Example report, made-up member. Not a real person's results.

Covers: All dates on file

Health history for your physician

Name	Maria Sample
Date of birth	Feb 14, 1975 (age 51)
Sex	Female
Prepared	Nov 16, 2026
Covers	All dates on file
Bloodwork on file	2 draws, Nov 10, 2025 to Oct 14, 2026

This summary was prepared by the member in the Tiller app to share with their physician. It holds only the sections they chose. Everything here is as logged by the member in Tiller, and lab values are as reported by their labs. Tiller is a health coaching app, not a medical practice, and this report is not medical advice.

Your results in plain words

A short read of your bloodwork, for you to read before your appointment and bring with you. It says what your results are and how they have moved, in the same words as your Labs screen in Tiller. It is not a diagnosis: your doctor knows your full history.

At a glance

- Your latest blood test was on Oct 14, 2026 (Example Lab). It has 14 results: 8 inside your lab's range, 5 marked High or Low, 1 with no range given by the lab.
- Marked High or Low: Cholesterol, Total 209 mg/dL (High, range 199 or less); HDL Cholesterol 46 mg/dL (Low, range 50 or more); LDL Cholesterol 126 mg/dL (High, range 99 or less); Triglycerides 185 mg/dL (High, range 149 or less); ALT 33 U/L (High, range 6 to 29).
- Compared with each result's last earlier reading: 0 better, 5 worse, 7 the same. Better means closer to, or back inside, the lab's range numbers. Worse means further from them. The same means it stayed inside them, or barely moved. The lab's own High or Low flag can differ from the range numbers.

Biggest changes since Nov 10, 2025

- hs-CRP: 1.4 to 2.6 mg/L (+85.7%), Nov 10, 2025 to Oct 14, 2026.
- Insulin: 11 to 18 uIU/mL (+63.6%), Nov 10, 2025 to Oct 14, 2026.
- Triglycerides: 140 to 185 mg/dL (+32.1%), Nov 10, 2025 to Oct 14, 2026. Now marked High or Low.
- ALT: 25 to 33 U/L (+32%), Nov 10, 2025 to Oct 14, 2026. Now marked High or Low.
- AST: 21 to 27 U/L (+28.6%), Nov 10, 2025 to Oct 14, 2026.

Numbers worked out from your results

- HOMA-IR: 4.2 on Oct 14, 2026, from 2.4 on Nov 10, 2025 (Example Lab results only). How hard your body works to keep fasting blood sugar steady. Lower is better. There's no single cutoff: around 2 is often used, and it varies by study and population. Insulin tests differ between labs, so the trend counts only within one lab.
- TyG index: 9.08 on Oct 14, 2026, from 8.75 on Nov 10, 2025. Insulin resistance without an insulin test. Watch the direction, not the number. Needs a fasting draw.
- Triglyceride / HDL: 4 mg/dL ratio on Oct 14, 2026, from 2.7 on Nov 10, 2025. A common sign of insulin resistance from a standard cholesterol panel. Your Labs screen reads the latest as: Above the usual aim. Needs fasting triglycerides. Always read in mg/dL: the same ratio in mmol/L is a different number.

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- Non-HDL cholesterol: 163 mg/dL on Oct 14, 2026, from 144 on Nov 10, 2025. All the cholesterol that can build up in arteries, fasting or not.
- Average glucose: 114 mg/dL on Oct 14, 2026, from 111 on Nov 10, 2025. Your A1c turned into an everyday blood sugar number. Low iron, anemia, blood loss or a transfusion can throw A1c off (see Read together).
- FIB-4 (liver): 0.94 on Oct 14, 2026, from 0.8 on Nov 10, 2025. A screen for scarring from a fatty liver. Your Labs screen reads the latest as: Low. A hard workout in the 2 days before a draw can push AST up and this number with it.

Read together

- Kidneys, read together: Both in the usual range. Filtering G1 (90 or more) with protein in urine A1 (under 3 mg/mmol). Kidney guidelines read the two together, and both sit in the usual range.
- Inflammation and heart risk (hs-CRP): Average heart risk. 2.6 mg/L: under 1 is low, 1 to 3 average, over 3 higher (AHA/CDC). One reading moves with a cold or a hard session, so it's read as two tests about 2 weeks apart.
- A1c and fasting glucose agree: Agree. Both point the same way.
- Lp(a), mostly genetic: Low risk. Lp(a) is set mostly by your genes, so one test in adulthood is usually enough. Under 75 nmol/L is low risk, over 125 adds to heart risk (EAS, 2022).

