

# Your health has gravity.

One team. One orbit.

FOUNDING-MEMBER ONBOARDING · BANGKOK

LAST UPDATED · JUN 5, 2026

# Most blood tests hunt for disease. We hunt longevity.

22 tests · 88 biomarkers, grouped by body system.

*f* calculated · no extra blood

## Blood & immune

24

1. White Blood Cells
2. Red Blood Cells
3. Hemoglobin
4. Hematocrit
5. MCV
6. MCH
7. MCHC
8. RDW
9. Neutrophils %
10. Neutrophils #
11. Lymphocytes %
12. Lymphocytes #
13. Monocytes %
14. Monocytes #
15. Eosinophils %
16. Eosinophils #
17. Basophils %
18. Basophils #
19. Platelets
20. Mean Platelet Volume
21. Neutrophil/Lymphocyte Ratio *f*
22. Platelet/Lymphocyte Ratio *f*
23. Lymphocyte/Monocyte Ratio *f*
24. Systemic Immune-Inflammation Index *f*

## Urinalysis

14

25. Color
26. Appearance
27. Specific Gravity
28. pH
29. Protein
30. Glucose
31. Ketones
32. Bilirubin
33. Urobilinogen
34. Nitrite
35. Leukocyte Esterase
36. RBC (microscopy)
37. WBC (microscopy)
38. Squamous Epithelial Cells

## Heart & lipids

12

39. Total Cholesterol
40. Triglycerides
41. HDL Cholesterol
42. LDL Cholesterol
43. VLDL Cholesterol *f*
44. Cholesterol / HDL Ratio *f*
45. LDL / HDL Ratio *f*
46. Apolipoprotein B
47. Lipoprotein(a)
48. Triglyceride / HDL Ratio *f*
49. Non-HDL Cholesterol *f*
50. Non-HDL / HDL Ratio *f*

## Liver

10

51. AST
52. ALT
53. ALP
54. Total Bilirubin
55. Direct Bilirubin
56. Total Protein
57. Albumin
58. Globulin
59. AST / ALT Ratio *f*
60. FIB-4 Fibrosis Index *f*

## Electrolytes & minerals

6

61. Sodium
62. Potassium
63. Chloride
64. Total CO<sub>2</sub>
65. Anion Gap *f*
66. Calcium

## Metabolic & blood sugar

8

67. Fasting Glucose
68. HbA1c
69. Estimated Average Glucose *f*
70. Fasting Insulin
71. Uric Acid
72. HOMA-IR *f*
73. Glucose / Insulin Ratio *f*
74. Triglyceride-Glucose (TyG) Index *f*

## Kidney

7

75. Creatinine
76. Blood Urea Nitrogen
77. eGFR
78. Cystatin C
79. Albumin / Creatinine Ratio
80. BUN / Creatinine Ratio *f*
81. Uric Acid / Creatinine Ratio *f*

## Vitamins & inflammation

4

82. Vitamin D (25-OH)
83. Vitamin B12
84. Ferritin
85. hs-CRP

## Thyroid

2

86. TSH
87. Free T4

## Hormones

1

88. Total Testosterone

**Add-ons** — personalised tests added on top when intake or results call for them

**Hormone deep-dive:** SHBG · Free Testosterone · Bioavailable Testosterone (+ ratios) · **Sex hormones:** Estradiol · Progesterone · FSH · LH · **Thyroid:** Anti-TPO · Free T3 · **Prostate (men 45+):** Free PSA ·

**Result-triggered:** Serum Iron · TIBC · Transferrin Saturation · Fructosamine

# Every baht, optimized for signal.

Blood tests are expensive, so every marker earns its place. We add them cheapest-signal-first and stop at the value elbow — the most insight per baht, and the best testing value in Thailand.

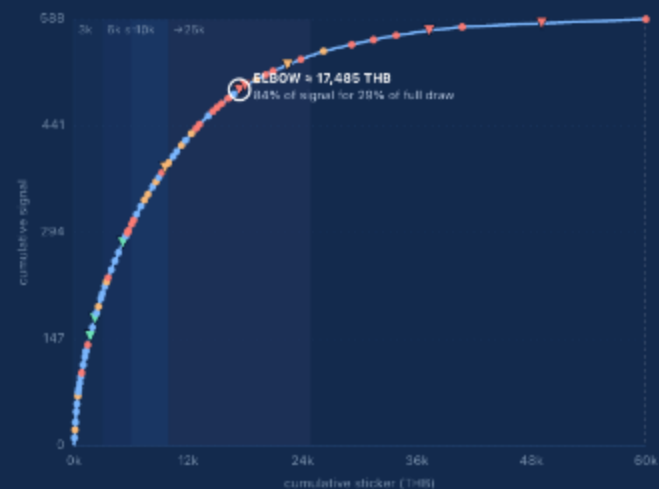
## Orba — Biomarker Budget Curve

Per-draw sticker (THB) vs clinical signal - 72 markers - generated 2026-06-03 - data: [V4=signal-cost-analysis.rd](#) + [signal-per-baht.json](#) + [proposed-additions.json](#)

