



When a Lab Result Is Flagged™

A high or low flag deserves context, not an instant conclusion.



First, Pause

A flagged result means it falls outside that laboratory's reference range. It does not automatically tell you why, how serious it is or what should happen next.

1 Check the Basics



- ☐ Confirm your name and test date
- ☐ Look at the unit and reference range
- ☐ Notice how far the result is outside the range
- ☐ Check whether the report includes a provider note

2 Consider the Context



- ☐ Were you fasting if the test required it?
- ☐ Were you ill, dehydrated or under unusual stress?
- ☐ Did you exercise more intensely than usual?
- ☐ Had any medications or supplements changed?

3 Compare, Do Not Diagnose



- ☐ Look for previous results of the same test
- ☐ Notice whether the result is new or recurring
- ☐ Consider related markers on the report
- ☐ Avoid changing your routine based on one number

4 Ask What Happens Next



- ☐ Does this need prompt attention?
- ☐ Should the test be repeated?
- ☐ Could anything have temporarily affected it?
- ☐ What symptoms should prompt me to seek care?



Contact Your Provider Promptly If...

The report labels the result critical, your provider or laboratory asks you to call, or you feel seriously unwell.



Bring to the Conversation

- ☐ A copy of the full report
- ☐ Your medication and supplement list
- ☐ Recent symptoms or health changes
- ☐ Your most important questions



Gentle Reminder

Reference ranges can differ between laboratories. Use the range and units printed on your own report.

Martine's Midlife Wellness Tip

Write down what your provider says the result means, what happens next and when you should follow up.