

LONGEVITY · IN-CLINIC TEST REPORT

Discover what your body is telling you

A whole-person, functional health screening report

James Whitfield

Test Date: 28 July 2026 | Age: 44

Your Health Snapshot

Welcome to your EverWell Longevity report. This document brings together everything measured during your in-clinic screening on 28 July 2026, translated into plain, practical language so you can see exactly where your body is thriving and where a little extra attention would help.

Every metric in this report is colour coded using a simple traffic light system, so you can see your results at a glance before reading the detail behind them.

● **GREEN**

Optimal, functional range

● **AMBER**

Within standard range,
but not yet optimal

● **RED**

Outside the standard
reference range

Throughout, you will find your strongest results discussed first, followed by the areas most worth focusing on, with clear, practical lifestyle steps for each. Where a specific test would add useful clarity, we will name it directly.

Systems Overview

A single at-a-glance view of every body system covered in your screening, before we dive into the detail.



Body Composition

RED



Vital Health Checks

AMBER



Arterial Health

AMBER



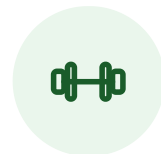
Lung Health

GREEN



Your Blood Health

RED



Strength & Ageing

AMBER



Urine Health

AMBER

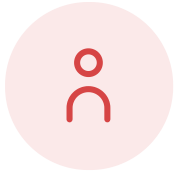


Cognitive Assessment

AMBER

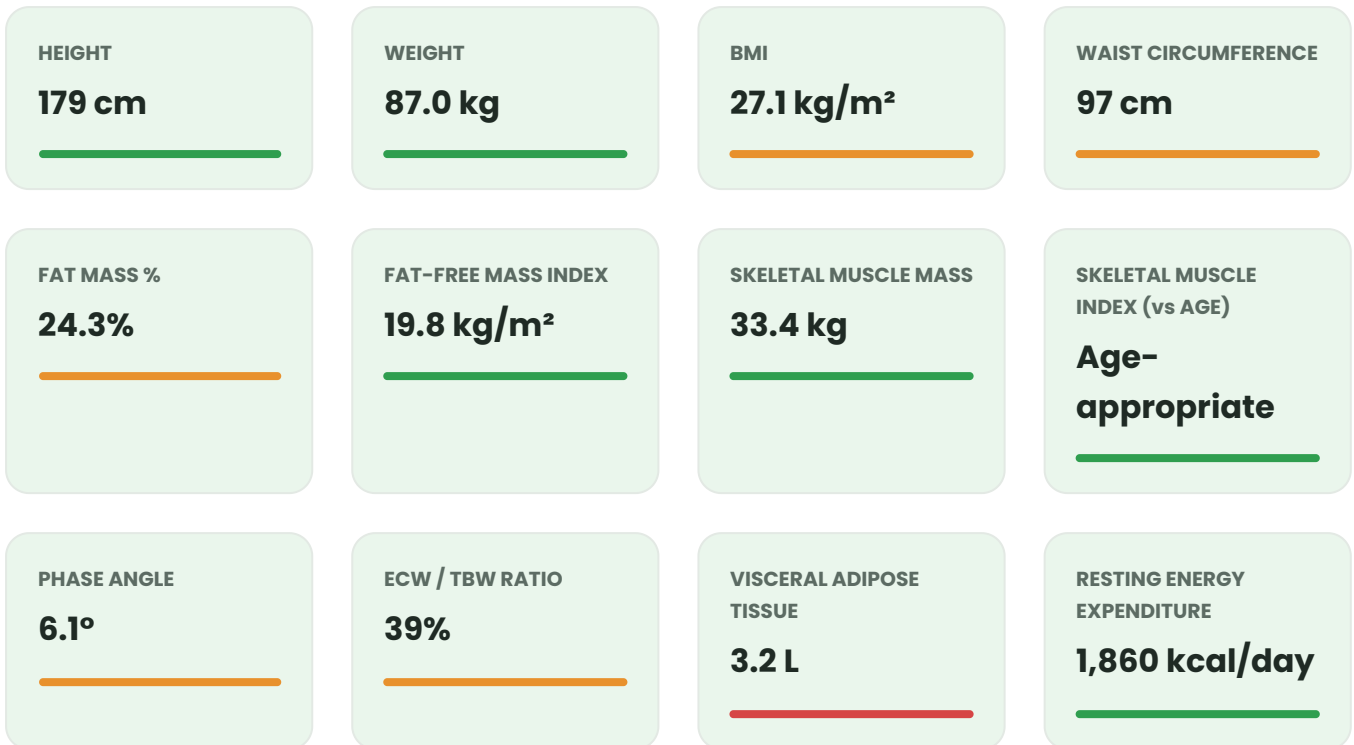
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Body Composition Analysis