● in V4 (29) ● proposed keeper ● conditional tail ● excluded tail

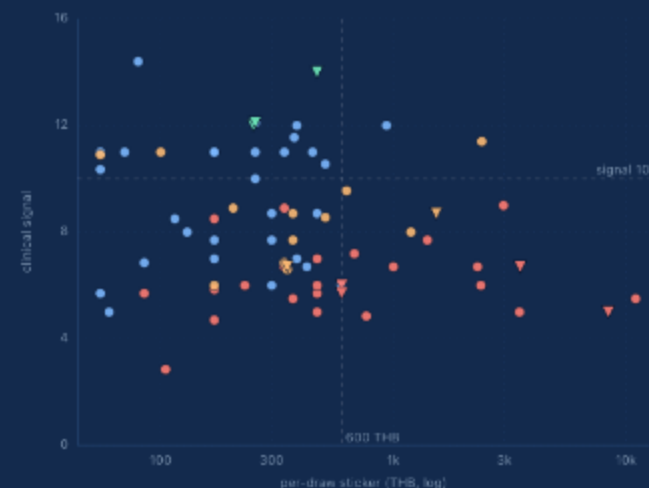
### Cumulative budget curve — where's the elbow?

Markers added cheapest-signal-first (sorted by signal ÷ baht). Toggle the excluded tail off and the elbow vanishes — that's the whole point.



### 2D quadrant — signal vs cost

Cost on a log axis. Top-left = obvious keep. Bottom-right = expensive, low signal (the tail).



Signal  $\pm$  (prevalence  $\times$  confidence  $\times$  actionability  $\times$  uniqueness)  $\times$  (1 + context). Proposed markers (V) are estimates pending Dr. Chawaporn's review — not yet in the canonical scoring file. Sort by signal/baht is a marginal-value view, not a panel-composition rule.

• THE PROBLEM • THE FIX

# Booking direct with a lab is a 30-minute negotiation.

Go straight to a lab and you show up, get handed a binder of packages, and pick blind. With Orba, it's three steps:

1

## Choose your panel

Pick it in the app in a minute — no binder, no guesswork.

2

## A nurse comes to you

Home or office, at a time you choose.  
Five minutes, done.

3

## Results in the app

Read, ranked, and explained — no PDF to decode.

• THE PROBLEM • THE FIX

# You did the test. You got a PDF.

Pages of numbers, an "H" or "L" in the margin, no idea what any of it means for your body. That's what every lab in Thailand hands you.

With Orba you get an app instead — every marker in plain language, colour-coded, finally readable.

**Biomarker Data**  
Full panel from your latest blood test

Ask Orba about your results

All (78) Liver (9) Metabolism (7) Blood & Immune (19) Kidneys (16) Vitamins & Minerals (16) Hormones (6) Heart Health (8) Other (3)

