SECURECORDS

Health Records Report

Generated Tuesday, September 29, 2026 at 20:18
Period: All readings up to Sep 29, 2026

NAME
Alex Demo

DATE OF BIRTH
May 14, 1984

AGE
42 years

SEX (FOR REFERENCE RANGES)
Male

EMAIL
demo@securecords.test

UNITS
SI (Canada, UK, EU, Australia)

21 markers · 106 readings in this period · latest values: 17 in range, 1 above, 3 below the reference range

Summary of latest values

Marker	Latest	Unit	Status	Reference range	Date	Change
Blood Pressure	116 / 77	mmHg	in range	90–120 / 60–80	Sep 16, 2026	+2 / +2
BMI	24.7	kg/m²	in range	18.5–24.9	Sep 2, 2026	−0.1
Resting Heart Rate	61	bpm	in range	60–100	Sep 16, 2026	0
Creatinine	69	µmol/L	in range	62–106	Sep 15, 2026	−1
Glucose (fasting)	5.2	mmol/L	in range	3.9–5.5	Sep 15, 2026	−0.6
HbA1c	5.4	%	in range	4.0–5.6	Sep 15, 2026	−0.2
HDL Cholesterol	1.7	mmol/L	in range	1.0–3.0	Sep 15, 2026	+0.1
LDL Cholesterol	3.7	mmol/L	above range	0.0–3.4	Sep 15, 2026	+0.2
Total Cholesterol	4.9	mmol/L	in range	2.5–5.2	Sep 15, 2026	−0.5
Triglycerides	1.0	mmol/L	in range	0.0–1.7	Sep 15, 2026	−0.2
Albumin	46.0	g/L	in range	35.0–50.0	Sep 15, 2026	+1.0
Alkaline Phosphatase	66	U/L	in range	40–130	Sep 15, 2026	−4
Hemoglobin	134	g/L	below range	135–175	Sep 15, 2026	+3
Lymphocytes	33	%	in range	20–40	Sep 15, 2026	+2
MCV	89	fL	in range	80–100	Sep 15, 2026	−1
RDW	12.9	%	in range	11.5–14.5	Sep 15, 2026	−0.5
White Blood Cells	5.8	×10⁹/L	in range	4.0–11.0	Sep 15, 2026	−2.1
TSH	1.90	mIU/L	in range	0.35–4.50	Sep 15, 2026	−0.50
CRP	1.2	mg/L	in range	0.0–3.0	Sep 15, 2026	−2.4
Ferritin	11	µg/L	below range	30–400	Sep 15, 2026	−3
Vitamin D (25-OH)	71	nmol/L	below range	75–250	Sep 15, 2026	+5

Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

Phenotypic Age (research-based estimate)

32.9 years

-9.4 vs. chronological age 42.3

Calculated with the published Levine et al. (2018) formula from the latest value of each of the nine inputs in this period (most recent draw Sep 15, 2026). An estimate from published research — not a diagnosis.

Input	Value	Unit	Date
Glucose (fasting)	5.2	mmol/L	Sep 15, 2026
Creatinine	69	µmol/L	Sep 15, 2026
Albumin	46.0	g/L	Sep 15, 2026
Alkaline Phosphatase	66	U/L	Sep 15, 2026
White Blood Cells	5.8	×10⁹/L	Sep 15, 2026
MCV	89	fL	Sep 15, 2026
RDW	12.9	%	Sep 15, 2026
Lymphocytes	33	%	Sep 15, 2026
CRP	1.2	mg/L	Sep 15, 2026

Body Mass Index

24.7 kg/m²

Normal weight

Weight 69.7 kg · height 168.0 cm

Sep 2, 2026

WHO adult category	BMI (kg/m²)
Underweight	Below 18.5
Normal weight (latest)	18.5 – 24.9
Overweight (pre-obese)	25.0 – 29.9
Obese class I	30.0 – 34.9
Obese class II	35.0 – 39.9
Obese class III	40.0 and above

Source: World Health Organization. Obesity: preventing and managing the global epidemic. WHO Technical Report Series 894. Geneva: WHO; 2000. Also used by Health Canada (Canadian Guidelines for Body Weight Classification in Adults, 2003) and the US CDC. Applies to adults (18+). Not intended for pregnancy, and BMI doesn't distinguish muscle from fat. WHO notes lower cut-off points may apply for some Asian populations.

Life events

Context you recorded. Shown as dashed lines on the trend charts below.

Date	Event	Category	Shown on	Note
Dec 1, 2025 – ongoing	**Started running 3× a week**	Exercise	All charts	
Jan 10, 2026 – Jan 17, 2026	**Flu**	Illness	All charts	
Mar 1, 2026 – ongoing	**Started vitamin D 2000 IU**	Supplement	All charts	

Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

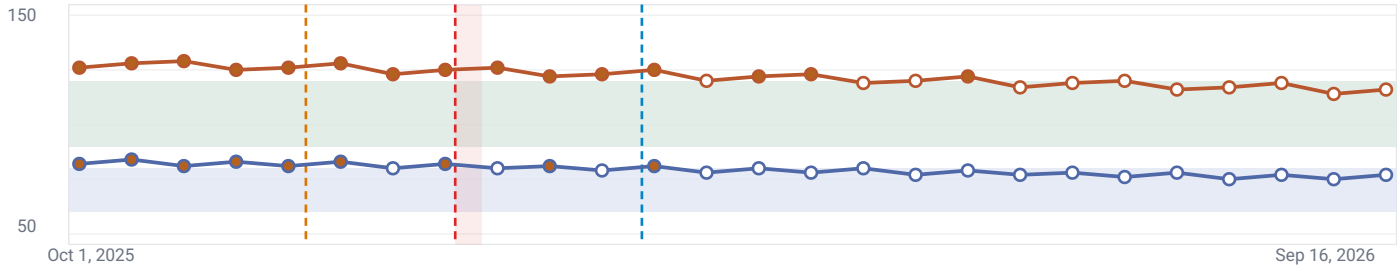
Marker details

VITALS

Blood Pressure **Systolic 116 mmHg** (in range) **Diastolic 77 mmHg** (in range) latest Sep 16, 2026

