

AT-HOME BLOOD TEST REPORT

Discover what your body is telling you.

Your full optimal-range analysis, built from your own blood results,
health intake, and home vitals.

CLIENT

Alex Morgan

PANEL

Men's Panel

TEST DATE

14 July 2026

Understanding your results

Every marker in this report is checked against EverWell's optimal functional ranges, not just the standard "normal" lab range. This gives you a clearer, earlier picture of what's working well and what's worth paying attention to.

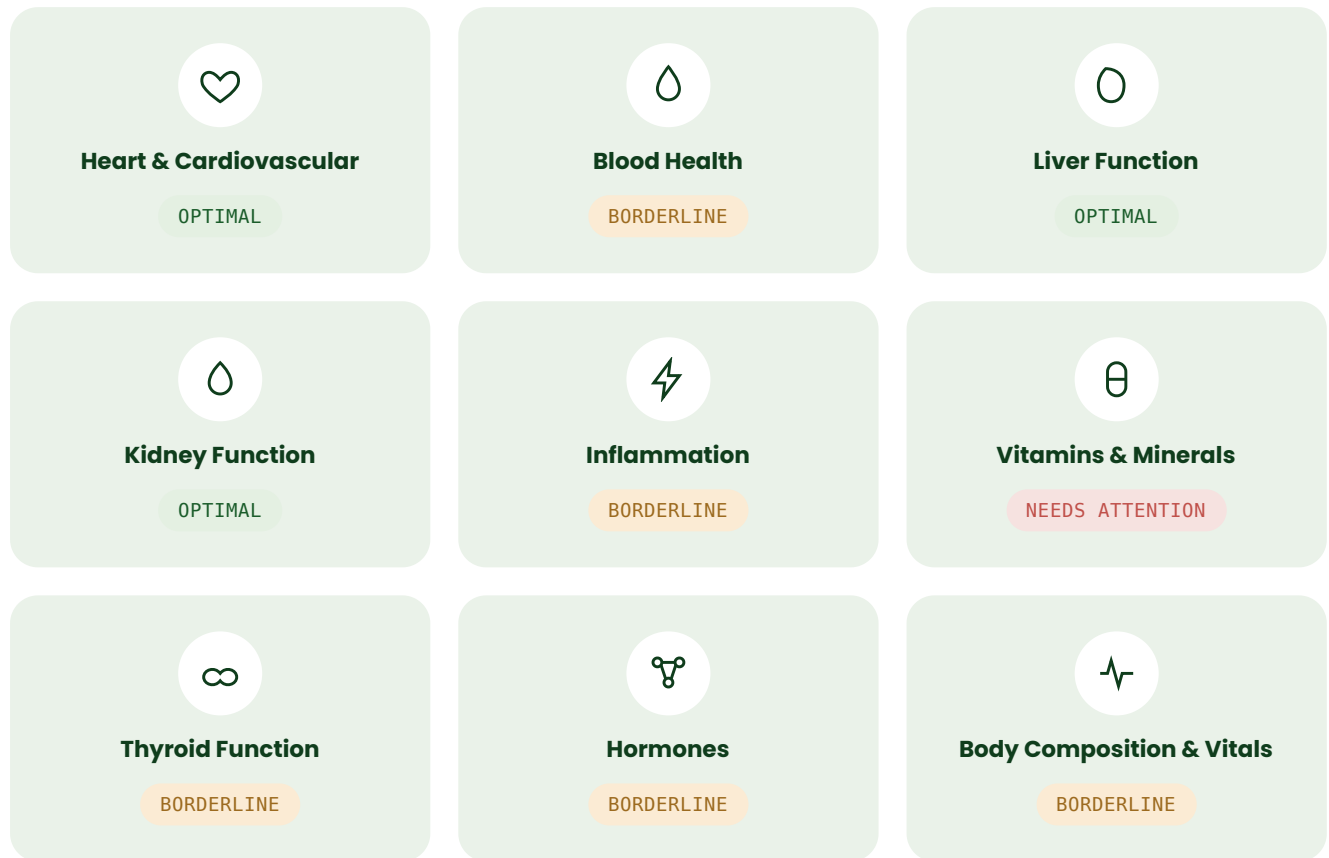


Your report is organised by body system, each with its own traffic-light status, followed by your Health Score and your personal 90-Day Roadmap, built specifically from today's results.