RED



There is a good amount to feel positive about here. Your fat-free mass index and skeletal muscle mass both sit comfortably in a healthy, age-appropriate range, which tells us your muscle foundation is solid, and your resting energy expenditure is exactly what would be expected for a man of your size and muscle mass.

The area worth understanding is visceral fat, the fat stored around your internal organs rather than just under the skin, which is currently sitting above the optimal range. This type of fat behaves differently to fat elsewhere on the body, it is more metabolically active and tends to correlate with inflammation and blood fat markers, which we will come back to when we look at your blood results. Your waist circumference, BMI, and body fat percentage are all consistent with this same pattern, sitting just outside the optimal band rather than deep into concerning territory.

Your phase angle and cell hydration ratio (ECW/TBW) are both borderline too, which often moves in the same direction as visceral fat and reflects overall cellular health and recovery capacity. The single biggest lever here is a modest, sustained reduction in visceral fat through consistent resistance training, daily step volume, and a small calorie deficit, none of which require dramatic change, just consistency over the next 90 days.



Vital Health Checks

AMBER

SYSTOLIC BP

128 mmHg

DIASTOLIC BP

82 mmHg

RESTING HEART RATE

68 bpm

SpO2

98%

RESPIRATORY RATE

15 rpm

BODY TEMPERATURE

36.8°C

ECG RHYTHM

**Normal Sinus
Rhythm**

ECG HEART RATE

70 bpm

ECG ABNORMALITIES

None detected

Your ECG shows a completely normal sinus rhythm with no abnormalities detected, and your oxygen saturation, respiratory rate, resting heart rate, and temperature are all comfortably within optimal range. This is a strong baseline for your cardiovascular system.

Your blood pressure reading of 128/82 mmHg sits just inside what is classed as Stage 1, meaning it is a little higher than optimal but not in a range that requires urgent attention. Blood pressure like this often reflects a combination of factors already visible elsewhere in this report, including your visceral fat level and your blood fat markers, which tend to move together.

The most useful next step here is simply tracking this over a couple of weeks at home at a similar time of day, since a single in-clinic reading can be influenced by the moment itself. Alongside that, the same lifestyle changes that will help bring your visceral fat and lipid markers down, more daily movement, better sleep consistency, and reduced sodium and alcohol intake, tend to have a meaningful effect on blood pressure too.



Arterial Health

AMBER

PULSE WAVE VELOCITY

9.8 m/s



ARTERIAL AGE

46 yrs (vs 44 actual)



CENTRAL SYSTOLIC BP
(SBPao)

118 mmHg



CENTRAL PULSE
PRESSURE (PPao)

38 mmHg



AUGMENTATION INDEX
(Aix)

22%



RETURN TIME

145 ms



Your central blood pressure, pulse pressure, and augmentation index are all sitting in the optimal range, which is a genuinely reassuring finding, these markers reflect how flexible and responsive your larger arteries are, and all three point to good underlying vessel health.

Your arterial age is estimated at around 46, roughly two years above your actual age of 44. This is a modest gap rather than a dramatic one, and it lines up closely with the visceral fat and blood pressure findings elsewhere in this report, all of which tend to move together as a single pattern of cardiovascular strain.

The good news is that arterial age is one of the more responsive markers to lifestyle change. Regular aerobic exercise, reduced visceral fat, and improved sleep quality have all been shown to meaningfully narrow this kind of gap over a period of months, so this is very much an area you have direct influence over.



Lung Health

GREEN

FVC (% PREDICTED)

102%

FEV1 (% PREDICTED)

98%

PEF (% PREDICTED)

95%

FEV1/FVC RATIO

82%

Your lung function results are excellent across the board. Every measure, your total lung capacity, how quickly you can push air out, your peak flow, and the ratio between the two, sits at or above what would be predicted for your age, height, and sex.

