

India's trusted Health Test @Home Service

National Reference Laboratory in Delhi NCR



Booking ID : 11952805221

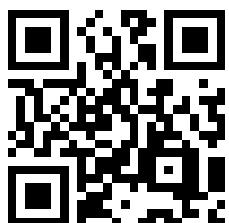
Sample Collection Date : 19/Oct/2024

Shikha Yadav

Female, 45 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

Shikha Yadav

Booking ID : 11952805221 | Sample Collection Date : 19/Oct/2024

Shikha Yadav ,

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

62

Out of 100

*Calculated from test reports

Thyroid Function

Test not taken



Vitamin B12

Test not taken



Cholesterol Total

Test not taken



Liver Function

Alanine Aminotransferase (ALT/SGPT) : 65 U/L

• Concern



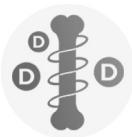
Kidney Function

Test not taken



Calcium Total

Test not taken



Vitamin D

Test not taken



Iron studies

Test not taken



HbA1c

Test not taken



Complete Hemogram

Haemoglobin (HB) : 10.1 g/dL

• Concern





New Features Report Summary

Shikha Yadav

Booking ID 11952805221 | Sample Collection Date: 19/Oct/2024

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

Dear Shikha,

Thank you for sharing your recent health test results. It's understandable to feel concerned when faced with numbers that are outside the normal range, but it's important to remember that these results are just one part of your overall health picture.

Your tests indicate some areas that may need attention, particularly related to liver function and blood counts. Elevated liver enzymes can sometimes suggest that the liver is under stress, which can happen for various reasons, including lifestyle factors or mild infections. Additionally, the blood count results show some variations that could be related to nutritional factors or other benign conditions.

Here are a few suggestions to help support your health:

1.

Balanced Diet

: Focus on incorporating a variety of fruits, vegetables, whole grains, and lean proteins into your meals. This can help improve your overall nutritional status and support liver health.

2.

Hydration

: Ensure you are drinking plenty of water throughout the day. Staying well-hydrated can assist your body in functioning optimally.

3.

Regular Exercise

: Engaging in regular physical activity, such as walking, yoga, or swimming, can help improve your overall well-being and may positively impact your liver function and blood health.

4.

Routine Monitoring

: Consider scheduling regular check-ups to monitor your liver function and blood counts. This will help track any changes and ensure that you are on the right path to better health.

Remember, many factors can influence test results, and with the right lifestyle adjustments, you can work towards improving your health. Take care of yourself, and focus on making small, positive changes that can lead to significant improvements over time.

Patient Name	:	Shikha Yadav	Barcode	:	E1992258	
Age/Gender	:	45Y OM OD /Female	Sample Collected On	:	19/Oct/2024 12:22PM	
Order Id	:	11952805221	Sample Received On	:	19/Oct/2024 03:05PM	
Referred By	:	Self	Report Generated On	:	19/Oct/2024 04:22PM	
Customer Since	:	19/Oct/2024	Sample Temperature	:	Maintained ✓	
Sample Type	:	SERUM	Report Status	:	Final Report	

DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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Uric acid

Serum Uric Acid
Method: Uricase
Machine: BECKMAN COULTER AU700

Uric Acid is the major product of purine catabolism in humans. Most uric acid formation occurs in the liver, and is eliminated via the kidney, with the body uric acid pool determined by the balance between synthesis and elimination.

Causes of Increased levels

- High Protein Intake.
- Prolonged fasting.
- Gout.
- Lesch nyhan syndrome.
- Type 2 DM.
- Metabolic syndrome.

