



# **Insurance Collaboration to Save Lives**

*seek answers, save lives, mitigate loss*

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**Q1 2026**

**Post-Pandemic Health Defense**



## Health Defense Brief

Q1 2026

Persistent post-pandemic challenges continue to drive cardio-metabolic, neuro-immune, oncologic risk in working age populations.

### DEFENSE ARSENAL

#### LABS

##### UNCOVER SILENT SYSTEMIC DAMAGE

###### Laboratory Biomarkers

- Vitamin D
- Troponin
- D Dimer
- Hs-CRP
- NT-proBNP
- Homocysteine
- HgbA1C
- CEA

#### VITAMIN D

##### BUILD INNATE DISEASE BARRIERS

###### Vitamin D

- Fight off viruses & bacteria
- Decrease risk for
  - Respiratory infections
  - Autoimmune conditions
  - Dementia

#### NASAL WASH

##### MITIGATE DISEASE ACCELERATION

###### Nasal Hygiene

- Inactivate flu, SARS-CoV-2, & RSV at infection entry point
- Prevent symptomatic disease
- Reduce infection transmission

#### [EMERGING]

##### ASSESS LONG TERM DISABILITY RISK

###### Detect Toxic Protein

- Assess long-term disability risk from:
  - Repeated immune activation
  - Inadequate gut repair
  - Incomplete viral clearance



## [ICSL LAB PANEL ORDER LINK](#)

Biomarker	Cardiac	Comprehensive	Combined
Troponin (CV)	X		X
D-Dimer (CV)	X		X
Hs-CRP (CV)	X	X	X
Homocysteine (CV)	X	X	X
HgbA1C (M)		X	X
Vitamin D (IS)		X	X
CEA		X	X

Hs-CRP = high sensitivity C-reactive protein

HgbA1C = hemoglobin A1C

CEA = carcinoembryonic antigen

CV = Cardiovascular, which screens for heart and stroke risk

M = Metabolic system, which screens for early diabetes

IS = Immune system, which screens for ability to fight foreign invaders like bacteria and viruses and internal invaders like cancer

**ICSL does not collect revenue from Uita Labs for any of these tests. All prices are estimates. See Uita Labs' website for final pricing**



## VITAMIN D

Adverse Outcome	Positive Effect?		References
	High vs Low D	Supplementation	
All-Cause Mortality	Y		Garland CF, et al. Am. J. Public Health 2014, 104, e43–e50. Kritchevsky SB, et al. J. Clin. Endocrinol. Metab. 2012, 97, 4156–65.
Alzheimer's Disease	Y		Larsson SC, et al. Nutrients 2018, 10, 1501.
Colorectal Cancer	Y		Maalmi H, et al. Nutrients 2018, 10, 896.
Multiple Sclerosis	Y	Y	Jayedi A, et al. Nutr. Neurosci. 2019, 22, 750–9. Munger KL, et al. JAMA 2006, 296, 2832–2838.
Diabetes		Y	Mirhosseini N, et al, J Endocrine Soc. 2018 Jul;2(7):687-709.
Asthma		Y	Jolliffe DA, et al. Lancet. Respir. Med. 2017, 5, 881–90.
Respiratory Infections		Y	Martineau AR, et al. BMJ. 2017 Feb 15;356.
SARS-CoV-2/COVID-19		Y	VDmeta.com

\*These materials are provided for educational and informational purposes only. They are not intended to diagnose, treat, cure, or prevent any disease, nor should they be interpreted as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions.



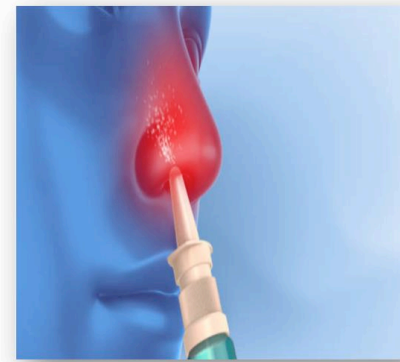
## NASAL WASH



RNA viruses like influenza, SARS-CoV-2, RSV & rhinovirus enter the body through the nose



Povidone Iodine inactivates these viruses where they enter reducing symptomatic disease and transmission



Mitigate exposure to disease by flushing out unwanted airborne contaminants

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