

Laboratory report

Diabetes profile

Alex Morgan

Date of birth

10 October 1981

Age / sex

45 / Male

Sample collected

13 October 2026

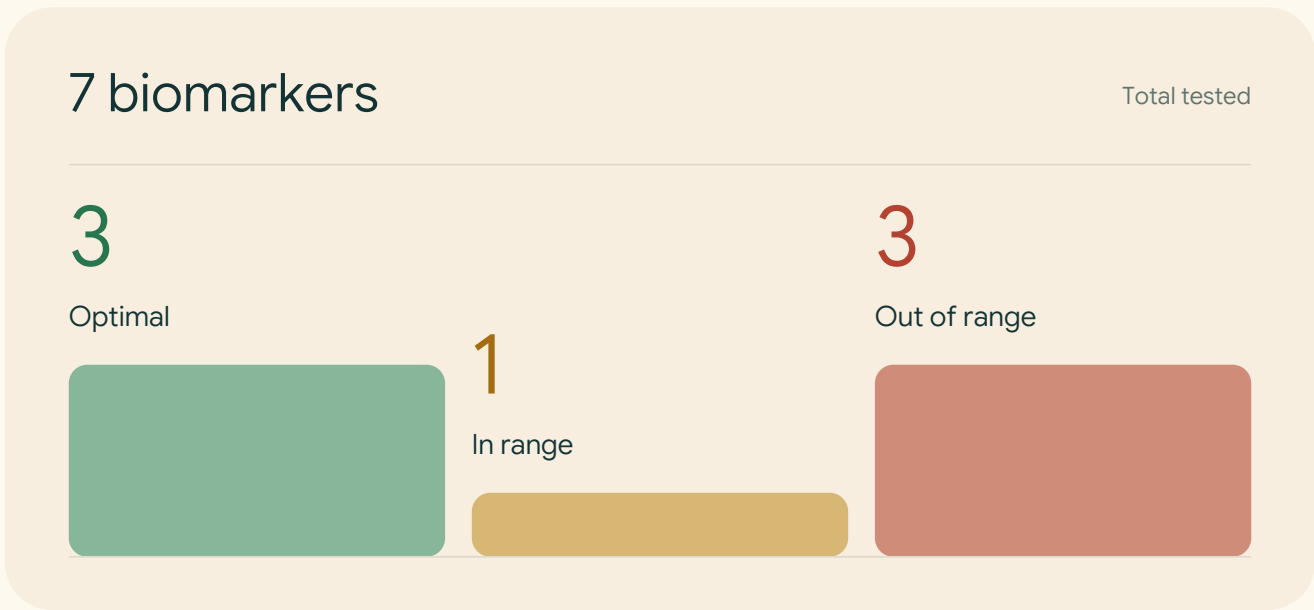
Report date

14 October 2026

Blood sample / Fasting: 10 hours

Your results at a glance

Blood sugar, insulin and cholesterol, organised by health category.



Biomarker	Range position	Result	Status
Metabolic health			
Fasting blood glucose		108 mg/dL	Out of range
HbA1c		5.9 %	Out of range
Fasting insulin		9.0 µIU/mL	In range
Cardiovascular health			
Total cholesterol		170 mg/dL	Optimal
LDL cholesterol		139 mg/dL	Out of range
HDL cholesterol		65 mg/dL	Optimal
Triglycerides		88 mg/dL	Optimal

Full explanations and reference intervals on pages 4-6.

How to read your report

Read the measured value, compare its ranges, then read the explanation.

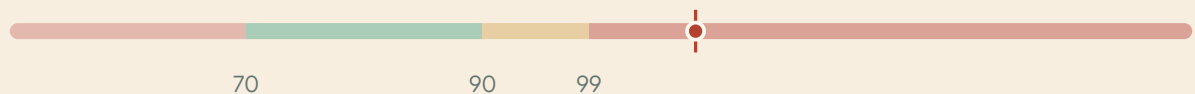
Fasting blood glucose

Measured result

108 mg/dL

High / out of range

Your result is above the lab's upper limit of 99 mg/dL. Read it together with HbA1c to understand the blood sugar pattern.



Lab reference

70-99 mg/dL

Optimal range

70-90 mg/dL

What the colours mean

● Optimal

Inside the optimal comparison range shown in this report.

● In range

Within the lab reference interval, but outside the optimal range.