Vitals · Systolic reference range 90–120 mmHg · Diastolic reference range 60–80 mmHg

26 readings in period — Systolic: average 122, min 114, max 129, 42% in range; Diastolic: average 79, min 75, max 84, 65% in range



Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Status	Note
Sep 16, 2026	07:30	116	77	in range	
Sep 2, 2026	07:30	114	75	in range	
Aug 19, 2026	07:30	119	77	in range	
Aug 5, 2026	07:30	117	75	in range	
Jul 22, 2026	07:30	116	78	in range	
Jul 8, 2026	07:30	120	76	in range	
Jun 24, 2026	07:30	119	78	in range	
Jun 10, 2026	07:30	117	77	in range	
May 27, 2026	07:30	122	79	above range	
May 13, 2026	07:30	120	77	in range	
Apr 29, 2026	07:30	119	80	in range	
Apr 15, 2026	07:30	123	78	above range	
Apr 1, 2026	07:30	122	80	above range	
Mar 18, 2026	07:30	120	78	in range	
Mar 4, 2026	07:30	125	81	above range	
Feb 18, 2026	07:30	123	79	above range	
Feb 4, 2026	07:30	122	81	above range	
Jan 21, 2026	07:30	126	80	above range	
Jan 7, 2026	07:30	125	82	above range	
Dec 24, 2025	07:30	123	80	above range	
Dec 10, 2025	07:30	128	83	above range	
Nov 26, 2025	07:30	126	81	above range	
Nov 12, 2025	07:30	125	83	above range	
Oct 29, 2025	07:30	129	81	above range	
Oct 15, 2025	07:30	128	84	above range	
Oct 1, 2025	07:30	126	82	above range	

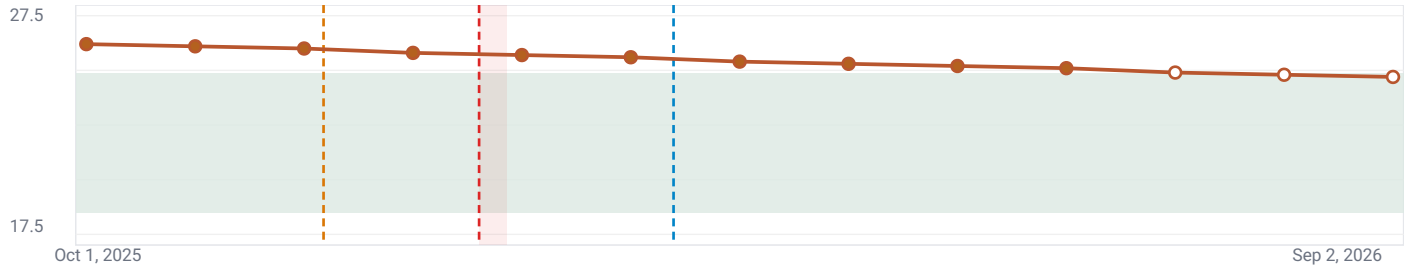
Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

BMI 24.7 kg/m² (in range) Normal weight weight 69.7 kg · height 168.0 cm latest Sep 2, 2026

