BloodGPT

Blood Test Results

Patient Information

Birth Date	Mar 25, 1985	Test Reference	test-payload-1767099899
Gender	Male	Test Date	Oct 8, 2025
Height	175 cm	Report Date	Dec 30, 2025
Weight	80 kg		

5

Total biomarkers

In normal range

60%

of total biomarkers
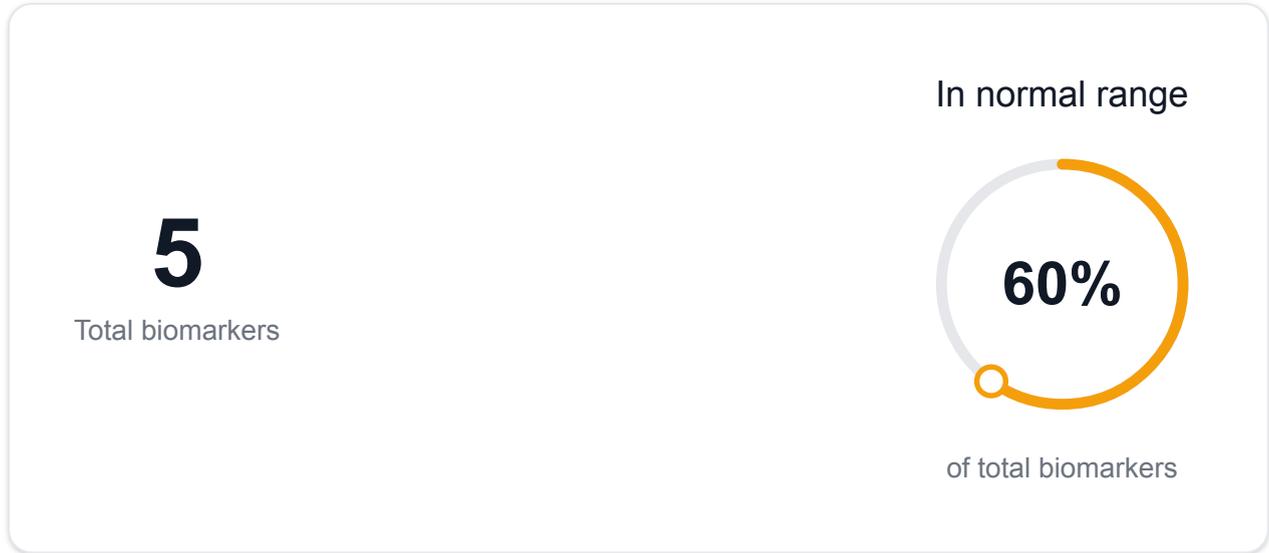
Overview

Interpretation

The data indicates two key areas for follow-up: blood sugar regulation and red blood cell oxygen-carrying capacity. Meanwhile, fat-related markers appear to be balanced. Together, these observations suggest focusing on sugar management and understanding the factors behind a lower hemoglobin level.

⚠️ Elevated Blood Sugar Observation
The data shows that the blood sugar marker is above its typical range. This suggests that the body's process for regulating glucose may be under strain. Persistent elevations like this can signal that energy balance requires further evaluation to determine whether the body is maintaining stable sugar levels.
Related: Glucosio

⚠️ Lower Hemoglobin Level
Hemoglobin is below its typical range, which may reflect reduced red blood cell production or limited iron availability. When hemoglobin is low, the body's ability to deliver oxygen to tissues can be affected, making it important to understand what might be contributing to this decrease.
Related: Emoglobina

⚠️ Stable Lipid Profile
Total cholesterol, HDL cholesterol, and triglycerides are all within their typical ranges. This balance suggests that the processes handling fats in the bloodstream are functioning smoothly at this time, helping to rule out common lipid-related concerns.
Related: Colesterolo Totale, Colesterolo HDL, Trigliceridi

Possible Health Status

🔍 Follow-Up on Blood Sugar Regulation
The blood sugar reading is elevated, which can reflect temporary factors or underlying shifts in glucose handling. Standard practice suggests discussing additional evaluation to determine whether this represents a persistent change in sugar regulation or a one-off finding.

🔍 Evaluation of Low Hemoglobin Origins
Hemoglobin is below the usual range, which may point to reduced iron stores or other influences on red blood cell production. Therefore, standard clinical practice advises exploring iron status and potential contributing factors to ensure adequate oxygen delivery.

Pay Attention

🧪 Repeat Fasting Blood Glucose Test
A second fasting glucose measurement can help confirm whether the elevated blood sugar level is persistent or influenced by temporary factors.