● Out of range

Above or below the lab reference interval. Review with a doctor.

The marker shows your measured position on the scale. Lab and optimal ranges are guides, not a diagnosis or a measure of urgency. A doctor may set a different personal target based on your history and risk.

Metabolic health

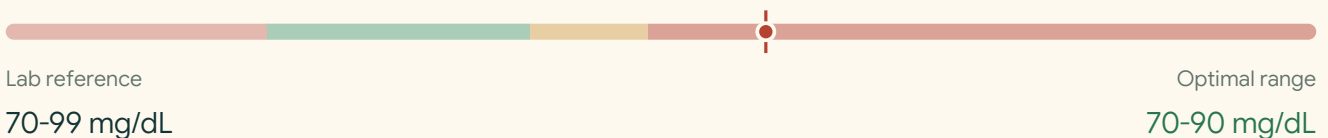
Blood sugar and the hormone that helps your body use it.

Fasting blood glucose

108 mg/dL

● High / out of range

Blood sugar after fasting. Your result is 9 mg/dL above the upper lab limit and falls in the impaired fasting glucose interval (100-125 mg/dL). Read it together with HbA1c and your medical history.

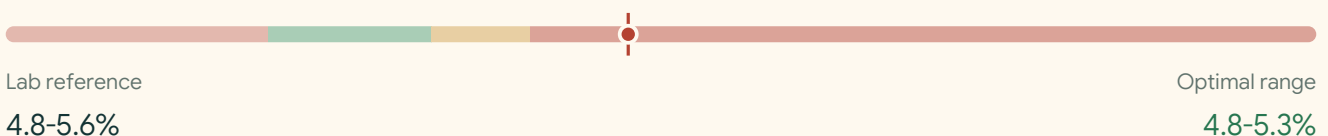


HbA1c

5.9 %

● High / out of range

Average blood sugar over roughly three months. At 5.9%, your result falls in the prediabetes interval (5.7-6.4%). Your doctor can review both blood sugar results and decide whether confirmation is needed.

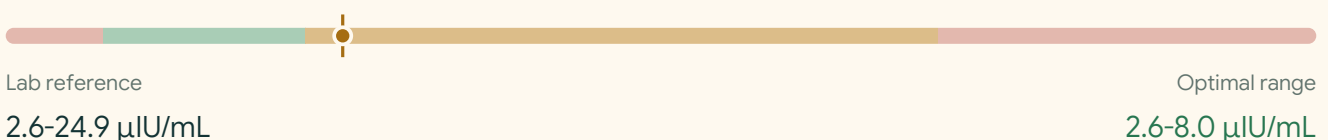


Fasting insulin

9.0 μ U/mL

● In range / outside optimal

The hormone that helps cells use glucose. Your result is inside the lab range, but 1.0 μ U/mL above the optimal range shown. Fasting insulin alone cannot diagnose or rule out insulin resistance.



Cardiovascular health

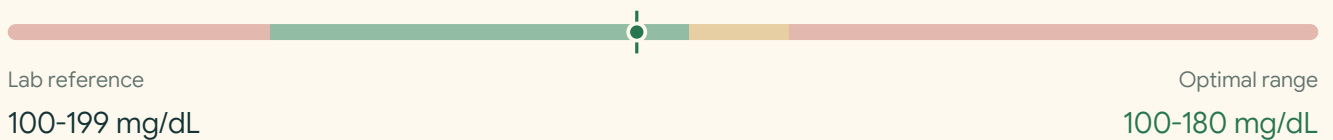
Total and LDL cholesterol, part of your lipid profile.

Total cholesterol

170 mg/dL

● Optimal

The combined cholesterol in your blood. At 170 mg/dL, your result is within the optimal range shown. A total in this band does not cancel out a raised LDL result, so read the cholesterol measures together.

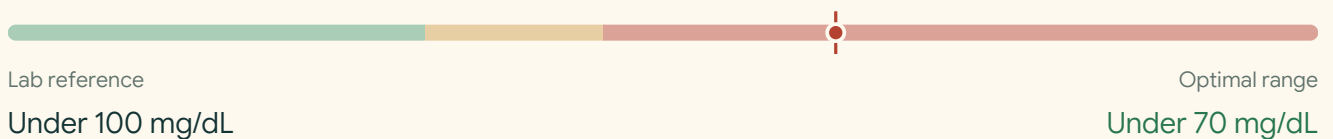


LDL cholesterol

139 mg/dL

● High / out of range

LDL can contribute to fatty deposits in artery walls. Your result is above the report's reference limit of 100 mg/dL. Your personal goal depends on your overall cardiovascular risk.



