



# Blood *panel* intake.

*A short context capture before your panel is drawn or reviewed. Returned to Dr. Swet Chaudhari, MD via Elite Aesthetic MD or your primary care provider — Wellness Elite Fitness is a wellness facility, not a medical practice.*

## MEMBER

FULL NAME

DATE OF BIRTH

TODAY'S DATE

EMAIL

PHONE

MEMBERSHIP TIER

## WHY THIS PANEL

Longevity baseline

Hormone (men/women)

GLP-1 monitoring

Thyroid panel

Cardiovascular markers

Inflammatory markers

Vitamin / mineral status

Follow-up to prior labs

Other (note below)

NOTES / SPECIFIC MARKERS REQUESTED

## RECENT LABS

DATE OF LAST BLOODWORK

WHERE DRAWN

LAST MEAL EATEN (DATE / TIME)

Fasted  $\geq$  10 hours (water only)

Not fasted

## ACTIVE CONDITIONS

DIAGNOSED CONDITIONS YOU ARE MANAGING NOW

CURRENT MEDICATIONS (NAME · DOSE · FREQUENCY)

CURRENT SUPPLEMENTS (NAME · DOSE · FREQUENCY)





FAMILY HISTORY

- Cardiovascular disease
- Stroke
- Autoimmune
- Osteoporosis
- Type 2 diabetes
- Cancer
- Thyroid disorder
- Mental-health condition

OTHER FAMILY-HISTORY NOTES

LIFESTYLE (LAST 4 WEEKS)

TOBACCO / NICOTINE USE

ALCOHOL (DRINKS / WEEK)

CAFFEINE (MG / DAY)

AVG SLEEP (HOURS / NIGHT)

TRAINING SESSIONS / WEEK

RECENT ILLNESS / VACCINATION

WOMEN — ADDITIONAL CONTEXT

- Currently menstruating
- Postpartum < 6 months
- Postmenopausal
- On HRT / BHRT
- Currently pregnant or possibly
- Perimenopausal
- On hormonal contraception
- Cycle currently irregular

FIRST DAY OF LAST CYCLE (IF RELEVANT FOR HORMONE PANEL)

CYCLE PHASE TODAY

ACKNOWLEDGEMENT

I understand **Wellness Elite Fitness is a wellness facility, not a medical provider**. Bloodwork results are reviewed by **Dr. Swet Chaudhari, MD** via Elite Aesthetic MD (a separate medical practice) or by my primary care provider. Atlas, the WEF concierge, may surface trends and integrate results into my training and recovery cadence — Atlas does not diagnose or prescribe. Any clinical question, prescription, or therapy decision routes to my physician.

MEMBER SIGNATURE

DATE