Questions you could ask your doctor

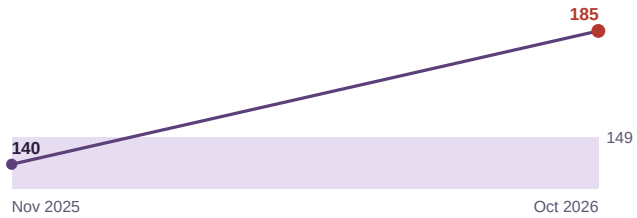
- My Cholesterol, Total result is 209 mg/dL, marked High on my results (lab range 199 or less). What does that mean for me, and should we do anything about it?
- My HDL Cholesterol result is 46 mg/dL, marked Low on my results (lab range 50 or more). What does that mean for me, and should we do anything about it?
- My LDL Cholesterol result is 126 mg/dL, marked High on my results (lab range 99 or less). What does that mean for me, and should we do anything about it?
- My Triglyceride / HDL works out at 4 mg/dL ratio on Oct 14, 2026 (Above the usual aim). Is that worth following up?

Your results over time

Every result on file, oldest on the left. Results that were ever outside the lab's range come first, then the ones that moved most. The shaded band is the lab's range, shown when every draw gave the same one. A red dot is a result marked outside the range, as in the table further on.

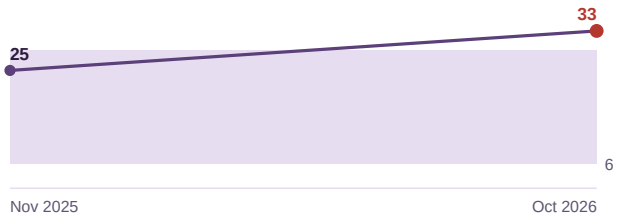
Triglycerides

Heart & lipids, mg/dL. Shaded: lab range 149 or less.



ALT

Liver, U/L. Shaded: lab range 6 to 29.



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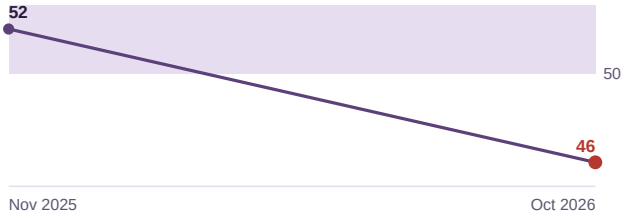
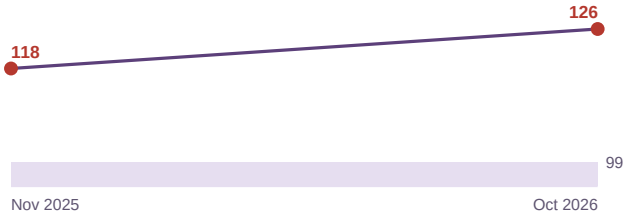
HDL Cholesterol

Heart & lipids, mg/dL. Shaded: lab range 50 or more.



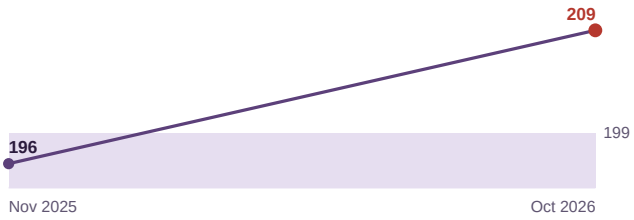
LDL Cholesterol

Heart & lipids, mg/dL. Shaded: lab range 99 or less.



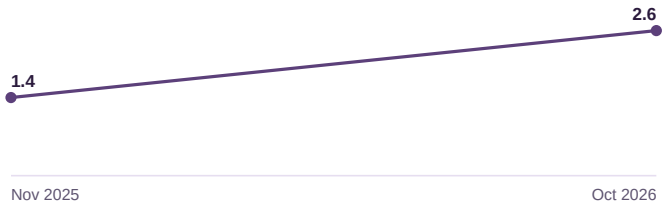
Cholesterol, Total

Heart & lipids, mg/dL. Shaded: lab range 199 or less.



