



Wellness Evaluation Blood Work

Wellness Evaluation

- ☐ CBC with differential (Complete Blood Count)

- ☐ CMP (Comprehensive Metabolic Panel)

- ☐ Lipid Panel (Includes cholesterol, triglycerides, HDL, LDL)

- ☐ Vitamin D

- ☐ Hb A1c (Average amount of glucose in blood over past 2-3 months)

- ☐ Fasting Insulin (Insulin resistance seen in PCOS)

- ☐ SHBG (Sex Hormone Binding Globulin, low in PCOS)

- ☐ Ferritin (Iron storage)

- ☐ TIBC + Fe (Indicator of iron deficiency)

- ☐ Hs-CRP (Assess inflammation in the body)