Read these results together

Your total cholesterol is optimal, while LDL is above the reference limit. These findings can coexist. LDL needs its own review alongside blood pressure, smoking, family history and previous results.

Cardiovascular health

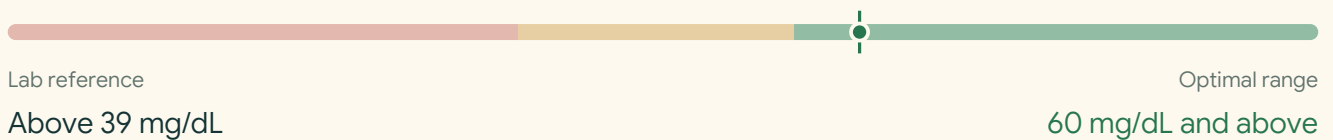
HDL cholesterol and triglycerides complete the lipid profile.

HDL cholesterol

65 mg/dL

- Optimal

HDL carries cholesterol back to the liver. Your result of 65 mg/dL is within the optimal range shown. HDL is one part of your overall risk picture, rather than a treatment target or a way to offset raised LDL.

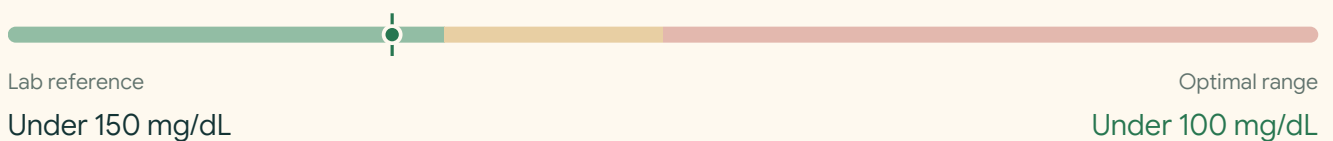


Triglycerides

88 mg/dL

- Optimal

A blood fat that stores energy. Your result of 88 mg/dL is within both the lab range and the optimal range shown. Read it alongside the other cholesterol measures and your blood sugar results.



The wider pattern

Both HDL and triglycerides fall within the optimal ranges shown. They are reassuring parts of this lipid profile, while the raised LDL and blood sugar results still need to be reviewed on their own merits.

Your action plan

Personal next steps, guided by a doctor.



Unlock your action plan by discussing
your lab report with a doctor

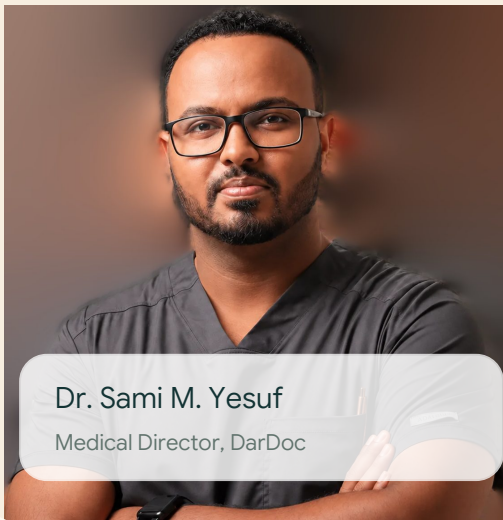
A free results discussion is included with your report.

 Talk to a doctor for free

Bring this report and any previous results to your consultation.

Discuss your results

A free results consultation is included with your report.



Dr. Sami M. Yesuf
Medical Director, DarDoc

Understand your results. Plan your next step.

Go through your report with a DarDoc doctor and agree what to do next.

 Talk to a doctor for free

What you can discuss

- | | | |
|----|----------------|--|
| 01 | Your results | Understand the blood sugar and cholesterol pattern, and whether anything needs confirming. |
| 02 | Your context | Discuss symptoms, medicines, family history and previous results, alongside your numbers. |
| 03 | Your next step | Agree personal targets and priorities, then unlock your action plan after the discussion. |

Bring to the conversation

This report, any previous results and your medicine list. Share your symptoms, family history and questions.