Causes of decreased levels

- Low Zinc Intake
- OCP's
- Multiple Sclerosis



Dr CH Pawan Pratap Singh
MD (Pathology)
Consultant Pathologist
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Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Early Fever Package

Test Name	Value	Unit	Bio. Ref Interval
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Alanine aminotransferase - (ALT / SGPT)

Alanine Aminotransferase (ALT/SGPT)	65.0	U/L	3 - 35
Method: IFCC			
Machine: BECKMAN COULTER AU700			

ALT is commonly measured as a part of a diagnostic evaluation of hepatocellular injury, to determine liver health. Elevated ALP levels are seen in Biliary Obstruction, Osteoblastic Bone Tumors, Osteomalacia, Hepatitis, Hyperparathyroidism, Leukemia, Lymphoma, paget's disease, Rickets, Sarcoidosis etc.

Aspartate Aminotransferase(SGOT)

Aspartate Aminotransferase (AST/SGOT)	107.00	U/L	3 - 35
Method: IFCC			
Machine: BECKMAN COULTER AU700			

AST levels increase in viral hepatitis, blockage of the bile duct ,cirrhosis of the liver, liver cancer, kidney failure, hemolytic anemia, pancreatitis, hemochromatosis. Ast levels may also increase after a heart attack or strenuous activity.

Slight or moderate increases in AST levels may also be observed after ingestion of alcohol, or administration of drugs including penicillin, salicylates and opiates.



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Age/Gender	: 45Y OM OD /Female	Sample Collected On	: 19/Oct/2024 12:22PM	
Order Id	: 11952805221	Sample Received On	: 19/Oct/2024 03:48PM	
Referred By	: Self	Report Generated On	: 19/Oct/2024 06:09PM	
Customer Since	: 19/Oct/2024	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Healthians Early Fever Package

Test Name	Value	Unit	Bio. Ref Interval
Urine Routine & Microscopy Extended			
PHYSICAL EXAMINATION			
Colour	Pale Yellow		Pale Yellow
Method: Visual			
Volume	30.00	mL	
Method: Visual			
Appearance	Clear		Clear
Method: Visual			
CHEMICAL EXAMINATION			
Specific Gravity	1.030		1.001 - 1.035
Method: Dipstick-Ion exchange			
Machine: TRANSASIS LAURA V2			
pH	5.0		4.5 - 7.5
Method: Dipstick-Double indicator			
Machine: TRANSASIS LAURA V2			
Glucose	Negative		Negative
Method: Dipstick-oxidase peroxidase			
Machine: TRANSASIS LAURA V2			
Urine Protein	Trace		Negative
Method: Dipstick-Bromophenol blue			
Machine: TRANSASIS LAURA V2			
Protein test are rechecked by manual method.			
Ketones	Negative		Negative
Method: Sodium nitroprusside			
Machine: TRANSASIS LAURA V2			
Urobilinogen	Normal		Normal
Method: Dipstick-Ehrlichs Test			
Machine: TRANSASIS LAURA V2			
Bilirubin	Negative		Negative
Method: Dipstick-Ehrlichs Test			
Machine: TRANSASIS LAURA V2			
Nitrite	Negative		Negative
Method: Dipstick-Griess test			
Machine: TRANSASIS LAURA V2			
Blood	Trace		Nil
Method: Dipstick-Peroxidase			



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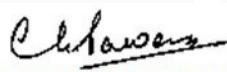


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DEPARTMENT OF CLINICAL PATHOLOGY

Healthians Early Fever Package

Test Name	Value	Unit	Bio. Ref Interval
Machine: TRANSASIS LAURA V2			
Leucocyte Esterase	Negative		Nil
Method: Dipstick- Esterase			
Machine: TRANSASIS LAURA V2			
MICROSCOPIC EXAMINATION			
Pus Cells	2-3	/HPF	0 - 5
Method: Microscopic Examination			
Epithelial cells	6-8	/HPF	0 - 5
Method: Microscopic Examination			
RBCs	2-4	/HPF	Nil
Method: Microscopic Examination			
Casts	Nil		Nil
Method: Microscopic Examination			
Crystals	Nil		Nil
Method: Microscopic Examination			
Bacteria	Absent		Absent
Method: Microscopic Examination			
Yeast Cell	Absent		
Others (Non Specific)	Nil		
Method: Microscopic Examination			



