

# THE CLINICIAN CO-PILOT: 2-PAGE GP CONSULTATION TEMPLATE V2

Patient-Held Diagnostic Baseline & In-Clinic Collaborative Care Directive

123TheNextLevel.com

Clinical Telemetry & Baseline System

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Consult: \_\_\_\_\_  
GP / Doctor: \_\_\_\_\_ Clinic / Practice: \_\_\_\_\_  
Regional Pathway: ☐ US (Quest/Labcorp) ☐ UK (UKAS Pathology) ☐ Spain / EU (Eurofins Megalab)

## SECTION 1: RISK PROFILE & HEALTH GOALS

Family Cardiovascular & Metabolic History: ☐ Early CVD (Heart Attack / Stroke < 55/65) ☐ Type 2 Diabetes / Insulin Resistance  
☐ Hypertension / Vascular Disease ☐ Chronic Kidney Disease (CKD) / Microalbuminuria

Current Protocols & Lifestyle: Zone 2 Cardio: \_\_\_\_\_ min/wk | Strength Sessions: \_\_\_\_\_ /wk | Nutrition Plan: \_\_\_\_\_

Medications & Baseline Supplements: ☐ Vitamin D3 + K2 ☐ Omega-3 EPA/DHA ☐ Magnesium Prescriptions: \_\_\_\_\_

Primary Patient Goals: \_\_\_\_\_

## SECTION 2: 14-DAY WEARABLE TELEMETRY LOG (HOME BIOSENSORS)

Averaged over 14 consecutive nights prior to appointment to establish non-situational biophysical baseline:

| Biometric Parameter                                 | 14-Day Average | Lowest Recorded | Highest Recorded | Clinical Classification / Trend                                                                      |
|-----------------------------------------------------|----------------|-----------------|------------------|------------------------------------------------------------------------------------------------------|
| Resting Heart Rate (RHR) (bpm)                      | _____          | _____           | _____            | <input type="checkbox"/> Stable <input type="checkbox"/> Elevated <input type="checkbox"/> Declining |
| Nocturnal Heart Rate Variability (HRV) (ms (rMSSD)) | _____          | _____           | _____            | <input type="checkbox"/> High Vagal Tone <input type="checkbox"/> Suppressed                         |
| Blood Pressure (Morning & Evening Avg) (mmHg)       | _____          | _____           | _____            | <input type="checkbox"/> Normal (<120/80) <input type="checkbox"/> Elevated                          |
| Total Sleep Duration & Regularity (hrs / night)     | _____          | _____           | _____            | Deep + REM Avg: _____ min                                                                            |

## SECTION 3: VENOUS BLOOD PANEL RESULTS (CORE TRI-MARKERS & EXTENDED)

Phlebotomy Collection Method: ☐ Accredited Walk-In Clinic Draw (Quest / Labcorp / Megalab / Unilabs) ☐ Mobile Nurse Home Phlebotomy

| Biomarker & Clinical Rationale                                                  | Longevity Target Range            | Patient Lab Result | Requisition Action                                                      |
|---------------------------------------------------------------------------------|-----------------------------------|--------------------|-------------------------------------------------------------------------|
| Apolipoprotein B (ApoB) - Total atherogenic particle number                     | < 70 - 80 mg/dL (< 0.7 - 0.8 g/L) | _____              | <input type="checkbox"/> Re-test in 90d <input type="checkbox"/> Normal |
| Glycated Hemoglobin (HbA1c) - 90-day glycemic exposure                          | < 5.4 - 5.6% (< 36 mmol/mol)      | _____              | <input type="checkbox"/> Re-test in 90d <input type="checkbox"/> Normal |
| High-Sensitivity CRP (hs-CRP) - Systemic vascular inflammation                  | < 0.5 - 1.0 mg/L (Ultra-low risk) | _____              | <input type="checkbox"/> Re-test in 90d <input type="checkbox"/> Normal |
| Full 56-Biomarker Master Panel - Lipids, thyroid, hormones, liver, kidney, etc. | Quest / LOLA 56 / Melio Master    | _____              | <input type="checkbox"/> Full Panel Ordered                             |

SECTION 4: DUAL URINALYSIS TELEMETRY (QUARTERLY LAB & WEEKLY HOME STRIPS)

Type 1: Quarterly Laboratory Urinalysis (Lab-Based • Accredited Clinic Every 90 Days)

Accredited by Quest/Labcorp (US), UKAS ISO 15189 (UK), or Eurofins Megalab (ES):

| Laboratory Marker                       | Clinical Reference Benchmark        | Pathology Result | Clinical Remarks                         |
|-----------------------------------------|-------------------------------------|------------------|------------------------------------------|
| Urine Albumin-to-Creatinine Ratio (ACR) | < 30 mg/g (< 3 mg/mmol)             | _____            | [ ] Normal [ ] Microalbuminuria (30-300) |
| Microalbuminuria & Total Proteinuria    | Negative / < 20 mg/L                | _____            | [ ] Preserved Renal Endothelial Barrier  |
| Microscopic Urine Sediment Analysis     | No cellular casts, RBCs or crystals | _____            | [ ] Clear Renal Filtration               |

Type 2: Weekly At-Home 10-Parameter Dipstick Summary (Self-Assessed • Every 7 Days)

Hospital-grade test strips (Diagnox Urinox-10 / ALLTEST CE Marked) evaluating acute weekly response:

| Rapid Reagent Parameter                                                                       | Target Optimal Range                 | Weekly Rolling Average | Acute Daily Habit Response               |
|-----------------------------------------------------------------------------------------------|--------------------------------------|------------------------|------------------------------------------|
| Urine pH (Acid-Base Homeostasis)                                                              | 6.0 - 7.5 (Optimal metabolic buffer) | _____                  | Vegetable intake, protein acid balance   |
| Specific Gravity (Cellular Hydration)                                                         | 1.010 - 1.020 (Euhydrated state)     | _____                  | Fluid timing, electrolyte balance        |
| Ketone Excretion (Acetoacetate)                                                               | Negative to Trace (or diet goal)     | _____                  | Carbohydrate restriction, fasting window |
| 7 Microvascular Indicators (Protein, Blood, Nitrite, Leuko, Bilirubin, Glucose, Urobilinogen) | All Negative / Normal                | _____                  | [ ] All 7 Clear [ ] Anomaly Flagged      |

SECTION 5: CLINICIAN COLLABORATIVE CARE DIRECTIVES (IN-CLINIC DOCTOR NOTES)

Clinician Consultation Notes & Assessment Directives:

Record confirmed diagnoses, pharmacological modifications, dietary directives, or specialty referrals:

Agreed Clinical Requisitions & Directives:

- ☐ Level 1: ApoB, HbA1c, hs-CRP
- ☐ Level 2: 56-Biomarker Master Phlebotomy Draw
- ☐ Urine ACR & Sediment Panel
- ☐ Coronary Artery Calcium (CAC) Scan Referral
- ☐ Lifestyle Protocol Adjustment (Zone 2 / Nutrition)

Agreed Follow-Up Recheck Timeline: ☐ 30 Days ☐ 60 Days ☐ 90 Days (Quarterly Cycle) ☐ 6 Months

Next Scheduled Appointment: \_\_\_\_\_

Clinician Signature / Stamp: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ I confirm this record accurately reflects my logged telemetry: \_\_\_\_\_ Date: \_\_\_\_\_