



Baseline Health Check *marker* guide

Every marker, grouped the way they appear on an Australian lab report. 43 carry an evidence-backed Vively optimal range; the rest show the lab's own range.



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 14 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
MCV	fL	82 to 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 to 400 $\times 10^9/L$	1
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 to 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 to 35	2
eGFR	mL/min/1.73m ²	Above 90 mL/min/1.73m ²	1
Anion Gap	mmol/L	10 to 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 to 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	Men 5 to 15.5, women 5 to 10.5 U/L	
Bilirubin	umol/L	10 to 20 umol/L	2
ALP	U/L	45 to 100 U/L	1
AST	U/L	10 to 20 U/L	1
ALT	U/L	10 to 30 U/L	2
Albumin	g/L	45 to 50 g/L	1
Globulin	g/L	25 to 35 g/L	1
Total Protein	g/L	68 to 80 g/L	1
Albumin/Globulin Ratio	Ratio	1.1 to 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 to 4.9 mmol/L	2
HDL Cholesterol	mmol/L	Men 1.0 to 2.5, women 1.2 to 3.0 mmol/L	
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	1.7 to 2.5 mmol/L	2
Total Cholesterol/HDL Ratio	Ratio	≤3.5	1
Triglyceride/HDL Cholesterol (Molar Ratio)	Ratio	Men <1.1, women <0.7	2
Cholesterol/HDL Ratio	Ratio	≤3.5	1
Atherogenic Index of Plasma (AIP)	Index	≤0.1	1
Triglycerides	mmol/L	0.5 to 1.2 mmol/L	2
Non-HDL Cholesterol/Total Cholesterol (Mass Ratio)	Ratio	<0.80	

Diabetes & Glycaemic Studies 6 markers

MARKER	UNIT	VIVELY OPTIMAL RANGE	SOURCES
Fasting Glucose	mmol/L	Lab reference range	
Fasting Insulin	mIU/L	3 to 5 mIU/L	2
Haemoglobin A1c (HbA1c) IFCC mmol/mol	mmol/mol	20 to 34 mmol/mol	
HbA1c NGSP/DCCT %	%	4 to 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 to 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
TSH	mIU/L	1 to 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 to 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	75 to 125 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, 20 October 2026. Ranges may be refined; the platform shows the current version. Lab reference ranges are set by each lab, so use the range printed on the client's report. \$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.