

Keeping track of your health has never been easier!

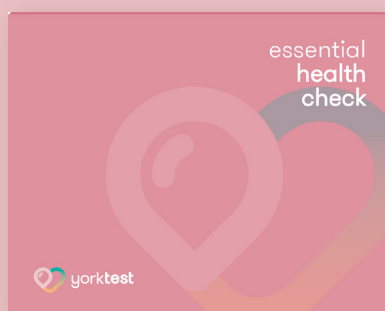
# Essential Health Check

## Why take the test?

Your health is influenced by many factors including your age, lifestyle, family history and diet.

The **Essential Health Check** can help you identify if there are risks that might be affecting your health and provide diet and lifestyle advice.

The **Essential Health Check** will provide you results for 19 key health markers from just one finger-prick blood sample, allowing you to help take control of your health, nutrition, and wellbeing.



If you are suffering from any of the following symptoms, then the **Essential Health Check** could be the perfect test for you:

- Feeling tired
- Depression/low mood
- Muscle weakness
- Memory problems
- Sensitivity to temperature
- Lack of concentration
- Hair loss
- Headaches

Many people do not have obvious symptoms, but it is still worth taking the **Essential Health Check** if you would like to see if you are at risk of something that might be affecting your health.



# What do the results show?

The **Essential Health Check** measures key health markers including **cholesterol** and **triglycerides**, **vitamin D**, **vitamin B12**, **folate**, **iron deficiency** and **liver function levels**. These results provide essential information about our health that we can act upon.

The results are highlighted in a visual scale showing whether each test result is acceptable (**Green**), requires lifestyle changes (**Amber**) or whether a visit to a GP is recommended (**Red**).

Contact ID: 33297  
Sample ID: 2019020016  
Results Date: 25 November 2019

**Cholesterol and Triglycerides**

**Total Cholesterol**  
Your result is 5.80 mmol/L

<5.0	5.0 - 7.5	>7.5

You have a raised cholesterol level. Lifestyle changes are recommended, please refer to the enclosed literature. We advise that you retest after 3 months and if your total cholesterol levels are still high (≥5.0 mmol/L) after retesting then visit your GP even if showing an Amber result.

**HDL Cholesterol**  
Your result is 1.13 mmol/L

≤1.1	>1.1 - 3	>3

**Non HDL Cholesterol**  
Your result is 4.67 mmol/L

<4	≥4

Your non HDL cholesterol level is high and you should visit your GP for further tests especially if you have a family history of heart disease. Lifestyle changes are also recommended, please refer to the enclosed literature. We advise that you retest after 3 months to monitor progress.

**Triglycerides**  
Your result is 1.34 mmol/L

<1.7	1.7 - 4.5	>4.5

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## Green

If results are Green that's great news and unless you feel unwell or suspect that you have a medical condition, then you do not need to take any action in these areas. We recommend that you retest at least annually to keep your health in check.

## Amber

If results are Amber, then lifestyle changes are required which may involve dietary changes or taking a supplement.

## Red

If results are Red, then a visit to your GP is recommended.

## How to take the test?

The **Essential Health Check** is a simple at home-to-laboratory finger prick blood test. Just one finger-prick blood sample is required with blood collection kits and instructions for use issued from YorkTest with the kit box. Once the blood sample is taken send it back to our laboratory and you will receive your results directly.

## Ongoing support YorkTest provides:

- Easy to understand support booklet on interpreting the results and making lifestyle changes
- Provides you with a results letter, summary, and recommended actions
- Lifestyle guidance sections that are relevant to you, so that you can review any changes required and make a plan
- You can set lifestyle goals and track your progress with follow up testing as recommended in your results
- Clear guidance on next steps