This report is for education and lifestyle guidance only. It is not a diagnosis and does not replace advice from a qualified medical professional.

Your results at a glance

Nine body systems, one status for each. Turn the page for the full breakdown.



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Heart & Cardiovascular

OPTIMAL

Cholesterol

4.4 mmol/L

HDL

1.5 mmol/L

LDL

2.3 mmol/L

Triglycerides

0.9 mmol/L

Non-HDL Cholesterol

2.9 mmol/L

Total Chol/HDL Ratio

2.9

Every marker in your lipid profile is sitting comfortably in the optimal range, and taken together this is one of the strongest results anywhere in this report. Your cholesterol, HDL, and LDL are all well balanced, and your triglycerides are low, which reflects genuinely well on your current diet and activity levels.

HDL is often described as your "protective" cholesterol, since it helps clear excess fat from your bloodstream, while LDL carries fat to where your body needs it. When both sit in a healthy ratio to each other, as yours do, it means your body is transporting and using fat efficiently rather than allowing it to accumulate in places that raise cardiovascular risk over time. Your low triglycerides add to this picture, pointing to good control over how your body processes sugars and fats from food.

It's worth noting that a strong lipid profile like this doesn't automatically mean every part of your cardiovascular picture is settled. Your resting heart rate in the Body Composition & Vitals section came back slightly elevated, and your CRP in the Inflammation section is mildly raised, both of which are more about recovery and daily strain than about your arteries or cholesterol, but worth reading alongside this section rather than in isolation.

There's genuinely nothing here that needs a change in approach. The most useful thing you can do is keep the habits that produced this result consistent, regular movement, a diet with plenty of fibre and healthy fats, and let your energy go toward the areas flagged later in this report instead.



Blood Health

BORDERLINE

Haemoglobin

13.3 g/dL

MCV

79 fL

White Cell Count

6.1 x10⁹/L

Platelets

240 x10⁹/L

Your white cell count and platelets are both squarely in the optimal range, which is a genuinely good sign, it means your immune system's ability to respond to infection and your blood's ability to clot and support recovery are both functioning well.

Your haemoglobin and MCV (the average size of your red blood cells) are both sitting at the lower edge of the optimal band rather than outside a healthy range altogether. Haemoglobin is what carries oxygen around your body, and a smaller-than-optimal average red cell size, alongside haemoglobin at the low end, is a pattern that's commonly seen when the body's iron stores are running low, since iron is a core building block for healthy red blood cells.

This pattern is not a separate issue from your Vitamins & Minerals section, it's the same story showing up in two places. Your ferritin result later in this report has come back low, and this Blood Health picture is consistent with that, rather than being an unrelated finding. Together, they give a clearer, more complete explanation for the fatigue and low afternoon energy you described in your intake form than either result would on its own.

The good news is that both of these markers respond well to the same dietary changes, increasing iron-rich foods paired with vitamin C to help absorption. You don't need two separate action plans here, the guidance in your Vitamins & Minerals section and your 90-Day Roadmap addresses this Blood Health picture directly.



Liver Function

OPTIMAL

ALT

Optimal

ALP

Optimal

GGT

Optimal

Albumin

Optimal

Total Bilirubin

Optimal

Total Protein

Optimal

Globulin

Optimal

Every marker of liver function tested here comes back optimal, which is a strong, clean result across the board. ALT, ALP, and GGT are the three enzymes most sensitive to liver strain, and all three sitting comfortably in the lower half of their reference range shows your liver is processing what you eat and drink without being placed under unnecessary load.