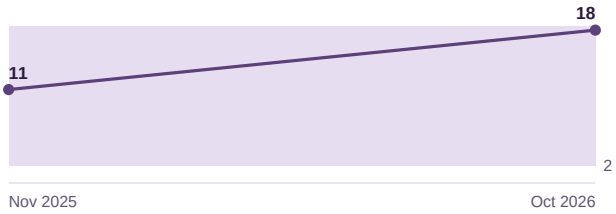
hs-CRP

Inflammation & immune, mg/L.



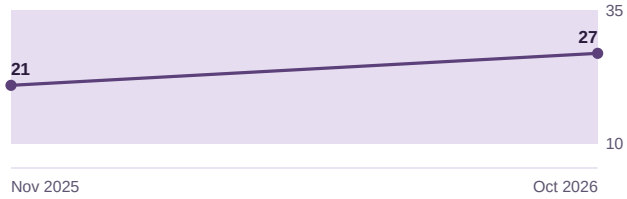
Insulin

Metabolic, uIU/mL. Shaded: lab range 2 to 18.4.



AST

Liver, U/L. Shaded: lab range 10 to 35.



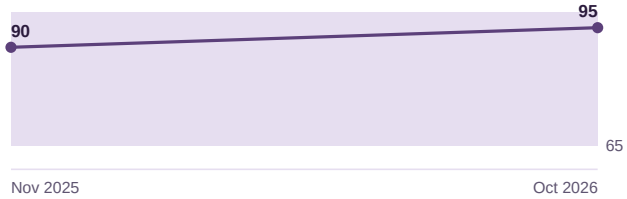
Albumin/Creatinine Ratio, Random Urine

Kidney & electrolytes, mg/g creat. Shaded: lab range 29 or less.



Glucose, Fasting

Metabolic, mg/dL. Shaded: lab range 65 to 99.



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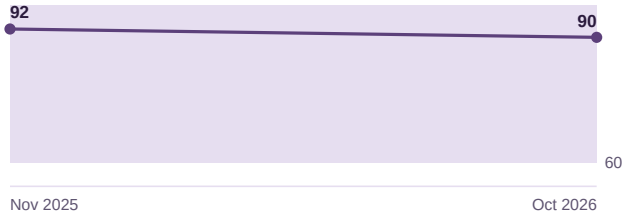
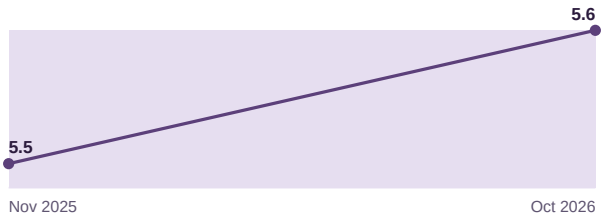
Platelets
Blood & iron, Thousand/uL. Shaded: lab range 140 to 400.



eGFR
Kidney & electrolytes, mL/min/1.73m2. Shaded: lab range 60 or more.



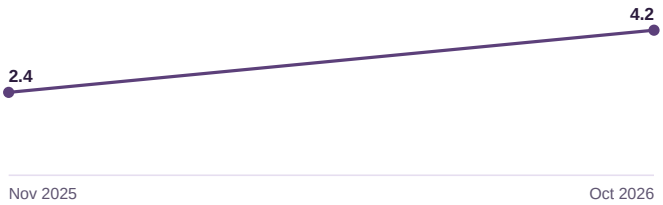
Hemoglobin A1c
Metabolic, %. Shaded: lab range 5.6 or less.



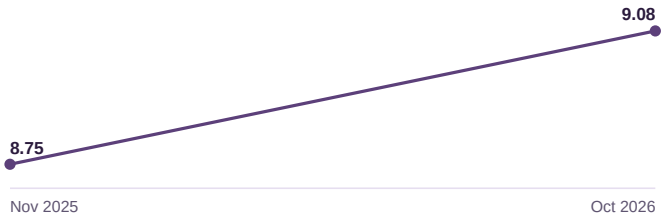
Numbers worked out from your results, over time

Worked out by Tiller from the lab's results at each draw, with the Labs screen's own formulas (shown further on). They have no lab range. HOMA-IR is charted within one named lab only, because insulin tests differ between labs.

