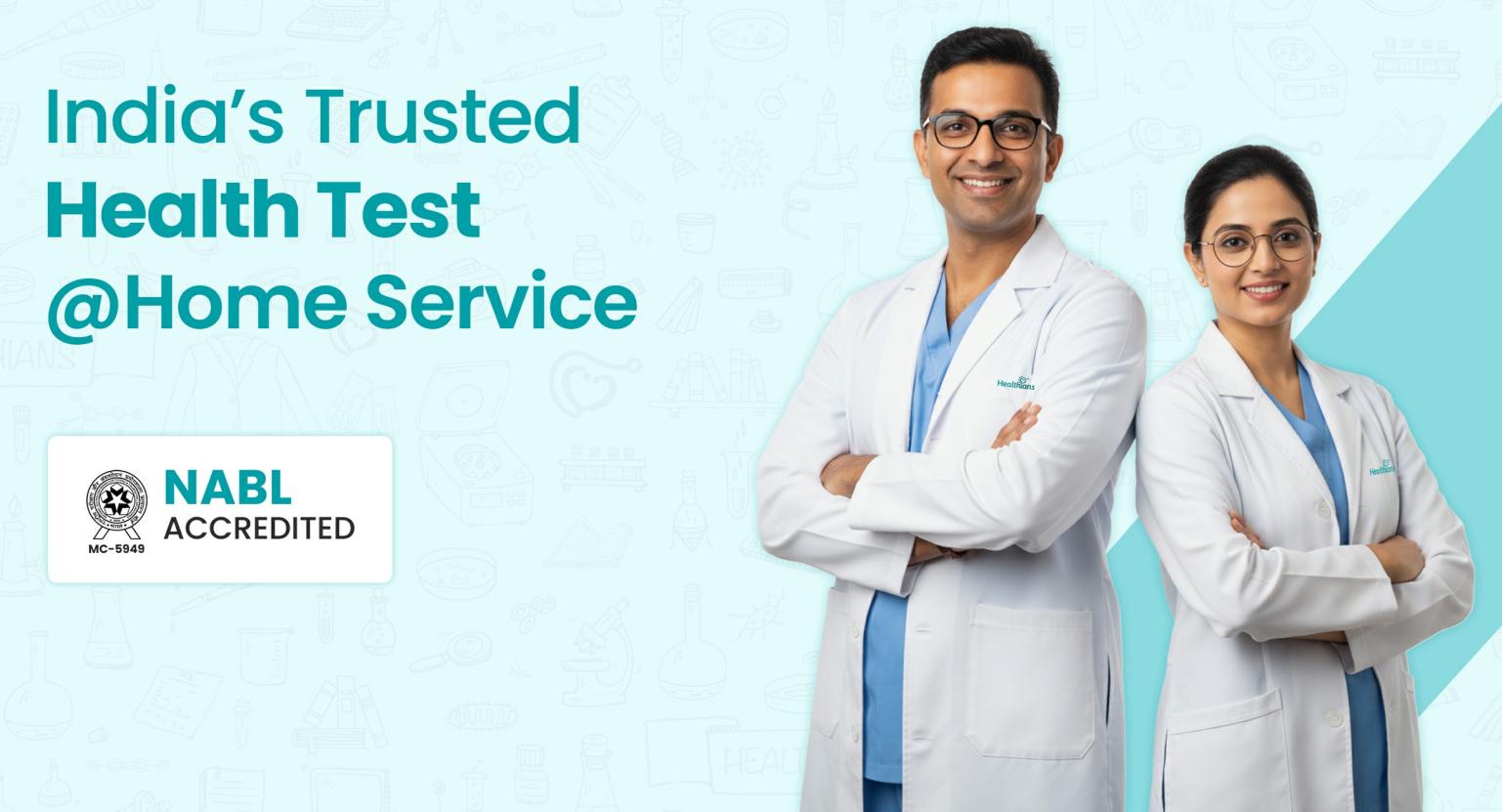


India's Trusted Health Test @Home Service



NABL
ACCREDITED



Booking ID : 16096151644

Sample Collection Date : 07/Dec/2025

Vandan Sharma

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



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.

Vandan Sharma

Booking ID 16096151644 | Sample Collection Date: 07/Dec/2025

Summary of Deranged Parameters

Thank you for sharing your health test results. It appears that one of your test values related to total IgE antibodies is elevated. This can be an indication of various factors, including allergies or other immune responses. It's important to remember that elevated IgE levels are quite common and can often be managed effectively with lifestyle adjustments and monitoring.

Suggestions for Managing Elevated IgE Levels

1. Identify Allergens

: Consider keeping a diary of your daily activities, food intake, and any symptoms you experience. This can help you identify potential allergens or triggers that may be contributing to your elevated levels.

2. Maintain a Healthy Environment

: Ensure that your living space is clean and free from dust, mold, and pet dander. Regular cleaning and using air purifiers can help reduce exposure to common allergens.

