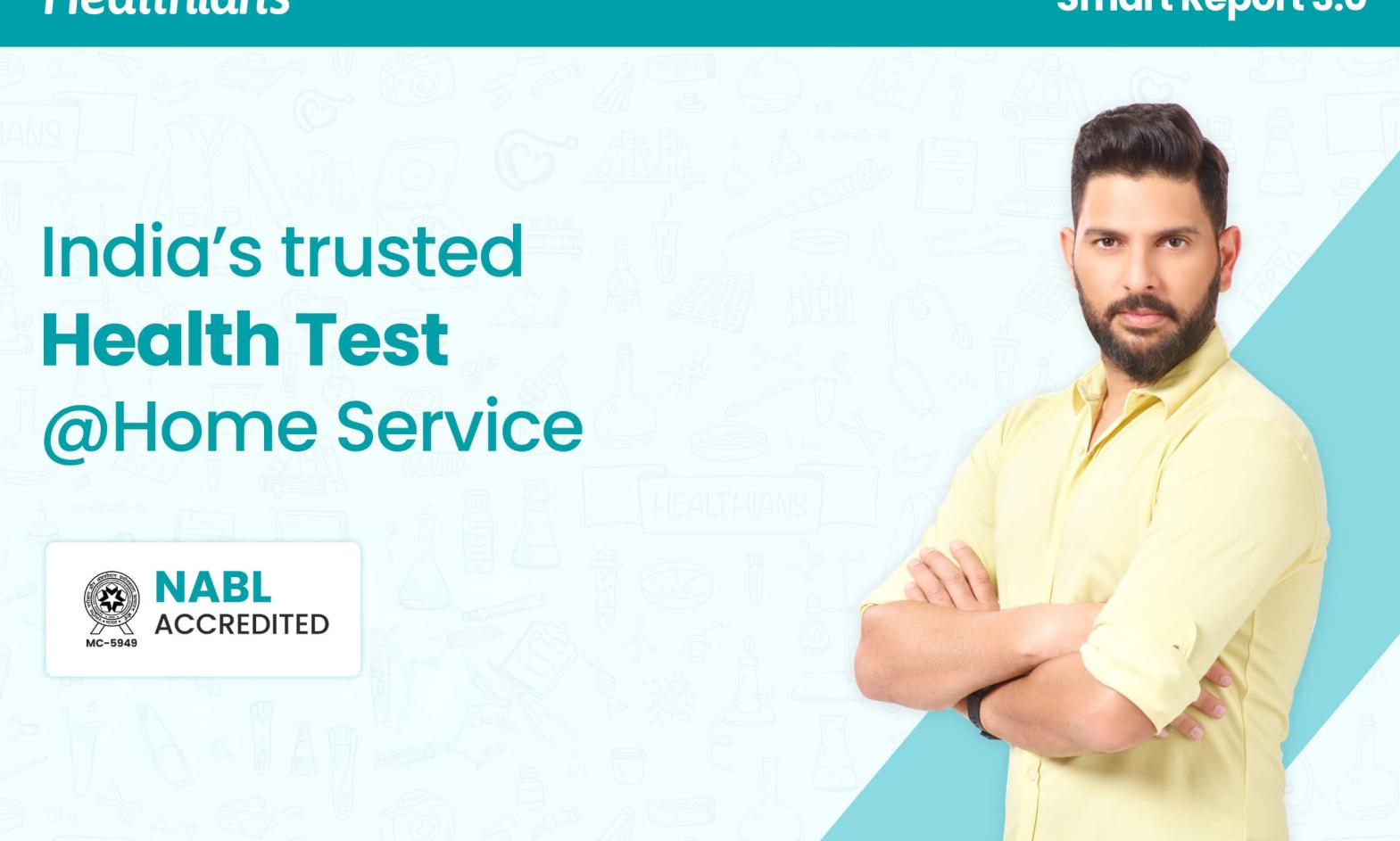


India's trusted Health Test @Home Service



NABL
ACCREDITED



Booking ID : 14666679406

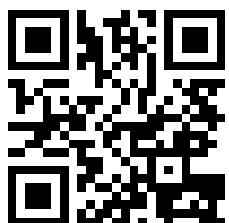
Sample Collection Date : 04/Aug/2025

Mohammad Ali Sayyed

Male, 19 Yrs

A Comprehensive Health Analysis Report

AI Based Personalized Report for You



INDIA'S FIRST & ONLY CREDIBILITY CHECK FOR YOUR LAB REPORT

Check the authenticity of your lab report with machine data

Scan the QR using any QR code scanner

HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Mohammad Ali Sayyed

Booking ID : 14666679406 | Sample Collection Date : 04/Aug/2025

Mohammad Ali Sayyed ,

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

10 Vital Health Parameters of a Human Body Ecosystem

Below are the health parameters which require routine checkups for primary healthcare. The view also includes *personalised information* depending on the tests you have taken.

Your Health Score

78

Out of 100

*Calculated from test reports

Thyroid Function

Test not taken



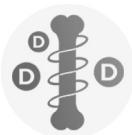
Cholesterol Total

Test not taken



Kidney Function

Test not taken



Vitamin D

Test not taken



HbA1c

Test not taken



Vitamin B12

Test not taken



Liver Function

Test not taken



Calcium Total

Test not taken



Iron studies

Test not taken



Complete Hemogram

Haemoglobin (HB) : 14.8 g/dL

• Everything looks good



New Features Report Summary

Understanding laboratory reports can be complex, often leading to unwarranted anxiety.

At Healthians, we understand that you shouldn't have to rely on a Google search to decipher your own health report. That's why we offer comprehensive summaries that are easy to understand.

Patient Report Summary

Mohammad Ali Sayyed, a 19-year-old male, has undergone a health assessment, and some of the test results indicate values that are outside the typical range. It's important to understand that variations in blood test results can occur for a variety of reasons, and many of these changes can be addressed with simple lifestyle adjustments.