Your liver is responsible for filtering toxins, metabolising fat, and processing everything you consume, including the occasional alcohol you noted in your intake form. Results like these suggest your current intake, described as occasional and moderate, isn't creating any measurable strain.

This is one of the more reassuring sections in your report, and it also means the fatigue you described is very unlikely to be liver-related, which helps narrow the picture toward the iron, B12, and thyroid findings covered later in this report instead.

No changes are needed here. Continuing to stay hydrated and keeping alcohol intake moderate and occasional, as it currently is, is all that's required to maintain this result.



Kidney Function

OPTIMAL

Creatinine / eGFR

eGFR 96

Urea

Optimal

Uric Acid

Optimal

Your kidney function is optimal across every marker tested. Your eGFR of 96 sits comfortably above the 90 threshold that indicates excellent filtration capacity, and your urea and uric acid are both well within a healthy range.

Your kidneys filter waste from your bloodstream and help regulate fluid balance, and a result like this reflects both good underlying kidney health and generally good hydration habits.

This is a genuinely positive result to hold alongside the mild elevation in CRP in your Inflammation section, since it confirms that whatever is driving that mild inflammatory signal isn't placing any measurable strain on kidney function.

No action is needed here beyond maintaining your current hydration habits.



Inflammation

BORDERLINE

C-Reactive Protein (CRP)

1.8 mg/L

Your CRP is mildly elevated at 1.8 mg/L, sitting inside the standard reference range but above the optimal band. This is a long way from anything urgent, but it's a marker worth understanding and worth acting on.

CRP is your body's clearest single marker of low-grade, background inflammation, the kind that doesn't cause obvious symptoms on its own but that often builds up from a combination of poor recovery, insufficient sleep, and ongoing physical or mental stress. It's genuinely useful as an early signal, because it tends to show up before more noticeable symptoms do.

This result lines up closely with what you described in your intake form, moderate stress and irregular working hours, and with the slightly elevated resting heart rate in your Body Composition & Vitals section. Taken together, these three pieces of information point toward a body that is currently carrying a bit more recovery debt than ideal, rather than three unconnected findings.

The most effective levers for bringing CRP down are consistent, good-quality sleep, active stress management, and giving your body enough recovery time between periods of physical or mental exertion. Anti-inflammatory foods, oily fish, leafy greens, berries, and olive oil, can help too, but sleep and recovery are the biggest levers by far, and both are addressed directly in your 90-Day Roadmap.



Vitamins & Minerals

NEEDS ATTENTION

Ferritin

12 ng/mL

Iron

Optimal

Transferrin

Optimal

Vitamin B12

265 pg/mL

Folic Acid

Optimal

Magnesium

0.68 mmol/L

Immunoglobulin A

Optimal

Your iron, transferrin, folic acid, and immunoglobulin A are all sitting comfortably in the optimal range, which is a solid foundation across most of this section.

Your ferritin, however, has come back low at 12 ng/mL, and your B12 and magnesium are both at the lower edge of the optimal band. Ferritin reflects your body's stored iron reserves, and a result this low is one of the most common, and most overlooked, causes of ongoing fatigue, reduced exercise recovery, and lower concentration. B12 supports energy production and nervous system function, and magnesium plays a role in muscle recovery, sleep quality, and stress regulation, so all three sitting low together compounds rather than isolates the impact.

This connects directly to the borderline haemoglobin and MCV in your Blood Health section, which show the same low-iron pattern from a different angle, and very likely to the testosterone result in your Hormones section too, since low iron and low B12 status are both known to affect energy and hormonal balance over time.

This is very responsive to lifestyle change. Increasing iron-rich foods, red meat, dark poultry, lentils, spinach, paired with a source of vitamin C to help absorption, is the single most useful place to start. Adding a reliable B12 source and magnesium-rich foods, nuts, seeds, leafy greens, alongside this will address all three findings at once rather than needing separate plans.