Vitals · reference range 18.5–24.9 kg/m²

13 readings in period — average 25.4, min 24.7, max 26.2, 23% in range

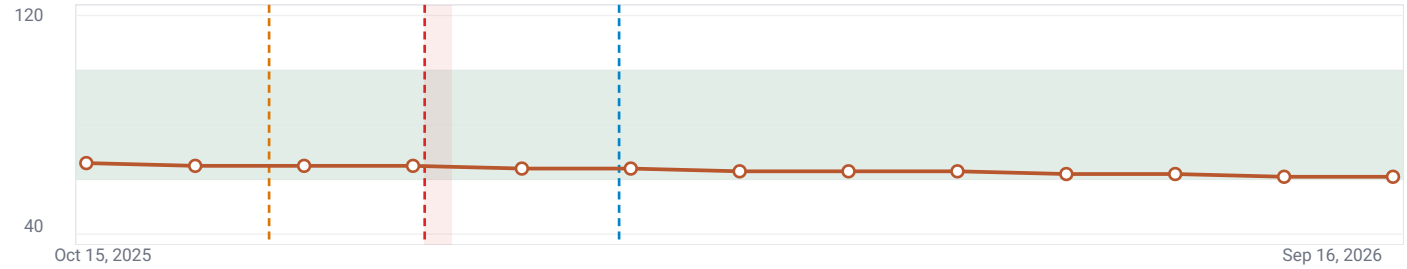


Date	Time	Weight (kg)	Height (cm)	BMI (kg/m²)	WHO category	Status	Note
Sep 2, 2026		69.7	168.0	**24.7**	Normal weight	in range	
Aug 5, 2026		70.0	168.0	**24.8**	Normal weight	in range	
Jul 8, 2026		70.4	168.0	**24.9**	Normal weight	in range	
Jun 10, 2026		70.8	168.0	**25.1**	Overweight (pre-obese)	above range	
May 13, 2026		71.1	168.0	**25.2**	Overweight (pre-obese)	above range	
Apr 15, 2026		71.5	168.0	**25.3**	Overweight (pre-obese)	above range	
Mar 18, 2026		71.8	168.0	**25.4**	Overweight (pre-obese)	above range	
Feb 18, 2026		72.2	168.0	**25.6**	Overweight (pre-obese)	above range	
Jan 21, 2026		72.6	168.0	**25.7**	Overweight (pre-obese)	above range	
Dec 24, 2025		72.9	168.0	**25.8**	Overweight (pre-obese)	above range	
Nov 26, 2025		73.3	168.0	**26.0**	Overweight (pre-obese)	above range	
Oct 29, 2025		73.6	168.0	**26.1**	Overweight (pre-obese)	above range	
Oct 1, 2025		74.0	168.0	**26.2**	Overweight (pre-obese)	above range	

Resting Heart Rate 61 bpm (in range) latest Sep 16, 2026

Vitals · reference range 60–100 bpm

13 readings in period — average 63, min 61, max 66, 100% in range



Date	Time	Value (bpm)	Status	Note
Sep 16, 2026		61	in range	
Aug 19, 2026		61	in range	
Jul 22, 2026		62	in range	
Jun 24, 2026		62	in range	
May 27, 2026		63	in range	
Apr 29, 2026		63	in range	
Apr 1, 2026		63	in range	
Mar 4, 2026		64	in range	
Feb 4, 2026		64	in range	
Jan 7, 2026		65	in range	

Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

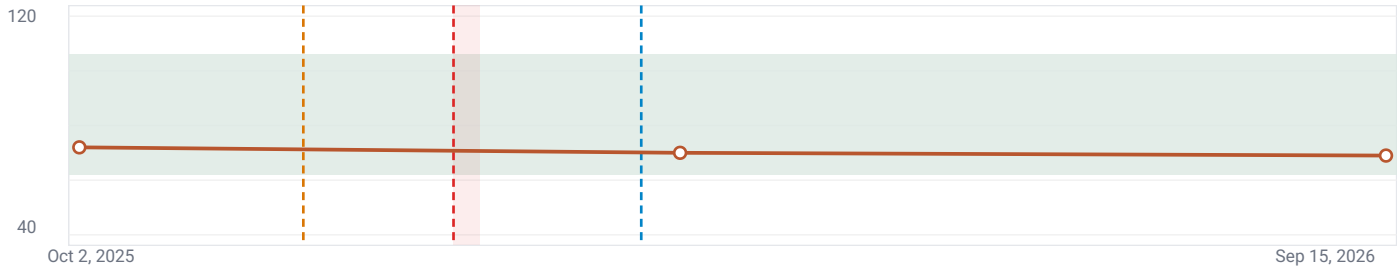
Date	Time	Value (bpm)	Status	Note
Dec 10, 2025		65	in range	
Nov 12, 2025		65	in range	
Oct 15, 2025		66	in range	

METABOLIC & KIDNEY

Creatinine 69 µmol/L (in range) latest Sep 15, 2026

Metabolic & Kidney · reference range 62–106 µmol/L

3 readings in period — average 70, min 69, max 72, 100% in range

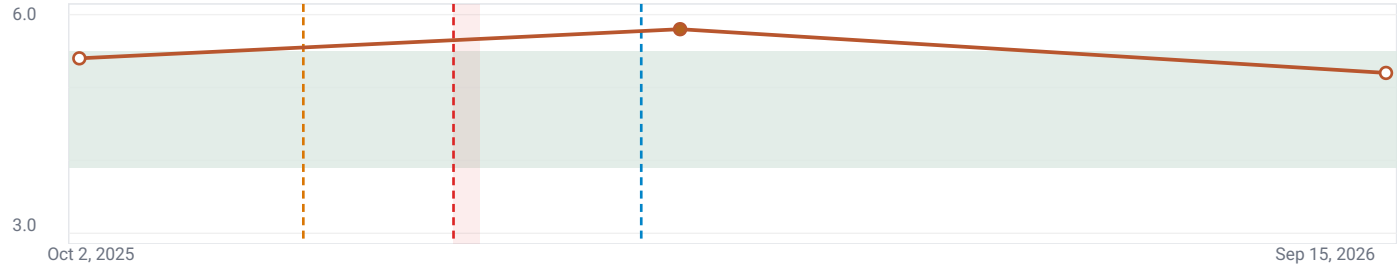


Date	Time	Value (µmol/L)	Status	Note
Sep 15, 2026	08:15	69	in range	
Mar 11, 2026	08:15	70	in range	LifeLabs, fasting
Oct 2, 2025	08:15	72	in range	

