

Blood Test Buyer's Guide

A short reference for comparing the direct-to-consumer blood testing providers in our directory. Everything below is according to each company's own pages, on the dates shown. Providers are listed alphabetically, not ranked. Information only, not medical advice.

Updated October 21, 2026. Online version: <https://www.mylongevityledger.com/guides/blood-test-buyers-guide>

1. Which markers each provider lists

"Yes" means the marker appears on the company's page for the offering named (for providers that sell individual tests, that the test is sold). "Not listed" means we could not confirm it on the company's pages; it may still be available. Marker details checked October 21, 2026.

Provider (offering checked)	ApoB	Lp(a)	hsCRP	HbA1c	Insulin	Testosterone
<u>Everlywell</u> Everlywell 360	Not listed	Yes	Yes	Yes	Yes	Total
<u>Function Health</u> Membership	Yes	Yes	Yes	Yes	Yes	Total + free (calculated)
<u>Hims & Hers Labs</u> Labs annual plan	Yes	Yes	Yes	Yes	Yes	Total + free
<u>InsideTracker</u> Ultimate Blood Test	Yes	Not listed	Yes	Yes	Yes (US only)	Total + free
<u>Labcorp OnDemand</u> Advanced Health Panel; individual tests	Yes	Separate test	Yes	Yes	Yes (fasting)	Total
<u>Lifeforce</u> Membership panels	Yes	Yes	Listed as CRP	Yes	Not listed	Total + free
<u>Mito Health</u> Curated panels	Yes	Larger panels	Yes	Yes	Larger panels	Total
<u>Oura Health Panels</u> Health Panels	Yes	Yes	Yes	Yes	Yes	Not listed
<u>Quest Health</u> Profiles and individual tests	Yes	Yes	Yes	Yes	Yes	Yes (type not stated)
<u>Rythm Health</u> Monthly panel	Yes	Not listed	Yes	Not listed	Not listed	Total + free
<u>SiPhox Health</u> Ultimate 360 panel	Yes	Yes	Yes	Yes	Some panels	Total + free (calculated)
<u>Superpower</u> Annual membership	Yes	Pages differ	Yes	Yes	Pages differ	Total + free
<u>Ultra Lab Tests</u> Individual tests and panels	Not listed	Not listed	Not listed	Not listed	Not listed	Not listed
<u>Walk-In Lab</u> Individual tests and panels	Yes	Yes	Yes	Yes	Yes (fasting)	Total + free
<u>WHOOP Advanced Labs</u> Comprehensive Health Panel	Yes	Specialized panel	Specialized panel	Yes	Yes	Free (total in a specialized panel)

2. Size, clinician access and listed price

Provider	Approx. biomarkers	Care team or clinician access	Listed price	Checked
<u>Everlywell</u>	83 (Everlywell 360)	Clinician-reviewed Care Plan; optional tier adds a 1:1 provider consult	\$399 per year (360)	October 16, 2026
<u>Function Health</u>	160+ lab tests per year	Clinician review and summary included	\$365 per year	October 20, 2026
<u>Hims & Hers Labs</u>	Up to 130+ per year (75+, then 55+)	Licensed provider reviews; 24/7 provider messaging	\$349 per year	October 16, 2026
<u>InsideTracker</u>	Up to 54	Not described on the pages we reviewed	\$489 (membership + 1 test)	October 20, 2026
<u>Labcorp OnDemand</u>	65+ (Advanced Health Panel)	Ordered through an independent provider who also receives results	\$399 (Advanced Health Panel)	October 16, 2026
<u>Lifeforce</u>	50+ per panel	1:1 clinician visits and coaching (membership)	\$599 per year (Core) or \$149 per month; promotions vary	October 16, 2026
<u>Mito Health</u>	Catalog of 1,000+ tests; tiered panels	Every result clinician-reviewed; paid consults	Membership \$9/month or \$99/year; tests priced individually	October 16, 2026
<u>Oura Health Panels</u>	50 per test	Telehealth consent (SteadyMD); share with your own provider	\$99 per test; Oura membership and ring required	October 16, 2026
<u>Quest Health</u>	150+ tests; Elite profile 85+	Independent provider involved; results discussion included	Elite Health Profile \$399	October 16, 2026
<u>Rythm Health</u>	25+ per test	Not described; AI coach listed	\$79 per test, plus shipping and tax	October 16, 2026
<u>SiPhox Health</u>	52 (Ultimate 360)	Collection support listed; clinician access not described	Page shows "Only \$124"; Ultimate 360 price not shown	October 16, 2026
<u>Superpower</u>	100+ per year	Clinician-reviewed plan; 24/7 care-team access	From \$199 per year; at-home draw extra	October 20, 2026
<u>Ultra Lab Tests</u>	Individual tests; no fixed count	No clinician consult described	Listed per test; current price not retrieved	October 16, 2026
<u>Walk-In Lab</u>	Individual tests; no fixed count	Does not recommend physicians; review with your own provider	Per test, plus a \$6 per-order physician fee	October 16, 2026
<u>WHOOP Advanced Labs</u>	75 (Comprehensive); 77-90 specialized	Licensed clinician reviews each result	\$199 per test (Comprehensive); \$299 per specialized panel	October 20, 2026

According to each company. Prices, panels and availability change and vary by state; confirm on the company's site before buying.