Worth knowing: a ferritin level this low is common and usually responds well to diet and, where needed, supplementation. It's not an emergency, but it is worth acting on consistently, and worth re-checking around day 90.



Thyroid Function

BORDERLINE

TSH

3.4 mIU/L

Free T3

Optimal

Free T4

Optimal

Your Free T3 and Free T4, the active hormones your thyroid actually produces, both sit comfortably in the mid-reference range, which is a genuinely reassuring result and shows your thyroid's day-to-day hormone output looks healthy.

Your TSH, the signal your brain sends to tell your thyroid how hard to work, is sitting slightly above the optimal band at 3.4 mIU/L. This pattern, a slightly raised TSH alongside normal T3 and T4, simply means your thyroid is having to work a little harder than ideal to keep hormone output normal. It's a pattern worth monitoring and supporting through lifestyle, not something that needs an aggressive response.

This is worth reading alongside your Vitamins & Minerals and Hormones sections rather than on its own. Thyroid function, iron status, and testosterone are closely linked physiologically, and a slightly under-supported thyroid can itself contribute to lower energy, reduced motivation, and the borderline testosterone result found later in this report.

Selenium and iodine are two of the most important nutrients for thyroid function, found in foods like seafood, eggs, and seaweed. Alongside the iron and B12 changes already recommended in this report, and consistent sleep and stress management, this gives your thyroid the best chance to recover its margin without any need for a supplement targeted at TSH specifically.



Hormones

BORDERLINE

Testosterone

5.4 ng/mL

Your testosterone is sitting at the lower end of the optimal band. It's within the standard reference range, but not where it would ideally sit, and it's worth taking seriously rather than dismissing as unimportant.

Testosterone plays a central role in energy, mood, muscle recovery, motivation, and libido, and a result at this level is consistent with the reduced libido and low afternoon motivation you mentioned in your intake form.

This result doesn't sit in isolation. It fits into the same picture as your low ferritin and borderline B12 in Vitamins & Minerals, your borderline TSH in Thyroid Function, and the mildly raised CRP and resting heart rate found in Inflammation and Body Composition & Vitals. Iron status, thyroid function, inflammation, and testosterone all influence each other, and it's genuinely more useful to think of these as one connected picture, a body currently under a bit more recovery strain than ideal, rather than as five separate, unrelated results.

Sleep quality is the single biggest lever for testosterone, since most testosterone production happens during deep sleep. Resistance training, appropriately dosed rather than excessive given your current recovery capacity, and stress management are the other two major levers, and all three are addressed directly in your 90-Day Roadmap.



Body Composition & Vitals

BORDERLINE

Blood Pressure

118/76

SpO2

98%

Resting Heart Rate

78 bpm

BMI

26.8

Body Fat %

24%

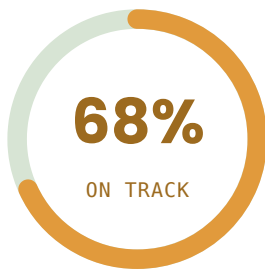
Your blood pressure and oxygen saturation are both genuinely excellent results, sitting right in the optimal band. These are two of the most fundamental indicators of cardiovascular and respiratory health, and having both this strong is a good foundation to build on.

Your resting heart rate, BMI, and body fat percentage are each sitting at the upper edge of the optimal band rather than clearly outside a healthy range. None of these alone is a concern, but together they add useful context to the rest of your report.

A resting heart rate at this level often reflects a body carrying more day-to-day strain or under-recovery than ideal, which lines up with the mildly raised CRP in your Inflammation section and the low ferritin and borderline testosterone found elsewhere in this report. A body working harder to recover, with lower iron stores to draw on, will often show a slightly elevated resting heart rate as a result, these aren't separate stories.

Building in more structured recovery, appropriately dosed training, and consistent sleep will likely bring your resting heart rate down over the next 90 days, and a small, sustainable shift in body composition tends to follow naturally once energy, iron status, and sleep are addressed, rather than needing to be tackled as a separate goal.

