



FREE GUIDE

18 to 29

Your first numbers: cholesterol, blood sugar, vitamin D and iron.

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Blood tests from 18 to 29: your first numbers

Most things worth knowing at this age give no symptoms. A first set of results gives you a baseline to compare with later, and shows what you can change now.

It can

- ✓ Give you a baseline to compare with later
- ✓ Show your cholesterol, which gives no symptoms
- ✓ Show your iron stores and your vitamin D in winter

It cannot

- ✗ Change anything on its own: what to do is your GP's call
- ✗ Explain tiredness by itself: low ferritin is one factor among many
- ✗ Replace an NHS programme: there is no routine NHS blood test at this age

WHY IT MATTERS

01

High cholesterol gives no symptoms, and some of it runs in families

The only way to know your level is a blood test. About 1 in 250 people have a type of high cholesterol that runs in families. A first result gives you a baseline.^[1, 2]

02

Low vitamin D is common in UK winters

From October to early March, sunlight in the UK is not enough to make vitamin D. In a UK winter study, 22 of 30 healthy adults were under 50 nmol/L.^[3, 4, 5]

03

Low iron is frequent in young women, even without anaemia

Women of reproductive age are at higher risk, and heavy periods are a common cause. Low iron can matter before anaemia shows.^[6, 7, 8]

04

Type 2 diabetes can start early, often without symptoms

The NHS lists a higher risk from 25 for people of South Asian, Chinese, Black African or Black Caribbean background, and says not everyone has symptoms.^[9]

What usually makes sense, and when to repeat it

TEST	WHY	WHEN TO REPEAT
Cholesterol profile	Total, HDL, non-HDL and LDL cholesterol, and triglycerides. High cholesterol does not usually cause symptoms, and about 1 in 250 people have a type that runs in families. ^[1, 2, 10]	As your GP advises. The NHS Health Check starts at 40.
HbA1c (average blood sugar)	Type 2 diabetes can start from 25 in some ethnic groups, often without symptoms. ^[9]	As your GP advises.
Vitamin D, 25(OH)D	In the UK, from October to early March sunlight is not enough to make vitamin D. Late winter shows your lowest level. ^[3, 4, 5]	Once in late winter; again after supplements, as your GP advises.
Ferritin and iron	Your iron stores. Low iron is common in young women, especially with heavy periods, and can matter before anaemia shows. ^[6, 7, 8]	If low, as your GP advises.
Vitamin B12 (vegan or strict vegetarian diet)	A vegan diet without B12 supplements is a known cause of low B12. ^[11]	Once a year on a vegan diet.
Sexual health screen	Most people with chlamydia have no symptoms. The NHS suggests a test once a year or with a new partner. ^[12, 13]	Once a year, or with a new partner.

What to do with your result

Your result arrives in your account, with reference ranges. A value outside the range, or a symptom with a normal result, is a conversation with your GP: treatment and supplements are their call. Repeat the same test later to compare.

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10. NHS. NHS Health Check. nhs.uk. 2026. <https://www.nhs.uk/tests-and-treatments/nhs-health-check/>
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Scan for the full page, the tests that cover these markers, a short video and the guided check-up.

bpr.clinic/blood-tests/for/18-29

General information, not personal medical advice. Talk to your GP about your own situation. Questions: hello@bpr.clinic or message us in the BPR app.

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