🧪 Hemoglobin A1c Test
This test provides an average of blood sugar levels over the past two to three months, helping to assess longer-term glucose control beyond a single measurement.

🧪 Complete Blood Count with Iron Panel
Combining red blood cell indices with iron studies can clarify the cause of the lower hemoglobin level and guide further steps.

👤 Primary Care Consultation for Blood Sugar and Hemoglobin Review
A clinical discussion can integrate these findings with overall health and decide on any additional investigations or lifestyle guidance.
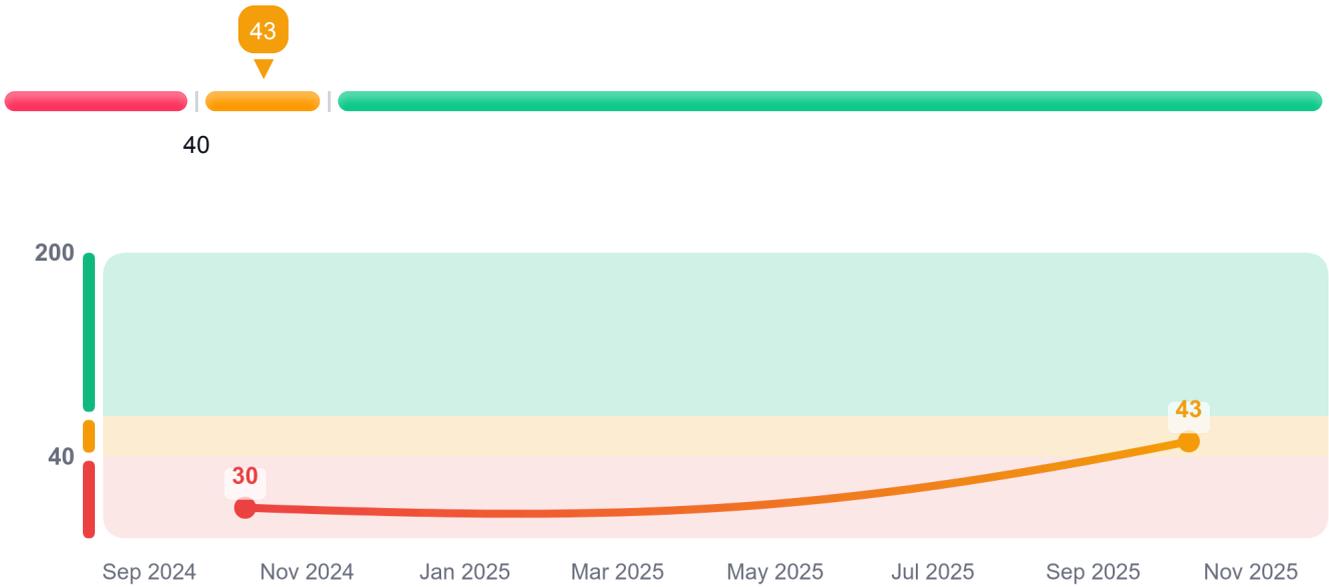
🏃 Diet and Physical Activity Assessment
Reviewing nutrition and exercise habits can support healthy blood sugar levels and overall energy balance.
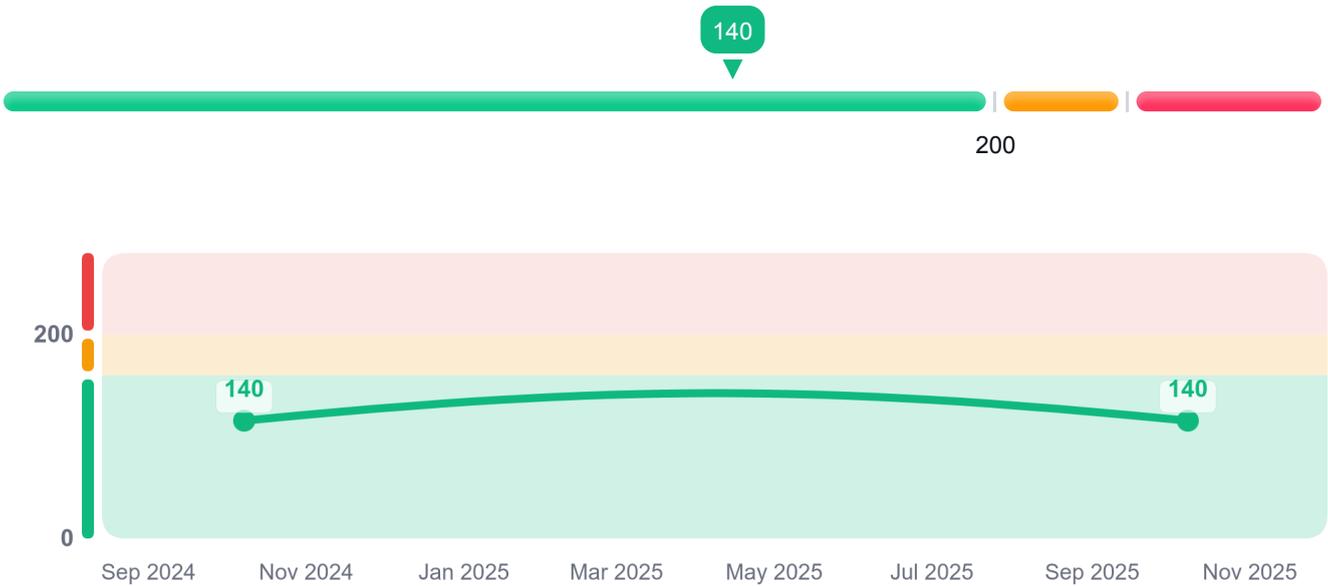
Detailed Biomarkers

