

PERSONAL HEALTH REPORT

Your Blood Test Results

PATIENT ID		NAME	Sample Patient
DATE OF BIRTH	01/01/1980	INVESTIGATIONS	23/06/2026
REPORT DATE	26/06/2026	PROGRAMME	Advanced Wellness Screen

48

Markers tested

42

In range

5

To review with your GP

42 in range · 5 to review · 1 recorded for information (no reference range applied)

This report is prepared for you by OneMedicine and reviewed by our doctors. A result outside the reference range does not always mean something is wrong — it simply flags a value for your GP to interpret in the context of your history, medications and symptoms. Results marked "Review" are brought together in the pages that follow.

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Results to Review



These results fall outside their reference range or returned positive. They are grouped below by area, each with a suggested next step to talk through with your GP. Every result also appears again within its full panel. This is guidance, not a diagnosis.

Iron Status

[1 to review](#)

● Ferritin

18 ng/ml

[Review](#)

Next steps: Please discuss this result with your OneMedicine GP, who will interpret it in the context of your history, medications and symptoms.

Heart Health

[1 to review](#)

● LDL Cholesterol

3.4 mmol/l

[Review](#)

Next steps: Please discuss this result with your OneMedicine GP, who will interpret it in the context of your history, medications and symptoms.

Liver Health

[1 to review](#)

● ALT/GPT

60 IU/l

[Review](#)

Next steps: A mild rise in liver enzymes is common and often temporary (alcohol, medication, a fatty liver or recent exercise). A repeat test in a few weeks usually clarifies things.

Infection & Inflammation

[1 to review](#)

● C-reactive protein

24 mg/L

[Review](#)

Next steps: This can rise after a recent throat or skin infection and often settles on its own. Your GP will advise whether a repeat is worthwhile.

Nutritional Health

1 to review

Vitamin D

42 nmol/L Borderline

 **Next steps:** Nutrient levels a little outside the usual range are common and often diet- or supplement-related. Your GP will advise whether any change or a recheck is worthwhile.



