Healthians

Smart Report 3.0

India's trusted **Health Test** @Home Service

NABL ACCREDITED
MC-5949

Booking ID : 14989448564

Sample Collection Date : 30/Aug/2025

Arpita Bargat

Female, 26 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

Arpita Bargat

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Arpita Bargat,

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

54

Out of 100

**Calculated from test reports*

Thyroid Function

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 1.76 µIU/ml

• Everything looks good

Cholesterol Total

Test not taken

Kidney Function

Test not taken

Vitamin D

Test not taken

HbA1c

5.4 %

• Everything looks good

Vitamin B12

Test not taken

Liver Function

Test not taken

Calcium Total

Test not taken

Iron studies

Test not taken

Complete Hemogram

Haemoglobin (HB) : 11.5 g/dL

• Concern

New Features

Report Summary

Arpita Bargat
Booking ID 14989448564 | Sample Collection Date: 30/Aug/2025

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 Summary Report

Dear Arpita,

Thank you for sharing your recent health test results. It's understandable to feel concerned when faced with test findings that are outside the normal range. However, it's important to remember that these results can often be addressed with lifestyle adjustments and monitoring.

Summary of Deranged Parameters

Your test results indicate a few areas that may need attention. There are some variations in your blood counts, including your hemoglobin and certain cell types, which can suggest that your body might be experiencing some stress or imbalance. Additionally, your prolactin levels are slightly elevated, which can occur for various reasons.

Suggestions for Improvement

1.
Nutrition
: Consider focusing on a balanced diet rich in iron, vitamins, and minerals. Foods such as leafy greens, lean meats, legumes, and whole grains can support your overall blood health.

2.
Hydration
: Ensure you are drinking enough water throughout the day. Proper hydration can help your body function optimally and may assist in balancing your blood parameters.

3.
Stress Management
: Engaging in relaxation techniques such as yoga, meditation, or deep-breathing exercises can be beneficial. Reducing stress can positively impact your overall well-being and hormone levels.

4.
Regular Monitoring
: Keeping track of your health through regular check-ups can help you and your healthcare provider understand any changes over time. This proactive approach can provide peace of mind and ensure that any necessary adjustments can be made promptly.

Remember, many factors can influence these results, and with the right approach, you can work towards achieving better health.

Patient Name	: Arpita Bargat	Barcode	: E5547163
Age/Gender	: 26Y 0M 0D /Female	Sample Collected On	: 30/Aug/2025 11:07AM
Order Id	: 14989448564	Sample Received On	: 31/Aug/2025 10:26AM
Referred By	: Self	Report Generated On	: 31/Aug/2025 12:12PM
Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

DEPARTMENT OF BIOCHEMISTRY HBA1C

Test Name	Value	Unit	Bio. Ref Interval
HbA1c - Glycosylated Hemoglobin			
Hba1c (Glycosylated Hemoglobin) Method: HPLC Machine: TOSOH G11	5.40	%	4.2 - 5.7
Average Estimated Glucose - plasma Method: Calculated	108.28	mg/dl	

INTERPRETATION:

AS PER AMERICAN DIABETES ASSOCIATION (ADA):		
REFERENCE GROUP	**GLYCOSYLATED HEMOGLOGIB (HBA1c) in %**	
Non diabetic	<5.7	
At Risk (Prediabetes)	5.7 – 6.4	
Diagnosing Diabetes	>= 6.5	
Therapeutic goals for glycemic control	**Age > 19 Years**	
	Goals of Therapy:	< 7.0
	Actions Suggested:	>8.0
	Age < 19 Years	
	Goal of therapy:	<7.5

REMARKS :