Colesterolo HDL - 43 mg/dL — Borderline Low ⚠️

43

40

200

40

30

43

Sep 2024   Nov 2024   Jan 2025   Mar 2025   May 2025   Jul 2025   Sep 2025   Nov 2025

Participates in transporting cholesterol from peripheral tissues back to the liver for processing. The result is within the range but closer to its lower boundary. Levels of this parameter can be influenced by factors such as physical activity, dietary habits, body weight, smoking, and certain medications.

Trend Analysis

The HDL cholesterol level has moved from below into the normal range with a moderate upward pace over the past year. This shift appears to reflect physiological variation, as no clear direct driver was identified. Continued monitoring can help confirm that this improvement is sustained and that levels remain stable.

Colesterolo Totale - 140 mg/dL   Normal ⊘

140

200

200

140   140

0

Sep 2024   Nov 2024   Jan 2025   Mar 2025   May 2025   Jul 2025   Sep 2025   Nov 2025
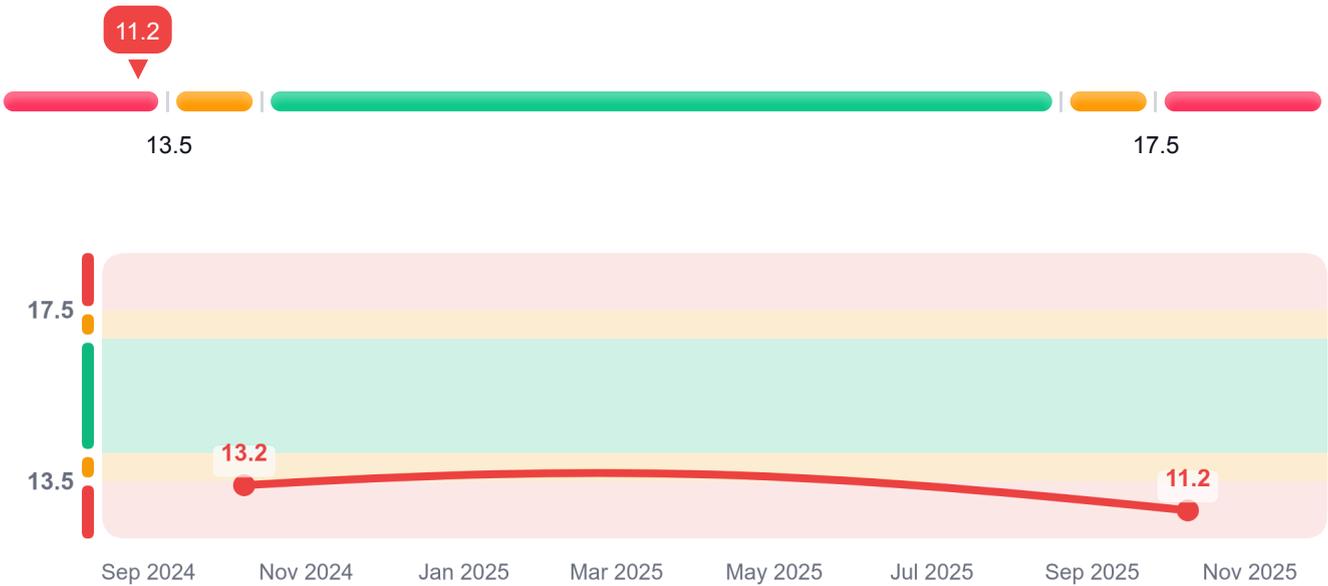
Reflects the total amount of cholesterol circulating in the blood. The result is within the typical range. This parameter can be influenced by fats in the diet, how the liver processes cholesterol, physical activity, and genetic factors.

