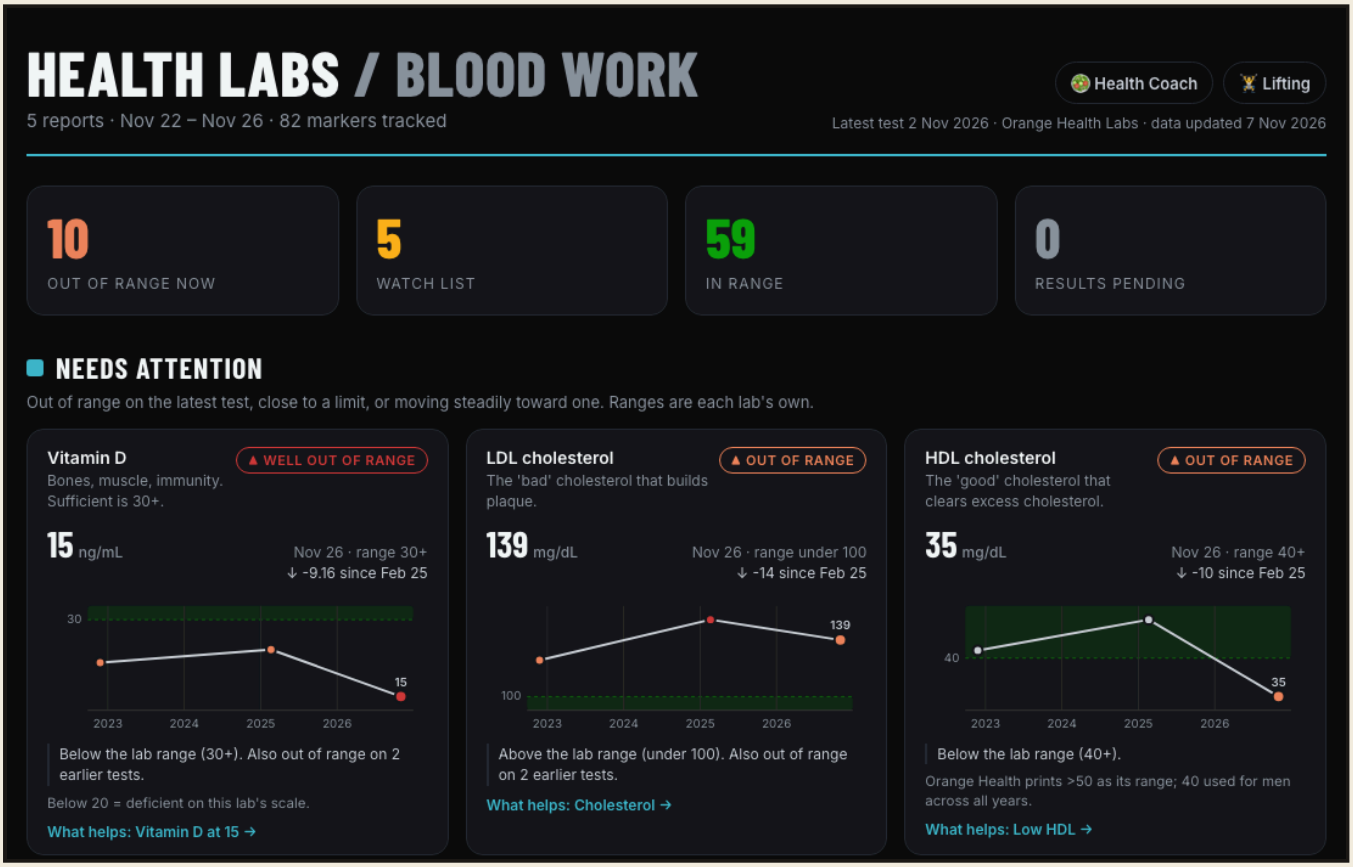
THREE REPORTS. ONE DASHBOARD.

I took vitamin D fairly regularly, and it still dropped. My reports had been telling me for years, but each one sat in a WhatsApp chat, read once and filed away. **One report is a snapshot. Three are a story.** This is exactly how I built my own blood-work dashboard with Claude, step by step, in plain English. No coding.

WHAT YOU NEED

- **A paid Claude plan** (Pro or higher) — Claude Code comes with it
- **The Claude desktop app** on a laptop: download it from claude.com/download
- **Your last 2–3 years of blood reports as PDFs** (lab downloads or clear phone scans)
- **About 45 minutes**, and a cup of chai



Where mine ended up: every marker from 5 reports (2022–2026), what's out of range, and which way it's moving.

STEPS 1-4: GET THE FIRST CUT

STEP 1

Set up the folder.