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Patient Name : Shikha Yadav
 Age/Gender : 45Y OM OD /Female
 Order Id : 11952805221
 Referred By : Self
 Customer Since : 19/Oct/2024
 Sample Type : WHOLE BLOOD EDTA

Barcode : E1992258 
 Sample Collected On : 19/Oct/2024 12:22PM
 Sample Received On : 19/Oct/2024 03:01PM
 Report Generated On : 19/Oct/2024 06:57PM
 Sample Temperature : Maintained ✓
 Report Status : Final Report

DEPARTMENT OF HAEMATOLOGY

Healthians Early Fever Package

Test Name	Value	Unit	Bio. Ref Interval
Malaria Parasite (MP)			
MALARIA PARASITE	NOT SEEN		Not Seen
Method: Microscopy			

Malaria is caused by parasites that are transmitted to people through the bites of infected female mosquitoes. WHO recommends prompt malaria diagnosis either by microscopy or malaria rapid diagnostic test (RDT) in all patients with suspected malaria before treatment is administered.

The essential method for a definitive diagnosis of malaria remains the finding of parasites (Plasmodium) in a blood film, followed by the identification of the particular species by morphology. Examination of thick and thin blood films remains the most sensitive routinely applied technique.

- If parasite is not seen under microscope, reported as Malarial Parasite not seen in the smear examined.
- If parasite is seen on smear, reported as Malarial Parasite seen on smear examined with type, stage and parasite index in case of Plasmodium falciparum.
- The various species of plasmodium are P.falciparum, P.vivax, P.ovale and P.malariae.

Cell features	P. falciparum	P. vivax	P. ovale	P. malariae
Infected red cells	Normal size; Maurer's clefts	Enlarged; Schuffner'dots	Enlarged;oval and fimbriated; Schuffner'dots	Normal or microcytic; stippling not usually seen
Ring forms (early trophozoites)	Delicate; frequently 2 or more; accolé forms; small chromatin dot	Large, thick; usually single (occasionally 2) in cell; large chromatin dot	Thick compact rings	Very small compact rings
Later trophozoites	Compact, vacuolated sometimes 2 chromatin dots	Amoeboid; central vacuole; light blue cytoplasm	Smaller than P. vivax; slightly amoeboid	Band across cell; deep blue cytoplasm
Schizonts	18-24 merozoites, filling 2/3 of cell (usually only seen in cerebral malaria)	12-24 merozoites, 8-12 merozoites irregularly arranged filling ¾ of cell	6-12 merozoites in daisy-head around central mass of pigment	



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Sample Type	: WHOLE BLOOD EDTA	Report Status	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Healthians Early Fever Package

Test Name		Value	Unit	Bio. Ref Interval
Pigment	Dark to black clumped mass	Fine granular yellow-brown	Coarse light brown	Dark, prominent at all stages
	Crescent or sausage-shaped; diffuse chromatin; single nucleus	Spherical, compact, almost fills cell; single nucleus	Oval; fills ¾ of cell; similar to but smaller than, P. vivax	Round, fills ½ to 2/3 of cell; similar to P. vivax but smaller to P. vivax but smaller, with no Schuffner's dots
Gametocytes		Vivax		



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Sample Type	: WHOLE BLOOD EDTA	Report Status	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Healthians Early Fever Package

Test Name	Value	Unit	Bio. Ref Interval
Complete Blood Count			
Haemoglobin (HB)	10.1	g/dL	12.0-15.0
Method: Photometric Measurement			
Machine: BECKMAN COULTER DxH800			
Total Leucocyte Count (TLC)	4.6	10 ³ /uL	4.0-10.0
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
Hematocrit (PCV)	30.4	%	36.0-46.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Red Blood Cell Count (RBC)	3.20	10 ⁶ /µl	3.80-4.80
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
Mean Corp Volume (MCV)	96.5	fL	83.0-101.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
Mean Corp Hb (MCH)	32.2	pg	27.0-32.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Mean Corp Hb Conc (MCHC)	33.3	g/dL	31.5-34.5
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
RDW - CV	13.9	%	11.6-14.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
RDW - SD	47.30	fL	39.0-46.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
Mentzer Index	30.16	Ratio	
Method: Calculated			
RDWI	419.17	Ratio	
Method: Calculated			
Green and king index	128	Ratio	
Method: Calculated			
Differential Leucocyte Count			
Neutrophils	83.5	%	40 - 80
Method: VCS Technology			



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Sample Type	: WHOLE BLOOD EDTA	Report Status	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Healthians Early Fever Package

Test Name	Value	Unit	Bio. Ref Interval
Machine: BECKMAN COULTER DxH800 Lymphocytes	12.6	%	20-40
Method: VCS Technology Machine: BECKMAN COULTER DxH800			
Monocytes	3.8	%	02 - 10
Method: VCS Technology Machine: BECKMAN COULTER DxH800			
Eosinophils	0.0	%	01 - 06
Method: VCS Technology Machine: BECKMAN COULTER DxH800			
Basophils	0.1	%	00 - 02
Method: VCS Technology Machine: BECKMAN COULTER DxH800			
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC)	3.84	10^3/uL	2.0-7.0
Method: Calculated Machine: BECKMAN COULTER DxH800			
Absolute Lymphocyte Count (ALC)	0.58	10^3/uL	1.0-3.0
Method: Calculated Machine: BECKMAN COULTER DxH800			
Absolute Monocyte Count	0.17	10^3/uL	0.2-1.0
Method: Calculated Machine: BECKMAN COULTER DxH800			
Absolute Basophil Count	0	10^3/uL	0.02 - 0.10
Method: Calculated Machine: BECKMAN COULTER DxH800			
Platelet Count(PLT)	104	10^3/µl	150-410
Method: Coulter Principle Machine: BECKMAN COULTER DxH800			
MPV	11.4	fL	7 - 9
Method: Derived from PLT Histogram Machine: BECKMAN COULTER DxH800			

Platelets are reduced,

Giant platelets seen.

There is lymphocytopenia



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DEPARTMENT OF HAEMATOLOGY

Healthians Early Fever Package

Test Name

Value

Unit

Bio. Ref Interval

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.



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Customer Since	: 19/Oct/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF SEROLOGY

Healthians Early Fever Package

Test Name	Value	Unit	Bio. Ref Interval
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Typhoid IgM antibody

S.Typhi IgM antibody -Rapid card test	Negative
Method: Immunochromatography	

It is a rapid, qualitative, immunochromatography test for detection of IgM antibodies to S. typhi in human serum/plasma or whole blood specimen. The test qualitatively detects the presence of IgM class of Lipopolysaccharide (LPS) specific to S. typhi in human serum/plasma or whole blood specimens. A febrile condition, Typhoid fever, is a bacterial infection caused by Salmonella serotypes including S. typhi, S. paratyphi A, S. paratyphi B. The symptoms of the illness include high fever, headache, abdominal pain, constipation and appearance of skin rashes. Accurate diagnosis of typhoid fever at an early stage is not only important for etiological diagnosis but to identify and treat the potential carriers and prevent acute typhoid fever outbreaks.

Dengue NS1 Antigen - Rapid

Dengue Fever NS1 Antigen, Rapid	Negative
Method: Immunochromatography	

NOTE: This report is based on a screening test and is provisional. Diagnosis of acute dengue infection should be confirmed by an capture ELISA.

