Read it, don't interpret it: a 10-minute report exercise

For health coaching students. Report D below is fictional (Fictional Community Laboratory, collected 09/02/2026 07:45, fasting). Report A is the fictional US report from 03/14/2026; its header reads *"Specimen: Serum; whole blood (EDTA) for A1c and Omega-3"*. Record what the reports say. Do not interpret any result.

Report D (excerpt)

Test	Result	Flag	Units	Reference Interval	Specimen
WBC	5.9		x10E3/uL	3.4-10.8	Whole blood (EDTA)
Hemoglobin	14.3		g/dL	13.0-17.7	Whole blood (EDTA)
Lymphocytes	32			14-46	Whole blood (EDTA)
Glucose	92		mg/dL	70-99	Plasma (fluoride)
Ferritin	31		ng/mL	30-400	Serum
TSH	2.10		uIU/mL	0.45-4.50	Serum
Hemoglobin A1c	5.5		%	4.8-5.6	Serum

1. Copy two lines exactly (2 min)

Test as printed	Result	Unit as printed	Lab interval	Specimen as printed

2. Specimen (2 min)

One line on report D names a specimen that does not match how that test is collected. Compare it with report A's header. Which line is it, and what would you do?

3. A name with two meanings (3 min)

One test name on report D could mean two different results. Which line? What are the two possibilities? Does anything on the report settle it?

4. One question to pass on (2 min)

Write one question for the lab or the client's clinician. Ask about the report, not about what a result means.