3. Balanced Diet

: Focus on a nutritious diet rich in fruits, vegetables, whole grains, and lean proteins. Staying hydrated and avoiding processed foods may also support your overall immune health.

4. Stress Management

: Engage in activities that promote relaxation and reduce stress, such as yoga, meditation, or regular exercise. Managing stress can have a positive impact on your immune system and overall well-being.

Remember, taking proactive steps can greatly improve your health and comfort.

Patient Name	: Vandan Sharma	Barcode	: E3904813	
Age/Gender	: 19Y OM OD /Male	Sample Collected On	: 07/Dec/2025 10:54AM	
Order Id	: 16096151644	Sample Received On	: 07/Dec/2025 11:17PM	
Referred By	: Self	Report Generated On	: 08/Dec/2025 12:42AM	
Customer Since	: 07/Dec/2025	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Test Name	Value	Unit	Bio. Ref Interval
------------------	--------------	-------------	--------------------------

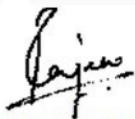
Immunoglobulin - IgE Total - Serum

IMMUNOGLOBULIN E (IgE) TOTAL	924.4	IU/ml	1.5-158
Method: CLIA			
Machine: SIEMENS CENTAUR XP			

KINDLY CORRELATE CLINICALLY

IgE mediates allergic and hypersensitivity reactions. There is a significant overlap in total IgE between allergic and non-allergic individuals. IgE is increased in Atopic diseases -Exogenous asthma in approximately 60% of patients, Hay fever in approximately 30% of patients, Atopic eczema; Parasitic diseases (e.g., ascariasis, visceral larva migrans, hookworm disease, schistosomiasis, Echinococcus infestation); Monoclonal IgE myeloma. IgE is decreased in Hereditary deficiencies and Acquired immunodeficiency. A normal level of IgE in serum does not eliminate the possibility of allergic disease.

***** End Of Report *****


Dr. Rajeev S Ramachandran
 MBBS, MD Pathology
 Consultant Pathologist
 Reg. No.-2017072917, Healthians Labs

