CommunityMed
FAMILY URGENT CARE

Thyroid Panel

Test name	Overview	Reference range(normal range)
TSH	Measures activity of thyroid	0.45 to 4.50(any value outside of this range should be addressed by your PCP)

Hemoglobin A1c

Test name	Overview	Reference range(normal range)
Hemoglobin A1c	Measures the average blood sugar levels over the past 2-3 months.GLP 1 medication may help lower this	Prediabetes: 5.7-6.4Diabetes: >6.4Glycemic control for adults with diabetes: <7.0

Lipid Panel

Test name	Overview	Reference range for people without other medical conditions (normal range)
Total Cholesterol	Measures the total level of cholesterol in your blood.There are different ranges for patients with other health issues, like heart or stroke disease. Consult your PCP to find out what range your specific cholesterol should be.	**Healthy:** Below 200 mg/dL **Borderline high:**200 to 239 mg/dL **High:** Above 240 mg/dL
Triglycerides	Triglycerides are a type of fat found in the blood that link to both heart disease and diabetes.	**Normal:** less than 150 mg/dL **Borderline-High:** 150–199 mg/dL **High:** 200–499 mg/dL **Very High:** 500 mg/dL
HDL cholesterol	“Good cholesterol”	**Optimal:** Above 60 mg/dL **Good:** 50 to 60 mg/dL **Poor:** Below 40 mg/dL for men and below 50 mg/dL for women.
LDL cholesterol	“Bad cholesterol”	**Optimal:** Less than 100 mg/dL **Near optimal:** 100–129 mg/dL **Borderline high:** 130–159 mg/dL **High:** 160–189 mg/dL

CBC (Complete Blood Count)

Test name	Overview
White blood cell count (WBC)	White blood cells, also known as leukocytes. They are often associated with helping to fight infection. If these cells fall outside the upper or lower limit, your PCP will often repeat the test for accuracy before making any determinations.
Red blood cell count (RBC)	Red blood cells, also known as erythrocytes, carry oxygen through the body. This test checks the volume of red blood cells in the body. If the results are much above or below the reference range, it can indicate that a medical condition is present. However, further tests would be needed to determine the problem.
Hemoglobin test (Hgb)	Determines how much of the total blood volume in the body consists of red blood cells. A low count may be useful for diagnosing anemia. Many menstruating females have slightly low levels and this is expected. This number is related to the hematocrit test below.
Hematocrit test (Hct)	Determines how much of the total blood volume in the body consists of red blood cells. A low count may be useful for diagnosing anemia. Many menstruating females have slightly low levels and this is expected.
MCV	It is a measurement of the average size of red blood cells (RBCs) in a blood sample.A low MCV may indicate iron deficiency as well as less common conditions.A high MCV may indicate: Vitamin B12 or folate deficiency, or other less common conditions.
Platelet count	Platelets are involved in clotting and too many or too few platelets, can affect how your blood clots.
Differential white blood cell count	White blood cells are made up of five different components. This test measures the percentage of each of these cell types.. Often, cells slightly outside the range mean nothing as these individual types of cells change frequently.

Comprehensive Metabolic Panel

Test name	Overview
Glucose test	This measures the amount of Glucose in your blood. This testing is typically done to look for diabetes or pre-diabetes. GLP-1 medication along with diet and exercise may help to lower this. Elevated glucose should be monitored by your primary medical provider.Normal: 100 or lower Prediabetes: 100-125 Diabetes >126 mg/dL
BUN	This is a kidney marker. In some cases it may show how hydrated you are.
Creatinine test	Creatinine is a waste product excreted by the kidneys. If your test is slightly high, this may indicate potential dehydration. A higher value may indicate a more serious kidney issue.
eGFR	Measures how well your kidneys are filtering waste and excess fluid from your blood. < 60 May indicate kidney disease, if persistent for 3 or more months.
BUN/creatinine ratio	Helps assess kidney function. >23 may suggest dehydration or kidney damage.
Sodium test	Sodium is a mineral that helps your body balance water levels and helps with nerve impulses and muscle contractions. Levels outside of the reference range can be for several reasons such as dehydration, high salt intake, levels of medications, kidney or liver problems.
Potassium	Helps assess your body's electrolyte balance, which is crucial for nerve and muscle function, as well as heart health. Potassium levels are often variable based on some common medication and diet.
Chloride	An electrolyte that plays a vital role in maintaining fluid balance, blood pressure, and acid levels in the body. High chloride levels may indicate dehydration, kidney disease, and certain medications. Low chloride levels may indicate vomiting, diarrhea, and certain medications.
Carbon dioxide, total	Often referred to as bicarbonate, this helps balance acid and base of the blood.
Calcium test	Measures the level of calcium in the blood. Low levels may indicate cancer, tuberculosis, and other problems. High levels may be due to problems like rickets or malnutrition.
Total protein test	Low levels may indicate malnutrition, a kidney problem, or a liver problem.
Albumin	Albumin is a protein produced by the liver that helps maintain blood pressure and transport substances throughout the body. Low albumin levels may indicate liver or kidney disease, malnutrition, or thyroid disease. High albumin levels can indicate dehydration, severe diarrhea, or a high protein diet.
Total globulin	The total amount of globulin proteins in your blood, which are crucial for immune function and other bodily processes. Low levels can indicate liver or kidney problems.
Total bilirubin	Measures the overall amount of bilirubin, a yellowish pigment produced when red blood cells break down, in your blood, which can help assess liver health.
Alkaline phosphatase test	This is an enzyme produced in both liver and bone cells. Therefore, results outside of the reference range can indicate bone or liver problems.
AST	AST is made in the liver. Alcohol and liver issues may cause this to be elevated.
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Interpreting your lab results

Blood tests are used for several reasons including to diagnose a condition, to rule out certain diseases, to monitor an already diagnosed condition, to monitor a treatment plan, or to check your overall general health. With all these reasons in mind, it is likely at some point in life you will require a blood test.

However, the results can be confusing, even when a doctor is explaining them to you. Test results are not always negative or positive, they may be borderline, inconclusive, numerical, reactive, non-reactive, and even your gender may affect the result. An abnormal result does not always mean you are unwell, just as a normal result does not always mean you are healthy. Blood test results can be perplexing, to say the least.

For this reason, this simple guide will give you a basic understanding of some of the more common tests. Having a basic understanding of blood test results will allow you to feel more confident and in control of understanding your medical care.

What do my results mean?

- With hundreds of types of laboratory tests, it is impossible to cover them all. Therefore, this section will focus on the basics and most common blood tests.

What is a reference range?

- When looking at your lab results you may see something called a reference range, which is also known as normal values. This range of normal values is determined by examining the normal test results of a large group of healthy people. It shows the range within which most typical people's test results will sit.
- It is important to remember that not everyone is 'typical'. Your results may fall within the normal range, but you could still be experiencing symptoms. Or, you may be completely healthy and your results fall outside of the reference range. In both of these scenarios, you will need further investigations with your PCP.

Do I need to be frightened by some of the results that are out of range?

- Any “critical” lab results will be called by LabCorp to our medical team before they are put on the LabCorp portal. You will be contacted directly through phone call and text to explain the importance of these findings. All non-critical labs will be available on your portal and can be explained by going to our FAQ lab results page. Any specific concerns that are non-critical should be discussed with your PCP.

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