

M A V E R I C K A I

GET CHATGPT TO EXPLAIN YOUR BLOOD TEST RESULTS

THE FULL WALKTHROUGH, IN PLAIN ENGLISH

Your results come back as a page of numbers, short codes and little flags. ChatGPT can walk you through every line in plain English and help you show up to your appointment with the right questions. Your doctor still makes the call.

Open ChatGPT Health in the US or a regular chat anywhere

Upload your results with personal details covered

Get every number explained in plain English

Walk into your appointment with the right questions

Eight calm, copyable prompts

October 2026

Start Here: Your Results, in Plain English

THE PLAN

1. Open ChatGPT Health (US) or a regular ChatGPT chat (everywhere else).
2. Upload your results, with your personal details covered in a regular chat.
3. Set the thinking effort to Extra High, the highest level.
4. Paste the Explain-My-Results prompt and read your plain-English explanation.
5. Turn it into a one-page summary and question list for your next appointment.

Before you start

What you need: Your blood test results as a PDF, a screenshot or a clear photo of the paper report, plus a ChatGPT account.

Time: About 15 minutes, including time to read the answer properly.

Privacy: In the US, ChatGPT Health keeps health chats in their own space with extra protections. Everywhere else, cover your name, date of birth, address and any ID numbers before you upload.

If you came from my video, this is the full walkthrough. You'll upload your blood test, get every number explained in words that make sense, then walk into your next appointment with a short list of questions.

Here's how to think about it. ChatGPT explains, and your doctor decides. It can't examine you and it doesn't know your full history, so every prompt in this guide keeps it explaining and helping you prepare. This guide is for understanding your results, not medical advice.

This is moving fast. On October 5, 2026, a pilot in Utah let an AI from Nolla Health prescribe acne creams from a short list of doctor-approved options, with doctors reviewing its work. That's one state and one skin condition, but it shows where things are heading. Understanding your own numbers is a great place to start.

HEADS UP

If you feel seriously unwell right now, with chest pain, trouble breathing, sudden confusion, fainting or signs of a stroke, skip the chatbot. Call your local emergency number, such as 911 in the US, 999 in the UK, 112 across the EU or 000 in Australia. If your doctor or lab has already called you about a result, follow their instructions first.

Copy This First:

The Explain-My-Results Prompt

Upload your results, set the thinking effort to Extra High, then paste this. The five steps after this page walk through each part slowly if you'd like more help.

PROMPT 1 | COPY & PASTE

I've uploaded my blood test results. Explain them in plain English for someone with no medical background. Start with any results outside the reference range printed on my report. For each result, say what it measures, how mine compares with my report's range, and everyday things that can affect it, like sleep, exercise, food, alcohol or medication. Don't diagnose me. Explain first, then ask about my age, sex and medications if they'd change anything. Tell me clearly if anything should be seen by a doctor within days rather than at a routine visit.

Read the whole answer once before you react to any single number. ChatGPT may ask you a few questions afterward, like your age or what you take each day. Answer the ones you're comfortable with and it will update the explanation.

The prompt sticks to the ranges printed on your report because normal ranges can differ from lab to lab. Your lab's own range is the one your doctor will look at.

TIP

Some reports don't print reference ranges. If yours doesn't, ChatGPT may fall back on typical ranges. Ask it to tell you which ranges it used, and check them with your doctor.

Step 1: Open ChatGPT Health or a Regular Chat

In the US: ChatGPT Health

ChatGPT Health is a separate Health space inside ChatGPT. It's for logged-in users 18 and over in the US, on the Free, Go, Plus and Pro plans. It's rolling out gradually, so you may not have it yet.

Open it from the sidebar in ChatGPT. If you don't see Health there, look under **More**.

On a computer, go to chatgpt.com/health in your web browser. Health shows there, not in the ChatGPT desktop app. On a phone, use the ChatGPT app on iPhone.

Everywhere else: a regular chat

Outside the US, or if Health hasn't reached you yet, open a regular ChatGPT chat. Everything in this guide still works. You'll upload a photo or PDF of your results right into the chat.

The same prompts also work in Claude, if that's the assistant you already use.

TIP

If you're in the US and you see Health, use it. Your health chats stay in their own space, and records you connect there get extra protections. More on that in Privacy and Safety.

Step 2: Get Your Results In

Upload a file or photo (works everywhere)

Most labs give you results as a PDF in a patient portal, or on paper. Either works.

From a patient portal or email: download the PDF and upload it to the chat.

On paper: lay each page flat in good light and take one photo per page, with every number in focus.

Screenshots: fine too, as long as the numbers, units and ranges are easy to read.

In ChatGPT Health, you can upload your results the same way, right into the Health chat.

Cover your personal details first

In a regular chat, hide anything that identifies you before you upload. That means your name, date of birth, address, and any ID or insurance numbers. Keep the test names, your numbers, the units, the ranges and the test date. Those are what ChatGPT needs.