Glucose (fasting) 5.2 mmol/L (in range) latest Sep 15, 2026

Metabolic & Kidney · reference range 3.9–5.5 mmol/L

3 readings in period — average 5.5, min 5.2, max 5.8, 66% in range

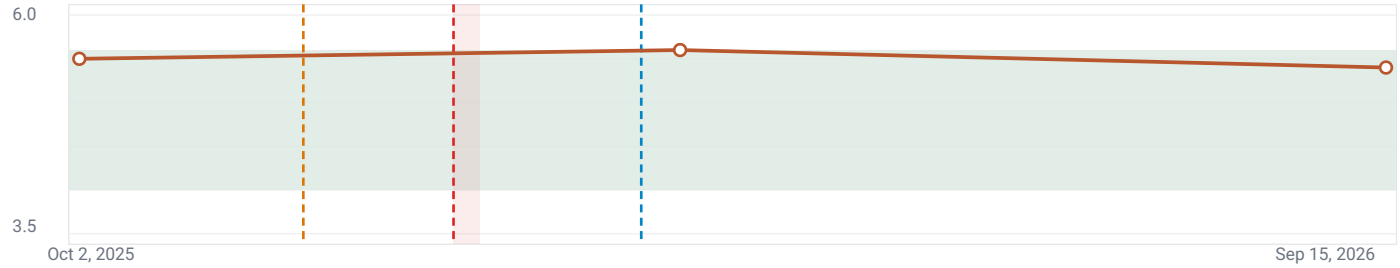


Date	Time	Value (mmol/L)	Status	Note
Sep 15, 2026	08:15	5.2	in range	
Mar 11, 2026	08:15	5.8	above range	LifeLabs, fasting
Oct 2, 2025	08:15	5.4	in range	

HbA1c 5.4 % (in range) latest Sep 15, 2026

Metabolic & Kidney · reference range 4.0–5.6 %

3 readings in period — average 5.5, min 5.4, max 5.6, 100% in range



Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

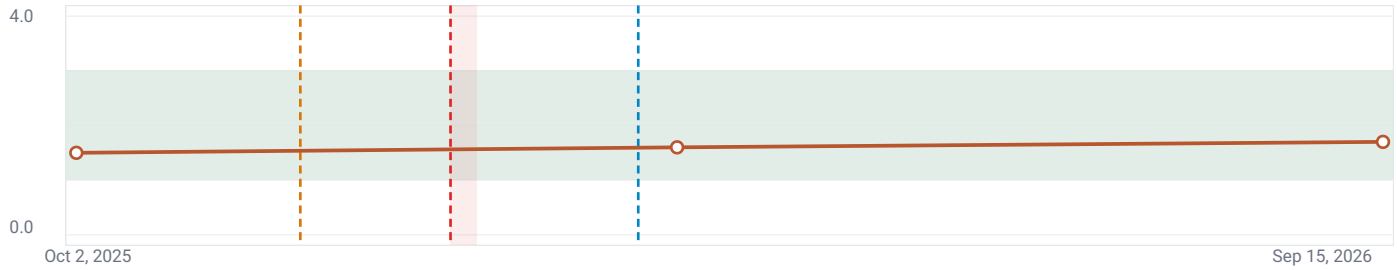
Date	Time	Value (%)	Status	Note
Sep 15, 2026	08:15	5.4	in range	
Mar 11, 2026	08:15	5.6	in range	LifeLabs, fasting
Oct 2, 2025	08:15	5.5	in range	

LIPIDS

HDL Cholesterol 1.7 mmol/L (in range) latest Sep 15, 2026

Lipids · reference range 1.0–3.0 mmol/L

3 readings in period — average 1.6, min 1.5, max 1.7, 100% in range

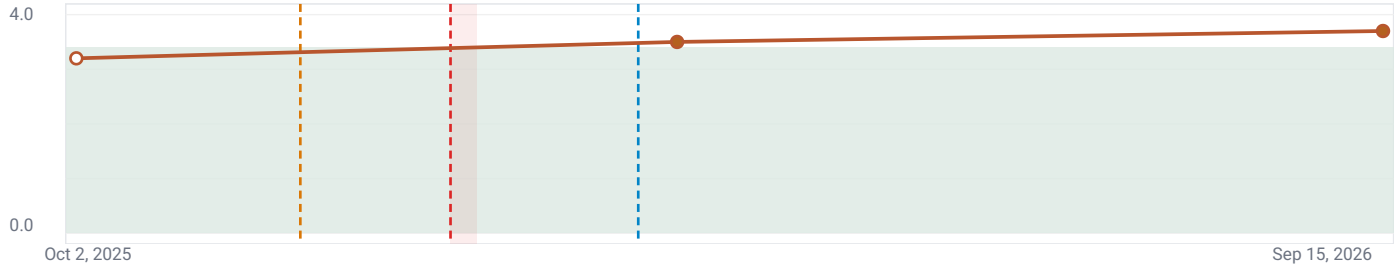


Date	Time	Value (mmol/L)	Status	Note
Sep 15, 2026	08:15	1.7	in range	
Mar 11, 2026	08:15	1.6	in range	LifeLabs, fasting
Oct 2, 2025	08:15	1.5	in range	

LDL Cholesterol 3.7 mmol/L (above range) latest Sep 15, 2026

Lipids · reference range 0.0–3.4 mmol/L

3 readings in period — average 3.5, min 3.2, max 3.7, 33% in range

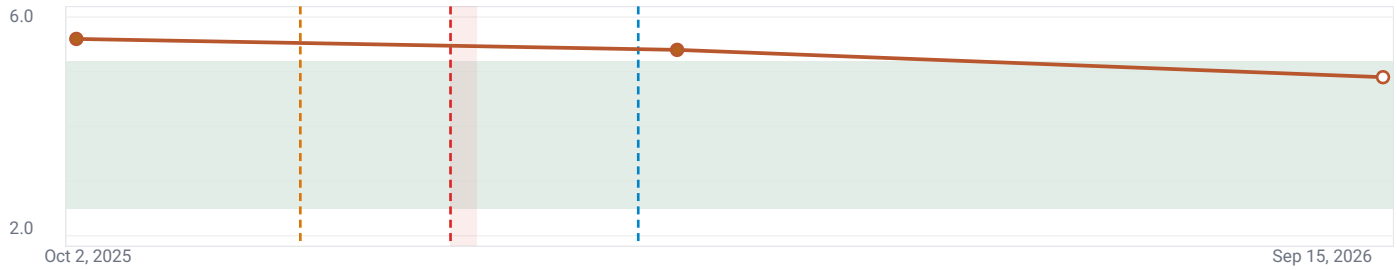


Date	Time	Value (mmol/L)	Status	Note
Sep 15, 2026	08:15	3.7	above range	
Mar 11, 2026	08:15	3.5	above range	LifeLabs, fasting
Oct 2, 2025	08:15	3.2	in range	

Total Cholesterol 4.9 mmol/L (in range) latest Sep 15, 2026

Lipids · reference range 2.5–5.2 mmol/L

3 readings in period — average 5.3, min 4.9, max 5.6, 33% in range



Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

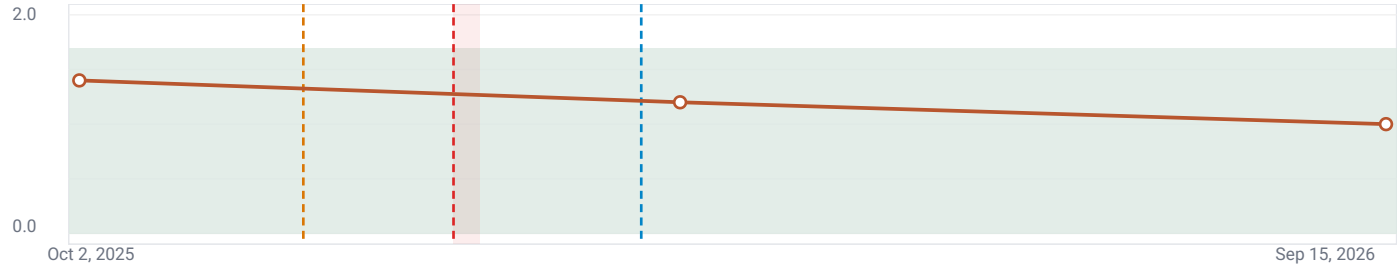
This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

Date	Time	Value (mmol/L)	Status	Note
Sep 15, 2026	08:15	4.9	in range	
Mar 11, 2026	08:15	5.4	above range	LifeLabs, fasting
Oct 2, 2025	08:15	5.6	above range	

Triglycerides 1.0 mmol/L (in range) latest Sep 15, 2026

Lipids · reference range 0.0–1.7 mmol/L

3 readings in period — average 1.2, min 1.0, max 1.4, 100% in range



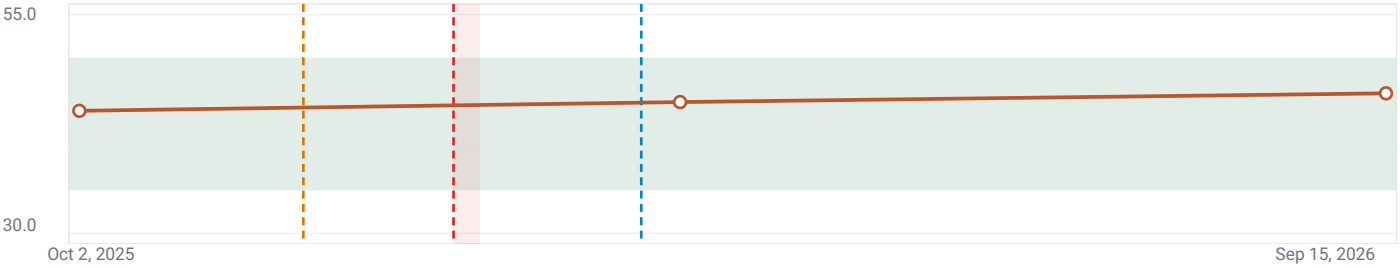
Date	Time	Value (mmol/L)	Status	Note
Sep 15, 2026	08:15	1.0	in range	
Mar 11, 2026	08:15	1.2	in range	LifeLabs, fasting
Oct 2, 2025	08:15	1.4	in range	

LIVER

Albumin 46.0 g/L (in range) latest Sep 15, 2026

Liver · reference range 35.0–50.0 g/L

3 readings in period — average 45.0, min 44.0, max 46.0, 100% in range

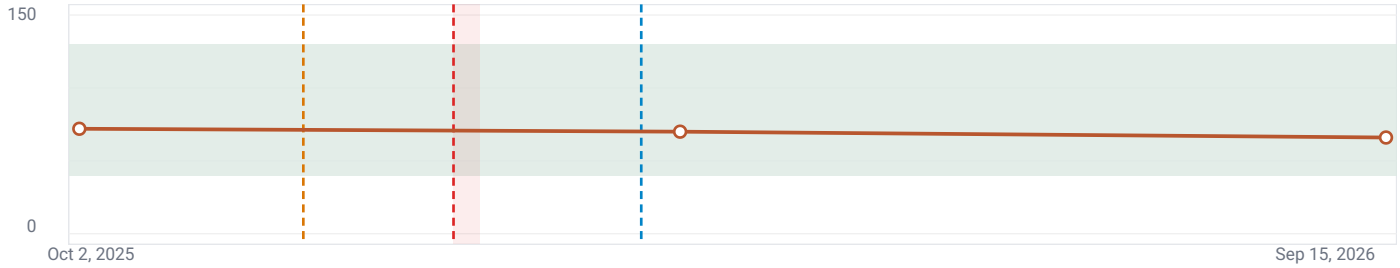


Date	Time	Value (g/L)	Status	Note
Sep 15, 2026	08:15	46.0	in range	
Mar 11, 2026	08:15	45.0	in range	LifeLabs, fasting
Oct 2, 2025	08:15	44.0	in range	