The findings show a lower than normal count of certain white blood cells, which are crucial for fighting infections. Additionally, there are some elevated levels of specific blood components that may suggest your body is responding to various factors, possibly including stress or minor infections.

To support your overall health and help improve these parameters, consider the following suggestions:

1.

Nutrition

: Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Foods high in vitamins and minerals, particularly those that support immune function, can be beneficial.

2.

Hydration

: Ensure you are drinking enough water throughout the day. Staying well-hydrated is essential for maintaining good health and supporting your body's functions.

3.

Physical Activity

: Engage in regular physical activity that you enjoy. Exercise can help boost your immune system and improve your overall well-being.

4.

Stress Management

: Incorporate relaxation techniques such as deep breathing, meditation, or yoga into your routine. Managing stress effectively can have a positive impact on your health.

Remember, these changes can help you feel better and improve your overall health. It's great that you are taking proactive steps towards understanding and enhancing your well-being.

Mohammad Ali Sayyed

Booking ID 14666679406 | Sample Collection Date: 04/Aug/2025

Patient Name	: Mohammad Ali Sayyed	Barcode	: E5838178	
Age/Gender	: 19Y OM OD /Male	Sample Collected On	: 04/Aug/2025 08:34AM	
Order Id	: 14666679406	Sample Received On	: 04/Aug/2025 02:57PM	
Referred By	: Self	Report Generated On	: 04/Aug/2025 05:39PM	
Customer Since	: 04/Aug/2025	Sample Temperature	: Maintained ✓	
Sample Type	: WHOLE BLOOD EDTA	Report Status	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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Complete Blood Count

