

Laboratory Tests + Diagnostic Procedures:

CMP + fasting blood sugar¹
 CBC¹
 BNP¹
 Lipid profile (total chol., HDL, LDL, Tryglicerides)²
 hsCRP¹
 HbA₁C¹
 Homocystein¹
 Urine spot for microalbumine + creatinine¹
 ECG¹ + ECHO² (test within 3 months from start)

Health and Lifestyle Information:

Personal medical and surgical history*	Use of alcohol ¹	Weight and waist circumference ²	Religious affiliation
Family medical history*		Health insurance/secondary insurance*	
Use of tobacco ¹		BMI ²	Level of education*
Current medication		Blood pressure	
activity/ exercise ¹	Physical	Household income*	
OTC and supplements		Diet ¹	
Marital status ¹			
Height*			

* collected once at beginning

¹ collected annually

² collected twice/year