Alkaline Phosphatase 66 U/L (in range) latest Sep 15, 2026

Liver · reference range 40–130 U/L

3 readings in period — average 69, min 66, max 72, 100% in range



Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

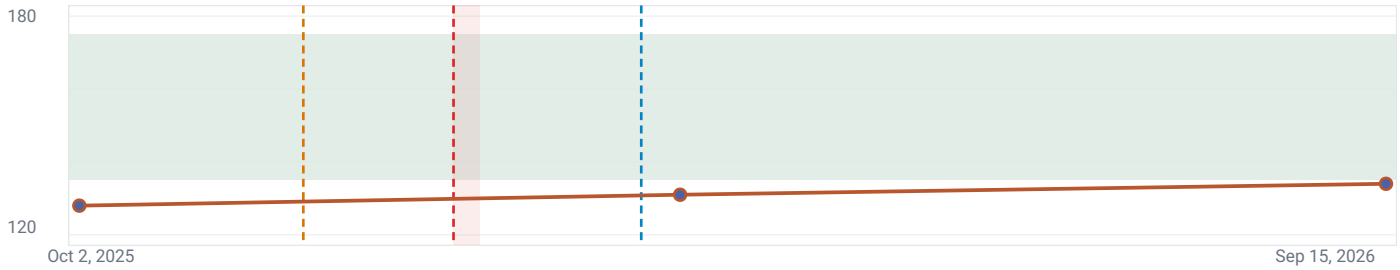
Date	Time	Value (U/L)	Status	Note
Sep 15, 2026	08:15	66	in range	
Mar 11, 2026	08:15	70	in range	LifeLabs, fasting
Oct 2, 2025	08:15	72	in range	

CBC

Hemoglobin 134 g/L (below range) latest Sep 15, 2026

CBC · reference range 135–175 g/L

3 readings in period — average 131, min 128, max 134, 0% in range

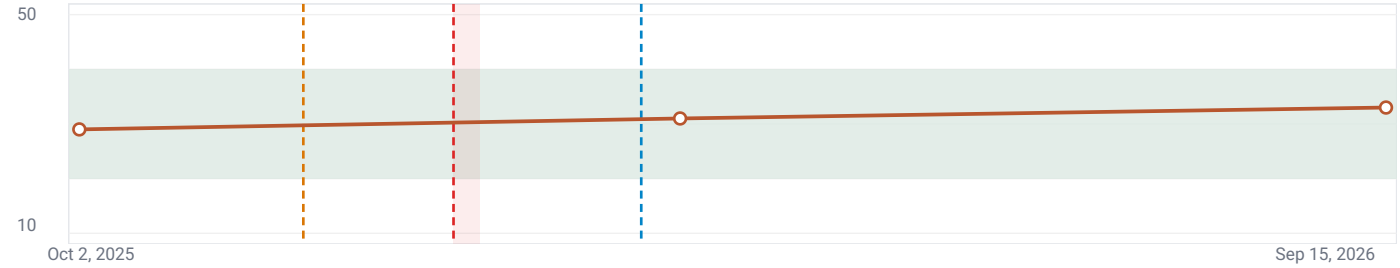


Date	Time	Value (g/L)	Status	Note
Sep 15, 2026	08:15	134	below range	
Mar 11, 2026	08:15	131	below range	LifeLabs, fasting
Oct 2, 2025	08:15	128	below range	

Lymphocytes 33 % (in range) latest Sep 15, 2026

CBC · reference range 20–40 %

3 readings in period — average 31, min 29, max 33, 100% in range

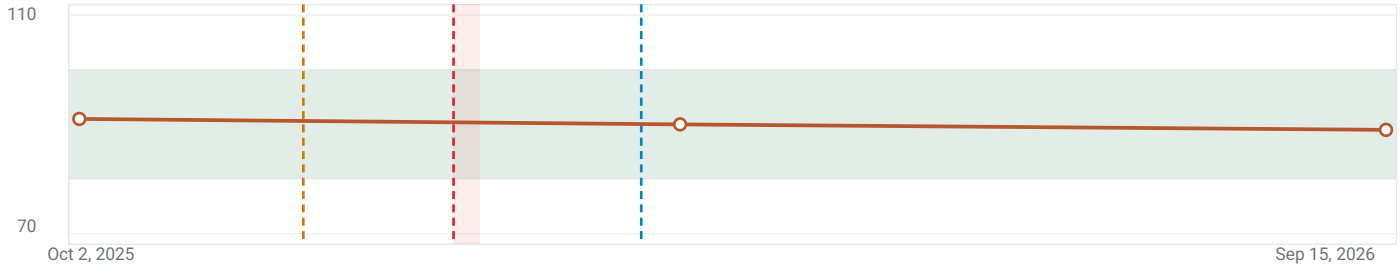


Date	Time	Value (%)	Status	Note
Sep 15, 2026	08:15	33	in range	
Mar 11, 2026	08:15	31	in range	LifeLabs, fasting
Oct 2, 2025	08:15	29	in range	

