

Health Record

Keep track of your clinic labs.

Test	Date	Normal Values	Your Result
WBC (white blood cell count)		4.5 to 11	
Hemoglobin		12 to 15 (women) 14 to 16.5 (men)	
Platelets		140 to 440	
Sodium (salt)		135 to 145	
Potassium		3.5 to 5.2	
Glucose		65 to 110	
BUN		5 to 25	
Creatinine		0.5 to 1.3	
Cholesterol		110 to 199	
Triglycerides		40 to 199	
HDL (good cholesterol)		36 to 75	
LDL (bad cholesterol)		60 to 130	



MINNEAPOLIS
HEART
INSTITUTE

AllinaHealth
ABBOTT
NORTHWESTERN
HOSPITAL

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cvs-ahc-95405 (4/13)