Your Health Score



This score weights cardiovascular and metabolic markers most heavily, followed by inflammation, kidney and liver, then vitamins, minerals, thyroid, and hormones, then body composition and vitals. This is not a diagnosis.

Key Strengths Across Your Results

Four of your nine systems came back completely optimal, and they're some of the most important ones. Your Heart & Cardiovascular results are excellent across every marker, your Liver Function and Kidney Function are both clean, and your blood pressure and oxygen saturation within Body Composition & Vitals are genuinely strong.

Your white cell count and platelets within Blood Health are also optimal, meaning your immune response and clotting capacity are both functioning well, and your iron, folic acid, and immunoglobulin A within Vitamins & Minerals are healthy too. These strengths matter, they're the foundation everything else in this report sits on.

Where To Focus

Five systems came back with results worth your attention. Your Vitamins & Minerals section flagged low ferritin and borderline B12 and magnesium. Your Blood Health showed a borderline haemoglobin and red cell size pattern consistent with that same low-iron picture. Your Thyroid Function showed a slightly raised TSH alongside otherwise normal thyroid hormones. Your Hormones section showed testosterone at the lower end of optimal. Your Inflammation and Body Composition & Vitals sections both showed mild elevations, CRP and resting heart rate respectively, alongside a body fat percentage and BMI at the upper edge of optimal.

How Your Systems Connect

This is the part of your report worth reading most carefully, because none of the five areas above are separate problems, they're different views of the same underlying picture.

Your low ferritin in Vitamins & Minerals is the anchor finding. Low iron stores reduce your body's ability to carry oxygen efficiently, which shows up directly in the borderline haemoglobin and smaller red cell size in your Blood Health section. Iron deficiency of this kind is also one of the most common, evidence-backed causes of ongoing fatigue and reduced exercise recovery, which lines up closely with what you described in your intake form.

Your borderline B12 compounds this rather than sitting alongside it independently, B12 and iron both support your body's energy production at a cellular level, and having both slightly low at once has a bigger combined effect on daily energy than either would alone.

Your Thyroid Function and Hormones results extend this same story. A slightly raised TSH means your thyroid is working harder than ideal to maintain normal hormone output, and thyroid function, iron status, and testosterone are all closely linked physiologically. It's common to see a mildly under-supported thyroid, lower iron stores, and lower testosterone cluster together, each making the others slightly harder to correct, rather than appearing as unrelated findings.

Finally, your mildly raised CRP in Inflammation and your slightly elevated resting heart rate in Body Composition & Vitals both point toward the same thing, a body currently carrying more day-to-day recovery strain than ideal. A body working harder to recover, with lower iron and B12 reserves to draw on and a thyroid working slightly harder than it should need to, will often show exactly this pattern, a marginally raised resting heart rate and a mild inflammatory signal, as the downstream result rather than as a separate issue needing its own explanation.

What Would Move The Needle Most

Two changes are likely to move the most markers at once. Rebuilding your iron and B12 status through diet, and where needed supplementation, is the single highest-leverage change available to you, since it's very likely driving your fatigue, your Blood Health picture, and contributing to both your thyroid and testosterone results.

Alongside this, prioritising consistent, good-quality sleep and appropriately dosed training and recovery is the second major lever, since this is what will bring your resting heart rate and CRP down and give your testosterone the conditions it needs to recover. These two changes together, rather than five separate interventions, are what your 90-Day Roadmap is built around.

You're in a genuinely strong position to make meaningful progress. Nothing in this report requires drastic change or urgent action, it requires consistent, targeted effort in two connected areas, and that's exactly what the roadmap on the following pages is designed to guide you through, day by day, over the next 90 days.

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Your results, turned into a plan.

