

Testing blood once a year is like watching a two-hour movie by looking at just one frame.

A single annual blood test provides only a momentary snapshot, missing how key biomarkers, such as glucose, lipids, and inflammation markers, fluctuate with diet, sleep, exercise, stress, and medication.

Healthcare is evolving from static annual snapshots to Right-Frequency Monitoring, measuring the right biomarker at the right time. Here is how blood testing is shifting toward meaningful longitudinal monitoring:

- ◆ From Snapshot to Trend:

Tracking change over time provides a clearer picture of personal health than isolated results.

- ◆ The Closed-Loop Cycle:

Effective monitoring follows five key steps: Measure → Understand → Intervene → Re-Measure → Adjust.

- ◆ More Follow-Up, Less Blood:

Increasing sampling frequency doesn't require traditional large-volume blood draws; capillary microsampling makes practical follow-up possible with smaller sample volumes.

- ◆ Standardized Workflows:

Solutions like Winnoz's Haiim Plus standardize capillary microsampling to support decentralized and preventive health testing.

References:

Emily the Patient Scientist – Rethinking Blood Tests: Sampling Frequency

<https://lnkd.in/gQcJqerD>

Dr. Andy Galpin – Fat Loss Scientist: It's Easy To Lose Weight, But Here's Why You WON'T Do It! (The Diary Of A CEO) <https://lnkd.in/guMdDCZ5>

#HaiimPlus #Haiim #BloodTesting #PreventiveHealth #Microsampling

#MedTech #HealthTech #Biomarkers #Winnoz #HealthcareInnovation

The Next Step in Blood Testing:

From an Annual Snapshot to Right-Frequency Monitoring

A single blood test is only a snapshot. Key biomarkers can change with lifestyle, medication, and health status.



SOURCES

1. **Emily the Patient Scientist**, *Rethinking Blood Tests*
2. **Dr. Andy Galpin**, *Why You Won't Lose Weight* (Podcast)

FROM SNAPSHOT TO TREND



Standardizing Capillary Microsampling for Next-Generation Blood Testing

Simple Sampling

Meaningful Monitoring

Better Decisions

The Next Step in Blood Testing:

From an Annual Snapshot to Right-Frequency Monitoring

A single blood test provides a snapshot of health at one moment. But glucose, lipids, and certain inflammation-related biomarkers can change with diet, sleep, exercise, stress, medication, and overall health status.

IN BRIEF

- One annual test shows a snapshot not the trend.
- The goal is not more testing, but the right testing frequency.
- Smaller samples can make longitudinal follow-up more practical.

1. FROM SNAPSHOT TO TREND

Testing once a year is like watching a two-hour movie by looking at just one frame. The frame matters — but understanding change requires the trend.



Wearables and CGM have already made longitudinal health trends visible. Could blood testing evolve in the same direction?

2. FROM FIXED-FREQUENCY TO RIGHT-FREQUENCY

The future is not about measuring every biomarker more frequently. Different biomarkers change at different rates and carry different clinical meanings. The goal is to re-measure the right biomarker at a meaningful time.

3. MORE FOLLOW-UP DOES NOT MEAN MORE BLOOD

As DTC, preventive health, and decentralized testing develop, blood testing is moving from one-time results toward longitudinal data. If we measure at multiple time points, do we need a conventional-volume draw every time?

LOW-FREQUENCY → HIGH-FREQUENCY
FIXED-FREQUENCY → RIGHT-FREQUENCY

Not necessarily.
As analyzers do more with smaller sample volumes, microsampling becomes increasingly relevant.

4. A NEW MODEL FOR LONGITUDINAL & DECENTRALIZED TESTING



One-time Testing → Longitudinal Testing | Centralized Lab → Decentralized Testing

Haiim Plus: Standardizing Capillary Microsampling for Next-Generation Blood Testing

A convenient sampling option designed to support decentralized workflows as blood testing moves toward more meaningful longitudinal monitoring.

INSPIRATION

1. Emily the Patient Scientist, “Rethinking Blood Tests: Sampling Frequency.”, https://emilythepatientscientist.substack.com/p/rethinking-blood-tests-sampling-frequency?r=387tfv&utm_campaign=post-expanded-share&utm_medium=web

2. Podcast — The Diary of A CEO with Steven Bartlett — Dr. Andy Galpin, Lose Weight, But Here’s Why You WON’T Do It.