Trend Analysis

Levels have remained consistent over the past year with minimal variation. This stability in total cholesterol generally reflects balanced lipid metabolism and effective regulation of cholesterol production and clearance. Continued periodic monitoring can help confirm this consistent trend and support long-term cardiovascular wellness.

Emoglobina - 11.2 g/dL   **Low** ⚠️

11.2

13.5   17.5

17.5

13.5

13.2   11.2

Sep 2024   Nov 2024   Jan 2025   Mar 2025   May 2025   Jul 2025   Sep 2025   Nov 2025
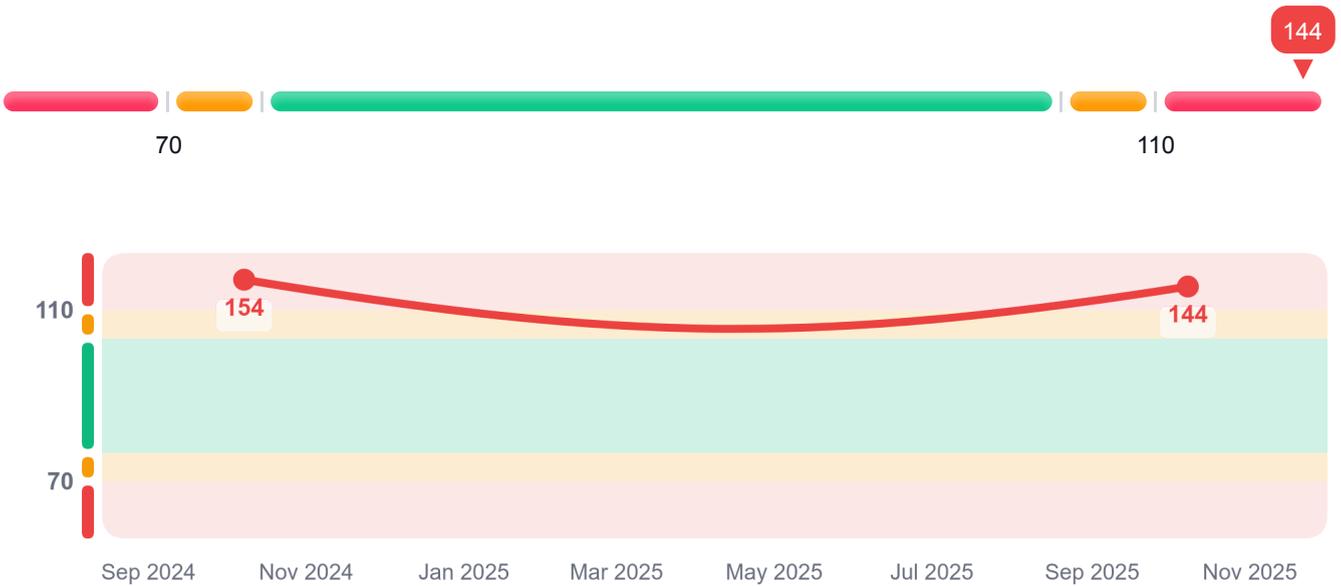
Participates in transporting oxygen throughout the body as a component of red blood cells. The result is below the lower boundary of the reference range. Levels of this parameter can be influenced by factors such as red blood cell production in the bone marrow, iron availability, hydration status, and blood loss.