Based on your results, your priority over the next 90 days centres on two connected areas: rebuilding your iron and B12 status, which is very likely driving your fatigue, your Blood Health picture, and contributing to your borderline thyroid and testosterone results, and improving your sleep quality and recovery capacity, which is what's keeping your resting heart rate and CRP higher than they need to be. These aren't five separate problems needing five separate plans, they're one connected picture, and this roadmap is built to address all of it together.

Everything below is built directly from your own blood results and the goals and symptoms you shared in your intake form, more energy, better training recovery, and improved day-to-day motivation.

By the end of the 90 days, you should notice a meaningful shift in daily energy, particularly in the afternoons, along with better recovery after training and more consistent motivation and mood throughout the day.

When you retest, the goal is measurable movement across the board, a ferritin level back inside the optimal band, B12 and magnesium moved up out of the borderline range, a CRP back under 1.0 mg/L, a resting heart rate back under 70 bpm, and a testosterone reading noticeably higher within the optimal range.

Stabilise

The first 30 days focus on the two changes most likely to move the most markers at once: nutrition targeted at your iron, B12, and magnesium results, and rebuilding a sleep foundation that supports your thyroid, testosterone, and recovery.

Nutrition Focus

Your ferritin, B12, and magnesium results all point toward the same starting point, increasing the density of specific nutrients in your daily meals rather than an overall diet overhaul. You don't need to change everything you eat, you need to be deliberate about a handful of specific foods showing up consistently.

For iron, aim for a red meat, dark poultry, or lentil-based meal at least four times a week. Pair each of these meals with a source of vitamin C, citrus, peppers, or tomatoes, since vitamin C significantly improves how much iron your body actually absorbs from food. A practical swap: if lunch is usually a plain sandwich, swap in a lentil and roasted pepper salad two or three times a week instead.

For B12, since this is most commonly low in diets with limited animal protein, add a reliable daily source, eggs, oily fish, or a fortified plant milk if you're eating less meat, rather than relying on occasional intake. For magnesium, nuts, seeds, and leafy greens at least once a day will help, and a handful of pumpkin seeds or almonds as an afternoon snack is a simple, repeatable way to build this in.

An example day: porridge with pumpkin seeds and berries for breakfast, a lentil and pepper salad with a citrus dressing for lunch, and a red meat or oily fish dinner with leafy greens. This single day structure touches iron, B12, magnesium, and vitamin C all at once, rather than needing separate meals for each.

- Iron-rich meal at least 4x per week, paired with a vitamin C source
- Daily reliable B12 source, food or fortified option
- Magnesium-rich snack most days, nuts, seeds, or leafy greens
- One planned food swap this week, replace a low-nutrient lunch with an iron-rich option
- Track how you feel in the afternoons as these changes take hold

Sleep Foundations

You mentioned averaging around six hours of sleep and waking up not feeling rested. This matters more than it might seem, since most of your body's testosterone production happens during deep sleep, and consistent sleep is one of the most effective ways to bring CRP and resting heart rate down over time.

The goal for this phase isn't a dramatic overhaul, it's building one or two consistent anchors. A fixed wake time, even on weekends, is the single most powerful lever for improving sleep quality, since it stabilises your body's internal clock more than bedtime alone.

Cutting caffeine after 2pm will help you fall asleep more easily, and a short wind-down routine, screens away 30 minutes before bed, dims lights, something calming, signals to your body that it's time to shift into recovery mode rather than staying alert.

- Fixed wake time, seven days a week, including weekends
- No caffeine after 2pm
- 30-minute screen-free wind-down before bed
- Lights out by 10:30pm, at least four nights this month

→ Note energy levels each morning to track progress

Build

With your nutrition and sleep habits from Phase 1 established, this phase shifts focus to training load and stress, the two remaining levers behind your resting heart rate, CRP, and testosterone results.

Movement & Training Load

Your resting heart rate and CRP results suggest your body is currently carrying more recovery strain than ideal, so the priority here isn't training harder, it's training in a way that actually supports recovery rather than adding to that load.

