

SAMPLE REPORT | COMPREHENSIVE SCREENING

General Health Screening

An example of the report you receive after your blood test



PATIENT

Sample Report

DOB (AGE)

XX/XX/XXXX (00)

GENDER

XX

SAMPLE DATE

XX/XX/XXXX

REPORT DATE

XX/XX/XXXX

REPORT REF

SAMPLE

THIS IS A SAMPLE REPORT

The results shown here are illustrative and do not belong to a real patient. They are included to show how your own results would be presented, explained and reviewed. Your report would carry your own name, dates and results.

Before you read your results

Important notice

Your results in this report are shown alongside a “reference range”: this represents the range of values typically seen in the majority of healthy individuals.

Frequently asked questions

If my results are outside the reference range, does that mean they are abnormal?

Not necessarily. While results outside the reference range may suggest a possible abnormality, they must be interpreted in the context of your age, medical history, and any medications you are taking. In this report, we have highlighted any results that are either positive or fall outside the normal range, so they can be reviewed by a doctor or suitably qualified nurse.

What should I do next?

Do not make any changes to your current medications without first consulting your treating doctor. Lifestyle changes may be beneficial, but these should also be discussed with a doctor or qualified nurse who can ensure any recommendations are appropriate for your individual circumstances and help you maintain any changes in the long term.

How to read the status column

GREEN

Within the reference range for this test.

AMBER

Outside the reference range, or above target. Needs interpreting in context.

RED

Outside the range to a degree that warrants prompt clinical review.

What is in this report

- | | |
|----------------------------|--------------------|
| 01 Summary (at a glance) | 06 Liver Health |
| 02 Full Blood Count | 07 Diabetes & Gout |
| 03 White Cell Differential | 08 Heart Health |
| 04 Kidney Health | 09 Thyroid Health |
| 05 Bone Health | 10 Iron Status |

How to use this report

01 Grouped by area of health

Each section brings together the tests that belong to one part of the body, so related results sit side by side.

02 Every test explained

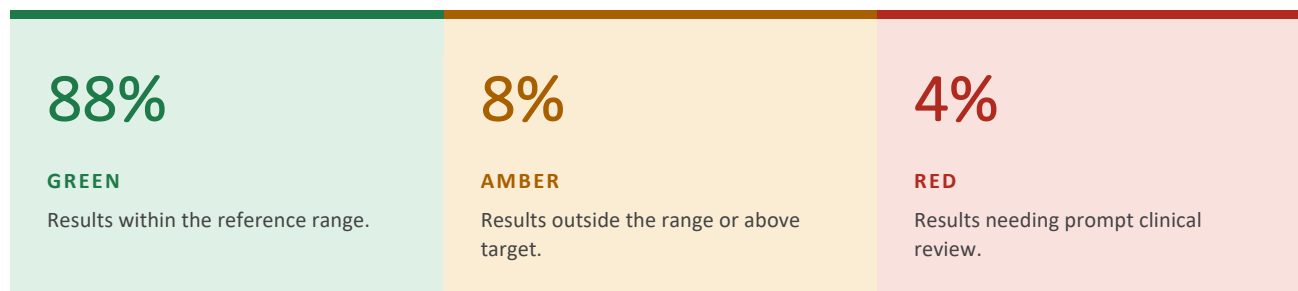
The final column of each table says in plain English what the test measures and what your result means.

03 Anything flagged is pulled together

Results outside the range appear in the summary and are discussed again in the GP comments at the end.

Summary at a glance

A breakdown of how your results were categorised across all tests in this profile.



Results flagged for review

The tests below fall outside the reference range or above target. Each is explained in the relevant section and in the GP comments at the end of this report.

TEST	YOUR RESULT	REFERENCE	STATUS	SECTION
Platelet count	550 ×10 ⁹ /L	150–400	RED	Full Blood Count
HbA1c	45 mmol/mol (6.3%)	20–41 (4.0–6.0%)	RED	Diabetes & Gout
Sodium	132 mmol/L	135–145	AMBER	Kidney Health
Chloride	90 mmol/L	98–107	AMBER	Kidney Health
Total cholesterol	6.2 mmol/L	Optimum <5.0	AMBER	Heart Health
LDL cholesterol	3.2 mmol/L	Up to 3.0	AMBER	Heart Health

