Annual Lab Report Review Checklist

Key questions and clinical touchpoints to discuss with your physician during your routine health assessment.

📋 Before Your Review

- [ ] **Multi-Year Trend Analysis:** Do I have my past 2–3 years of lab reports gathered to compare personal trends over time?
- [ ] **Current Regimen:** Have I listed all current prescription medications, vitamins, over-the-counter drugs, and health supplements I am taking?
- [ ] **Fasting Status:** Was I strictly fasting (8–12 hours) prior to this blood draw if required for accurate glucose and lipid testing?

🩺 During Your Physician Consultation

- [ ] **Overall Trajectory:** *"Are any of my values drifting higher or lower compared to last year, even if they are still within the normal range?"*
- [ ] **Blood Sugar & Insulin:** *"What does my HbA1c say about my average 3-month sugar control, not just my fasting glucose today?"*
- [ ] **Cardiovascular Health:** *"How do my Triglycerides and HDL/LDL ratios look for long-term heart and vascular health?"*
- [ ] **Organ & Cellular Health:** *"Are my liver enzymes (SGPT/SGOT) or kidney markers (Creatinine) showing any sign of early stress?"*
- [ ] **Nutritional Reserves:** *"Do my Vitamin D3 and B12 levels support my daily energy, nerve, and bone health?"*
- [ ] **Action Plan:** *"What specific dietary or lifestyle adjustments should I prioritize before my next routine check-up?"*

Walk-In Consultation: Tamhane Clinic operates on a walk-in basis in Kunjirwadi, Pune (no prior appointment needed). Bring your lab reports for a physician-led review.