On a phone, the edit or markup tool in your photos app can draw over a line in seconds. On paper, a sticky note over your details works before you take the photo.

Or connect your records (ChatGPT Health, US only)

In Health, go to **Health**, then **Accounts**, then **Add account**. Search for your provider, sign in and give your consent. Your records then come in directly.

With an iPhone, you can also connect Apple Health from the iOS app: open **Health**, tap the ... menu, then choose **Apple Health**. WHOOP, Oura and Garmin data comes in through Apple Health. Connecting is optional. One uploaded report works fine for this guide.

TIP

Upload every page of the report, including the last one. Reference ranges and lab notes are sometimes printed on a separate page.

Step 3: Turn Up the Thinking

Before you send the prompt, set the thinking effort to **Extra High**, the highest level. ChatGPT takes longer to answer, and that extra time goes into working through your report carefully.

Lab reports are dense. One page can hold 30 results, each with its own unit and range. A slow, careful pass is how you avoid an answer that skims past the one line you actually needed.

For your health, waiting an extra minute for the answer is worth it.

TIP

If you don't see Extra High, pick the highest thinking level available on your plan. The options can differ between plans and change over time.

Step 4: Get Your Plain-English Explanation

Paste the Explain-My-Results prompt with your report attached and send it. A good answer covers these five things.

Flagged results first. Anything outside your report's range comes at the top, so you're not hunting for it.

What each test measures, in everyday words. For example, what your liver or kidney numbers are actually checking.

Your number next to your report's range, and how far off it is.

Everyday things that can affect it, like a hard workout the day before, a bad night's sleep, not fasting or a new medication.

A clear urgency note, telling you if anything should be seen by a doctor within days.

If a result is a little outside the range

Try not to panic. Reference ranges are built from healthy people, and some healthy people always land just outside them. A result slightly outside the range is common, and your doctor can put it in context.

If the answer says something looks urgent

If ChatGPT says a result should be seen within days, call your doctor's office. Read them the result and ask what they'd like you to do. If you feel seriously unwell, use the emergency guidance at the start of this guide.

TIP

Not sure what a word means? Just ask, for example: "What does eGFR mean, in one sentence?" There's no such thing as a silly question here.

Step 5: Prepare for Your Appointment

This is where it pays off. Instead of trying to remember everything in a short appointment, you walk in with one page.

PROMPT 2 | COPY & PASTE

Now turn this into a one-page summary I can bring to my next appointment. List the results worth discussing and the five most useful questions to ask my doctor. If I've uploaded earlier results, note what changed. If not, skip that part. Keep it short and factual, and don't suggest treatments.

Print it, save it on your phone, or send it through your clinic's patient messages if they offer them. A short, factual page is easy for a doctor to work with.

Questions about one result

If one number is on your mind, ask for questions about that result on its own.

PROMPT 3 | COPY & PASTE

Let's focus on my [test name] result. In plain English, explain what this test measures, how my number compares with the range on my report, and everyday things that can push it up or down. Explain in general terms what a doctor might want to check next for a result like mine. Then write five clear questions I can ask my doctor about it. Don't diagnose me and don't suggest treatments.

TIP

Bring your medication and supplement bottles, or photos of the labels, to the appointment. It's faster than remembering every name.

It Works on More Than Blood Tests

The same approach works for most results that come with a written report. Upload the report, cover your personal details, and ask for a plain-English explanation.

Result	What to upload
Cholesterol and thyroid panels	The lab report with your numbers and ranges
Urine tests	The lab report
Allergy tests	The written results
X-ray, MRI, CT or ultrasound	The written report, not the images
ECG	The printout report with its written summary
Sleep study	The written report
Bone density scan	The written report with your scores
Eye exam	Your written results

Explain a written scan report

PROMPT 4 | COPY & PASTE

I've uploaded the written report from my [X-ray, MRI, CT or ultrasound]. Translate it into plain English for someone with no medical background, going section by section. Explain each medical term the first time it appears. Work only from the words in the report. Don't try to interpret any images, and don't diagnose me. Finish with the parts of the report worth asking my doctor about, written as questions.

Compare results over time

Got older results too? Upload them together and ask what changed. This works best when every report shows its test date.

PROMPT 5 | COPY & PASTE

I've uploaded blood test results from different dates. Make a simple table with one row per test and one column per date, using only the numbers printed on the reports. Then explain in plain English which results changed the most and which stayed about the same. If a report is missing a date, or a test uses different units or ranges between reports, tell me instead of guessing. Don't invent trends from a single result, and don't diagnose me.

Give It Numbers, Not Vibes

In February 2026, Mount Sinai researchers published a study in Nature Medicine that tested ChatGPT Health on 60 cases written by doctors. They checked whether it gave the right advice about how urgently to get care.

