

## Areas of Concern

### Vitamin D Levels

Low

18 ng/mL

30 - 100 ng/mL

Low vitamin D levels can affect bone health, immunity, and mood regulation.

### Cholesterol

High

220 mg/dL

< 200 mg/dL

High cholesterol levels increase the risk of cardiovascular disease.

### HbA1c

Sub Optimal

6.3 %

< 5.7%

This value suggests prediabetes and indicates a need to manage blood sugar.