Full Blood Count

Checks red cells (oxygen carriage), platelets (clotting) and related indices for anaemia or clotting issues.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Haemoglobin	120 g/L	115–155	GREEN	Oxygen-carrying protein in red blood cells. Low levels can suggest anaemia, for example from low iron, B12 or folate. Result is within the reference range.
Haematocrit (HCT)	0.345 L/L	0.33–0.45	GREEN	Proportion of blood made up of red blood cells. Interpreted alongside haemoglobin and red cell count. Result is within the reference range.
Red cell count (RBC)	$4.92 \times 10^{12}/L$	3.95–5.15	GREEN	Number of red blood cells in circulation. Result is within the reference range.
MCV	88.7 fL	80–99	GREEN	Average size of red blood cells. Larger cells can point to B12 or folate deficiency, smaller cells to iron deficiency. Result is within the reference range.
MCH	29.4 pg	27.0–33.5	GREEN	Average amount of haemoglobin per red blood cell. Considered alongside MCV and MCHC. Result is within the reference range.
MCHC	341 g/L	300–350	GREEN	Haemoglobin concentration within red blood cells. Interpreted alongside iron studies and the other red cell indices. Result is within the reference range.
RDW	13.1 %	11.5–15.0	GREEN	Variation in red blood cell size. Higher values can occur with mixed deficiencies or recovery from anaemia. Result is within the reference range.
Platelet count	$550 \times 10^9/L$	150–400	RED	Clotting cells that help prevent bleeding. Result is above the reference range. This is most often a reactive change following inflammation, recent illness or stress, and usually settles on its own. A repeat test and clinical review are recommended.
MPV	11.5 fL	7–13	GREEN	Average platelet size, interpreted alongside the platelet count. Result is within the reference range.

White Cell Differential

Breaks down the immune cells (neutrophils, lymphocytes, etc.) to look for infection or inflammation patterns.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
White cell count (WCC)	6.85 ×10 ⁹ /L	3.0–10.0	GREEN	Total white blood cells reflecting immune activity. Result is within the reference range.
Neutrophils	4.02 ×10 ⁹ /L (58.7%)	2.0–7.5	GREEN	White cells important for fighting bacterial infections. Result is within the reference range.
Lymphocytes	2.17 ×10 ⁹ /L (31.7%)	1.2–3.65	GREEN	White cells important for viral defence and antibody responses. Result is within the reference range.
Monocytes	0.53 ×10 ⁹ /L (7.7%)	0.2–1.0	GREEN	White cells involved in clearing infection and inflammation. Result is within the reference range.
Eosinophils	0.07 ×10 ⁹ /L (1.0%)	0.0–0.4	GREEN	White cells often linked to allergy and parasites. Result is within the reference range.
Basophils	0.06 ×10 ⁹ /L (0.9%)	0.0–0.1	GREEN	White cells involved in allergic responses. Result is within the reference range.
ESR	7 mm/hr	1–23	GREEN	A non-specific marker of inflammation. Result is within the reference range.

Kidney Health

Assesses fluid and salt balance and how well the kidneys filter waste products (U&E, creatinine, eGFR).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Sodium	132 mmol/L	135–145	AMBER	Main blood salt that reflects fluid balance. Result is slightly below the reference range. This is commonly related to hydration or a recent illness. A repeat test is recommended.
Potassium	4.3 mmol/L	3.5–5.1	GREEN	Important blood mineral that helps regulate heart rhythm, muscle function and fluid balance. Result is within the reference range.
Chloride	90 mmol/L	98–107	AMBER	Electrolyte that tracks with sodium and acid-base balance. Result is below the reference range, and follows the same pattern as the sodium above. A repeat test is recommended.
Bicarbonate	23 mmol/L	22–29	GREEN	Marker of acid-base balance. Result is within the reference range.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Urea	3.6 mmol/L	1.7–8.3	GREEN	Waste product influenced by hydration, protein intake and kidney function. Result is within the reference range.
Creatinine	65 µmol/L	45–84	GREEN	Waste product filtered by the kidneys. Result is within the reference range.
eGFR (CKD-EPI)	90 mL/min/1.73m ²	≥60	GREEN	Estimate of kidney filtration rate. Result is within the expected range.

Bone Health

Mineral balance related to bone strength and metabolism (calcium, corrected calcium, magnesium and phosphate).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Calcium	2.36 mmol/L	2.20–2.60	GREEN	Mineral important for bones, nerves and muscle function. Result is within the reference range.
Corrected calcium	2.38 mmol/L	2.20–2.60	GREEN	Calcium adjusted for albumin level, which is the more useful single value. Result is within the reference range.
Magnesium	0.76 mmol/L	0.60–1.00	GREEN	Mineral important for nerves, muscles and energy metabolism. Result is within the reference range.
Phosphate	1.15 mmol/L	0.87–1.45	GREEN	Mineral important for bone strength and energy metabolism. Result is within the reference range.

