

Blood testing Information guide - for Women

What is the test?

Total Woman's Wellness Check

Who is it for?

This test is ideal for women who want to take a proactive approach to their health. It's perfect for those looking to understand their hormone balance, monitor key health markers, optimise energy, and support overall wellbeing. Whether you're focused on prevention, managing lifestyle factors, or tracking changes over time, this test provides the insights needed to stay healthy and empowered.

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 Women's Wellness Check is a comprehensive blood test focused on proactive health and early insight. It evaluates key biomarkers to help detect potential imbalances or concerns before they develop into more serious issues. By giving you a detailed overview of your current health, it supports smarter lifestyle decisions and helps you stay on track toward long-term wellbeing and vitality.

What does it measure?

- Overall women'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
- Thyroid function and metabolic regulation
- Iron levels and energy support
- 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

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What is the test?

Athletic Hormone Profile (Female)

Who is it for?

This test is for active women, athletes, and fitness enthusiasts who want to understand how their training impacts their body. It's ideal for those looking to optimise performance, improve recovery, maintain hormonal balance, and support long-term health and wellbeing while training safely and effectively.

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?

Created for active women who want a deeper understanding of how training affects their body, this test offers detailed insights into hormone balance and performance. It helps uncover how your body is adapting to exercise, revealing areas that may need support to optimise results, so you can train effectively while protecting your overall health and wellbeing.

What does it measure?

- 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 immune function
- Inflammation and recovery markers
- Blood sugar and energy regulation
- Cholesterol and cardiovascular health
- Liver and kidney function