Notes and caveats

Hims & Hers Labs: Hims & Hers also offers other services that are not covered or evaluated here, including telehealth care and prescription treatment. The company says its Labs action plan can include access to personalized treatment plans if a provider deems them appropriate. Only the testing is described here.

Lifeforce: Lifeforce also offers other services that are not covered or evaluated here, including clinician-managed treatment and prescriptions. Its testing is sold as part of that clinician-led membership rather than as a stand-alone test, so it may not suit someone who only wants a test. Lifeforce's page lists insulin with an asterisk it does not explain, so it is shown as Not listed.

Mito Health: Mito sells tiered panels (Essential, Core, Pro, Ultra). "Larger panels" means the marker is added in a higher tier.

Superpower: Superpower says its care team can also help with treatments; those services are not covered or evaluated here. Only the testing is described. Superpower's biomarker page lists Lp(a) and insulin both as included and in add-on or alternate panels; confirm before buying.

Ultra Lab Tests: Ultra Lab Tests' pages could not be loaded for this check, so no marker is confirmed here. Check its catalog directly.

3. Why people ask about these markers

Neutral background only. Whether any test is appropriate for you depends on your history; a licensed clinician can advise.

ApoB (apolipoprotein B)

ApoB is a protein carried on LDL and other cholesterol-carrying particles. Guidelines discuss this marker in cardiovascular risk assessment. What a result means for you is a question for a licensed clinician. Evidence note: Discussed in a major US guideline as an optional measurement for selected adults. Source: Grundy SM et al. 2018

AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Circulation 2019

Lp(a) (lipoprotein(a))

Lp(a) is a cholesterol-carrying particle. Guidelines discuss this marker in cardiovascular risk assessment. What a result means for you is a question for a licensed clinician. Evidence note: Discussed in a major US guideline as an optional measurement for selected adults. Source: Grundy SM et al. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Circulation 2019

hsCRP (high-sensitivity C-reactive protein)

hsCRP is a blood marker of inflammation. Guidelines discuss this marker in cardiovascular risk assessment. What a result means for you is a question for a licensed clinician. Evidence note: Discussed in a major US guideline as an optional measurement for selected adults. It is not specific to the heart and can change with short-term illness. Source: [Grundy SM et al. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Circulation 2019](#)

HbA1c (hemoglobin A1c)

HbA1c reflects average blood glucose over roughly the past few months. Guidelines discuss this marker in the evaluation of blood glucose and diabetes. What a result means for you is a question for a licensed clinician. Evidence note: Discussed in a major clinical guideline. Source: [American Diabetes Association Professional Practice Committee. 2. Diagnosis and Classification of Diabetes: Standards of Care in Diabetes-2026. Diabetes Care 2026](#)

Insulin (fasting)

Fasting insulin measures how much insulin is in the blood after an overnight fast. It is not among the measures the guideline cited here relies on. What a result means for you is a question for a licensed clinician. Evidence note: Not rated. Interpretation is not standardized. Source: [American Diabetes Association Professional Practice Committee. 2. Diagnosis and Classification of Diabetes: Standards of Care in Diabetes-2026. Diabetes Care 2026](#)

Testosterone (total and free)

Testosterone is a hormone marker commonly included in consumer blood panels. Interpretation of a result and any follow-up belong with a licensed clinician. We do not cover or evaluate treatments. Evidence note: Not rated. Source: [Bhasin S et al. Testosterone Therapy in Men With Hypogonadism: An Endocrine Society Clinical Practice Guideline. J Clin Endocrinol Metab 2018](#)

4. Questions to ask before you buy

1. **What does a retest cost?** Compare the price per test over a year, not just the first test. Some plans include a follow-up; others charge per draw.
2. **What exactly is included?** Check which markers are in the base panel and which are add-ons, plus any fees for at-home draws, physician orders or shipping.
3. **Are results reviewed by a clinician?** Ask who reviews results, whether you can talk to them, what it costs, and what happens if a result is critical.
4. **How is my data handled?** Read the privacy policy: who can see results, whether data is shared or sold, and how to delete it.
5. **Membership or pay-per-test?** A membership may bundle tests, reviews and an app; pay-per-test lets you order only what you want. Neither is right for everyone.
6. **What are the cancellation and refund terms?** Check auto-renewal, how to cancel, and whether unused tests or kits are refundable.

Disclaimer. This guide is general information only, not medical advice, and does not diagnose, treat or recommend any test, product or provider. Talk to a licensed clinician about whether any test is right for you and what results mean. Facts about providers are according to each company's own pages on the dates shown and were not independently verified. Listings are alphabetical, not ranked, and inclusion is not an endorsement. Some links on our site may be affiliate links; see <https://www.mylongevityledger.com/affiliate-disclosure>.

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