1. HbA1c is used for monitoring diabetic control. It reflects the mean plasma glucose over three months
2. HbA1c may be falsely low in diabetics with hemolytic disease. In these individuals a plasma fructosamine level may be used which evaluates diabetes over 15 days.
3. Inappropriately low HbA1c values may be reported due to hemolysis, recent blood transfusion, acute blood loss, hypertriglyceridemia, chronic liver disease. Drugs like dapsone, ribavirin, antiretroviral drugs, trimethoprim, may also cause interference with estimation of HbA1c, causing falsely low values.
4. HbA1c may be increased in patients with polycythemia or post-splenectomy.
5. Inappropriately higher values of HbA1c may be caused due to iron deficiency, vitamin B12 deficiency, alcohol intake, uremia, hyperbilirubinemia and large doses of aspirin.
6. Trends in HbA1c are a better indicator of diabetic control than a solitary test.
7. Any sample with >15% HbA1c should be suspected of having a hemoglobin variant, especially in a non-diabetic patient. Similarly, below 4% should prompt additional studies to determine the possible presence of variant hemoglobin.
8. HbA1c target in pregnancy is to attain level <6 % .
9. HbA1c target in paediatric age group is to attain level < 7.5 %.

Method : Ion-exchange high-performance liquid chromatography (HPLC).

Reference : American Diabetes Associations. Standards of Medical Care in Diabetes 2023

Dr. Amod Sawant
MBBS,MD Pathology
Consultant Pathologist

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Order Id	: 14989448564	Sample Received On	: 31/Aug/2025 10:26AM
Referred By	: Self	Report Generated On	: 01/Sep/2025 10:46AM
Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

DEPARTMENT OF HAEMATOLOGY-HPLC

Test Name	Value	Unit	Bio. Ref Interval
ABNORMAL HB STUDIES (HB ELECTROPHORESIS)			
HEMATOLOGICAL PARAMETERS			
Haemoglobin (HB) Method: Photometric Measurement Machine: BECKMAN COULTER DxH800	**11.5**	g/dL	12.0-15.0
Hematocrit (PCV) Method: Calculated Machine: BECKMAN COULTER DxH800	**34.5**	%	36.0-46.0
Red Blood Cell Count (RBC) Method: Coulter Principle Machine: BECKMAN COULTER DxH800	4.50	10^6/µl	3.80-4.80
Mean Corp Volume (MCV) Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800	**76.0**	fL	83.0-101.0
Mean Corp Hb (MCH) Method: Calculated Machine: BECKMAN COULTER DxH800	**25.3**	pg	27.0-32.0
Mean Corp Hb Conc (MCHC) Method: Calculated Machine: BECKMAN COULTER DxH800	33.3	g/dL	31.5-34.5
RDW - CV Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800	**14.7**	%	11.6-14.0
RDW - SD Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800	40.30	fL	39.0-46.0
ABNORMAL HB STUDIES (HB ELECTROPHORESIS)			
HEMOGLOBIN A (Hb Adult) Method: HPLC	**95.9**	%	97.4 - 99.4
HEMOGLOBIN A2 (HbA2) Method: HPLC	3.3	Area %	2.0 - 3.5
FETAL HEMOGLOBIN (Hb F) Method: HPLC	<0.8	Area %	0.0 - 2.0
Suggestive Interpretation	Suggestive of absence of beta thalassemia trait and absence of common abnormal hemoglobin in		

Dr Priyanka Agarwal
MBBS, MD, Pathology
Consultant Pathologist

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Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

DEPARTMENT OF HAEMATOLOGY-HPLC

Test Name	Value	Unit	Bio. Ref Interval
	present chromatograph. Kindly confirm by doing parental screening and DNA analysis		

Method: High Performance Llquid Chromatography (HPLC).

Note:
• Determinaton of elevated levels of hemoglobin HB A2 & F is the most practical means of diagnosing inheritance of beta-thalassemia gene .
• HPLC is a most accurate method for determining the presence and quantity of various type of Hemoglobins.
• The Biorad D10 hemoglobin testing system is a fully automated HPLC system which is used to separate. and determine specific hemoglobin in whole blood. This method is used to screen for abnormal hemoglobins.
• Please take into consideration any recent blood transfusion (within 3 months) that has been given to the patient, which may alter the results.
• In case any abnormal hemoglobin is identified on the HPLC screen, Family study and genetic analysis is recommended for confirmation of diagnosis.