This tells us your airways are clear and your respiratory muscles are working efficiently, with no signs of obstructive or restrictive patterns. This is exactly the kind of result we like to see and reflects well on your general fitness and non-smoking status.

There is nothing here that needs attention. Simply maintaining your current activity levels and avoiding smoking or heavy pollutant exposure will help preserve this excellent baseline as you get older.



Your Blood Health

RED

Marker	Result	Status
Haemoglobin	152 g/L	GREEN
White Cell Count	6.8 x10 ⁹ /L	GREEN
Platelet Count	245 x10 ⁹ /L	GREEN
Haematocrit	0.46 L/L	GREEN
MCV	89 fL	GREEN
Free T4	15.2 pmol/L	GREEN
Free T3	4.6 pmol/L	GREEN
TSH	2.1 mIU/L	GREEN
Thyroglobulin Antibodies	<10 IU/mL	GREEN
Thyroid Peroxidase Antibodies	<9 IU/mL	GREEN
Vitamin B12	410 pg/mL	GREEN
Active Vitamin B12	55 pmol/L	AMBER
Vitamin D	34 ng/mL	AMBER
Folic Acid	12 ng/mL	GREEN
Ferritin	165 ng/mL	GREEN

Your Blood Health (continued)

Marker	Result	Status
Transferrin	2.6 g/L	GREEN
Iron	18 µmol/L	GREEN
Zinc	11 µmol/L	AMBER
HbA1c	5.4%	AMBER
HbA1c (IFCC)	36 mmol/mol	AMBER
Oestradiol	95 pmol/L	GREEN
Luteinizing Hormone	5.2 IU/L	GREEN
Follicle Stimulating Hormone	4.8 IU/L	GREEN
Sex Hormone Binding Globulin	32 nmol/L	GREEN
Testosterone	5.4 ng/mL	AMBER
Prolactin	210 mIU/L	GREEN
Cortisol (AM)	210 nmol/L	AMBER
Free Androgen Index	24%	AMBER
DHEA Sulphate	4.1 µmol/L	RED
Creatinine	88 µmol/L	GREEN

Your Blood Health (continued)

Marker	Result	Status
eGFR (CKD-EPI)	92 mL/min/1.73m²	GREEN
Urea	5.2 mmol/L	GREEN
Uric Acid	0.42 mmol/L	RED
Globulin	28 g/L	GREEN
Albumin	44 g/L	GREEN
Total Protein	72 g/L	GREEN
Total Bilirubin	14 µmol/L	GREEN
ALT	32 U/L	AMBER
GGT	48 U/L	AMBER
ALP	78 U/L	GREEN
LDL	3.4 mmol/L	AMBER
Non-HDL Cholesterol	4.1 mmol/L	AMBER
HDL	1.15 mmol/L	AMBER
Total Cholesterol/HDL Ratio	4.6	AMBER
Total Cholesterol	5.3 mmol/L	AMBER

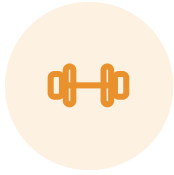
Your Blood Health (continued)

Marker	Result	Status
Triglycerides	1.6 mmol/L	AMBER
Apolipoprotein B	1.05 g/L	AMBER
Apolipoprotein A1	1.35 g/L	AMBER
Lipoprotein (a)	18 nmol/L	GREEN
CRP	1.8 mg/L	AMBER
Creatine Kinase	210 U/L	AMBER
Magnesium	0.85 mmol/L	GREEN
Calcium	2.35 mmol/L	GREEN
Sodium	140 mmol/L	GREEN
Chloride	101 mmol/L	GREEN
Free Testosterone (calc)	98 pmol/L	RED
Free Testosterone %	1.9%	GREEN
Corrected Calcium	2.34 mmol/L	GREEN
ApoB : A1 Ratio	0.78	AMBER
Testosterone : Free Testosterone Ratio	55	INFO
Testosterone : Cortisol Ratio	0.026	INFO

There is still a lot of genuine strength in your blood work. Your full blood count, thyroid function and antibodies, B12, folate, kidney function, and most electrolytes are all sitting comfortably in optimal range.