| BIOMARKER                   | BODY SYSTEMS   | VALUE                       | OPTIMAL RANGE | CLINICAL RANGE | STATUS      |
|-----------------------------|----------------|-----------------------------|---------------|----------------|-------------|
| Albumin                     | Liver          | 4.53 g/dL                   | 4.3 - 5       | 3.5 - 5        | Optimal     |
| Alkaline Phosphatase        | Liver          | 43 U/L                      | 45 - 100      | 40 - 150       | Sub-optimal |
| ALT (SGPT)                  | Liver          | 33 U/L                      | 10 - 26       | 0 - 40         | Sub-optimal |
| AST (SGOT)                  | Liver          | 24 U/L                      | 10 - 21       | 0 - 40         | Sub-optimal |
| Urine bilirubin             | Liver          | 0                           | 0 - 0         | 0 - 0          | Optimal     |
| Direct Bilirubin            | Liver          | 0.2 mg/dL                   | 0 - 0.3       | 0 - 0.3        | Optimal     |
| Total Bilirubin             | Liver          | 0.4 mg/dL                   | 0.5 - 0.9     | 0.1 - 1.2      | Sub-optimal |
| Total Protein               | Liver          | 7.66 g/dL                   | 6.4 - 8.3     | 6 - 8.3        | Optimal     |
| Urine urobilinogen          | Liver          | 0                           | 0 - 1         | 0 - 1          | Optimal     |
| Estimated Average Glucose   | Metabolism     | 100 mg/dL                   | 79 - 114      | 79 - 140       | Optimal     |
| Ferritin                    | Metabolism     | 126.2 ng/mL                 | 45 - 100      | 30 - 300       | Sub-optimal |
| Urine glucose               | Metabolism     | 0                           | 0 - 0         | 0 - 0          | Optimal     |
| Fasting Glucose             | Metabolism     | 89 mg/dL                    | 75 - 86       | 70 - 100       | Sub-optimal |
| HbA1c                       | Metabolism     | 5.1 %                       | 4 - 5.4       | 4 - 5.7        | Optimal     |
| Fasting Insulin             | Metabolism     | 6.1 uU/mL                   | 2.6 - 6       | 2.6 - 24.9     | Sub-optimal |
| Urine ketones               | Metabolism     | 0                           | 0 - 0         | 0 - 0          | Optimal     |
| Basophils (Absolute)        | Blood & Immune | 0.019 x 10 <sup>3</sup> /uL | 0 - 0.3       | 0 - 0.3        | Optimal     |
| Basophils %                 | Blood & Immune | 0.3 %                       | 0 - 1         | 0 - 1          | Optimal     |
| C-Reactive Protein (hs-CRP) | Blood & Immune | 1.24 mg/L                   | < 1           | < 3            | Sub-optimal |

# A 60-minute explanation with the doctor, forgotten by dinner.

A good doctor spends an hour walking you through it all — but it's spoken, in medical language, and by the time you're home most of it has slipped away.

Orba writes it down: every result read, ranked by what matters most, with the first step to take — open it any day.

May 24, 2026

## Your Health Review

66 biomarkers. 45 optimal, 10 we will monitor, and 11 need attention, we grouped them into:

7 FINDINGS

4

priority

0

important

3

strategic



## Start where the risk is highest

Your most important goals come first. Under each one, you will see why it matters, which labs are involved, and the next steps to choose from.

TOP PRIORITY

### Clarify your liver lab trend

Make sure this is a liver issue, not muscle-related, before changing the plan.

LABS BEHIND THIS

Aspartate Aminotransferase (AST) 24 U/L

Guessing here can push the wrong lever. The useful next move is to confirm the source, then choose the supplement and training plan with cleaner evidence.

WHAT WE RECOMMEND

Drink 3-4 unsweetened cups of coffee/day before noon (or ~2 iced americanos).

0 of 2 handled

Comment

● THE PROBLEM · THE FIX

# The questions come later.

You think of what you meant to ask  
on the drive home — and the  
doctor's gone until next year.

Ask Orba any time. It explains  
any marker in plain language,  
grounded in your own panel.

ⓘ This assistant explains and puts your own blood test results in context. It is not medical advice, it cannot diagnose conditions or prescribe treatments, medications, supplements, or doses, and it is not a substitute for a conversation with your doctor. Your messages are saved to your Orba account so you can return to them and so our team can keep improving your results experience.

✍ New chat

🔗 Take to any AI ▾

Explain my Blood & Immune markers

Your blood and immune markers show a few areas where your body is likely experiencing some low-level, chronic stress or inflammation. While your core blood counts like Red Blood Cells ( $4.79 \times 10^6/\mu\text{L}$ ) and Hemoglobin (14.5 g/dL) are right where they should be, a few specific markers suggest your immune system is working a little harder than it needs to.

Here are the specific markers of note:

- **Mean Platelet Volume (10.6 fL):** This is high. Platelets are the cells responsible for clotting. When they are larger (higher volume), it often indicates that the body is producing them rapidly or that they are being activated by ongoing inflammation in the blood vessels.
- **Monocytes % (9.7 %):** Monocytes are a type of white blood cell that acts as a "cleanup crew" for inflammation. When these run high, it's a sign your immune system is actively managing some internal inflammation or stress.
- **hs-CRP (1.24 mg/L):** This is a direct marker of systemic inflammation. Being slightly above the optimal range ( $\leq 1$ ) reinforces the picture painted by your Monocytes and MPV—your body is running just a little bit "hot" regarding inflammation.