Dr Priyanka Agarwal
MBBS, MD, Pathology
Consultant Pathologist

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Order Id	: 14989448564	Sample Received On	: 31/Aug/2025 11:15AM
Referred By	: Self	Report Generated On	: 31/Aug/2025 11:50AM
Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Flouride Plasma	Report Status	: Final Report

DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
Fasting Blood Sugar			
Glucose, Fasting	87.70	mg/dl	70 - 100

Method: Hexokinase
Machine: BECKMAN COULTER DxC 700 AU

American Diabetes Association Reference Range :

Normal : < 100 mg/dL
Impaired fasting glucose(Prediabetes) : 100 - 125 mg/dL
Diabetes : >= 126 mg/dL

Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis
A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death). A low blood glucose level (hypoglycemia) may be seen with:Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation.

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MBBS,MD Pathology
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Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Blood Group (ABO and Rh Typing)			
BLOOD GROUP TYPE Method: Tube & Slide Agglutination	B		
Rh TYPE Method: Tube & Slide Agglutination	**Positive**		

ABO remains the most important in transfusion and transplantation since any person above the age of 6 months possess clinically significant anti-A and/or anti-B antibodies in their serum. Blood group A contains antibody against blood group B in serum and vice-versa, while blood group O contains no A/B antigen but both their antibodies in serum.
Rhesus-system is the second most important blood group system after ABO. In contrast to the ABO system, anti-Rh antibodies are, normally, not present in the blood of individuals with D-negative RBCs, unless the circulatory system of these individuals has been exposed to D-positive RBCs. These immune antibodies are immunoglobulin G (IgG) in nature and hence, can cross the placenta. Prophylaxis is given against Rh immunization using anti-D Ig for pregnant Rh-negative mothers who have given birth to Rh-positive child.

Historical Record check : ABO/ Rh grouping results should be correlated with previous records and patient/ doctor is requested to correlate ABO/Rh testing results with previous results if available.

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MBBS,MD Pathology
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Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Complete Haemogram			
Haemoglobin (HB) Method: Photometric Measurement Machine: BECKMAN COULTER DxH800	**11.5**	g/dL	12.0-15.0
Total Leucocyte Count (TLC) Method: Coulter Principle Machine: BECKMAN COULTER DxH800	6.9	10^3/uL	4.0-10.0
Hematocrit (PCV) Method: Calculated Machine: BECKMAN COULTER DxH800	**34.5**	%	36.0-46.0
Red Blood Cell Count (RBC) Method: Coulter Principle Machine: BECKMAN COULTER DxH800	4.50	10^6/µl	3.80-4.80
Mean Corp Volume (MCV) Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800	**76.0**	fL	83.0-101.0
Mean Corp Hb (MCH) Method: Calculated Machine: BECKMAN COULTER DxH800	**25.3**	pg	27.0-32.0
Mean Corp Hb Conc (MCHC) Method: Calculated Machine: BECKMAN COULTER DxH800	33.3	g/dL	31.5-34.5
RDW - CV Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800	**14.7**	%	11.6-14.0
RDW - SD Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800	40.30	fL	39.0-46.0
Mentzer Index Method: Calculated	16.89	Ratio	
RDWI Method: Calculated	248.27	Ratio	
Green and king index Method: Calculated	74	Ratio	
Differential Leucocyte Count			
Neutrophils Method: VCS Technology Machine: BECKMAN COULTER DxH800	44.2	%	40 - 80