Liver Health

Liver enzymes and proteins that change with inflammation, obstruction, alcohol, medicines or fatty liver.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Bilirubin	10 µmol/L	0–20	GREEN	Pigment produced from red blood cell breakdown and processed by the liver. Result is within the reference range.
ALP	89 IU/L	35–104	GREEN	Enzyme from bile ducts and bone. Result is within the reference range.
AST	24 IU/L	0–31	GREEN	Enzyme found in liver and muscle. Result is within the reference range.
ALT	28 IU/L	10–35	GREEN	Enzyme more specific to the liver. Result is within the reference range.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
GGT	10 IU/L	6–42	GREEN	Enzyme linked to bile ducts, alcohol intake, medicines and fatty liver. Result is within the reference range.
Total protein	81 g/L	63–83	GREEN	Total of albumin and globulins in the blood. Result is within the reference range.
Albumin	45 g/L	34–50	GREEN	Main protein made by the liver. Result is within the reference range.
Globulin	20 g/L	19–35	GREEN	Group of proteins including antibodies. Result is within the reference range.

Diabetes & Gout

Markers of glucose control and metabolic risk (including HbA1c, uric acid).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
HbA1c	45 mmol/mol (6.3%)	20–41 (4.0–6.0%)	RED	Average blood sugar over the past 2 to 3 months. Result is above the reference range and in the pre-diabetic range. This does not mean you have diabetes, but it does indicate a higher risk of developing it. Clinical review is recommended.
Random blood glucose	7.8 mmol/L	3.5–7.9	GREEN	Blood sugar at the time of sampling. Result is within the reference range, though towards the upper end, which fits with the raised HbA1c above.
Uric acid	192 µmol/L	175–363	GREEN	Waste product that can be associated with gout at high levels. Result is within the reference range.

Heart Health

Cholesterol and triglycerides used to estimate long-term heart risk alongside age, blood pressure, smoking and diabetes.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Total cholesterol	6.2 mmol/L	Optimum <5.0	AMBER	Overall cholesterol level in the blood. Result is above the optimum range and may increase long-term cardiovascular risk. Best reviewed alongside LDL, HDL, blood pressure, smoking and family history.
HDL cholesterol	2.4 mmol/L	1.2–1.7	GREEN	Good cholesterol that helps remove LDL and is generally protective. Result is above the laboratory range, which is usually a favourable finding.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
HDL % of total	39 %	20 and over	GREEN	Proportion of total cholesterol that is HDL. Result is within the reference range.
LDL cholesterol	3.2 mmol/L	Up to 3.0	AMBER	Bad cholesterol linked with artery plaque build-up. Result is slightly above target and should be considered alongside your overall cardiovascular risk.
Triglycerides	0.9 mmol/L	<2.3	GREEN	Blood fats influenced by diet, weight and alcohol. Result is within the reference range.
Non-HDL cholesterol	3.8 mmol/L	<3.9	GREEN	All cholesterol considered atherogenic (total minus HDL). Result is just within target.

Thyroid Health

TSH and Free T4 show how the thyroid gland is functioning.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
TSH	1.79 mIU/L	0.27–4.2	GREEN	Pituitary hormone that signals the thyroid gland. Result is within the reference range.
Free T4	16.4 pmol/L	12.0–22.0	GREEN	Active thyroid hormone circulating in the blood. Result is within the reference range.

Iron Status

Assesses iron availability (iron), carrying capacity (TIBC), utilisation (transferrin saturation) and stores (ferritin).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Iron	21.4 µmol/L	6.6–26.0	GREEN	Circulating iron available at the time of the test. Result is within the reference range.
TIBC	66 µmol/L	41–77	GREEN	Total iron-binding capacity (a proxy for transferrin). Result is within the reference range.
Transferrin saturation	33 %	20–55	GREEN	Percentage of transferrin carrying iron. Result is within the reference range.
Ferritin	100 µg/L	13–150	GREEN	Stored iron in the body. Result is within the reference range.

GP comments and next steps

A clinician's interpretation of your results, taken as a whole.

Full blood count (red cells & platelets)

Haemoglobin, haematocrit and red cell count are all within range, so there is no evidence of anaemia. The red cell indices that describe the size and haemoglobin content of your red cells (MCV, MCH, MCHC and RDW) are also normal. The one finding to note is the platelet count, which is raised, and this is discussed below. Platelet size is normal.