Full Blood Count

Haemoglobin



Red Blood Count



HCT



MCV



MCH



MCHC



RDW



Platelets



MPV



8.6

fL

In range

White cell count

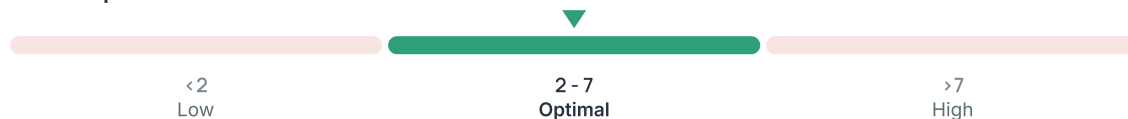


7

$\times 10^9/L$

In range

Neutrophils



4.5

$\times 10^9/L$

In range

Lymphocytes

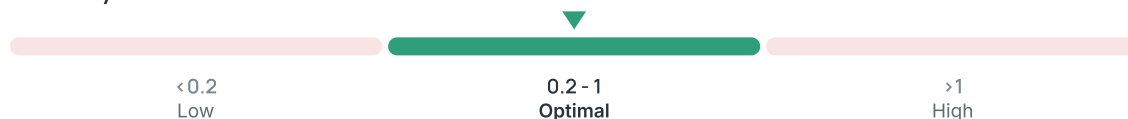


2

$\times 10^9/L$

In range

Monocytes

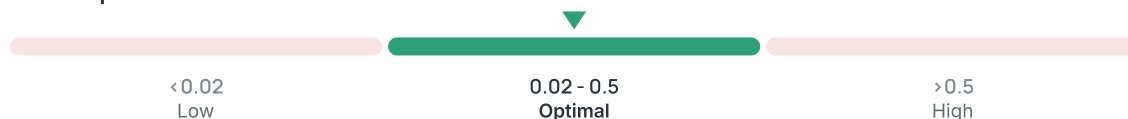


0.6

$\times 10^9/L$

In range

Eosinophils

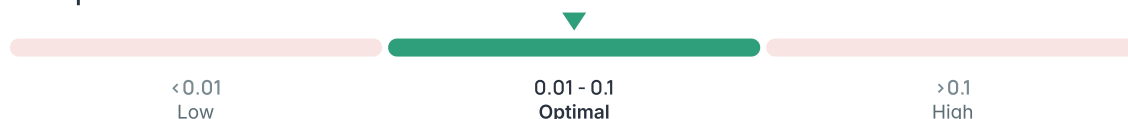


0.26

$\times 10^9/L$

In range

Basophils



0.06

$\times 10^9/L$

In range



Iron Status

Ferritin





Heart Health

Cholesterol

No reference range — value shown for information

5.1

mmol/l

Recorded

Triglyceride



HDL Cholesterol



LDL Cholesterol



Non- HDL Cholesterol





Diabetes Health

HbA1c





Kidney Health

Sodium



Potassium



Urea



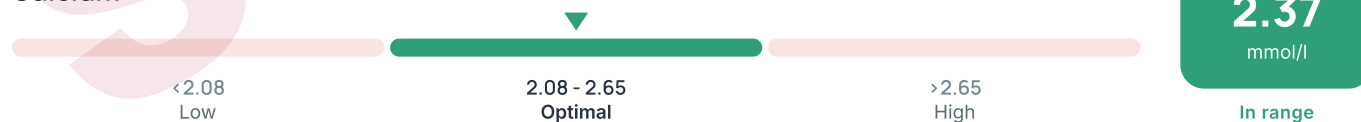
Creatinine



estimated GFR



Calcium



Corrected Calcium



Magnesium





Liver Health

Total Protein



Albumin



Globulin



Total Bilirubin



Alkaline phosphatase



ALT/GPT



AST/GOT



Gamma GT





Nutritional Health

Vitamin D



Vitamin B12



Serum Folate (Vitamin B9)



* Infection & Inflammation

C-reactive protein



ESR



Thyroid Health

Thyroid Stimulating Hormone



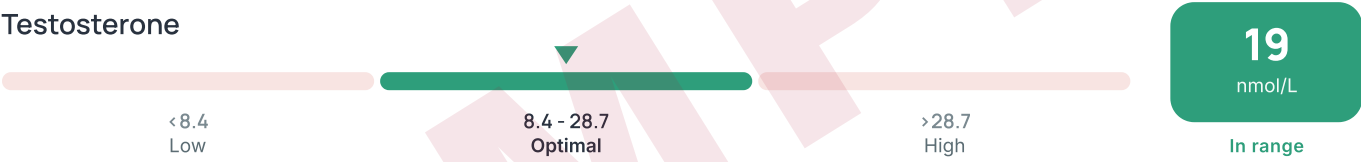
Free Thyroxine



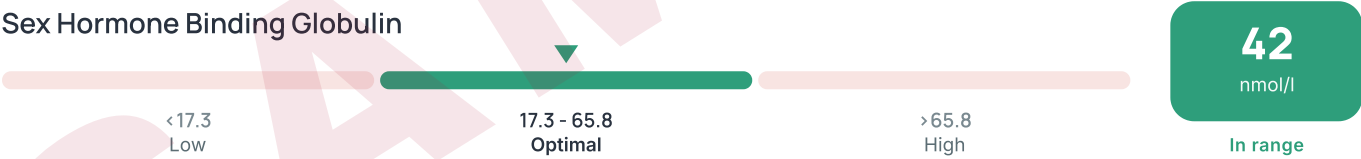


Male Hormonal Health

Testosterone



Sex Hormone Binding Globulin





Other Results

Free T3





Results for Your Doctor

A complete list of your results in a clinical format. Values outside the reference range are shown in red.

■ In range ■ Borderline ■ Out of range / positive

Test	Result	Units	Reference range
Full Blood Count			
Haemoglobin	150	g/L	<130 Low 130 - 170 Optimal >170 High
Red Blood Count	5	x10^12/L	<4.5 Low 4.5 - 5.5 Optimal >5.5 High
HCT	0.45	l/l	<0.4 Low 0.4 - 0.5 Optimal >0.5 High
MCV	92	fl	<83 Low 83 - 101 Optimal >101 High
MCH	30	pg	<27 Low 27 - 32 Optimal >32 High
MCHC	330	g/L	<315 Low 315 - 345 Optimal >345 High
RDW	13.3	%	<11.5 Low 11.5 - 15 Optimal >15 High
Platelets	280	x10^9/L	<150 Low 150 - 410 Optimal >410 High
MPV	8.6	fL	<7.1 Low 7.1 - 10.1 Optimal >10.1 High
White cell count	7	x10^9/L	<4 Low 4 - 10 Optimal >10 High
Neutrophils	4.5	x10^9/L	<2 Low 2 - 7 Optimal >7 High
Lymphocytes	2	x10^9/L	<1 Low 1 - 3 Optimal >3 High
Monocytes	0.6	x10^9/L	<0.2 Low 0.2 - 1 Optimal >1 High