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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Lymphocytes Method: VCS Technology Machine: BECKMAN COULTER DxH800	**49.7**	%	20-40
Monocytes Method: VCS Technology Machine: BECKMAN COULTER DxH800	5.2	%	02 - 10
Eosinophils Method: VCS Technology Machine: BECKMAN COULTER DxH800	**0.5**	%	01 - 06
Basophils Method: VCS Technology Machine: BECKMAN COULTER DxH800	0.4	%	00 - 02
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC) Method: Calculated Machine: BECKMAN COULTER DxH800	3.05	10^3/uL	2.0-7.0
Absolute Lymphocyte Count (ALC) Method: Calculated Machine: BECKMAN COULTER DxH800	**3.43**	10^3/uL	1.0-3.0
Absolute Monocyte Count Method: Calculated Machine: BECKMAN COULTER DxH800	0.36	10^3/uL	0.2-1.0
Absolute Eosinophil Count (AEC) Method: Calculated Machine: BECKMAN COULTER DxH800	0.03	10^3/uL	0.02-0.5
Absolute Basophil Count Method: Calculated Machine: BECKMAN COULTER DxH800	0.03	10^3/uL	0.02 - 0.10
Platelet Count(PLT) Method: Coulter Principle Machine: BECKMAN COULTER DxH800	249	10^3/µl	150-410
MPV Method: Derived from PLT Histogram Machine: BECKMAN COULTER DxH800	**9.6**	fL	7 - 9
ESR Method: Kinetic Red Cells Aggregation Machine: ALIFAX TEST - 1	05	mm/1st hour	0-12

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

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Sample Type	: Whole Blood EDTA	Report Status	: Final Report

DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval

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. Green and King Index used to differentiate IDA from thalassemia trait value >65 is likely to be Iron Deficiency Anemiaand value <65 Beta Thalassemia Trait. For RDWI Value >220 more likely to be Iron Deficiency Anemia and value <220 more likely to be Beta Thalassemia Trait .

ESR is a non-specific phenomenon, its measurement is clinically useful in disorders associated with an increased production of acute-phase proteins. it provides an index of progress of the disease in rheumatoid arthritis or tuberculosis, and it is of considerable value in diagnosis of temporal arteritis and polymyalgia rheumatica. It is often used if multiple myeloma is suspected, but when the myeloma is non-secretory or light chain, a normal ESR does not exclude this diagnosis.

An elevated ESR occurs as an early feature in myocardial infarction. Although a normal ESR cannot be taken to exclude the presence of organic disease, the vast majority of acute or chronic infections and most neoplastic and degenerative diseases are associated with changes in the plasma proteins that increased ES values.
An increased ESR in subjects who are HIV seropositive seems to be an early predictive marker of progression toward acquired immune deficiency syndrome (AIDS).
The ESR is influenced by age, stage of the menstrual cycle and medications taken (corticosteroids, contraceptive pills). It is especially low (0–1 mm) in polycythaemia, hypofibrinogenaemia and congestive cardiac failure and when there are abnormalities of the red cells such as poikilocytosis, spherocytosis, or sickle cells.
In cases of performance enhancing drug intake by athletes the ESR values are generally lower than the usual value for the individual and as a result of the increase in haemoglobin (i.e. the effect of secondary polycythaemia).

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Referred By	: Self	Report Generated On	: 31/Aug/2025 12:24PM
Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: SERUM	Report Status	: Final Report

DEPARTMENT OF IMMUNOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Thyroid Stimulating Hormone (TSH)			
Thyroid Stimulating Hormone (TSH)-Ultrasensitive Method: CLIA Machine: SIEMENS CENTAUR XP	1.760	µIU/ml	0.55-4.78

Interpretation:

Pregnancy interval	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 – 3.0
Third trimester	0.3 – 3.0

