

Blood testing Information guide - for Men

What is the test?

Total Men's Wellness check

Who is it for?

This test is ideal for men who want a complete understanding of their health and take a proactive approach to wellbeing. It's suited to those looking to establish a baseline, monitor changes over time, or identify underlying issues affecting energy, performance, or overall health. Whether you're focused on prevention, longevity, or optimising how you feel day to day, this test provides the insights needed to stay in control of your health.

How can i have this done?

Getting started is simple. Reach out to our team at RE IV or email hello@reivwellness.com.au and we'll take care of the rest, guiding you through the process from booking to results.

Why have the test done?

The Total Men's Wellness Check is a comprehensive blood test designed as preventative maintenance for your body, helping you perform at your best. By assessing key biomarkers, it can identify potential health issues before symptoms arise. It provides a clear snapshot of your current health, empowering you to take proactive steps, make informed lifestyle choices, and maintain optimal wellbeing over the long term.

What does it measure?

- Overall men's wellness, including immune health, metabolism, hormones, and organ function
- Biological age and how your body compares to your actual age
- Hormone balance and reproductive health
- Blood health and immune function
- Bone health and key nutrients
- Inflammation and recovery markers
- Blood sugar and energy regulation
- Cholesterol and cardiovascular health
- Liver and kidney function
- Iron levels and energy support

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What is the test?

Athletic Hormone Profile (male)

Who is it for?

This test is for men who take their fitness and training seriously and want a deeper understanding of how exercise affects their body.

It's ideal for those aiming to optimise performance, enhance recovery, and maintain balanced hormones, while keeping long-term health and wellbeing a priority.

How can i have this done?

Getting started is simple. Reach out to our team at RE IV or email hello@reivwellness.com.au and we'll take care of the rest, guiding you through the process from booking to results.

Why have the test done?

Designed for active men who are invested in how training impacts their health, this test provides key insights into your hormone balance and overall performance.

By identifying how your body is responding to exercise, it helps highlight what's supporting your progress and what may be holding you back, so you can perform at your best without compromising your health.

clear snapshot of your current health, empowering you to take proactive steps, make informed lifestyle choices, and maintain optimal wellbeing over the long term.

What does it measure?

- Athletic hormone health, including performance, recovery, and stress balance
- Biological age and how your body compares to your actual age
- Hormone balance and reproductive health
- Growth and recovery markers
- Adrenal function and stress response
- Blood health and oxygen delivery
- Liver and kidney function
- Inflammation and muscle recovery
- Blood sugar and energy regulation
- Cholesterol and cardiovascular health