Dengue viruses, transmitted by Aedes aegypti and Aedes albopictus mosquitoes, are widely distributed throughout the tropical and subtropical areas of the world. There are four known distinct serotypes of dengue virus (DEN-1, DEN-2, DEN-3 and DEN-4). Rapid and reliable tests for primary and secondary infections of Dengue are essential for patient management. An infected person experiences the acute symptoms of Dengue when there is high level of the virus in the blood stream. As the immune response fights the Dengue infection, the person's B cells begin producing IgMs and IgGs antibodies that are released in blood and lymph fluid, where they recognize and neutralize the Dengue virus and viral molecules such as Dengue NS1 Ag. NS1 Ag is a highly-conserved glycoprotein that is present at high concentrations in the sera of Dengue-infected patients during the early clinical phase of the disease. NS1 antigen appears as early as Day 1 after the onset of the fever and declines to undetectable levels by 5–6 days. Hence, tests based on this antigen can be used for early diagnosis.



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Customer Since	: 19/Oct/2024	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF SEROLOGY

Test Name	Value	Unit	Bio. Ref Interval
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Chikungunya IgM Antibody-Rapid card

Chikungunya IgM Antibody	Negative
Method: Immunochromatography	

Chikungunya IgM test is an immunochromatographic assay for the detection of IgM / IgG antibodies against Chikungunya virus in human serum, plasma, or whole blood specimen. This test kit is for in vitro use only. This is intended for professional use, only for an initial screening test. Chikungunya is the arboviral disease caused by Chikungunya virus. Chikungunya virus is a genus of alpha virus and is transmitted by Aedes mosquitoes especially Aedes albopictus and Aedes aegypti are the presumed vector. Chikungunya disease does not often result in death, but the symptoms can be severe and disabling. The common symptoms of Chikungunya are fever, rash, arthralgia, and joint pain. Since some of these clinical symptoms are similar to symptoms of Dengue, Chikungunya can be misdiagnosed as Dengue in the common Dengue outbreak areas.

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



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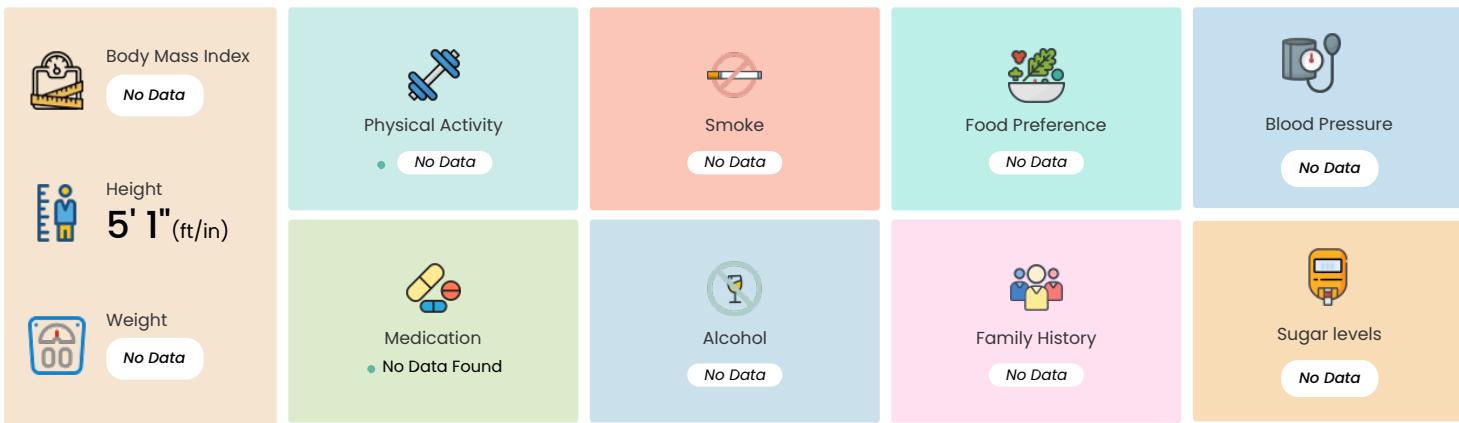
Terms & Conditions:

- 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 ±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

