



Baseline Health Check *marker* guide

All 74 markers, grouped the way they appear on an Australian lab report. 40 carry an evidence-backed Vively optimal range; the rest show the lab's own range.



DRAFT · clinical review required before publishing

GP-confirmed scope

The typical Baseline for eligible Medicare card holders. The independent GP decides whether testing is clinically appropriate and confirms the final markers.

Two ranges, side by side

The lab's reference range always shows, unchanged. Vively optimal ranges sit beside it, and the platform lists the published sources behind each one.

Clinically led

Developed under the clinical leadership of Dr Michelle Woolhouse, Founding Medical Director. Ranges support your interpretation. They don't diagnose.

Full Blood Count 15 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
MCV	fL	82–95 fL	1
RBC Count	$\times 10^{12}/L$	Lab reference range	—
Haemoglobin	g/L	Lab reference range	—
Haematocrit	%	Lab reference range	—
RDW	%	Lab reference range	—
MCH	pg	Lab reference range	—
MCHC	g/L	Lab reference range	—
Platelet Count	$\times 10^9/L$	190–400 $\times 10^9/L$	1
MPV	fL	Lab reference range	—
WBC Count	$\times 10^9/L$	Lab reference range	—
Neutrophils	$\times 10^9/L$	Lab reference range	—
Lymphocytes	$\times 10^9/L$	Lab reference range	—
Monocytes	$\times 10^9/L$	0.2–0.5 $\times 10^9/L$	2
Eosinophils	$\times 10^9/L$	Lab reference range	—
Basophils	$\times 10^9/L$	Lab reference range	—

Urea, Electrolytes & Creatinine 11 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Sodium/Potassium Ratio	Ratio	30–35	2
eGFR	mL/min/1.73m ²	75–90 mL/min/1.73m ²	1
Anion Gap	mmol/L	10–14 mmol/L	1
Bicarbonate	mmol/L	Lab reference range	—
Sodium	mmol/L	Lab reference range	—
Potassium	mmol/L	Lab reference range	—
Urea	mmol/L	Lab reference range	—
Creatinine	umol/L	Lab reference range	—
Chloride	mmol/L	Lab reference range	—
Urea/Creatinine Ratio	Ratio	40–100	1
BUN/Creatinine Ratio	Ratio	Lab reference range	—

Liver Function Tests 10 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
ALT/TG Ratio	Ratio	≤7	1
GGT	U/L	Lab reference range	—
Bilirubin	umol/L	10–20 umol/L	2
ALP	U/L	45–100 U/L	1
AST	U/L	10–20 U/L	1
ALT	U/L	10–30 U/L	2
Albumin	g/L	45–50 g/L	1
Globulin	g/L	25–35 g/L	1
Total Protein	g/L	68–80 g/L	1
Albumin/Globulin Ratio	Ratio	1.1–2.5	1

Calcium, Phosphate & Magnesium 2 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Phosphate	mmol/L	Lab reference range	—
Magnesium	mmol/L	Lab reference range	—

Lipid Studies 12 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Total Cholesterol	mmol/L	3.9–4.9 mmol/L	2
HDL Cholesterol	mmol/L	Lab reference range	—
Non-HDL Cholesterol	mmol/L	≤3 mmol/L	2
Cholesterol Ratio	Ratio	≤3.5	1
LDL/HDL Ratio	Ratio	≤2	1
LDL Cholesterol	mmol/L	1.5–2.6 mmol/L	2
Total Cholesterol/HDL Ratio	Ratio	≤3.5	1
Triglyceride/HDL Cholesterol (Molar Ratio)	Ratio	≤2.6	2
Cholesterol/HDL Ratio	Ratio	≤3.5	1
Atherogenic Index of Plasma (AIP)	Index	≤0.1	1
Triglycerides	mmol/L	0.5–1.2 mmol/L	2
Non-HDL Cholesterol/Total Cholesterol (Mass Ratio)	Ratio	Lab reference range	—

Diabetes & Glycaemic Studies 6 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Fasting Glucose	mmol/L	Lab reference range	—
Fasting Insulin	mIU/L	3–5 mIU/L	2
Haemoglobin A1c (HbA1c) IFCC mmol/mol	mmol/mol	Lab reference range	—
HbA1c NGSP/DCCT %	%	4–5.3 %	2
HOMA-IR	Score	≤1	2
TyG Index	Index	Lab reference range	—

Iron Studies 5 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Ferritin	mcg/l	Lab reference range	—
Transferrin	g/L	Lab reference range	—
Transferrin Saturation	%	30–40 %	4
Transferrin Iron Binding Capacity	g/L	Lab reference range	—
Iron	umol/L	Lab reference range	—

Thyroid Function Tests 1 marker

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
T SH	mIU/L	1–2.5 mIU/L	1

Inflammatory Markers 9 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Monocyte/HDL Ratio	Ratio	Lab reference range	—
hs-CRP	mg/L	≤1 mg/L	1
CRP/Albumin Ratio	Ratio	Lab reference range	—
Ferritin-to-CRP Ratio	Ratio	≥12	1
Systemic Inflammation Index (SII)	Index	≤947	1
hs-CRP/HDL Ratio	Ratio	≤1	1
Neutrophil-to-HDL Ratio	Ratio	≤1.5	1
Neutrophil-to-Lymphocyte Ratio	Ratio	1.5–2	1
Platelet-to-Lymphocyte Ratio	Ratio	Lab reference range	—

Vitamins & Trace Elements 1 marker

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Vitamin D	nmol/L	120–200 nmol/L	2

Calculated Insights 2 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Biological age (DNAm PhenoAge)	years	Lab reference range	—
Speed of Aging	Ratio	≤1	1

Vively for Practitioners · vively.com.au/practitioners · Optimal ranges from Vively's marker evidence library, 30 September 2026. Ranges may be refined; the platform shows the current version. \$99 Vively fee for eligible Medicare card holders, once every 3 months; \$299 private. Vively organises and presents information and does not replace clinical judgement.