

6 Essential Health Tests to Track After 45

A simple checklist to help you stay healthy, active, and independent longer

If you're over 45, a few key numbers can tell you a lot about your health trajectory. This short checklist focuses on 6 widely recommended tests that can help you spot issues early, track progress over time, and make smarter lifestyle decisions.

1. Blood Pressure

Why it matters: High blood pressure is a major risk factor for heart disease and stroke—and often has no symptoms.

- **What to track:** Target range: $\sim 120/80$ mmHg (individual targets may vary)
- **How often:** At least once per year, or more frequently if elevated

2. Lipid Panel (Cholesterol)

Why it matters: Cholesterol levels help assess cardiovascular risk.

- **What to track:** LDL (“bad” cholesterol), HDL (“good” cholesterol), Triglycerides
- **How often:** Every 1–2 years, or as advised

3. Blood Sugar (Glucose / HbA1c)

Why it matters: Helps detect prediabetes or diabetes early.

- **What to track:** Fasting glucose, HbA1c (long-term blood sugar)
- **How often:** Every 1–3 years depending on risk

4. Waist Circumference / Body Composition

Why it matters: Abdominal fat is strongly linked to metabolic health risks.

- **What to track:** Waist measurement, Weight trends (secondary)
- **How often:** Monthly or quarterly

5. Kidney Function (Creatinine / eGFR)

Why it matters: Kidney function can decline quietly over time.

- **What to track:** Creatinine, eGFR (estimated kidney function)
- **How often:** Every 1–2 years

6. Inflammation Marker (hs-CRP)

Why it matters: Chronic inflammation is linked to heart disease and other conditions.

- **What to track:** hs-CRP (high-sensitivity C-reactive protein)
- **How often:** Periodically, based on risk

How to Use This Checklist

1. **Bring this list** to your next check-up
2. **Track your results** over time
3. **Focus on trends**—not one-time readings
4. **Combine with simple habits** (sleep, movement, nutrition)

You don't need dozens of tests—just a few key ones tracked consistently. Small, informed adjustments can make a big difference over time.

Not medical advice. Consult your clinician for personal medical decisions.