54.6%

Right without lab values and vital signs

77.9%

Right with lab values and vital signs

When a case included a line like "my friend said it's nothing serious," its advice shifted more often, mostly toward less urgent care. Even with the numbers, it was right about 78 times out of 100. That's why the final call belongs to your doctor.

The lesson is simple. Give it your real numbers, and don't tell it what you're hoping to hear.

Do this: upload the full report, with every value, unit and range. If you have a recent blood pressure or heart rate reading, add it. Describe any symptoms plainly, like "tired for three weeks" or "no symptoms at all."

Skip this: "my cholesterol is a bit high but I'm sure it's fine." A line like that nudges the answer toward the one you want.

Add your medications and supplements

Some medications and supplements can affect lab results. This prompt turns that into questions for your doctor or pharmacist, so you never change anything on your own.

PROMPT 6 | COPY & PASTE

Here are the medications and supplements I take: [list each one]. Looking at my blood test results, which of these could affect any of my results, either in my body or by interfering with the test itself? Write it as a list of questions I can ask my doctor or pharmacist. Don't tell me to stop, start or change anything.

Privacy and Safety

How ChatGPT Health handles your data

In ChatGPT Health, your connected records, your Apple Health data and conversations that use them are not used to train OpenAI's foundation models or to target ads. They also get extra encryption.

If you disconnect a record or app, the synced data is deleted within 30 days. Your chats stay until you delete them. Health is not HIPAA-eligible (HIPAA is a US health privacy law), and it isn't meant for diagnosis.

If memory is on, Health chats can create memories. If you'd rather it didn't remember anything, use a **Temporary Chat**, or turn memory off in **Settings**, then **Personalization**.

In a regular chat

Outside Health, your chats follow your normal ChatGPT settings. Cover your personal details before you upload, and use a Temporary Chat if you don't want the conversation to create memories.

Helping a family member

Lots of people do this for someone in their family. It's a lovely way to help, as long as that person has said yes first. Upload their report with their personal details covered, and share the summary with them so they can take it to their own doctor.

PROMPT 7 | COPY & PASTE

I'm helping my [family member] understand their blood test results, and they've given me permission to do this. I've uploaded their report with personal details covered. Explain the results in plain, warm language I can read aloud to them, starting with anything outside the ranges printed on the report. Don't diagnose them or suggest treatments. Add a short list of questions they can take to their own doctor, and tell us clearly if anything should be seen by a doctor within days rather than at a routine visit.

TIP

If they use ChatGPT too, they can run these prompts on their own account. That keeps their health information in their own hands.

Common Mistakes and Easy Fixes

If this happens	Try this
ChatGPT can't read your photo	Retake it flat, in good light, one page per photo. Or download the PDF from your patient portal.
It used ranges that aren't on your report	Ask it to use only the ranges printed on your report.
Your report has no ranges	Ask which typical ranges it used, and check them with your doctor.
The answer is too technical	Ask it to explain again as if you're a friend with no medical background.
You feel worried after reading it	A result slightly outside the range is common. Write your questions down and call your doctor's office.
It sounds like it's diagnosing you	Say: "Please don't diagnose. Just explain and help me prepare questions."
You don't see ChatGPT Health	It's US only and rolling out gradually. Use a regular chat. The prompts work the same.
Health isn't in the desktop app	Open chatgpt.com/health in your web browser instead.
You forgot to cover your details	Delete that chat, cover your details and upload again.
You don't see Extra High	Pick the highest thinking level available on your plan.
It mixed up older and newer reports	Tell it the date of each report in your message.

Ask it to check its own work

PROMPT 8 | COPY & PASTE

Go back over your explanation of my results. Check every number you quoted against my uploaded report and list anything you got wrong or couldn't read clearly. Point out anywhere you used a range that isn't printed on my report. Keep the corrections short and in plain English.

Quick Reference: Your Blood Test Results

Step	What to do
1. Open	ChatGPT Health at chatgpt.com/health (US) or a regular chat (everywhere else).
2. Upload	A PDF, screenshot or clear photo. Cover your personal details in a regular chat.
3. Think	Set the thinking effort to Extra High, or the highest level you have.
4. Explain	Paste Prompt 1 and read the whole answer before you react.
5. Prepare	Paste Prompt 2 and bring the one-page summary to your appointment.

Rules to remember

Explain, don't diagnose: ChatGPT explains. Your doctor decides.

Numbers, not vibes: Give it your real results and leave out your own verdict.

Urgent means call: If it says within days, call your doctor. If you feel seriously unwell, call your local emergency number.

DO THIS TODAY

Find your most recent blood test in your patient portal, email or paperwork. Cover your personal details, upload it, set the thinking effort to Extra High and paste Prompt 1. Then run Prompt 2 and save the summary for your next appointment.

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Know your numbers. Walk in ready.