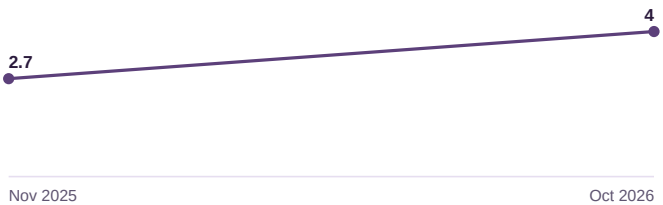
HOMA-IR
Example Lab only. Worked out from your results.



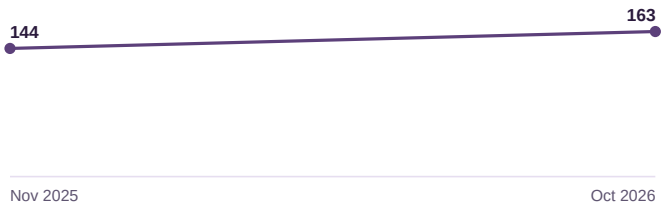
TyG index
Own scale: read the direction. Worked out from your results.



Triglyceride / HDL
mg/dL ratio. Latest, on your Labs screen: Above the usual aim.



Non-HDL cholesterol
mg/dL. Worked out from your results.



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Average glucose

mg/dL. Worked out from your results.



FIB-4 (liver)

Latest, on your Labs screen: Low.



Latest bloodwork, Oct 14, 2026, Example Lab

Marker	Result	Unit	Lab range	Lab flag	Previous
Blood & iron					
Platelets	255	Thousand/uL	140 to 400		262 (Nov 10, 2025)
Heart & lipids					
Cholesterol, Total	209	mg/dL	199 or less	High	196 (Nov 10, 2025)
HDL Cholesterol	46	mg/dL	50 or more	Low	52 (Nov 10, 2025)
LDL Cholesterol	126	mg/dL	99 or less	High	118 (Nov 10, 2025)
Lipoprotein (a)	38	nmol/L	74 or less		
Triglycerides	185	mg/dL	149 or less	High	140 (Nov 10, 2025)
Inflammation & immune					
hs-CRP	2.6	mg/L	Not given		1.4 (Nov 10, 2025)
Kidney & electrolytes					
Albumin/Creatinine Ratio, Random Urine	11	mg/g creat	29 or less		9 (Nov 10, 2025)
eGFR	90	mL/min/1.73m2	60 or more		92 (Nov 10, 2025)
Liver					
ALT	33	U/L	6 to 29	High	25 (Nov 10, 2025)
AST	27	U/L	10 to 35		21 (Nov 10, 2025)
Metabolic					
Glucose, Fasting	95	mg/dL	65 to 99		90 (Nov 10, 2025)
Hemoglobin A1c	5.6	%	5.6 or less		5.5 (Nov 10, 2025)
Insulin	18	uIU/mL	2 to 18.4		11 (Nov 10, 2025)

Lab flag shows the lab's own flag, or High or Low when the result is outside the lab's range.

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Trends, every draw on file

Marker	Unit	Readings, oldest to newest	Trend	First to last
Blood & iron				
Platelets	Thousand/uL	Nov 10, 2025: 262; Oct 14, 2026: 255		-7 (-2.7%)
Heart & lipids				
Cholesterol, Total	mg/dL	Nov 10, 2025: 196; Oct 14, 2026: 209		+13 (+6.6%)
HDL Cholesterol	mg/dL	Nov 10, 2025: 52; Oct 14, 2026: 46		-6 (-11.5%)
LDL Cholesterol	mg/dL	Nov 10, 2025: 118; Oct 14, 2026: 126		+8 (+6.8%)
Triglycerides	mg/dL	Nov 10, 2025: 140; Oct 14, 2026: 185		+45 (+32.1%)
Inflammation & immune				
hs-CRP	mg/L	Nov 10, 2025: 1.4; Oct 14, 2026: 2.6		+1.2 (+85.7%)
Kidney & electrolytes				
Albumin/Creatinine Ratio, Random Urine	mg/g creat	Nov 10, 2025: 9; Oct 14, 2026: 11		+2 (+22.2%)
eGFR	mL/min/1.73m2	Nov 10, 2025: 92; Oct 14, 2026: 90		-2 (-2.2%)
Liver				
ALT	U/L	Nov 10, 2025: 25; Oct 14, 2026: 33		+8 (+32%)
AST	U/L	Nov 10, 2025: 21; Oct 14, 2026: 27		+6 (+28.6%)
Metabolic				
Glucose, Fasting	mg/dL	Nov 10, 2025: 90; Oct 14, 2026: 95		+5 (+5.6%)
Hemoglobin A1c	%	Nov 10, 2025: 5.5; Oct 14, 2026: 5.6		+0.1 (+1.8%)
Insulin	uIU/mL	Nov 10, 2025: 11; Oct 14, 2026: 18		+7 (+63.6%)

1 more marker has only one reading on file and is not trended.