Two structured resistance training sessions per week, focused on major compound movements, squats, deadlifts, presses, rows, is one of the most effective ways to support healthy testosterone levels, more effective than higher-frequency, lower-intensity training for this specific goal.

Alongside this, build in at least one full rest day between resistance sessions, and treat any additional movement, walking, light cardio, as genuinely easy rather than another opportunity to push hard. The goal this phase is quality recovery between effort, not simply more activity.

- Two resistance sessions per week, compound movements prioritised
- At least one full rest day between resistance sessions
- Keep additional cardio genuinely easy, not another hard session
- Track resting heart rate weekly if your Home Vitals Kit is still in use
- Continue nutrition and sleep habits from Phase 1

Stress & Recovery

You described moderate stress and irregular working hours in your intake form, and this connects directly to your CRP, thyroid, and testosterone results. Chronic stress raises cortisol, and elevated cortisol over time can suppress both thyroid conversion and testosterone production, while also keeping background inflammation higher than it needs to be.

This doesn't require eliminating stress, which usually isn't realistic, it requires building in genuine recovery moments across your week rather than letting work bleed into every part of your day.

A short daily practice, five to ten minutes of slow breathing or a walk without your phone, gives your nervous system a real chance to downshift rather than staying switched on continuously. Protecting at least one evening a week as genuinely work-free is a second, simple structural change with an outsized effect on recovery.

- 5-10 minutes of slow breathing or a phone-free walk daily
- One fully work-free evening per week, protected in your calendar
- Notice and note stress triggers as they come up, don't just push through them
- Keep bedtime wind-down routine from Phase 1 non-negotiable during busy weeks

Optimise

By this stage, the goal shifts from building new habits to consolidating what's already working and preparing to measure real change. Keep the nutrition, sleep, training, and stress habits from Phases 1 and 2 running consistently, this phase is about protecting that consistency through day 90, not introducing anything new.

Around day 85 to 90, book a follow-up blood test specifically to re-check the markers this roadmap was built around: ferritin and B12, since these are the anchor findings behind your fatigue and several other results; magnesium, alongside them; CRP, to see whether your recovery and stress changes have brought background inflammation down; TSH, to check whether your thyroid is working less hard now that iron and B12 are better supported; and testosterone, as the clearest overall marker of whether this 90 days has moved the needle.

If your Home Vitals Kit is still in use, keep tracking resting heart rate and body composition through this phase too, since a downward trend in resting heart rate is often the earliest sign that recovery is genuinely improving, ahead of the blood markers catching up.

- Maintain nutrition, sleep, training, and stress habits from Phases 1 and 2
- Book a follow-up blood test around day 85-90
- Specifically re-check ferritin, B12, magnesium, CRP, TSH, and testosterone
- Continue tracking resting heart rate and body composition if using the Home Vitals Kit
- Review how energy, motivation, and recovery feel compared to day 1

Supplements

EverWell Vitamin B12

Directly supports your borderline B12 result, particularly useful given the reliance on dietary sources alone can take time to shift this marker.

EverWell Organic Chlorella

A nutrient-dense wholefood source of iron and B vitamins, complementing the dietary changes targeting your low ferritin result.

EverWell Sea Kelp

A natural source of iodine, a key nutrient for thyroid hormone production, directly relevant to your borderline TSH result.

EverWell Tribulus Terrestris

Traditionally used to support healthy testosterone levels and libido, tied directly to your Hormones result and the symptoms you described.

Continue With EverWell Connect

A single test gives you a snapshot. EverWell Connect is how you keep the picture moving, with ongoing tracking and support as you work through this plan and beyond.

Founder's Statement

Thank you for trusting EverWell Health with your results. Health is rarely a straight line, today's results are simply information, a starting point, not a verdict. What matters most is what you choose to do with it.

Nathan Siddall

Founder & Director, EverWell Health

Contact Us

If you have any questions about your results, we'd love to hear from you.

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