MCV 89 fL (in range) latest Sep 15, 2026

CBC · reference range 80–100 fL

3 readings in period — average 90, min 89, max 91, 100% in range



Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

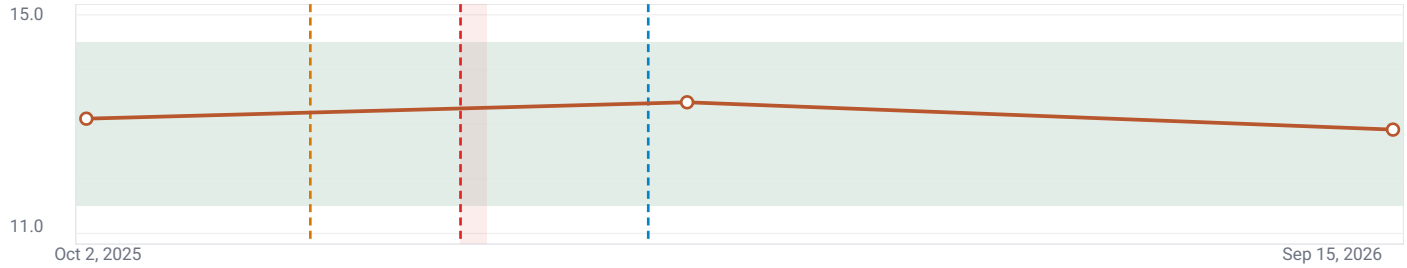
This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

Date	Time	Value (fL)	Status	Note
Sep 15, 2026	08:15	89	in range	
Mar 11, 2026	08:15	90	in range	LifeLabs, fasting
Oct 2, 2025	08:15	91	in range	

RDW 12.9 % (in range) latest Sep 15, 2026

CBC · reference range 11.5–14.5 %

3 readings in period — average 13.1, min 12.9, max 13.4, 100% in range

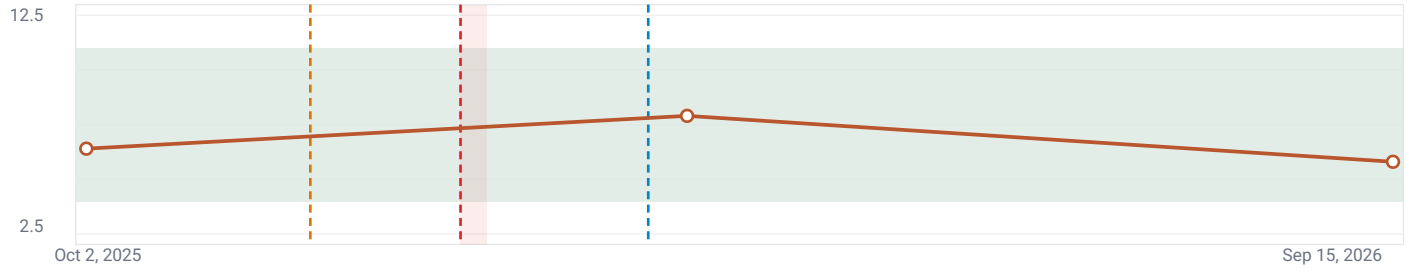


Date	Time	Value (%)	Status	Note
Sep 15, 2026	08:15	12.9	in range	
Mar 11, 2026	08:15	13.4	in range	LifeLabs, fasting
Oct 2, 2025	08:15	13.1	in range	

White Blood Cells 5.8 ×10⁹/L (in range) latest Sep 15, 2026

CBC · reference range 4.0–11.0 ×10⁹/L

3 readings in period — average 6.7, min 5.8, max 7.9, 100% in range



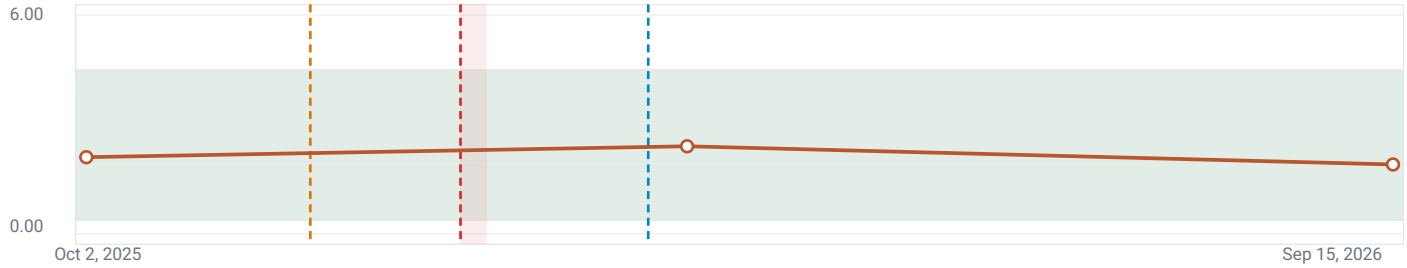
Date	Time	Value (×10⁹/L)	Status	Note
Sep 15, 2026	08:15	5.8	in range	
Mar 11, 2026	08:15	7.9	in range	LifeLabs, fasting
Oct 2, 2025	08:15	6.4	in range	