Test	Result	Units	Reference range
Eosinophils	0.26	x10^9/L	<0.02 Low 0.02 - 0.5 Optimal >0.5 High
Basophils	0.06	x10^9/L	<0.01 Low 0.01 - 0.1 Optimal >0.1 High
Iron Status			
Ferritin	18	ng/ml	<22 Low 22 - 322 Optimal >322 High
Heart Health			
Cholesterol	5.1	mmol/l	—
Triglyceride	0.94	mmol/L	≤1.7 Optimal >1.7 High
HDL Cholesterol	1.15	mmol/L	<0.9 Low 0.9 - 1.4 Optimal >1.4 High
LDL Cholesterol	3.4	mmol/l	<0.5 Low 0.5 - 3 Optimal >3 High
Non- HDL Cholesterol	2.2	mmol/l	≤4 Optimal >4 High
Diabetes Health			
HbA1c	31	mmol/mol	<20 Low 20 - 42 Optimal >42 High
Kidney Health			
Sodium	142	mmol/L	<133 Low 133 - 150 Optimal >150 High
Potassium	4.45	mmol/L	<3.3 Low 3.3 - 5.6 Optimal >5.6 High
Urea	5.2	mmol/L	<2.5 Low 2.5 - 7.8 Optimal >7.8 High
Creatinine	85	umol/l	<65 Low 65 - 104 Optimal >104 High
estimated GFR	>90	ml/min/1.73m2	<90 Low ≥90 Optimal
Calcium	2.37	mmol/l	<2.08 Low 2.08 - 2.65 Optimal >2.65 High
Corrected Calcium	2.4	mmol/L	<2.2 Low 2.2 - 2.6 Optimal >2.6 High
Magnesium	0.82	mmol/l	<0.53 Low 0.53 - 1.11 Optimal

Test	Result	Units	Reference range
			>1.11 High
Liver Health			
Total Protein	70	g/l	<57 Low 57 - 82 Optimal >82 High
Albumin	42	g/l	<34 Low 34 - 50 Optimal >50 High
Globulin	27	g/l	<18 Low 18 - 36 Optimal >36 High
Total Bilirubin	13	umol/l	<5 Low 5 - 21 Optimal >21 High
Alkaline phosphatase	81	IU/l	<46 Low 46 - 116 Optimal >116 High
ALT/GPT	60	IU/l	≤56 Optimal >56 High
AST/GOT	29	IU/l	<13 Low 13 - 45 Optimal >45 High
Gamma GT	39	IU/l	<4 Low 4 - 73 Optimal >73 High
Nutritional Health			
Vitamin D	42	nmol/L	<30 Deficient 30 - 50 Insufficient 50 - 200 Sufficient >200 High
Vitamin B12	588	pg/ml	<193 Low 193 - 982 Optimal >982 High
Serum Folate (Vitamin B9)	10	ng/ml	<3 Low 3 - 17 Optimal >17 High
Infection & Inflammation			
C-reactive protein	24	mg/L	<1 Low 1 - 20 Optimal >20 High
ESR	7	mm/hour	≤12 Optimal >12 High
Thyroid Health			
Thyroid Stimulating Hormone	2.7	mIU/l	<0.55 Low 0.55 - 4.78 Optimal >4.78 High
Free Thyroxine	17	pmol/l	<11.5 Low 11.5 - 22.7 Optimal >22.7 High
Male Hormonal Health			

Test	Result	Units	Reference range
Testosterone	19	nmol/L	<8.4 Low 8.4 - 28.7 Optimal >28.7 High
Sex Hormone Binding Globulin	42	nmol/l	<17.3 Low 17.3 - 65.8 Optimal >65.8 High
Other Results			
Free T3	4.9	pmol/L	<2.6 Low 2.6 - 7.1 Optimal >7.1 High



Doctor's Review

Doctor's review

Reviewed by: Dr Ibrar Ahmed, MBChB MRCP MRCGP PhD PG Dip. Cardiology (GMC 4401399)

✓ Reviewed & approved for release by Dr Ibrar Ahmed (GMC 4401399) – 25 Jul 2026 00:44

Comments / recommended next steps:

SAMPLE

Signature

Date

This report is provided by OneMedicine Ltd. Samples are analysed by UKAS-accredited, ISO 15189 laboratories. Reference ranges are population guides and may vary with age, sex, ethnicity, medication and clinical context; they are not diagnostic thresholds. This report does not replace a consultation, please discuss your results with a Doctor. Book at onemedicine.co.uk or call 07 777 238 999. © 2026 OneMedicine Ltd.