

Monitoring Health



Name:

NHS Number/Participant ID:

DOB:

Year of Diagnosis:

Date:

Key: ■ Usual target. ■ Action may be needed. ■ Action recommended.

Health Marker	Reference Range*	
Fasting Blood Glucose [mmol/l]	■ Below 5.6 ■ 5.6 to 6.9 ■ <u>7.0 or above (diabetes)</u>	
HbA1c [mmol/mol]	■ 20 to 41 ■ 42 to 47 (prediabetes) ■ <u>48 and above (diabetes)</u>	
Blood Pressure [mmHg]	■ Below 120/80 ■ Between 120/80 and 140/90 ■ <u>Above 140/90</u>	
Total cholesterol to HDL ratio**	■ Less than 4.5	
Triglyceride to HDL ratio**	■ Less than 0.87 ■ <u>More than 2.62</u>	
QRISK score [%]	■ Less than 10 ■ Between 10 and 20 ■ <u>More than 20</u>	
C-reactive protein (CRP) [mg/l]	■ Less than 5.0	
Kidney Function Test: eGFR [ml/min/1.73m ²]	■ 60 or more ■ 30 to 59 ■ <u>Less than 30</u>	
Liver Function Test: ALT [IU/l]	■ 0 to 40	
Liver Function Test: AST [IU/l]	■ 0 to 40	
Liver Function Test: GGT [IU/l]	■ 0 to 50	

* Please note, reference ranges can vary between laboratories and locations. It is always recommended to compare your results with the ranges provided on your own test reports, and to discuss these with your healthcare team if you are unsure.

** We have not included targets for individual lipid markers (e.g., total cholesterol, LDL and HDL), as these ratios often provide a better indication of overall cardiovascular disease risk. See your X-PERT Handbook for more on this.