White cells & inflammation

The total white cell count and the full breakdown of white cell types are all within the reference ranges, and the ESR, a general marker of inflammation, is low at 7. Taken together this is reassuring and does not suggest active infection or significant inflammation.

Kidney function & electrolytes

Potassium, bicarbonate, urea and creatinine are all normal, and the eGFR of 90 indicates normal kidney filtration. Sodium and chloride are both mildly below the reference range. These two tend to move together and usually reflect fluid balance rather than a problem with the kidneys themselves, which is supported here by the normal creatinine and eGFR. A routine repeat in four to six weeks is sensible, or sooner if you become unwell or dehydrated, or develop symptoms such as persistent nausea, headaches or confusion.

Bone health & minerals

Calcium, corrected calcium, magnesium and phosphate are all within the reference ranges. Corrected calcium is the more useful of the two calcium figures, because it adjusts for the albumin level in your blood. Nothing here needs any action.

Liver function & proteins

Bilirubin, ALP, AST, ALT and GGT are all within the normal ranges, which does not suggest liver inflammation, obstruction or a fatty liver on this profile. Total protein, albumin and globulin are also normal, which is reassuring for nutrition and general protein balance.

Platelet count

Your platelet count is raised at 550. This is very often a temporary response to inflammation, a recent illness, stress or a minor infection, and it usually settles without any treatment. In most cases nothing specific needs to be done, but we would suggest repeating the test in a few months to confirm it has returned to normal, or sooner if you develop any new symptoms.

Blood sugar, and uric acid

Your HbA1c is 45 mmol/mol (6.3%), which is above the normal range and in what is called the pre-diabetic range. This does not mean you have diabetes, but it does mean you are at higher risk of developing it over time. The encouraging part is that this is often reversible. Balanced meals, cutting back on sugary and heavily processed foods, staying physically active and keeping to a healthy weight can all bring this level back down, and we would normally suggest repeating the test in three to six months. Your random blood glucose is within range, though towards the upper end, which fits with the HbA1c. Uric acid, which relates to gout risk, is normal.

Cholesterol & heart health

Your total cholesterol is above the optimum level and your LDL cholesterol is slightly above target. Your HDL, the protective form, is high, which is in your favour, and your triglycerides and non-HDL cholesterol are within target. The useful next step is a formal cardiovascular risk assessment, which takes your age, blood pressure, smoking status and family history into account alongside these numbers. In the meantime, a diet based on vegetables, fruit, wholegrains, beans, nuts and oily fish, at least 150 minutes of moderate exercise a week, and keeping alcohol within recommended limits all help.

Thyroid function

TSH and Free T4 are both within the normal ranges, which does not suggest an underactive or overactive thyroid. No further thyroid testing is needed on the basis of this profile.

Iron status

Iron, total iron-binding capacity, transferrin saturation and ferritin are all within range. This does not suggest iron deficiency or iron overload, and it fits with the normal haemoglobin and red cell indices above.

Overall interpretation

Most of this profile is normal, including your liver function, thyroid function, iron status, bone chemistry, kidney filtration and white cell counts. The points worth acting on are the raised HbA1c, which sits in the pre-diabetic range, the raised platelet count, and the cholesterol profile, with the mildly low sodium and chloride worth a routine recheck. None of these needs urgent attention, but together they are a good reason to book a review so that a clinician can put them in the context of your own history and agree a plan with you.

What happens next

1

Read through your results

Work through each section alongside the status key. The final column explains what every test measures and what your result means.

2

Book a review appointment

This report contains results flagged red and amber, so a review is recommended. You can book a consultation with one of our GPs at Jenhams Clinic, or take this report to your own healthcare provider. They will interpret the results alongside your medical history, medication and symptoms.

3

Agree a plan

This may include repeating certain tests, further investigation, or changes to diet and activity. Do not stop or change any medication before speaking to your treating doctor.

SPEAK TO US ABOUT YOUR RESULTS

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Clinic hours Mon, Tue, Thu 9.00am to 5.30pm | Wed, Fri 9.00am to 3.00pm | Sat 9.00am to 1.00pm

ABOUT THIS REPORT

This report presents the results of a comprehensive general health screening blood profile requested through Jenhams Clinic. Reference ranges are those supplied by the reporting laboratory and may differ slightly between laboratories. Results are a snapshot at the time of sampling and should always be interpreted in the context of your age, medical history, medication and symptoms. This report does not constitute a diagnosis and is not a substitute for a consultation with a doctor or suitably qualified nurse.