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Regulated by CareQuality Commission

Premium Health MOT Report

Comprehensive Clinical Assessment and Blood Analysis

Patient details

Age: -	Sex: -	Height: -cm	Weight: -kg
BMI: -	Diet: -	Smoker: -	Fitness: -

Temperature

-

Celsius

-

Pulse

-

bpm

-

Blood Pressure

-

Age: -

-

Respiratory rate

-

breaths/min

-

Inbody Score

-

points

-

Urianalysis

-

10-param

-

6-Lead ECG IKARDIA

Heart rate	Rhythm	Device/ Duration
- bpm	-	Kardia 6L AliveCor |
Normal	Normal	- seconds

Cardiovascular examination

Heart rate	Rhythm	Character
- bpm	-	-
-	-	-
S1 (Mitral / tricuspid closure)	**S2 (Aortic / pulmonary closure)**	**Added sounds**
-	-	-
-	-	-
Murmurs	**Heaves / thrills**	**Palpitations / oedema**
-	-	-
-	-	-

Cardiovascular examination summary

-

Metabolic analysis

Weight	Skeletal muscle	Body fat mass	BMI	Body fat %
— kg	— kg	— kg	— kg/m²	—
Target - kg	-	Ref-	-	% -
Visceral fat	**Total body water**	**Protein**	**Minerals**	**ECW ratio**
— cm²	—	— kg	— kg	—
-	L Ref -	Ref -	Ref -	-
Phase angle	**Basal met. rate**			
— kg	— kcal			
-	kcal/day Ref: -			

Metabolic analysis interpretation

-

Presenting concerns -	**Medications and allergies** -
Current supplements -	**General appearance** -
Weight -	**Ear, nose and throat** -
Gastrointestinal and general -	**Neurological and musculoskeletal** -

Urinalysis — 10-parameter dipstick analysis

Colour	Clarity	Odour	Volume	Foam
-	-	-	-	-
-	-	-	-	-

	Parameter	Result	Reference	Clinical significance
1	Glucose	-	-	-
2	Protein (Albumin)	-	-	-
3	Blood/ Haemoglobin	-	-	-
4	Leucocytes (WBC)	-	-	-
5	Nitrites	-	-	-
6	Ketones	-	-	-
7	Bilirubin	-	-	-
8	Urobilinogen	-	-	-
9	pH	-	-	-
10	Specific Gravity	-	-	-

Urinalysis
-

Blood test review notes
-

Glucose regulation

HbA1c Less than 42 mmol/mol	-	-

Cardiovascular and lipids		
Total cholesterol Less than 5.00 mmol/L	-	-
HDL cholesterol 0.90–1.70 mmol/L	-	-
LDL cholesterol Less than 3.00 mmol/L	-	-
Non-HDL cholesterol Less than 4.00 mmol/L	-	-
HDL percentage of total Greater than 20%	-	-
Triglycerides Less than 2.30 mmol/L	-	-
Hs-CRP (inflammation marker) Less than 1.00 mg/L	-	-

Thyroid function		
TSH 0.27–4.20 mIU/L	-	-
Free T3 3.1–6.8 pmol/L	-	-
Free T4 12.0–22.0 pmol/L	-	-

Liver function		
ALT Less than 45 U/L	-	-
AST Less than 45 U/L	-	-
Alkaline phosphatase 30–130 U/L	-	-
Gamma GT Less than 55 U/L	-	-
Bilirubin Less than 22 umol/L	-	-
Total protein 60–80 g/L	-	-
Albumin 35–50 g/L	-	-
Globulin 19–35 g/L	-	-

Kidney function

Urea 2.5–7.8 mmol/L	-	-
Creatinine 60–120 umol/L	-	-
eGFR Greater than 90 ml/min/1.73m2	-	-
Sodium 133–146 mmol/L	-	-
Chloride 95–108 mmol/L	-	-

Iron studies

Iron 10.0–30.0 umol/L	-	-
Ferritin 30–518 ug/L	-	-
TIBC 45–81 umol/L	-	-
UIBC 12.0–43.0 umol/L	-	-
Transferrin saturation 25–45%	-	-

Vitamins and nutrients

Vitamin D (25-OH) 50–250 nmol/L	-	-
Vitamin B12 145–569 pmol/L	-	-
Folate (serum) Greater than 7.0 nmol/L	-	-
Magnesium 0.70–1.00 mmol/L	-	-

Hormones and prostate

Testosterone 6.68–25.70 nmol/L	-	-
PSA (total) 0.00–4.50 ug/L	-	-

Routine chemistry		
Uric acid 200–430 umol/L	-	-
Creatine kinase 40–320 U/L	-	-

Full blood count		
Haemoglobin 130–180 g/L	-	-
Red cell count 4.40–6.50 ×10^12/L	-	-
Haematocrit 0.400–0.520 L/L	-	-
MCV 80.0–100.0 fL	-	-
MCH 27.0–32.0 pg	-	-
MCHC 320–360 g/L	-	-
RDW 11.5–15.0%	-	-
Platelets 150–450 ×10^9/L	-	-
White cell count 3.0–11.0 x10^9/L	-	-
Neutrophils 2.0–7.5 ×10^9/L	-	-
Lymphocytes 1.50–4.50 ×10^9/L	-	-
Monocytes 0.20–0.80 ×10^9/L	-	-
Eosinophils 0.00–0.40 ×10^9/L	-	-
Basophils 0.000–0.100 ×10^9/L	-	-