Make a folder on your laptop called **Health Labs** and put every report PDF in it. Open the Claude desktop app, sign in, click the **Code** tab and choose that folder. Claude can now read what's inside it. It will ask before it reads or creates files: say yes for this folder.

STEP 2

Ask for the dashboard. Let it suggest the options.

TYPE THIS

I have blood reports for the last 3 years in this folder. Can you create a dashboard that stores this data and shows trends and insights on the key parameters? Take a look first and tell me what's possible.

Claude reads the reports and comes back with options. I picked the one that keeps the data in its own file as a separate dashboard, so nothing gets lost when the browser is cleared.

STEP 3

Make it check its own work.

TYPE THIS

Go through every report line by line. List any test you missed or misread, add them, and give me a count of everything on the dashboard.

What happened to me: on my first cut I spotted that magnesium was missing. When I asked, the line-by-line check found 11 more tests it had skipped. Never trust a first pass with health numbers.

STEP 4

Add what to actually do about it.

TYPE THIS

For every value that's off, add general food and lifestyle advice: what to eat more of, what to cut back on, and habits that help. Keep it Indian food, and I don't eat [anything you avoid].

This is the section I use most. A number in red means nothing until you know what moves it: fibre, oil, sleep, sun, water.

STEPS 5-8: MAKE IT YOURS

STEP 5

Give it your context.

TYPE THIS

Here's my context: I'm [age], I take [supplements and medicines] and I [how you exercise]. Does any of that explain my results? What doesn't it explain?

What happened to me: my kidney markers had been sliding for three years while still "in range". My creatine and whey were the likely reason. My HDL and vitamin D weren't explained by any of it, so those went to my doctor.

STEP 6

Turn it into a doctor visit.

TYPE THIS

Turn the flagged values into a short list of questions for my doctor, and a retest plan: which tests to repeat, when, and anything to do before them.

Mine reminded me to stop heavy lifting for 48 hours before the kidney retest, so the result isn't skewed.

STEP 7

Make it something you can bookmark.

TYPE THIS

Make the dashboard open at the same web address on this laptop every time, so I can bookmark it.

Use the address Claude gives you, which looks like **localhost:** and a number. Don't double-click the file to open it, because it may not load your data properly that way.

STEP 8

Every new report: one message.

TYPE THIS

My new report is in the folder. Add it, run the line-by-line check again, and tell me what changed and what it means.

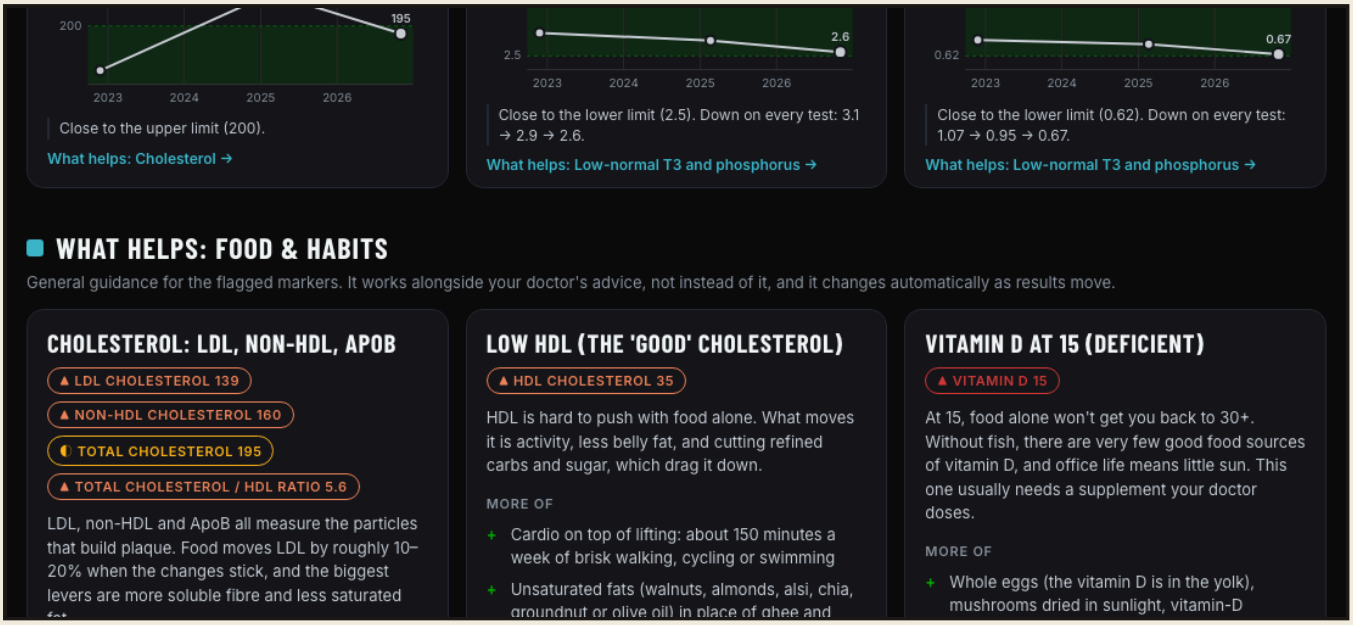
That's the real payoff. My latest report went in a few minutes after it arrived, and the trend lines updated.

