

India's trusted Health Test @Home Service

National Reference Laboratory in Delhi NCR



Booking ID : 10756608192

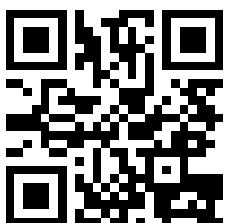
Sample Collection Date : 12/May/2024

Jayesh Hemnani

Male, 40 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

Jayesh Hemnani

Booking ID : I0756608192 | Sample Collection Date : 12/May/2024

Jayesh Hemnani,

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
84

Out of 100

*Calculated from test reports

Thyroid Function

Thyroid Stimulating Hormone (TSH) - Ultrasensitive : 1.82 µIU/ml

- Everything looks good


Cholesterol Total

231.7 mg/dl

- Concern


Kidney Function

Serum Creatinine : 0.96 mg/dl

- Everything looks good


Vitamin D

33.3 ng/ml

- Everything looks good


HbA1c

6.6 %

- Concern


Vitamin B12

262 pg/ml

- Everything looks good


Liver Function

Alanine Aminotransferase (ALT/SGPT) : 84.5 U/L

- Concern


Calcium Total

9.2 mg/dl

- Everything looks good


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.

Jayesh Hemnnani

Booking ID 10756608192 | Sample Collection Date: 12/May/2024

Summary of Deranged Parameters:

Dear Jayesh Hemnnani,

After reviewing your recent health test results from Healthians, I wanted to provide you with a summary of the deranged parameters. It appears that your Blood Glucose Fasting, Cholesterol-Total, Triglycerides, Non-HDL Cholesterol, CHOL/HDL Ratio, LDL Cholesterol Cal, VLDL Cholesterol Cal, Eosinophils, Glycated Hemoglobin (HbA1c), SGPT/ALT, Globulin, and SGOT/SGPT Ratio levels are not within the normal range.

Suggestions for Deranged Parameters:

1. It is important to focus on a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean proteins.
2. Regular physical activity, such as walking, jogging, or yoga, can help improve your overall health and manage your cholesterol levels.
3. Consider reducing your intake of processed foods, sugary beverages, and saturated fats to support your liver function and cholesterol levels.
4. Monitoring your blood sugar levels regularly and making lifestyle changes, such as maintaining a healthy weight and managing stress, can help in controlling your blood glucose levels.

Remember, small changes in your daily routine can have a positive impact on your health. Take care and stay positive!

Warm regards,

Your Virtual Family Physician

Patient Name	: Jayesh Hemnnani	Barcode	: E1070264	
Age/Gender	: 40Y OM OD /Male	Sample Collected On	: 12/May/2024 07:51AM	
Order Id	: 10756608192	Sample Received On	: 12/May/2024 05:54PM	
Referred By	: Self	Report Generated On	: 12/May/2024 06:49PM	
Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY HBA1C

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
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HbA1c - Glycosylated Hemoglobin

 HbA1c (Glycosylated Hemoglobin) Method: HPLC	6.60	%	4.2 - 5.7
 Average Estimated Glucose - plasma Method: Calculated	142.72	mg/dl	

INTERPRETATION:

AS PER AMERICAN DIABETES ASSOCIATION (ADA):

REFERENCE GROUP

Non diabetic
At Risk (Prediabetes)
Diagnosing Diabetes

GLYCOSYLATED HEMOGLOBIN (HbA1c) in %

<5.7	
5.7 – 6.4	
>= 6.5	
Age > 19 Years	
Goals of Therapy:	< 7.0
Actions Suggested:	>8.0
Age < 19 Years	
Goal of therapy:	<7.5

Therapeutic goals for glycemic control

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 dapson, 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

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Dr. Rajeev S Ramachandran
 MBBS, MD PATHOLOGY
 CONSULTANT PATHOLOGIST


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Order Id	: 10756608192	Sample Received On	: 12/May/2024 06:13PM	
Referred By	: Self	Report Generated On	: 12/May/2024 07:36PM	
Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Flouride Plasma	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
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Fasting Blood Sugar

 Glucose, Fasting
Method: Hexokinase

140.86

mg/dl

70 - 100

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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Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

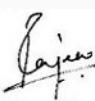
Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
Liver Function Test (LFT)			
Serum Bilirubin, (Total) Method: Diazonium Ion	0.92	mg/dl	0.3 - 1.2
Serum Bilirubin, (Direct) Method: Diazotization	0.14	mg/dl	0 - 0.2
Serum Bilirubin, (Indirect) Method: Calculated	0.78	mg/dl	0.0 - 0.8
Aspartate Aminotransferase (AST/SGOT) Method: UV with P5P	49.80	U/L	3- 50
Alanine Aminotransferase (ALT/SGPT) Method: UV without P5P - IFCC Ref. Proc., Calibrated	84.5	U/L	3 - 50
Alkaline Phosphatase (ALP) Method: IFCC AMP Buffer	62.60	U/L	43 - 115
Gamma Glutamyl Transferase (GGT) Method: G-glutamyl-carboxy- nitroanalide-IFCC	51.5	U/L	5 - 55
Serum Total Protein Method: Biuret	6.62	g/dL	6.6 - 8.3
Serum Albumin Method: Bromo Cresol Green(BCG)	4.27	g/dl	3.5 - 5.2
Serum Globulin Method: Calculated	2.35	gm/dl	3.0 - 4.2
Albumin/Globulin Ratio Method: Calculated	1.82	Ratio	1.2 - 2.5
SGOT/SGPT Ratio Method: Calculated	0.59	Ratio	0.7 - 1.4

Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels results from increased bilirubin production (eg hemolysis and ineffective erythropoiesis); decreased bilirubin excretion (eg; obstruction and hepatitis); and abnormal bilirubin metabolism (eg; hereditary and neonatal jaundice). Conjugated (direct) bilirubin is elevated more than unconjugated (indirect) bilirubin in viral hepatitis; drug reactions, alcoholic liver disease conjugated (direct) bilirubin is also elevated more than unconjugated (indirect) bilirubin when there is some kind of blockage of the bile ducts like in Gallstones getting into the bile ducts tumors & Scarring of the bile ducts. Increased unconjugated (indirect) bilirubin may be a result of hemolytic or pernicious anemia, transfusion reaction & a common metabolic condition termed Gilbert syndrome.

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. 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, page's disease, Rickets, Sarcoidosis etc.

Elevated serum GGT activity can be found in diseases of the liver, Biliary system and pancreas. Conditions that increase serum GGT are obstructive liver disease, high


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Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2024 Full Body Checkup Advance

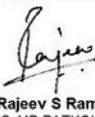
Test Name	Value	Unit	Bio. Ref Interval
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alcohol consumption and use of enzyme-including drugs etc.

Serum total protein, also known as total protein, is a biochemical test for measuring the total amount of protein in serum..Protein in the plasma is made up of albumin and globulin. Higher-than-normal levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, Multiple myeloma,Waldenstrom's disease. Lower-than-normal levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage), Burns, Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic - Human serum albumin is the most abundant protein in human blood plasma. It is produced in the liver.Albumin constitutes about half of the blood serum protein. Low blood albumin levels (hypoalbuminemia) can be caused by: Liver disease like cirrhosis of the liver, nephrotic syndrome, protein-losing enteropathy, Burns, hemodilution, increased vascular permeability or decreased lymphatic clearance, malnutrition and wasting etc.



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Referred By	: Self	Report Generated On	: 12/May/2024 07:39PM	
Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
Kidney Function Test1 (KFT1)			
Serum Creatinine Method: Jaffes Kinetic	0.96	mg/dl	0.6 - 1.6
GFR, ESTIMATED Method: Calculated	102.47	mL/min/1.73m ²	
Serum Uric Acid Method: Uricase	7.2	mg/dl	3.5-7.2
Serum Calcium Method: Arsenazo III	9.2	mg/dl	8.8 - 10.6
Serum Phosphorus Method: Phosphomolybdate complex	2.9	mg/dl	2.5 - 4.5
Serum Sodium Method: ISE (Indirect)	139	mmol/L	136 - 146
Serum Chloride Method: ISE (Indirect)	103	mmol/L	101 - 109
Blood Urea Method: Urease	23	mg/dl	17 - 43
Blood Urea Nitrogen (BUN) Method: Calculated	10.9	mg/dl	8-20
Bun/Creatinine Ratio Method: Calculated	11.36	Ratio	
Urea/Creatinine Ratio Method: Calculated	24.32	Ratio	

The kidneys play a vital role in the excretion of waste products and toxins such as urea, creatinine and uric acid, regulation of extracellular fluid volume, serum osmolality and electrolyte concentrations, as well as the production of hormones like erythropoietin and 1,25 dihydroxy vitamin D and renin. Assessment of renal function is important in the management of patients with kidney disease or pathologies affecting renal function. Tests of renal function have utility in identifying the presence of renal disease, monitoring the response of kidneys to treatment, and determining the progression of renal disease.

Urea is synthesized in the liver as the final product of protein and amino acid metabolism. Urea synthesis is therefore dependent on daily protein intake and endogenous protein metabolism.

Creatinine is a metabolic product of creatine and phosphocreatine, which are both found almost exclusively in muscle.

Uric Acid is the major product of purine catabolism in humans. Uric acid levels are used to monitor the treatment of gout.

Measurement of calcium is used in the diagnosis and treatment of parathyroid disease, a variety of bone diseases, chronic renal disease, urolithiasis and tetany.

Phosphorus levels are increased in acute or chronic renal failure with decreased GFR .

Sodium is an electrolyte, and it helps regulate the amount of water in and around the cells & the balance of chemicals in the body called acids and bases.

Chloride is a negatively charged ion that works with other electrolytes such as potassium, sodium, and bicarbonate, to help regulate the amount of fluid in the body and maintain the acid-base balance.

Note: Kindly note change in reference range with effect from 17/08/2023.


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Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
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Lipid Profile Basic

 Total Cholesterol Method: Cholesterol Oxidase, Esterase, Peroxidase	231.7	mg/dl	Desirable : <200 Borderline: 200-239 High : >/=240
 Serum Triglycerides Method: Enzymatic	368.5	mg/dl	Desirable : <150 Borderline high : 150-199 High : 200-499 Very high : >= 500
 Serum HDL Cholesterol Method: Direct measure, immunoinhibition	48.3	mg/dl	40 - 60
LDL Cholesterol Calculated Method: Calculated	109.70	mg/dl	Optimal : <100 near /above Optimal:100 - 129 Borderline High: 130- 159 High : 160 - 189 Very High :>/=190
VLDL Cholesterol Calculated Method: Calculated	73.7	mg/dl	<30
 Total CHOL / HDL Cholesterol Ratio Method: Calculated	4.80	Ratio	3.30 - 4.40
LDL / HDL Cholesterol Ratio Method: Calculated	2.27	Ratio	Desirable/Low Risk: 0.5-3.0 Line/Moderate Risk: 3.0-6.0 Elevated/High Risk: >6.0
HDL / LDL Cholesterol Ratio Method: Calculated	0.44	Ratio	Optimal->0.4 Moderate-0.4 to 0.3 High-<0.3
 Non-HDL Cholesterol Method: Calculated	183.4	mg/dl	0.0 - 160.0

Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency.

Dyslipidemias means increase in the level of one or more of the following: Total Cholesterol, low density lipoprotein (LDL) and/or triglyceride concentrations.

Dyslipidemia also includes a decrease in the "good" cholesterol or high-density lipoprotein (HDL) concentration in the blood.

Cholesterol is a steroid carried in the bloodstream as lipoprotein, necessary for cell membrane functioning and as a precursor to bile acids, progesterone ,vitamin D ,estrogens ,glucocorticoids and mineralocorticoids.

HDL is termed "good cholesterol" because its levels are inversely related to the risk of Coronary heart disease.

LDL cholesterol is termed the "bad cholesterol" and their increased levels are associated with increased risk of atherosclerosis and coronary


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Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
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heart disease.

Lipid level assessments must be made following 9 to 12 hours of fasting, otherwise assay results might lead to erroneous interpretation. Healthians labs report biological reference intervals (normal ranges) in accordance with the recommendations of The National Cholesterol Education Program (NCEP) & Adult Treatment Panel IV (ATP IV) guidelines providing the most desirable targets of various circulating lipid fractions in the blood. NCEP recommends that all adults above 20 years of age must be screened for abnormal lipid levels.


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Age/Gender	: 40Y OM OD /Male	Sample Collected On	: 12/May/2024 07:51AM	
Order Id	: 10756608192	Sample Received On	: 12/May/2024 06:42PM	
Referred By	: Self	Report Generated On	: 12/May/2024 07:33PM	
Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
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Urine Routine & Microscopy Extended

PHYSICAL EXAMINATION

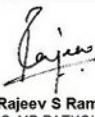
 Colour Method: Visual	Pale Yellow	Pale Yellow
 Volume Method: Visual	15.00	mL
 Appearance Method: Visual	Clear	Clear

CHEMICAL EXAMINATION

 Specific Gravity Method: Dipstick-Ion exchange	1.005	1.001 - 1.035
 pH Method: Dipstick-Double indicator	5.0	4.5 - 7.5
 Glucose Method: Dipstick-oxidase peroxidase	Negative	Negative
 Urine Protein Method: Dipstick-Bromophenol blue	Negative	Negative
 Ketones Method: Sodium nitroprusside	Negative	Negative
 Urobilinogen Method: Dipstick-Ehrlichs Test	Normal	Normal
 Bilirubin Method: Dipstick-Ehrlichs Test	Negative	Negative
 Nitrite Method: Dipstick-Griess test	Negative	Negative
 Blood Method: Dipstick-Peroxidase	Negative	Negative
 Leucocyte Esterase Method: Dipstick- Esterase	Negative	Negative

MICROSCOPIC EXAMINATION

 Pus Cells Method: Microscopic Examination	2-3	/HPF	0 - 5
 Epithelial cells Method: Microscopic Examination	1-2	/HPF	0 - 5


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DEPARTMENT OF CLINICAL PATHOLOGY

Healthy India 2024 Full Body Checkup Advance

Test Name


RBCs
Method: Microscopic Examination



Casts
Method: Microscopic Examination



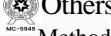
Crystals
Method: Microscopic Examination



Bacteria
Method: Microscopic Examination



Yeast Cell



Others (Non Specific)
Method: Microscopic Examination

Value

Nil

Unit

/HPF

Bio. Ref Interval

Nil

Nil

Nil

Nil

Nil

Absent

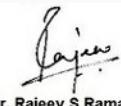
Absent

Nil

Nil



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Sample Type	: WHOLE BLOOD EDTA	Report Status	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Healthy India 2024 Full Body Checkup Advance

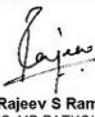
Test Name	Value	Unit	Bio. Ref Interval
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Complete Blood Count

 Haemoglobin (HB) Method: Photometric Measurement	14.8	g/dL	13.0-17.0
 Total Leucocyte Count (TLC) Method: Coulter Principle	5.7	10^3/uL	4.0-10.0
 Hematocrit (PCV) Method: Calculated	44.4	%	40.0-50.0
 Red Blood Cell Count (RBC) Method: Coulter Principle	4.80	10^6/uL	4.50-5.50
 Mean Corp Volume (MCV) Method: Derived from RBC Histogram	93.1	fL	83.0-101.0
 Mean Corp Hb (MCH) Method: Calculated	31.1	pg	27.0-32.0
 Mean Corp Hb Conc (MCHC) Method: Calculated	33.3	g/dL	31.5-34.5
 RDW - CV Method: Derived from RBC Histogram	13.1	%	11.6-14.0
 RDW - SD Method: Derived from RBC Histogram	42.40	fL	39.0-46.0
 Mentzer Index Method: Calculated	19.40	Ratio	
 RDWI Method: Calculated	254.09	Ratio	
 Green and king index Method: Calculated	77	Ratio	