1. Thyroid hormones undergo circadian variation: Peak levels are seen at around midnight. Minimum levels seen between morning through noon. This variation may be as much as 50% thus, influence of sampling time needs to be considered for clinical interpretation.
2. Circulating forms of T3 and T4 are mostly reversibly bound with Thyroxine binding globulins (TBG), and to a lesser extent with albumin and Thyroid binding Pre-Albumin. Thus the conditions in which TBG and protein levels alter such as chronic liver disorders, pregnancy, excess of estrogens, androgens, anabolic steroids and glucocorticoids may cause misleading total T3, total T4 and TSH interpretations.
3. TSH levels may be normal in central hypothyroidism, recent rapid correction of hypothyroidism or hyperthyroidism, pregnancy, phenytoin therapy etc.
4. TSH values of <0.03 uIU/mL must be clinically correlated to evaluate the presence of a rare TSH variant in certain individuals which is undetectable by conventional methods.
5. Presence of Autoimmune disorders may lead to spurious results of thyroid hormones.
6. Various drugs influence the levels of thyroid hormones such as L-Dopa, Lithium, Glucocorticoids, Phenytoin etc.
7. Serum TSH is evaluated in Neonates to diagnose Congenital Hypothyroidism.
8. Within hours of birth, plasma TSH, T4, and T3 concentrations rise rapidly. By 2 to 3 days, TSH concentrations fall. T4 falls to adult concentrations by 1 to 2 months of age.

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Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Final Report

DEPARTMENT OF IMMUNOLOGY

Basic Female Hormones

Test Name	Value	Unit	Bio. Ref Interval
Follicle Stimulating Hormone, FSH			
Follicle Stimulating Hormone (FSH) Method: CLIA Machine: BECKMAN COULTER DxI800	4.81	mIU/mL	Mid Follicular Phase: 3.85-8.78 Mid Cycle Peak: 4.54-22.51 Mid Luteal Phase: 1.79-5.12 Post Menopausal: 16.74-113.59

FSH stimulates follicular growth and in conjuction with hLH, stimulates estrogen secretion and ovulation. Human FSH is secreted by the gonadotropic cells of the anterior lobe of the pituitary gland in response to gonadotropin releasing hormone (GnRH) from the medial basal hypothalamus.
Abnormal FSH levels are interpreted with increased or decreased levels of other fertility hormones such as LH, estrogens, progesterone, and testosterone.
Increased FSH levels are associated with menopause and primary ovarian hypofunction in females and primary hypogonadism in males. Decreased FSH levels are associated with primary ovarian hyperfunction in females and primary hypergonadism in males. Normal or decreased FSH levels are associated with polycystic ovary disease in females.

Luteinizing Hormone,LH			
Luteinizing Hormone (LH) Method: CLIA Machine: BECKMAN COULTER DxI800	18.200	mIU/ml	Mid Follicular Phase: 2.12-10.89 Mid Cycle Peak: 19.18-103.03 Mid Luteal Phase: 1.20-12.86 Post Menopausal: 10.87-58.64

Human Luteinizing Hormone (LH) is a glycoprotein hormone secreted by the anterior pituitary gland. LH, FSH and other steroid hormones play important role in regulating the ovulation and ovarian functions during the menstrual cycle. Maturation of an ovarian follicle and its oocyte begins during the end of the preceding menstrual cycle. When FSH is released by the pituitary gland, the ovarian follicle undergoes rapid increases. This rapid increase is generally believed to trigger the rapid rise and peak of LH activity at mid-cycle, the LH surge. Ovulation begins twelve to twenty-four hours after the LH surge. The wall of the enlarged follicle ruptures and the mature ovum is extruded. Within two days the LH concentration returns to its baseline level. A concomitant rise in progesterone level initiates the luteal phase, which lasts approximately fourteen days. During this time, if the mature ovum is not fertilized, a new follicle enters the maturation route marking the beginning of the next menstrual cycle. In light of the characteristic fluctuation of LH levels during the menstrual cycle, rapid and sensitive detection of LH is useful in the diagnosis and treatment of infertility and in the detection of the LH surge to predict the time of ovulation. As the onset of the LH surge precedes ovulation by approximately thirty hours, its determination has been used successfully to time oocyte retrieval for in vitro fertilization and to assist in the timing of artificial insemination.
INCREASED LEVELS are seen in Luteal phase of menstrual cycle, Primary hypogonadism, Gonadotropin secreting pituitary tumours, Menopause.
DECREASED LEVELS are seen in Hypothalamic gonadotropin releasing hormone deficiency, Pituitary LH deficiency, Ectopic steroid hormone production, Gonadotropin releasing hormone analog treatment.

