

# The Executive Blood-Test Checklist

Want to stay on top of your biomarkers? Consider including these.

| TEST                                       | WHAT IT TELLS YOU                                          | USUALLY INCLUDED?      | LAST DONE |
|--------------------------------------------|------------------------------------------------------------|------------------------|-----------|
| Blood count and iron                       |                                                            |                        |           |
| Full blood count                           | Red cells, white cells and platelets in one test           | Standard               |           |
| Ferritin                                   | Your iron stores                                           | Standard on request    |           |
| B12 and folate                             | Nutrients for nerves and building blood                    | Common, ask            |           |
| Metabolic                                  |                                                            |                        |           |
| HbA1c                                      | Your average blood sugar over three months                 | Standard               |           |
| Fasting glucose                            | Your blood sugar on the morning of the test                | Standard               |           |
| Fasting insulin                            | How hard your body works to hold sugar steady              | Ask specifically       |           |
| Vitamin D                                  | Sunlight-dependent, for bone and immunity                  | Ask specifically       |           |
| Heart and blood vessels                    |                                                            |                        |           |
| Full lipid panel                           | Cholesterol and blood fats, including triglycerides        | Standard               |           |
| ApoB                                       | Counts the particles that drive artery plaque              | Ask specifically       |           |
| Lp(a)                                      | Largely inherited, so one test usually covers you for life | Ask specifically       |           |
| Inflammation                               |                                                            |                        |           |
| hs-CRP (high-sensitivity CRP)              | Background inflammation across the body                    | Ask specifically       |           |
| Homocysteine                               | Linked to B vitamins and blood vessel health               | Ask specifically       |           |
| Hormones and organ function                |                                                            |                        |           |
| TSH, plus free T4 if needed                | How your thyroid is pacing your metabolism                 | Standard               |           |
| Testosterone with SHBG (men)               | A hormone for drive, muscle and mood                       | Ask                    |           |
| Oestradiol and FSH (women, where relevant) | Read alongside your symptoms, which often tell more        | Ask, not always needed |           |
| Liver and kidney function                  | Two organs that quietly do the clearing                    | Standard               |           |

## Before the test

- Book a morning appointment and go fasted. Glucose, insulin, triglycerides and testosterone need it.
- Ask your doctor or the lab how long to fast, and what to do about any medication you take in the morning.
- A recent cold, infection, injury or hard training session can lift inflammation results. Mention it.
- Some of these may not attract a Medicare rebate without a clinical reason. Ask what is covered before you order.

## Questions worth asking

- "Given my family history, is Lp(a) worth testing once?"
- "My cholesterol came back fine. Would ApoB tell you anything my lipid panel didn't?"
- "Is my HbA1c where you'd want it, or has it been drifting up over the last few years?"
- "Which of these would be covered for someone like me, and which would I pay for?"

## Keep in mind

Your doctor interprets your results against your own history and their laboratory's reference range. This page helps you have that conversation. It doesn't replace it.

If any result falls outside your laboratory's reference range, take it to your doctor. Very high vitamin D levels can cause harm, so talk to your doctor before taking high-dose supplements.

Nothing here is a diagnosis, a treatment or medical advice, and it does not replace your GP or your specialist. I am a lifestyle medicine practitioner reading your data, not your treating doctor.

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