Differential Leucocyte Count

 Neutrophils Method: VCSn Technology	65.0	%	40 - 80
 Lymphocytes Method: VCS Technology	23.3	%	20-40
 Monocytes Method: VCS Technology	5.0	%	02 - 10
 Eosinophils Method: VCS Technology	6.3	%	01 - 06


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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

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
 Basophils MC-5949	0.4	%	00 - 02
Method: VCS Technology			
Absolute Leucocyte Count			
 Absolute Neutrophil Count (ANC) MC-5949	3.71	10^3/uL	2.0-7.0
Method: Calculated			
 Absolute Lymphocyte Count (ALC) MC-5949	1.33	10^3/uL	1.0-3.0
Method: Calculated			
 Absolute Monocyte Count MC-5949	0.28	10^3/uL	0.2-1.0
Method: Calculated			
 Absolute Eosinophil Count (AEC) MC-5949	0.36	10^3/uL	0.02-0.5
Method: Calculated			
 Absolute Basophil Count MC-5949	0.02	10^3/uL	0.02 - 0.10
Method: Calculated			
 Platelet Count(PLT) MC-5949	238	10^3/µl	150-410
Method: Coulter Principle			
 MPV MC-5949	8.9	fL	7 - 9
Method: Derived from PLT Histogram			

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. Rajeev S Ramachandran
 MBBS, MD PATHOLOGY
 CONSULTANT PATHOLOGIST


SIN No:E1070264

Patient Name	: Jayesh Hemnnani	Barcode	: E1070264	
Age/Gender	: 40Y OM OD /Male	Sample Collected On	: 12/May/2024 07:51AM	
Order Id	: 10756608192	Sample Received On	: 12/May/2024 06:11PM	
Referred By	: Self	Report Generated On	: 12/May/2024 07:00PM	
Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
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Thyroid Stimulating Hormone (TSH)



Method: CLIA

Test Interpretation:-

Thyroid-stimulating hormone is a glycoprotein hormone released from the anterior pituitary, and is the principal regulator of thyroid function, stimulating the synthesis and release of thyroid hormones thyroxine (T4) and triiodothyronine (T3). T3 and T4 regulate biochemical processes that are essential for normal metabolism. The principal clinical use for TSH measurement is for the assessment of thyroid status. TSH is measured in conjunction with thyroid hormones or antibodies to: 1) detect or exclude hypothyroidism or hyperthyroidism; 2) monitor T4 replacement treatment in hypothyroidism or antithyroid treatment in hyperthyroidism; 3) monitor TSH suppression in thyroid cancer patients on thyroxine therapy; and 4) assess the response to TRH stimulation testing. Serum TSH is evaluated in Neonates to diagnose Congenital Hypothyroidism. Within hours of birth, plasma TSH, T4, and T3 concentrations rise rapidly. By 2 to 3 days, TSH conc. fall, while T4 falls to adult conc. by 1 to 2 months of age.

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. The reference ranges for TSH are different during pregnancy and are as follows.

Pregnancy interval	Bio Ref Range for TSH in uIU/ml
--------------------	---------------------------------

First trimester	0.1 – 2.5
Second trimester	0.2 – 3.0
Third trimester	0.3 – 3.0

Ref: Guidelines of American Thyroid Association

Note- TSH levels are subject to circadian variation, reaching peak levels between 2-4 AM. Minimum levels are seen between 6-10 PM. The variation is to the order of 50%. Hence time of the day has an influence on the measured serum TSH concentrations.