Haemoglobin (HB)	14.8	g/dL	13.0-17.0
Method: Photometric Measurement			
Machine: BECKMAN COULTER DxH800			
Total Leucocyte Count (TLC)	3.5	10 ³ /uL	4.0-10.0
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
Hematocrit (PCV)	43.8	%	40.0-50.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Red Blood Cell Count (RBC)	5.10	10 ⁶ /µl	4.50-5.50
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
Mean Corp Volume (MCV)	85.8	fL	83.0-101.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
Mean Corp Hb (MCH)	28.9	pg	27.0-32.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Mean Corp Hb Conc (MCHC)	33.7	g/dL	31.5-34.5
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
RDW - CV	13.7	%	11.6-14.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
RDW - SD	41.10	fL	39.0-46.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
Mentzer Index	16.82	Ratio	
Method: Calculated			
RDWI	230.48	Ratio	
Method: Calculated			
Green and king index	68	Ratio	
Method: Calculated			
Differential Leucocyte Count			
Neutrophils	40.0	%	40 - 80
Method: VCSn Technology			
Machine: BECKMAN COULTER DxH800			



Dr Priyanka Agarwal
MBBS, MD, Pathology
Consultant Pathologist




SIN No:E5838178

Healthians Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.)

Office No. 1 on Ground Floor, Ascot Center, Next to Hilton Hotel, Sahar Road, Andheri(E), Mumbai, Maharashtra, Pincode - 400099 (NABL Accreditation Certificate Number MC-5949)

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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Lymphocytes	47	%	20-40
Method: VCS Technology			
Machine: BECKMAN COULTER DxH800			
Monocytes	12.0	%	02 - 10
Method: VCS Technology			
Machine: BECKMAN COULTER DxH800			
Eosinophils	1.0	%	01 - 06
Method: VCS Technology			
Machine: BECKMAN COULTER DxH800			
Basophils	0.0	%	00 - 02
Method: VCS Technology			
Machine: BECKMAN COULTER DxH800			
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC)	1.40	$10^3/\mu\text{L}$	2.0-7.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Absolute Lymphocyte Count (ALC)	1.65	$10^3/\mu\text{L}$	1.0-3.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Absolute Monocyte Count	0.42	$10^3/\mu\text{L}$	0.2-1.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Absolute Eosinophil Count (AEC)	0.04	$10^3/\mu\text{L}$	0.02-0.5
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Platelet Count(PLT)	150	$10^3/\mu\text{l}$	150-410
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
MPV	10.8	fL	7 - 9
Method: Derived from PLT Histogram			
Machine: BECKMAN COULTER DxH800			

The International Council for Standardization in Haematology (ICSH) recommends reporting of absolute counts of various WBC subsets for clinical decision making. This test has been performed on a fully automated 5 part differential cell counter which counts over 10,000 WBCs to derive differential counts. A complete blood count is a blood panel that gives information about the cells in a patient's blood, such as the cell count for each cell type and the concentrations of Hemoglobin and platelets. The cells that circulate in the bloodstream are generally divided into three types: white blood cells (leukocytes), red blood cells (erythrocytes), and platelets (thrombocytes). Abnormally high or low counts may be physiological or may indicate disease conditions, and hence need to be interpreted clinically.

The Mentzer index is used to differentiate iron deficiency anaemia beta thalassemia trait. If a CBC indicates microcytic anaemia, these are two of the most likely causes, making it necessary to distinguish between them.

If the quotient of the mean corpuscular volume divided by the red blood cell count is then 13, thalassemia is more likely. If the result is greater than 13, then iron-deficiency anaemia is more likely.



Dr Priyanka Agarwal
MBBS, MD, Pathology
Consultant Pathologist



Patient Name	: Mohammad Ali Sayyed	Barcode	: E5838178	
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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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*** End Of Report ***



Dr Priyanka Agarwal
MBBS, MD, Pathology
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Page 3 of 3



SIN No:E5838178

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Terms & Conditions:

- 1) Machine Data is available for last 7 days only. In case of manual testing & outsourced testing, machine data will not be available.
- 2) CBC parameters may vary when it is manually reviewed by the Pathologists.
- 3) **For Thyroid tests** - Circulating TSH shows a normal circadian rhythm with a peak between 11pm-5am and a nadir between 5pm-8pm. TSH values are also lowered after food when compared to fasting in a statistically significant manner. This variation is of the order of $\pm 50\%$, hence time of day and fasting status have influence on the reported TSH level.
- 4) **For Lipid profile** - Lipid and Lipoprotein concentrations vary during the normal course of daily activity. Also, certain drugs, diet and alcohol can have lasting effects on Triglyceride levels. To obtain best results for Lipid testing, a strict fasting of 10-12 hours with a light meal on the previous night is recommended.
- 5) Test results released pertain to the specimen submitted.
- 6) Test results are dependent on the quality of the sample received by the Lab.
- 7) The tests are carried out in the lab with the presumption that the specimen belongs to the patient named or identified in the bill/test request form/booking ID.
- 8) The reported results are for information and are subject to confirmation and interpretation by the referring doctor to co-relate clinically.
- 9) Test results may show interlaboratory variations.
- 10) Liability of Healthians for deficiency of services or other errors and omissions shall be limited to the fee paid by the patient for the relevant laboratory services.
- 11) This report is not subject to use for any medico-legal purposes.
- 12) Few of the tests might be outsourced to partner labs as and when required.
- 13) This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- 14) All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- 15) This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- 16) It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- 17) Authorised partner labs as mentioned for certain tests are as below:
HL/PL/001- Metropolis Healthcare Ltd
HL/PL/002- Thyrocare Technologies Limited
HL/PL/003- Lifecell International Pvt. Ltd. - Laboratory Services
HL/PL/004- Modern Diagnostic & Research Centre

ADVISORY

Health Advisory

Mohammad Ali Sayyed

Booking ID : 14666679406 | Sample Collection Date : 04/Aug/2025

21.26 Body Mass Index

5'6" Height (ft/in)

60 Weight (kgs.)


 Physical Activity
No Data

 Smoke
No Data

 Food Preference
No Data

 Alcohol
No Data

 Medication
No Data

 Family History
No Data

Additional Remarks :

NA

 SUGGESTED
NUTRITION

SUGGESTED NUTRITION

Do's

- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Include fruits like apples, berries and melons in your diet

Dont's

- Avoid flavoured and seasoned foods
- Decrease intake of colas and sugary drinks
- Avoid saturated fats, trans fats, oily and greasy foods like cakes, creamy or fried foods

 SUGGESTED
LIFESTYLE

SUGGESTED LIFESTYLE

Do's

- Have breakfast early in morning and a light high fiber snack for dinner

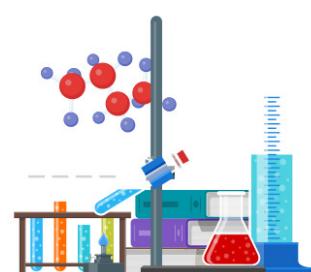
Dont's

- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Avoid smoking and alcohol

 SUGGESTED
FUTURE
TESTS

SUGGESTED FUTURE TESTS

- Complete Hemogram - **Every 2 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**



HEALTH ADVISORY**Suggestions for Health & Well-being**

Mohammad Ali Sayyed

Booking ID : 14666679406 | Sample Collection Date : 04/Aug/2025

PHYSICAL ACTIVITY**PHYSICAL ACTIVITY**

Physical activities can vary from Regular walks (Brisk or normal), Jogging , Sports, Stretching, Yoga to light weight lifting etc. It is recommended to partake in physical activity at least 30 minutes a day for 3-4 days a week.

If regular workout is difficult, then we can adapt changes such as using stairs instead of lift/escalators and doing household work!

**STRESS MANAGEMENT****STRESS MANAGEMENT**

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (6-8 hours), indulging yourself in meditation, positive attitude towards lifestyle, using humor, traveling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.

BALANCED DIET**BALANCED DIET**

A balanced diet is the key to healthy lifestyle. Include Whole grains, vegetables, whole fruits, nuts, seeds, beans, plant oils in your diet.

It is recommended to always have a high protein breakfast and a light dinner. Avoid items such as processed foods, potatoes and high calorie/sugar products. Don't forget to drink water regularly!