Trend Analysis

The hemoglobin levels have declined further below the normal range at a slow and consistent pace, indicating escalation.
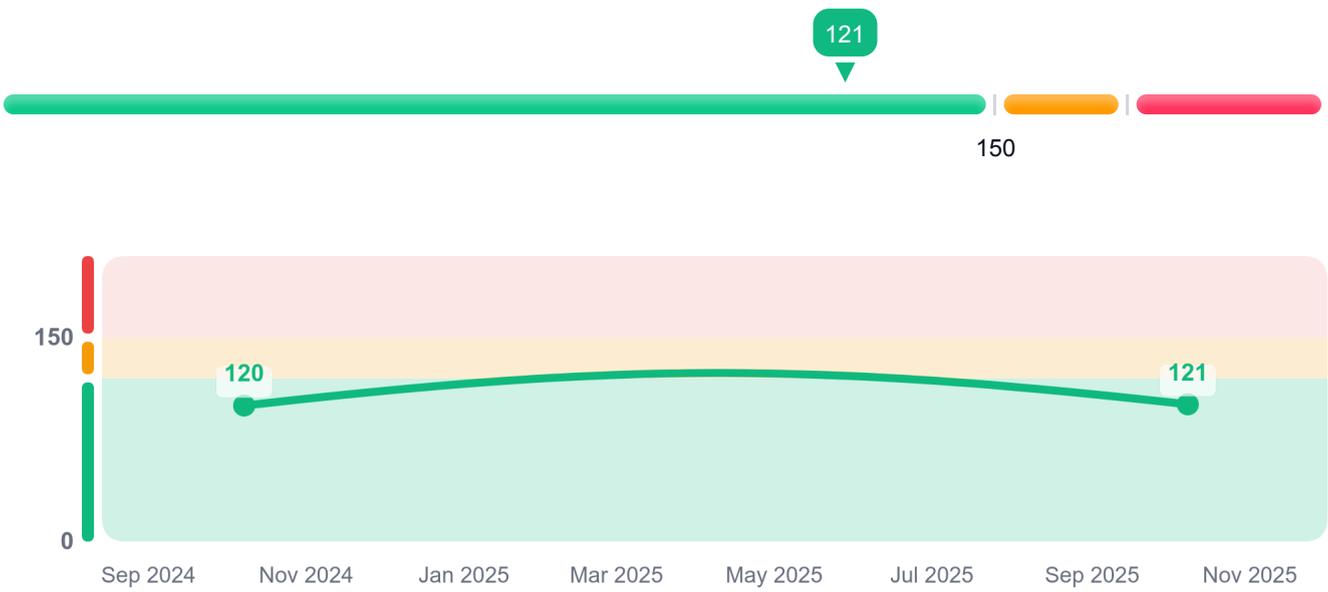No clear direct driver could be determined from the available information.
This pattern suggests ongoing progression, and follow-up testing may be considered for confirmation and monitoring.

Glucosio - 144 mg/dL **High** ⚠️

144 ▼

70   110

110
154   144

70

Sep 2024   Nov 2024   Jan 2025   Mar 2025   May 2025   Jul 2025   Sep 2025   Nov 2025

Reflects the current level of the body's primary energy source in the blood. The result exceeds the upper boundary of the reference range. This parameter can be influenced by recent food intake, physical activity, stress levels, and the body's ability to regulate blood sugar.

Trend Analysis

The glucose readings show a gradual and steady shift toward the normal range over the past year. This pattern is most likely influenced by variations in the timing of the blood draw relative to meals. If this gradual trend continues under consistent fasting conditions, it may help confirm meaningful change and support monitoring of metabolic health.

Trigliceridi - 121 mg/dL

Normal ⊘

121 ▼

150

150

0

120

121

Sep 2024   Nov 2024   Jan 2025   Mar 2025   May 2025   Jul 2025   Sep 2025   Nov 2025

Participates in transporting fats in the blood for use as energy or for storage by the body. The result is within the typical range. This parameter can be influenced by how much fat is eaten in the diet, levels of physical activity, body weight, and processing by the liver.

Trend Analysis

Triglyceride levels have remained consistent within the normal range, showing minimal variation that falls well below expected measurement noise. This stability often reflects balanced metabolic function and regular dietary patterns. Continued periodic checks can support ongoing insight into metabolic health and help maintain this steady state.

Follow-up Health Monitoring Plan

Priority Tests

This service is provided for informational and educational purposes only and does not constitute medical advice, diagnosis, or treatment. If any findings or recommendations concern you, please consult with a qualified healthcare professional immediately.

Hemoglobin A1c
Hemoglobin A1c

To check your average blood sugar over the past 2–3 months and better understand the elevated glucose result.

Reticulocyte count
Reticulocyte count

To see how your bone marrow is producing new red blood cells and evaluate the cause of low hemoglobin.

Serum Iron
Serum Iron

To measure the amount of iron in your blood, which helps in understanding low hemoglobin levels.

Ferritin
Ferritin

To check your body's iron stores and determine the reason for low hemoglobin.

Total Iron-Binding Capacity
Total Iron-Binding Capacity

To assess how well your blood transports iron, aiding in the evaluation of low hemoglobin.