
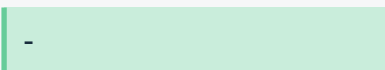

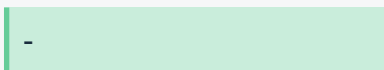

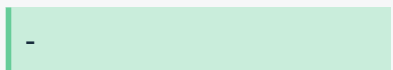








Premium Health MOT Report

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 	Urinalysis  - 10-param 

6-Lead ECG IKARDIA

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

Cardiovascular examination

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

Cardiovascular examination summary

-

Metabolic analysis

Weight — kg	Skeletal muscle — kg	Body fat mass — kg	BMI — kg/m ²	Body fat % —
Target - kg	-	Ref-	-	% -
Visceral fat — cm ²	Total body water —	Protein — kg	Minerals — kg	ECW ratio —
-	L Ref -	Ref -	Ref -	-
Phase angle — kg	Basal met. rate — 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/1.73m ²	-	-
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 $\mu\text{mol/L}$

-

-

Creatine kinase
40–320 U/L

-

-

Full blood count

Haemoglobin
130–180 g/L

-

-

Red cell count
 $4.40\text{--}6.50 \times 10^{12}/\text{L}$

-

-

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
 $150\text{--}450 \times 10^9/\text{L}$

-

-

White cell count
 $3.0\text{--}11.0 \times 10^9/\text{L}$

-

-

Neutrophils
 $2.0\text{--}7.5 \times 10^9/\text{L}$

-

-

Lymphocytes
 $1.50\text{--}4.50 \times 10^9/\text{L}$

-

-

Monocytes
 $0.20\text{--}0.80 \times 10^9/\text{L}$

-

-

Eosinophils
 $0.00\text{--}0.40 \times 10^9/\text{L}$

-

-

Basophils
 $0.000\text{--}0.100 \times 10^9/\text{L}$

-

-