THE ONE RULE

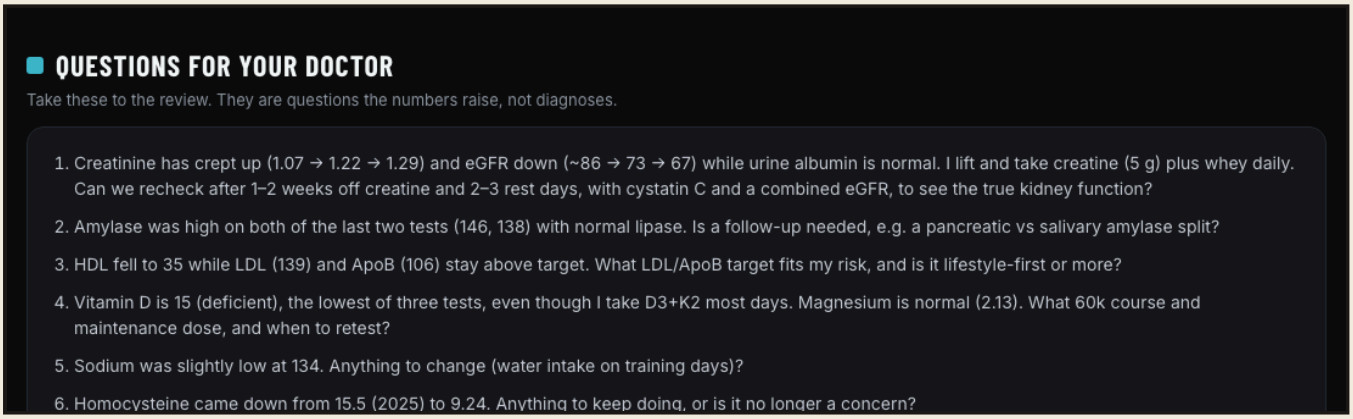
Talk to it like a colleague: look at what it built, then say what's missing. **Your best version comes from the third and fourth message, not the first.**

REPORTS — WHERE MINE ENDED UP

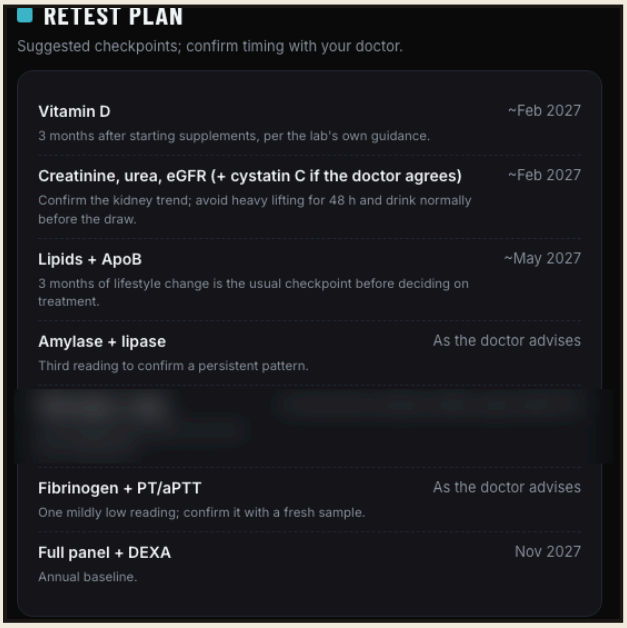
WHAT YOU'LL WALK AWAY WITH



What helps: food and habits for each flag (step 4).



Questions for my doctor, in my own context (steps 5–6).



Retest plan with dates (step 6).

This is not a diagnosis. Claude reads and organises your reports. It doesn't replace your doctor. Take the questions to them, and don't start or stop a medicine or supplement because of a chart.

Keep it private. Your dashboard lives on your own laptop. Don't publish it or share a link to it.

Check against the PDF. If a number on the dashboard looks off, check it against the original report and tell Claude to fix it.