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MBBS,MD Pathology
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Referred By	: Self	Report Generated On	: 31/Aug/2025 01:05PM
Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Final Report

DEPARTMENT OF IMMUNOLOGY

Basic Female Hormones

Test Name	Value	Unit	Bio. Ref Interval
Prolactin			
Prolactin	**32.8**	ng/ml	3.34-26.72

Method: CLIA
Machine: BECKMAN COULTER DxI800

Prolactin values that exceed the reference values may be due to macroprolactin (prolactin bound to immunoglobulin). Macroprolactin should be evaluated if signs and symptoms of hyperprolactinemia are absent or pituitary imaging studies are not informative.
Prolactin deficiencies in normal individuals are rare. Pathologic causes of hyper-prolactinemia include: PRL secreting pituitary adenomas (prolactinomas), functional and organic diseases of the hypothalamus, hypothyroidism, renal failure, and ectopic tumors. Elevated levels of PRL may be observed in cases of primary hypothyroidism due to an increased secretion of TRH (stimulates PRL release) accompanied by decreased serum T4 levels and increased serum thyroid stimulating hormone concentrations. Hyper-prolactinemia has also been associated with the inhibition of ovarian steroidgenesis, follicle maturation, and secretion of luteinizing hormone and follicle stimulating hormone.

Note:- Prolactin levels will vary over a 24-hour period, rising during sleep and peaking in the early morning.

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MBBS,MD Pathology
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Age/Gender	: 26Y 0M 0D /Female	Sample Collected On	: 30/Aug/2025 11:07AM
Order Id	: 14989448564	Sample Received On	: 31/Aug/2025 10:28AM
Referred By	: Self	Report Generated On	: 31/Aug/2025 12:09PM
Customer Since	: 30/Aug/2025	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Final Report

DEPARTMENT OF IMMUNOLOGY

Test Name	Value	Unit	Bio. Ref Interval
INSULIN (FASTING)			
INSULIN (FASTING) Method: CLIA Machine: BECKMAN COULTER DxI800	11.10	µIU/mL	1.9 - 23

Insulin: insulin levels are tested:
To help evaluate insulin production by the beta cells in the pancreas; to help diagnose the presence of an insulin-producing tumor in the islet cells of the pancreas (insulinoma); to help determine the cause of low blood glucose (hypoglycemia); to help identify insulin resistance, or to help determine when a type 2 diabetic might need to start taking insulin to supplement oral medications

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

Dr. Amod Sawant
MBBS,MD Pathology
Consultant Pathologist

SIN No:E5547163

Patient report

Bio-Rad	DATE: 08/31/2025
D-10	TIME: 11:12 PM
S/N: #DC2G732406	Software version: 4.30-2
Sample ID:	E5547163
Injection date	08/31/2025 09:35 PM
Injection #: 17	Method: HbA2/F
Rack #: ---	Rack position: 3

Peak table - ID: E5547163

Peak	R.time	Height	Area	Area %
Unknown	0.13	2568	5020	0.3
A1a	0.20	3855	13165	0.7
A1b	0.28	5421	23824	1.3
LA1c/CHb-1	0.69	2046	16672	0.9
A1c	0.89	6568	63448	5.2
P3	1.47	10905	83656	4.6
A0	1.67	364882	1575870	86.2
A2	3.31	3409	47375	3.3
Total Area:	1829031			

Concentration:	%
A1c	5.2
A2	3.3

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

Arpita Bargat

Booking ID : 14989448564 | Sample Collection Date : 30/Aug/2025

25.54 Body Mass Index	4'11" Height (ft/in)	59 Weight (kgs.)

Physical Activity	Smoke	Food Preference	Alcohol	Medication	Family History
No Data	No Data	No Data	No Data	No Data	No Data

Blood Pressure	Pulse Rate	Waist (In Cm)	Hip Circumference (In Cm)	SPO2 Levels	Sugar Levels
No Data	No Data	No Data	No Data	No Data	No Data

Additional Remarks :

NA

SUGGESTED NUTRITION

Do's

- Include whole grains in your diet like whole wheat bread and other products, brown rice or hand pounded rice, oats
- Include fresh garlic and fenugreek seeds in your diet
- 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 refined sugars, processed foods and bakery items
- Avoid packaged foods or readymade meats
- Reduce caffeine intake
- Limit intake of salt
- Avoid refined carbs, processed foods
- Decrease intake of colas and sugary drinks
- Avoid the use of oil and avoid sauces and dressings
- Avoid flavoured and seasoned foods
- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods

SUGGESTED LIFESTYLE

Do's

- Stay active and maintain ideal weight
- Maintain ideal weight

Dont's

- Avoid overeating or calorie rich food
- Avoid having long gaps in meals or skipping meals
- Avoid smoking and alcohol
- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Don't ignore your body signals and don't skip your regular health check-ups

SUGGESTED FUTURE TESTS

- Healthians PCOD Panel Package - **Every 1 Month**
- E2 - Female Reproductive Hormone Test - **Every 1 Month**
- Progesterone (P4) - **Every 1 Month**
- Testosterone Total - **Every 1 Month**
- FSH-Follicle Stimulating Hormone - **Every 1 Month**
- LH-Luteinizing Hormone - **Every 1 Month**
- Complete Hemogram - **Every 1 Month**

HEALTH ADVISORY

Suggestions for Health & Well-being

Arpita Bargat

Booking ID : 14989448564 | Sample Collection Date : 30/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!

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!

BALANCED
DIET

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.

BMI

BMI recommended range is 18.5 to 24.9. Your BMI is **29.35**, which is on a higher side.
Please [illegible] and
BMI for your body helps prevent many untimely diseases and goes a long way.

BMI CHART

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

BMI INFORMATION NOT AVAILABLE

Please fill your Health Karma to know your BMI results

BMI

Supplement Suggestions

Arpita Bargat
Booking ID : 14989448564 | Sample Collection Date : 30/Aug/2025

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
LH-Luteinizing Hormone	FEM-UP

To order, call 1800-572-000-4

Suggestions for Improving Deficiencies

100% NATURAL | HIGH QUALITY HERBS | NO SIDE EFFECTS

FEM-UP

For Pink of Health in Women

Polycystic ovarian disease (PCOD) giving you sleepless nights? Let the power of Ayurveda become your shield against PCOD effects with FEM-UP. An all-natural supplement that helps in alleviating the debilitating impact of PCOD.
Infused with the natural goodness of Ashwagandha, Shatavari, and Trikatu, FEM-UP helps reduce androgen levels and PCOD-induced facial hair, aids in effective weight management, and boosts ovarian health, among numerous other benefits.

Remember, ignoring PCOD can cause a lot of serious complications, including:

Type 2 diabetes | Sleep apnea | Endometrial cancer | Infertility | Miscarriage

Infused with the ages-proven goodness of all-natural ingredients, FEM-UP is the perfect supplement to promote overall women's health, correct irregular menses, and counter PCOD effects without having to worry about side effects. Sourced from nature's pharmacy of herbs, the ingredients in FEM-UP present the following benefits:

Ashwagandha
Improves sex drive. Provides relief from insomnia & fatigue

Shatavari
Helps restore PCOD-induced hormonal imbalance

Shankhpushpi
Helps improve digestion & reduce depression

Musli
Improves sexual performance & overall health

Brahmi
Reduces anxiety, depression & stress

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

To order, call 1800-572-000-4

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

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

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

EQA
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