Shikha Yadav

Booking ID : 11952805221 | Sample Collection Date : 19/Oct/2024


SUGGESTED NUTRITION
SUGGESTED NUTRITION
Do's

- Have cruciferous vegetables like broccoli, cauliflower and cabbage
- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Have dates and figs
- Take vitamin C rich foods like citrus fruits, strawberries and green, leafy vegetables
- Include fruits like apples, berries and melons in your diet

Dont's

- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods
- Avoid red meat and organ meats
- Avoid the use of oil and avoid sauces and dressings
- Limit intake of salt
- Avoid refined carbs, processed foods
- Decrease intake of colas and sugary drinks
- Avoid flavoured and seasoned foods

SUGGESTED LIFESTYLE
SUGGESTED LIFESTYLE
Do's

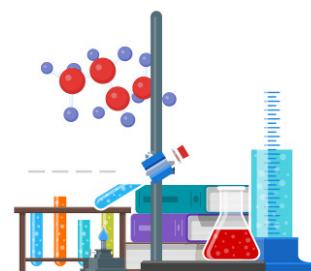
- Lose weight gradually and stay active
- Maintain ideal weight

Dont's

- Avoid late night heavy meals
- Avoid overeating or calorie rich food
- Avoid smoking and alcohol
- Avoid overexertion without having food or drink
- Avoid strenuous exercises

SUGGESTED FUTURE TESTS
SUGGESTED FUTURE TESTS

- Liver Function Test - **Every 1 Month**
- Hepatitis A Virus (HAV) HAV-IgG Antibody - **Every 4 Month**
- Hepatitis A Virus (HAV) HAV-IgM Antibody - **Every 4 Month**
- Hepatitis B Virus Surface Antibody (Anti HBs) - **Every 4 Month**
- Anti HCV Antibody (qualitative) - **Every 4 Month**
- Alpha Feto Protein (AFP), Serum - **Every 4 Month**
- Complete Hemogram - **Every 1 Month**



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

Shikha Yadav

Booking ID : 11952805221 | Sample Collection Date : 19/Oct/2024

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

Shikha Yadav

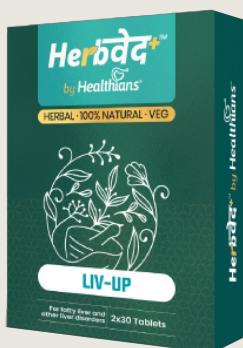
Booking ID : II952805221 | Sample Collection Date : 19/Oct/2024

Your test report has indicated that you have certain deficiencies in your body which may hamper your health & wellbeing in the longer run.

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

Deficiency/Out of Range Parameter(s)	Suggested Supplement	
SGOT/AST	LIV-UP	To order, call 1800-572-000-4

Suggestions for Improving Deficiencies



LIV-UP

De-toxify your body with a healthier liver.

LIV-UP is a scientifically formulated and clinically proven all-natural supplement that takes care of your liver and its functions. This ayurvedic supplement keeps your liver cool, and optimally functioning, thus promoting healthy digestion. Take the all-natural road to robust liver health with LIV-UP.

Untreated or unmanaged liver issues can cause grave and even lethal complications, which include:

- Liver Infections | • Liver Cancer | • Liver Failure | • Elevated Blood Toxin Levels | • Liver Cirrhosis

Infused with the ages-proven goodness of all-natural ingredients, LIV-UP is the perfect supplement to promote and maintain good liver health, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in LIV-UP present the following benefits:

Methi Dana

Reducing the risk of developing fatty liver disease.

Triphala

Promotes liver function & boosts immunity

Ginger

Supports liver health & prevents liver inflammation

Yellow Myrobalan

Keeps the liver cool & promotes optimal functioning

Kulki

Reduces inflammation & protects the liver from injury



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

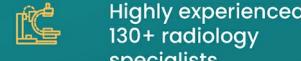
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Cash Back

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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.

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