The area worth attention spans three connected threads. First, your blood fat profile, blood sugar control, and uric acid, cholesterol, LDL, non-HDL cholesterol, and triglycerides sit a little above optimal, HbA1c is at the upper edge of optimal, and uric acid is outside range, a pattern that links back to the visceral fat and blood pressure findings earlier in this report. Second, your liver enzyme ALT and your ApoA1 and ApoB:A1 ratio are each just outside their optimal band, which usually moves alongside the same metabolic pattern rather than reflecting a liver issue on its own. Third, your hormone and recovery markers, testosterone, free testosterone, DHEA sulphate, and morning cortisol, together point to a body under more stress load or getting less recovery than it needs.

None of these results reach a genuine red flag, they sit in lifestyle-guidance territory. Your active vitamin B12 and zinc are also just below optimal, both worth correcting given their role in hormone production and general recovery. A repeat panel in three to four months would show how the whole picture is trending as changes take effect.



Strength & Ageing Insight

AMBER

GRIP STRENGTH (RIGHT)

42 kg



GRIP STRENGTH (LEFT)

37 kg



TIME TO PEAK FORCE
(RIGHT)

1.6 sec



TIME TO PEAK FORCE
(LEFT)

1.9 sec



QUIET STAND SWAY
VELOCITY

8 mm/s



SINGLE-LEG STAND
SWAY VELOCITY

52 mm/s



FALL RISK GRADING

Low



Your overall fall risk grading is low, and your dominant-hand grip strength, reaction speed on the grip test, and quiet standing balance are all firmly in the optimal range, which reflects a strong overall foundation of strength and stability for your age.

Your non-dominant grip is a little below your dominant side, which is common and usually simply reflects handedness rather than anything of concern, though it is still worth noting for balanced training. Your single-leg standing balance shows a bit more sway than optimal, which taps into proprioception, the sense of where your body is in space, and tends to respond well to targeted training.

A short weekly single-leg balance routine, alongside continuing to train grip evenly on both sides, would be enough to bring these into the optimal range over the coming months. Neither finding changes your overall low fall risk grading, they are simply areas with room to sharpen further.



Urine Health Insights

AMBER

LEUKOCYTES

Negative

NITRITES

Negative

BLOOD

Negative

KETONES

Negative

GLUCOSE

Negative

BILIRUBIN

Negative

PROTEIN

Trace

pH

6.0

SPECIFIC GRAVITY

1.022

UROBILINOGEN

0.5 EU/dL

The majority of your urinalysis results are clear and optimal. Leukocytes, nitrites, blood, ketones, glucose, and bilirubin are all negative, your pH and urobilinogen sit comfortably within range, and there are no signs of anything requiring concern.

Two findings are worth a mention. A trace of protein was picked up, which on its own and without any of the other positive markers is a very common, usually benign finding, often linked to exercise, mild dehydration, or the time of day the sample was taken. Your specific gravity is also slightly concentrated, which points towards being a little under-hydrated at the time of testing rather than anything structural.

Both of these are the kind of findings that are well worth simply repeating at your next screening under well-hydrated conditions to see whether they resolve, alongside making sure you are drinking enough water day to day in the meantime.



Cognitive Assessment

AMBER

MEMORY (IMMEDIATE
RECALL)

2 / 2

LANGUAGE

5 / 5

VISUOSPATIAL
REASONING

3 / 3

EXECUTIVE FUNCTION

3 / 4

ATTENTION

4 / 4

MENTAL MATHS

3 / 4

ORIENTATION

3 / 3

MEMORY (DELAYED
RECALL)

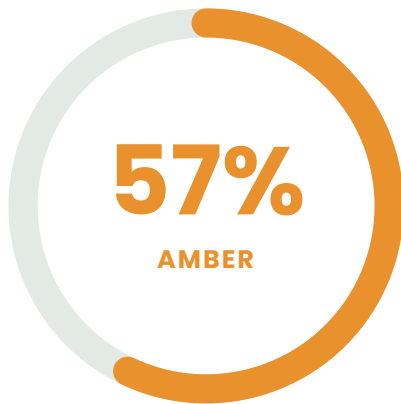
4 / 5

Six of your eight cognitive domains scored at the maximum, including memory, language, visuospatial reasoning, attention, orientation, and delayed recall, which is an excellent, well-rounded result overall.

Executive function and mental maths each came in one point below full marks, both single-domain dips rather than a broader pattern, and both are the kind of variation that can simply reflect the moment, focus on the day, or general practice with that specific style of task rather than anything of underlying concern.