 Page 1 of 2
 e 1 of 1

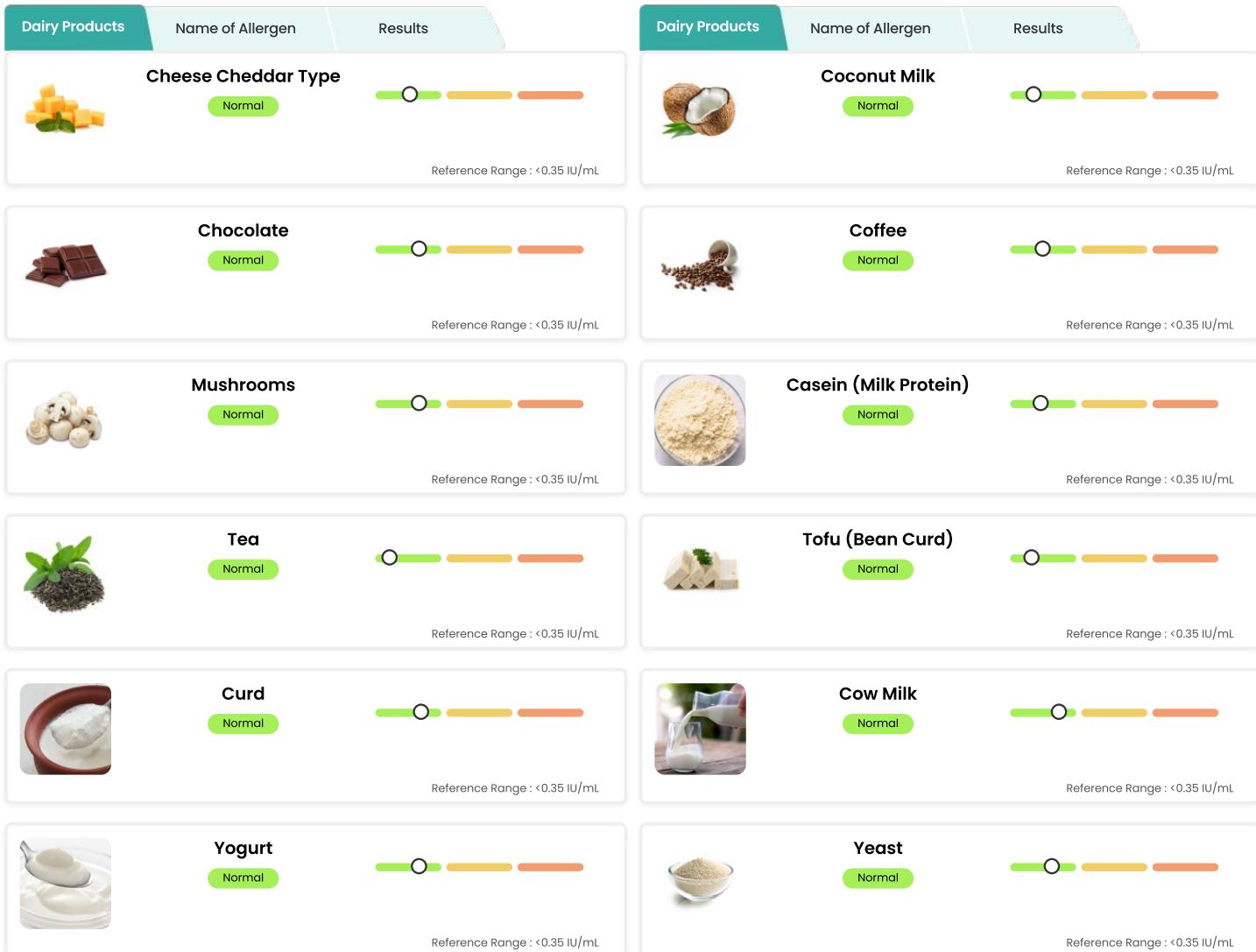

SIN No:E3904813

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

Patient Name	: Vandan Sharma	Barcode	: E3904813	
Age/Gender	: 19Y OM OD /Male	Sample Collected On	: 07/Dec/2025 10:54AM	
Order Id	: 16096151644	Sample Received On	: 08/Dec/2025 01:04PM	
Referred By	: Self	Report Generated On	: 10/Dec/2025 06:32PM	
Customer Since	: 07/Dec/2025	Sample Temperature	: Maintained	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF ALLERGY-ELISA


Method : ELISA

Concentration of IgE, IU/mL	Class	Level of the specific IgE
< 0.35	0	Clinically insignificant (Normal)
0.35 - 0.71	1	Very Low
0.72 - 3.59	2	Low

Comments

- Presence of small amount of IgE antibody to allergen in body may give False positive results.
- One may contact the Allergen and experience no allergic reaction at all.
- Cross Reactivity is reported in food proteins and similar proteins in environmental allergens like Tree Pollens.
- Intake of Antihistaminic Drugs may result in false Negative results
These results shall be correlated clinically

*** End Of Report ***



Dr. AAMIR ALI
MBBS, MD, Microbiology
Consultant Microbiologist
JKMC-5797, Healthians Labs



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 ±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

Vandan Sharma

Booking ID : 16096151644 | Sample Collection Date : 07/Dec/2025

29.97 Body Mass Index

5'1" Height (ft/in)

72 Weight (kgs.)

Physical Activity
No Data

Smoke
No Data

Food Preference
No Data

Alcohol
No Data

Medication
No Data

Family History
No Data

Blood Pressure
No Data

Pulse Rate
No Data

Waist (In Cm)
0cm

Hip Circumference (In Cm)
No Data

SPO2 Levels
No Data

Sugar Levels
No Data

Additional Remarks :

NA

SUGGESTED NUTRITION
SUGGESTED NUTRITION

- Vit-D/B12 rich diet Veg (Milk products, Soya milk, Tofu, Whole grains)
 - Vit-D/B12 rich diet Non-Veg (Egg yolk, Chicken, fish)
 - Cut down on sugar
 - Cut down on processed food items
- EVERYTHING LOOKS GOOD!**
- As per your test results, We would recommend you to continue taking a balanced diet
- Plan smart meals and reach out to our team for any queries.
 - Low calorie diet to maintain healthy weight


SUGGESTED LIFESTYLE

- Increase sunlight exposure
 - Maintain half an hour walk/exercises morning & evening
 - Reduce belly fat (abdominal)
 - Minimum 30 minutes of exercise
 - Drink boiled water
 - Avoid raw vegetables and fruits
- EVERYTHING LOOKS GOOD!**
- As per your test results, We would recommend you to continue a healthy lifestyle
- and reach out to our team for any queries.

SUGGESTED LIFESTYLE
RECOMMENDED FUTURE TESTS
SUGGESTED FUTURE TESTS

- Thyroid Profile-Total (T3, T4 & TSH Ultra-sensitive) - Every 1 Month
 - Vitamin D Total-25 Hydroxy - Every 2 Month
 - Calcium Total, Serum - Every 2 Month
 - Complete Blood Count (CBC) - Every 2 Month
 - Vitamin B12 (Serum) - Every 2 Month
 - Folic Acid - Every 2 Month
- EVERYTHING LOOKS GOOD!**
- As per your test results, We would recommend you to regularly take preventive
- health checkups for well-being.



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

Vandan Sharma

Booking ID : 16096151644 | Sample Collection Date : 07/Dec/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

Vandan Sharma

Booking ID : 16096151644 | Sample Collection Date : 07/Dec/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

WHEN GOOD FOOD MAKES YOU FEEL BAD,

it's time to find out why.

**FOOD
INTOLERANCE TEST**

**₹5499
ONLY**

BOOK NOW »



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

- ✓ Book & track your health tests
- ✓ Smart reports on your Phone
- ✓ Health Tracker
- ✓ Health Articles

DOWNLOAD HEALTHIANS APP:

