

# Annual Longevity Bloodwork Checklist

Every test worth getting and what the results mean — optimal vs standard ranges

## The Essential Bloodwork Panel

This checklist covers the biomarkers that matter most for longevity — organized by priority tier. Print this out and bring it to your next doctor visit or direct-to-consumer lab order.

### TIER 1: METABOLIC CORE

TEST	OPTIMAL	STANDARD	NOTES
<b>Fasting Insulin</b>	< 5 uIU/mL	< 25 uIU/mL	Earliest insulin resistance marker
<b>HbA1c</b>	< 5.2%	< 5.7%	3-month blood sugar average
<b>Fasting Glucose</b>	72-85 mg/dL	65-99 mg/dL	Pair with insulin for HOMA-IR
<b>HOMA-IR</b>	< 1.0	< 2.5	Calculated: (glucose x insulin) / 405
<b>ApoB</b>	< 80 mg/dL	< 130 mg/dL	Best single CVD risk marker
<b>LDL-C</b>	< 100 mg/dL	< 130 mg/dL	Standard lipid marker
<b>HDL-C</b>	> 60 mg/dL	> 40 mg/dL	Cardioprotective
<b>Triglycerides</b>	< 80 mg/dL	< 150 mg/dL	TG/HDL ratio < 2 is key
<b>hs-CRP</b>	< 0.5 mg/L	< 3.0 mg/L	Systemic inflammation
<b>Lp(a)</b>	< 30 mg/dL	< 50 mg/dL	Test once; genetic risk factor

### TIER 2: HORMONES & THYROID

TEST	OPTIMAL	STANDARD	NOTES
<b>Total Testosterone</b>	M: 500-900 / F: 25-50 ng/dL	Varies	Pair with SHBG and free T
<b>Free Testosterone</b>	Varies by age/sex	Varies	Bioavailable fraction
<b>SHBG</b>	20-50 nmol/L	18-144	Context for free hormone levels
<b>TSH</b>	0.5-2.5 mIU/L	0.4-4.5	Narrower optimal range than standard
<b>Free T4</b>	1.0-1.5 ng/dL	0.8-1.8	Active thyroid hormone
<b>Free T3</b>	3.0-4.0 pg/mL	2.3-4.2	Most active thyroid form

TEST	OPTIMAL	STANDARD	NOTES
<b>Estradiol (women)</b>	Stage-dependent	Varies	Draw day 2-5 if cycling
<b>DHEA-S</b>	100-300 ug/dL	Age-dependent	Adrenal reserve marker

### TIER 3: MICRONUTRIENTS & ORGAN FUNCTION

TEST	OPTIMAL	STANDARD	NOTES
<b>Vitamin D (25-OH)</b>	40-60 ng/mL	30-100	Most adults need supplementation
<b>Ferritin</b>	50-150 ng/mL	12-300	Iron storage; too high is also bad
<b>RBC Magnesium</b>	5.0-6.5 mg/dL	4.2-6.8	More accurate than serum Mg
<b>B12</b>	> 500 pg/mL	200-900	Absorption declines with age
<b>Folate (RBC)</b>	> 400 ng/mL	> 140	RBC folate > serum folate
<b>Homocysteine</b>	< 8 umol/L	< 15	CVD + cognitive risk marker
<b>GGT</b>	< 25 U/L	< 65	Liver health + oxidative stress
<b>Cystatin C / eGFR</b>	eGFR > 90	> 60	Kidney function

### TESTING SCHEDULE

- Under 40: Comprehensive panel every 12-18 months
- 40-55: Every 12 months; metabolic markers every 6 months during perimenopause
- 55+: Every 12 months; add CAC score, DEXA if not already done
- On HRT/TRT: Recheck relevant hormones 6-8 weeks after starting, then every 6 months

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