Calculated from these labs (not measured by the lab)

Calculation	Unit	Results, oldest to newest
HOMA-IR		Nov 10, 2025: 2.4; Oct 14, 2026: 4.2
TyG index		Nov 10, 2025: 8.75; Oct 14, 2026: 9.08
Triglyceride / HDL	mg/dL ratio	Nov 10, 2025: 2.7; Oct 14, 2026: 4
Non-HDL cholesterol	mg/dL	Nov 10, 2025: 144; Oct 14, 2026: 163
Average glucose	mg/dL	Nov 10, 2025: 111; Oct 14, 2026: 114
FIB-4 (liver)		Nov 10, 2025: 0.8; Oct 14, 2026: 0.94

Covers: All dates on file

How each is worked out

Calculation	How it is worked out
HOMA-IR	Fasting insulin × fasting glucose ÷ 405, from the same draw (Matthews, 1985). From the Oct 14, 2026 draw: Insulin 18 uIU/mL, Glucose, Fasting 95 mg/dL. Notes Tiller shows the member: There's no single cutoff: around 2 is often used, and it varies by study and population. Insulin tests differ between labs, so the trend counts only within one lab.
TyG index	ln(triglycerides × glucose ÷ 2), both in mg/dL (Simental-Mendía, 2008). From the Oct 14, 2026 draw: Triglycerides 185 mg/dL, Glucose, Fasting 95 mg/dL. Notes Tiller shows the member: Needs a fasting draw.
Triglyceride / HDL	Triglycerides ÷ HDL, both in mg/dL. 3.0 or under is the usual aim (McLaughlin, 2003). From the Oct 14, 2026 draw: Triglycerides 185 mg/dL, HDL Cholesterol 46 mg/dL. Notes Tiller shows the member: Needs fasting triglycerides. Always read in mg/dL: the same ratio in mmol/L is a different number.
Non-HDL cholesterol	Total cholesterol minus HDL. From the Oct 14, 2026 draw: Cholesterol, Total 209 mg/dL, HDL Cholesterol 46 mg/dL.
Average glucose	28.7 × A1c - 46.7, give or take about 15 mg/dL (Nathan, 2008). From the Oct 14, 2026 draw: Hemoglobin A1c 5.6 %. Notes Tiller shows the member: Low iron, anemia, blood loss or a transfusion can throw A1c off (see Read together).
FIB-4 (liver)	Age × AST ÷ (platelets × sqrt ALT). Under 1.3 means liver scarring is unlikely (AASLD, 2023). From the Oct 14, 2026 draw: Age 51 years, AST 27 U/L, ALT 33 U/L, Platelets 255 Thousand/uL. Notes Tiller shows the member: A hard workout in the 2 days before a draw can push AST up and this number with it.

Weight, body composition and tape

27 weigh-ins, Nov 12, 2025 to Nov 11, 2026. Latest 175.9 lb, +3.5 lb since the first.

Weight by month

Month	Weigh-ins	Average (lb)	Lowest	Highest
Nov 2025	2	172.5	172.4	172.6
Dec 2025	2	172.7	172.6	172.8
Jan 2026	2	173.0	172.8	173.1
Feb 2026	2	173.3	173.3	173.3
Mar 2026	2	173.5	173.5	173.5
Apr 2026	3	173.8	173.7	173.9
May 2026	2	174.2	174.2	174.2
Jun 2026	2	174.5	174.4	174.6
Jul 2026	2	174.7	174.6	174.8
Aug 2026	2	174.9	174.8	175.0
Sep 2026	3	175.4	175.3	175.5
Oct 2026	2	175.6	175.5	175.7
Nov 2026	1	175.9	175.9	175.9

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Tape measurements, as logged at check-ins

Tape	Readings, oldest to newest	First to last (in)
Waist	Nov 12, 2025: 35.8 in; Feb 4, 2026: 36.0 in; Apr 29, 2026: 36.2 in; Jul 22, 2026: 36.4 in; Oct 14, 2026: 36.6 in	+0.8 (+2.2%)