THYROID

TSH 1.90 mIU/L (in range) latest Sep 15, 2026

Thyroid · reference range 0.35–4.50 mIU/L

3 readings in period — average 2.13, min 1.90, max 2.40, 100% in range



Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

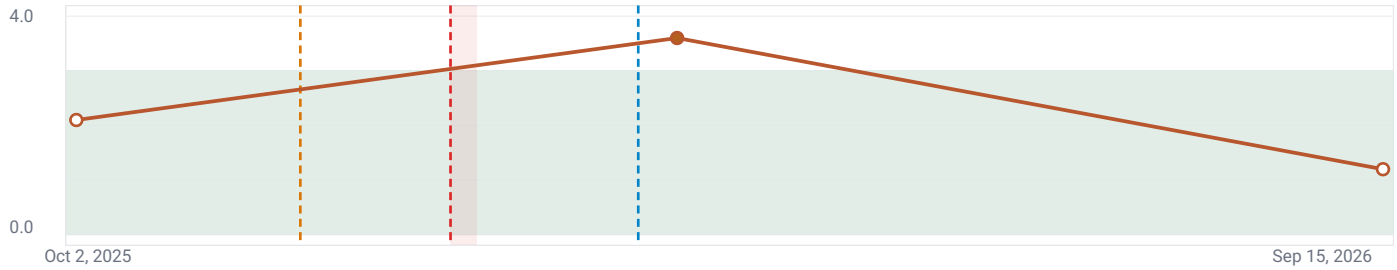
Date	Time	Value (mIU/L)	Status	Note
Sep 15, 2026	08:15	1.90	in range	
Mar 11, 2026	08:15	2.40	in range	LifeLabs, fasting
Oct 2, 2025	08:15	2.10	in range	

INFLAMMATION

CRP 1.2 mg/L (in range) latest Sep 15, 2026

Inflammation · reference range 0.0–3.0 mg/L

3 readings in period — average 2.3, min 1.2, max 3.6, 66% in range



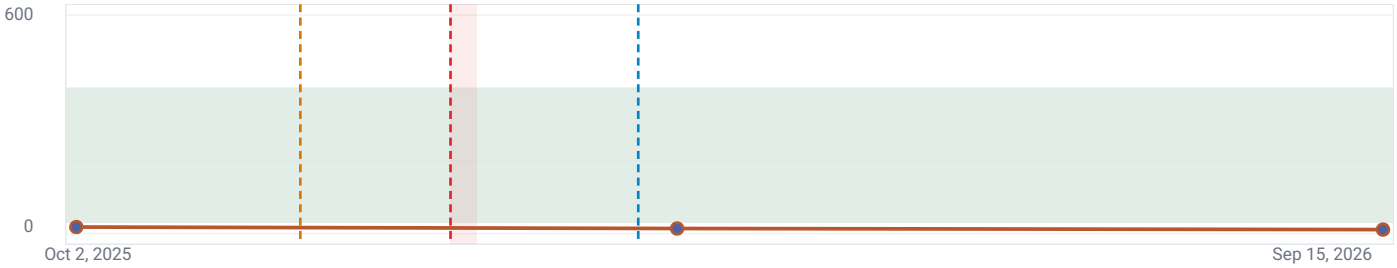
Date	Time	Value (mg/L)	Status	Note
Sep 15, 2026	08:15	1.2	in range	
Mar 11, 2026	08:15	3.6	above range	LifeLabs, fasting
Oct 2, 2025	08:15	2.1	in range	

VITAMINS & MINERALS

Ferritin 11 µg/L (below range) latest Sep 15, 2026

Vitamins & Minerals · reference range 30–400 µg/L

3 readings in period — average 14, min 11, max 18, 0% in range



Date	Time	Value (µg/L)	Status	Note
Sep 15, 2026	08:15	11	below range	
Mar 11, 2026	08:15	14	below range	LifeLabs, fasting
Oct 2, 2025	08:15	18	below range	

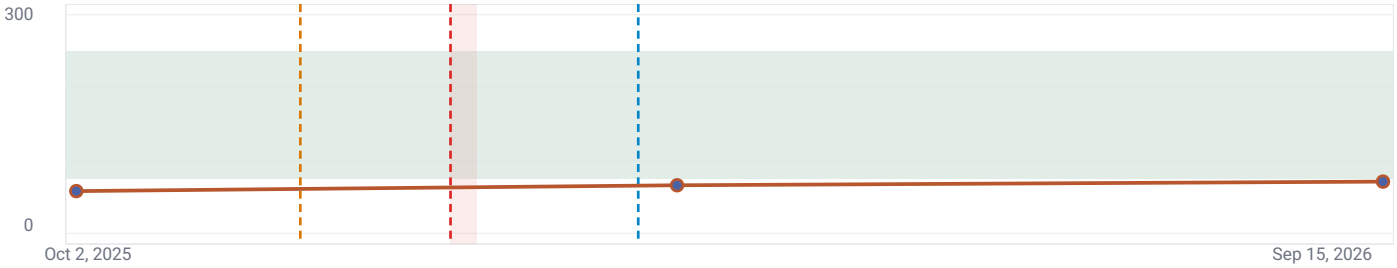
Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.

Vitamin D (25-OH) 71 nmol/L (below range) latest Sep 15, 2026

Vitamins & Minerals · reference range 75–250 nmol/L

3 readings in period — average 65, min 71, max 71, 0% in range



Date	Time	Value (nmol/L)	Status	Note
Sep 15, 2026	08:15	71	below range	
Mar 11, 2026	08:15	66	below range	LifeLabs, fasting
Oct 2, 2025	08:15	58	below range	

Not medical advice. SECURECORDS is a tracker, not a diagnostic tool. This report shows the values you entered against standard reference ranges (which vary by lab) and published estimates. Discuss your results with a qualified health professional.

This PDF is not encrypted. Your records are end-to-end encrypted in the app; this file is not. Anyone who gets a copy can read it, and it can't be recalled. Share it only with people you trust, and delete copies you no longer need.