Tests	Explanation	Desirable/Goal Values
Blood Pressure	Tells us the force that blood is pushing against the walls of your arteries as your heart pumps it around your body.	Around 120/80 mmHg
Blood Glucose Level	Measures the amount of sugar in your blood, which shows how your body handles energy from food.	3.6 – 6.0 mmol/L (fasting) < 11.1 mmol/L (random)
Hemoglobin A1c	Measures the average amount of blood sugars over the past few months.	4 – 6%
Oral Glucose Tolerance Test	Measures how your body responds to a large dose of sugar to see how well it processes glucose.	Fasting < 6.0 mmo/L 2 hr < 7.8 mmol/L
Serum Creatinine	Tells us how well your kidneys are filtering your blood.	45 -77 umol/L
Insulin (fasting)	Measures the level of insulin, a hormone that helps move sugar out of your blood into your cells.	< 140 pmol/L
C-Peptide	Measures how much insulin your pancreas is producing.	260-1390 pmol/L
AST (Indicator of liver function)	Measures an enzyme found in the liver and other organs to check for damage.	26 – 45 U/L
ALT (Indicator of liver function)	Measures an enzyme mostly found in the liver to detect liver health.	12- 28 U/L
Total Cholesterol	Measures the total amount of cholesterol, a fat-like substance, in your blood.	< 5.20 mmol/L
Triglycerides (Bad fat)	Measures a type of fat in the blood.	< 1.10 mmol/L
HDL (Good cholesterol/fat)	Measures the 'good' cholesterol that helps remove other cholesterol from your blood.	>= 1.0 mmol/L
LDL (Bad cholesterol/fat)	Measures the 'bad' cholesterol that can build up in blood vessels and lead to heart problems.	< 3.40 mmol/L
C-Reactive Protein (CRP)	Measures a protein that increases when there is swelling or infection in the body.	< 5 mg/L
Apolipoprotein A	Measures a protein that carries 'good' cholesterol in your blood.	> 1.20 g/L

Apolipoprotein B		Measures a protein that is part of 'bad' cholesterol in your blood.	< 1.00 g/L
Urine	**Albumin / Creatinine ratio (Indicator of kidney function)**	Measures tiny amounts of protein (albumin) in the urine to detect early kidney problems.	< 3.0 mg/mmol
	Protein/ Creatinine ratio	Measures the total protein compared to waste in the urine to assess kidney function.	< 25 mg/mmol
	Glucose	Checks for sugar in the urine, which can appear when blood sugar levels are too high.	Negative mmol/L
	Blood	Checks for red blood cells in the urine, which could indicate infection, injury, or other conditions.	Negative Ery/uL
	Protein	Checks for proteins in the urine, which can be a sign of kidney damage or disease.	Negative g/L