These two domains are worth simply tracking at your next screening to see whether the pattern holds or was a one-off. In the meantime, activities that involve planning, problem-solving, and mental arithmetic, whether through work, puzzles, or games, are a natural and enjoyable way to keep both areas sharp.

Your Health Score



This score weights cardiovascular and metabolic markers most heavily, followed by inflammation, kidney and liver, then strength, balance and lung function, then cognitive function, and is adjusted down when a genuine red-flag marker is present. This is not a diagnosis.

Taking your results as a whole, there is a great deal to build on. Your lung function is excellent, your kidney function is entirely optimal, your thyroid, B12, folate, and full blood count are all in strong shape, your balance and fall risk are low, and six of your eight cognitive domains scored at full marks. Your central arterial pressure readings, which reflect the health of your larger blood vessels directly, are also optimal.

The picture that emerges when we look across systems, rather than section by section, is a single connected pattern rather than several separate problems. Visceral fat, blood pressure, arterial age, blood fat markers, blood sugar control, and uric acid all sit just outside optimal range in a way that consistently points in the same direction, a body that is carrying a little more metabolic strain than it is built to handle comfortably. Your liver enzyme ALT sits only marginally outside optimal too, which most often reflects this same metabolic load rather than anything happening in the liver independently.

Sitting alongside that metabolic picture is a second, connected thread, and it shows up more clearly here than a single testosterone reading alone would suggest. Your total testosterone, your calculated free testosterone, and your DHEA sulphate are all outside their optimal range, while your morning cortisol is a touch elevated. Together, this points to a body that is under more stress load, or getting less quality recovery, than it needs right now. This kind of hormonal pattern very often both contributes to, and is worsened by, the same visceral fat and sleep pressures showing up in your metabolic markers, so the two threads are genuinely linked rather than coincidental.

Your vitamin D, active vitamin B12, and zinc each sit just below optimal too, three straightforward, easily corrected pieces of the puzzle, and each one supports either hormone production, immune function, or general recovery capacity.

None of your results reached a genuine red-flag threshold. Uric acid, free testosterone, and DHEA sulphate are the three markers that fall outside the standard reference range, and while each is worth addressing through lifestyle, none requires a GP conversation on its own, they respond well to the same core changes, hydration, reduced alcohol intake, better recovery, and time.

If we had to identify the single change most likely to move the needle across this whole pattern at once, it would be a structured, sustainable reduction in visceral fat, achieved through a combination of daily step volume, twice-weekly resistance training, and a modest calorie deficit. Visceral fat sits at the centre of the metabolic picture here, and bringing it down tends to pull blood pressure, arterial age, blood fats, and blood sugar control in the right direction together.

Alongside that, prioritising consistent sleep timing and building in genuine recovery, whether that is your existing training routine, time outdoors, or simply protecting wind-down time in the evening, would help address the cortisol, testosterone, and DHEA pattern directly.

You are starting from a genuinely strong baseline in lung function, cognition, kidney health, and balance. The areas needing attention are closely connected to one another, which is good news, because it means a relatively small number of consistent changes over the next 90 days has real potential to move several markers at once. We will lay all of this out as a clear, practical plan next.

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 90-Day Lifestyle Action Plan

Your results are only half the picture. Turn the page (or open your second document) for your personal 90-Day Lifestyle Action Plan, built specifically around today's results, covering sleep, stress, nutrition, movement, gut health, hormones and recovery, with clear actions for each.

Continue With EverWell Connect

A single screening gives you a snapshot. EverWell Connect is how you keep the picture moving, with ongoing monthly tracking, monthly review reports, and continued support as you work through your plan and beyond.

Founder's Statement

Thank you for trusting EverWell Health with your screening. My own path into preventative health came from a simple belief, that most people are never given a genuine, whole-picture view of their own body until something has already gone wrong. EverWell exists to change that, to give you the information and the practical tools to act early, while there is still every opportunity to shift the trajectory of your health.

"I have not failed. I've just found 10,000 ways that won't work." Thomas Edison's words feel fitting here. Health is rarely a straight line, and 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, or would like to book a follow-up screening or discuss EverWell Connect membership, we would love to hear from you.

EverWell Health Ltd

everwellhealth.co.uk

Helping you understand your body