#### Moving toward balance

You can influence these markers significantly through lifestyle shifts. Think of these as "cooling down" your internal inflammation:

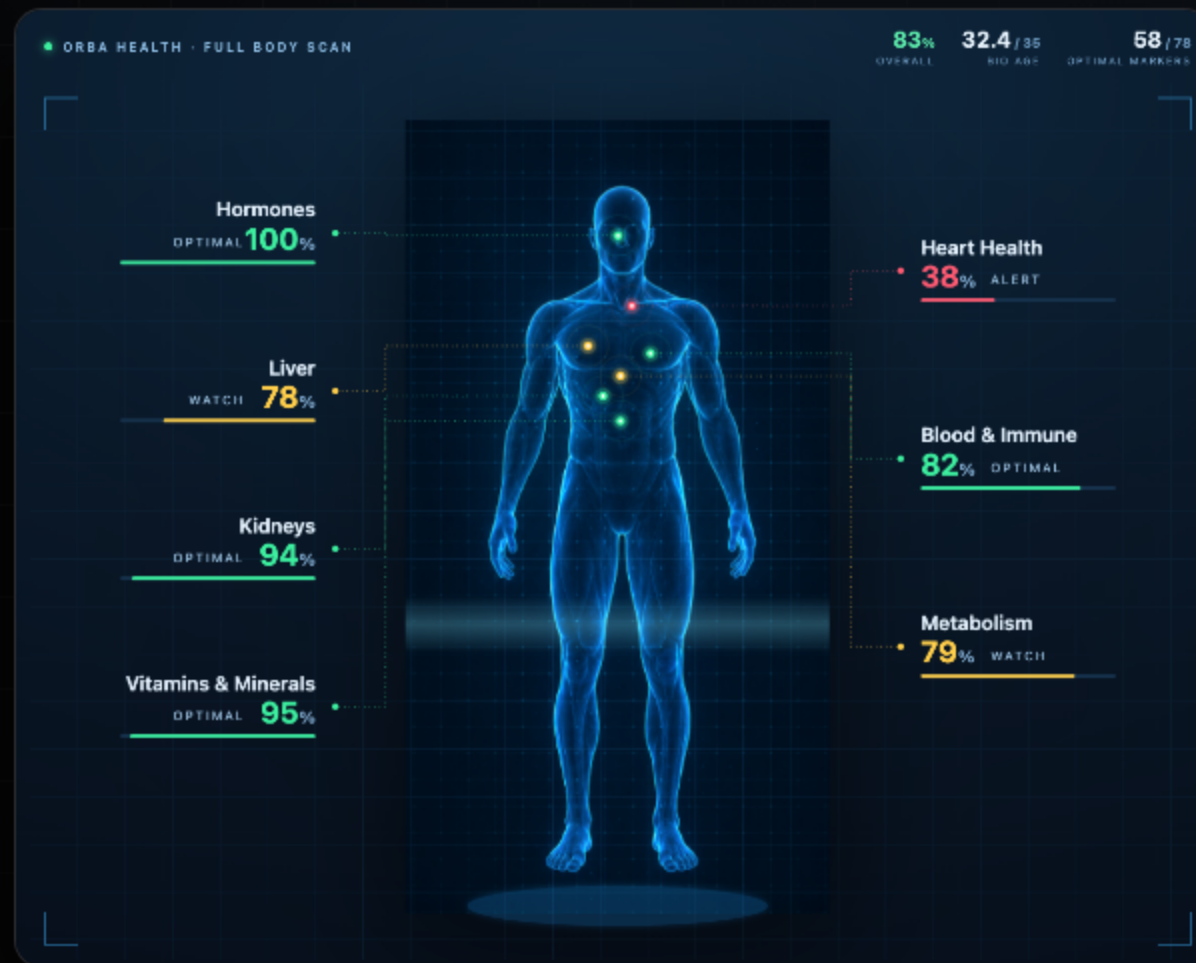
- **Prioritize sleep quality:** You noted insomnia and 7 hours of sleep. Chronic sleep deprivation is a major driver of inflammation and elevated white blood cell activity. Even if you are in bed for 7 hours, if that sleep is fragmented, your body doesn't fully recover. Focus on sleep hygiene: a consistent bedtime, a pitch-black room,

• THE MODEL

# One team. One orbit.

A doctor reads your panel, a coach builds the plan, a nutritionist tunes the food.

All orbiting one living record  
— your whole body, every  
system, in a single view.



● FOUNDING MEMBERS

# Join the first 100 in Bangkok.

We'll reach out personally to get you started.

[Get Early Access →](#)

Nothing to pay today. Just a conversation to see if we're a fit.