**BMI**

BMI recommended range is 18.5 to 24.9. Your BMI is 29.35, which is on a higher side.

Please fill your Health Karma to know your BMI results

BMI for your body helps prevent many untimely diseases and goes a long way.

BMI CHART

UNDERWEIGHT	NORMAL	OVERWEIGHT	OBESITY
Less than 18.5	Between 18.5 - 24.9	Between 25.0 - 29.9	More than 30

BMI

Supplement Suggestions

Mohammad Ali Sayyed

Booking ID : 14666679406 | Sample Collection Date : 04/Aug/2025

In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned in the table below:

Suggestions for Improving Deficiencies



IMMUNO-PLUS

Give your immunity a boost the all-natural way.

IMMUNO-PLUS is the perfect all-natural herbal supplement to boost your immune system and strengthens your body's defenses against diseases and infections. IMMUNO-PLUS provides your immune system the necessary reinforcement to keep you safe and healthy.

A weakened immune system opens you to a host of illnesses, such as:

- Recurring Infections | • Heightened Risk of Cancer | • Autoimmune Disorders | • Slow Growth Rate | • Serious Damage to the Heart, Lungs, Digestive Tract & the Nervous System

Infused with the ages-proven goodness of all-natural ingredients, IMMUNO-PLUS is the perfect supplement to strengthen your immune system without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in IMMUNO-PLUS present the following benefits:

Amla

Boosts immunity & Stores antioxidants

Jetwatika

Antioxidant properties strengthen the immune system

Aloe Vera

Fights against oxygenated rogue molecules in the blood

Ashwagandha

Reinforces the immune system to increase its fighting ability

Ginger

Anti-inflammatory & antioxidant effects reinforce the immune system



NUTRI-BOOST

Make-up for your missing nutrition the all-natural way!

NUTRI-BOOST is a scientifically formulated and clinically proven all-natural supplement that provides you with essential nutrients that might be missing from your daily diet. With NUTRI-BOOST, give your body the richness of all-natural nutrients and get all the energy you need to keep active throughout the day.

A lack of essential nutrients can lead to serious deficiencies which lead to serious health consequences. Some of the common deficiencies include:

- Iron Deficiency | • Iodine Deficiency | • Vitamin D Deficiency | • Calcium Deficiency |
- Vitamin B12 deficiency

Infused with the ages-proven goodness of all-natural ingredients, NUTRI-BOOST is the perfect supplement to fill in the gap of vital nutrients for your body, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in NUTRI-BOOST present the following benefits:

Indian Khajoor

Promotes brain and heart health

Shatavari

Anti-oxidant properties boost the immune system.

Amla

Aids in digestion, and promotes heart & liver health

Wheat

Aids in weight control reduces the risk of heart ailments and provides energy

Jetwatika

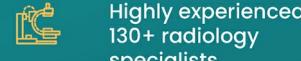
Prevents cell damage to keep optimum body functionality




Your one-stop destination for affordable & reliable imaging services



Honest pricing



Highly experienced
130+ radiology
specialists



100% covid safe



State-of-the-art
radiology labs
across India



2% CASH BACK



100%
Cash Back

When you book via app

Know More

About Healthians Labs

How we control Report Accuracy at Healthians



Quality Control

We follow Quality control to ensure both **precision & accuracy** of patient results.



Machine Data

We save patient's result values **directly from machines** ensuring no manipulations & no fake values.



QR Code

QR Code based authenticity check on all its reports



Calibration

We make use of calibrators to evaluate the **precision & accuracy** of measurement equipment.



Equipment

Our Labs are equipped with state-of-the-art instruments with **cutting edge technology** to provide faster & reliable results.



EQA

Our Labs participate in EQA & show proven accuracy by checking **laboratory performance** through external agency or facility.

JOIN 100,000+ HAPPY USERS WHO TRUST HEALTHIANS!

KNOW ALL ABOUT YOUR HEALTH ON YOUR FINGERTIPS

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- ✓ Smart reports on your Phone
- ✓ Health Tracker
- ✓ Health Articles

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