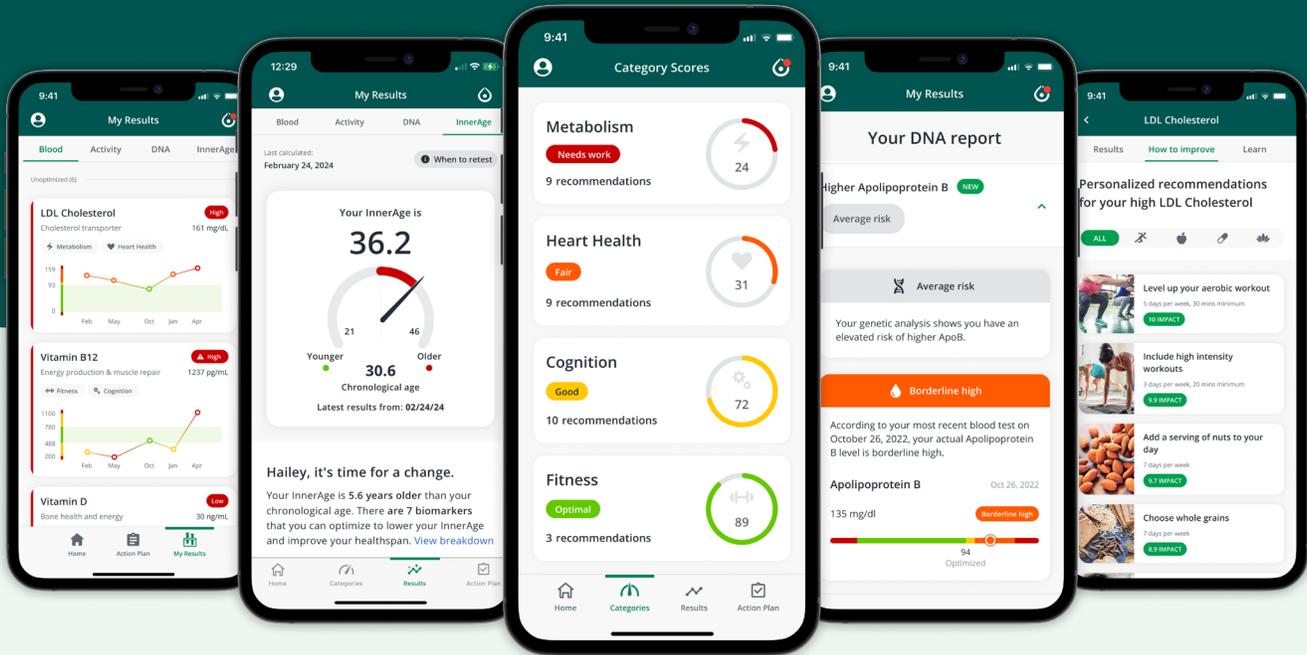


# InsideTracker Membership

Access InsideTracker's platform



With InsideTracker Membership, you can:

- Join InsideTracker and access your health analysis by uploading your current blood results.
- Upload the DNA and blood results you already have.
- Sync your fitness tracker and feed in other personal health data.
- Buy low-price tests (blood, DNA, and more) through us at any time.

## Biomarkers available:

The number of biomarkers analyzed is dependent on what's included in your blood test and limited to InsideTracker's available biomarkers. You don't have to have all biomarkers to proceed.

## Before you choose this plan:

Check the biomarkers listed on your results and cross-reference them with the biomarkers we offer in Ultimate. The more biomarkers you have tested, the more precise your InsideTracker analysis and recommendations will be. You can work with your local lab or physician to match applicable biomarkers as closely as possible.

## Available biomarkers

Add results from any of the following biomarkers to your platform for a complete health analysis

### Sleep

- Magnesium
- Red blood cell (RBC) magnesium
- Vitamin D

### Inflammation

- High-sensitivity c-reactive protein (hsCRP)
- White blood cell count
- Neutrophils
- Basophils
- Eosinophils
- Lymphocytes
- Monocytes

### Cognition

- Vitamin B12
- Folate

### Metabolism

- Insulin \*US only
- Glucose
- Hemoglobin A1c (HbA1c)
- Alanine aminotransferase (ALT)
- Monocytes

### Hormone Balance

- Estradiol
- Progesterone
- Thyroid-stimulating hormone (TSH)
- Calcium
- Cortisol
- Dehydroepiandrosterone sulfate (DHEAS) \*Female only

### Fitness

- Testosterone
- Free testosterone \*Male only
- Sex-hormone binding globulin (SHBG)

### Recovery

- Albumin
- Aspartate aminotransferase (AST)
- Creatine kinase (CK)
- Gamma-glutamyl transpeptidase (GGT)
- Potassium
- Sodium

### Endurance

- Ferritin
- Hematocrit (HCT)
- Hemoglobin
- Iron
- Total iron binding capacity (TIBC)
- Transferrin saturation (TS)
- Mean cell hemoglobin (MCH)
- Mean corpuscular volume (MCV)
- Red blood cell count (RBC)
- Red cell distribution width (RDW)
- Mean platelet volume (MPV)
- Platelets

### Heart Health

- Apolipoprotein B (ApoB)
- Total cholesterol
- LDL cholesterol
- High-density lipoprotein
- Triglycerides