Vitamin B12



Method: CLIA

Vitamin B12 is a coenzyme that is involved in two very important metabolic functions vital to normal cell growth and DNA synthesis: 1) the synthesis of methionine, and 2) the conversion of methylmalonyl CoA to succinyl CoA. Deficiency of this vitamin can lead to megaloblastic anemia and ultimately to severe neurological problems. Also causes macrocytic anemia, glossitis, peripheral neuropathy, weakness, hyperreflexia, ataxia, loss of proprioception, poor coordination, and affective behavioral changes. A significant increase in RBC MCV may be an important indicator of vitamin B12 deficiency.

Patients taking vitamin B12 supplementation may have misleading results. A normal serum concentration of B12 does not rule out tissue deficiency of vitamin B12 . The most sensitive test for B12 deficiency at the cellular level is the assay for MMA. If clinical symptoms suggest deficiency, measurement of MMA and homocysteine should be considered, even if serum B12 concentrations are normal.



SIN No:E1070264

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)


**DR. SHASHIKANT.D
M.B.S,M.D PATHOLOGY
CONSULTANT PATHOLOGIST**



Patient Name	: Jayesh Hemnnani	Barcode	: E1070264	
Age/Gender	: 40Y OM OD /Male	Sample Collected On	: 12/May/2024 07:51AM	
Order Id	: 10756608192	Sample Received On	: 12/May/2024 06:11PM	
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Customer Since	: 12/May/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthy India 2024 Full Body Checkup Advance

Test Name	Value	Unit	Bio. Ref Interval
Vitamin D, 25-Hydroxy			

 VITAMIN D (25 - OH VITAMIN D)

33.30

ng/ml

30 - 100

Method: CLIA

VITAMIN D STATUS	VITAMIN D 25 HYDROXY (ng/mL)
DEFICIENCY	<20
INSUFFICIENCY	20 - <30
SUFFICIENCY	30 - 100
TOXICITY	>100

Vitamin D is a lipid-soluble steroid hormone that is produced in the skin through the action of sunlight or is obtained from dietary sources. The role of vitamin D in maintaining homeostasis of calcium and phosphorus is well established.

The assay measures both D2 (Ergocalciferol) and D3 (Cholecalciferol) metabolites of vitamin D. Vitamin D status is best determined by measurement of 25 hydroxy vitamin D, as it is the major circulating form and has longer half life (2-3 weeks) than 1,25 Dihydroxy vitamin D (5-8 hrs).

The reference ranges discussed in the preceding are related to total 25-OHD; as long as the combined total is 30 ng/mL or more, the patient has sufficient vitamin D. Levels needed to prevent rickets and osteomalacia (15 ng/mL) are lower than those that dramatically suppress parathyroid hormone levels (20-30 ng/mL). In turn, those levels are lower than levels needed to optimize intestinal calcium absorption (34 ng/mL). Neuromuscular peak performance is associated with levels approximately 38 ng/mL.

*** End Of Report ***


DR. SHASHIKANT.D
M.B.B.S,M.D PATHOLOGY
CONSULTANT PATHOLOGIST



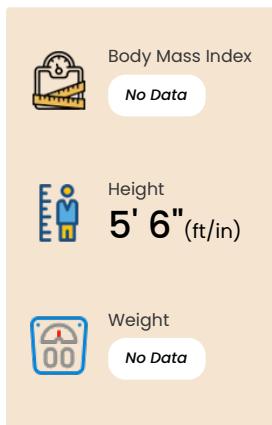
Terms & Conditions:

- 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.

ADVISORY
Health Advisory

Jayesh Hemnani

Booking ID : 10756608192 | Sample Collection Date : 12/May/2024


SUGGESTED NUTRITION
SUGGESTED NUTRITION
Do's

- Include seeds like flaxseeds, chia seeds, sunflower seeds
- Include fruits like apples, berries and melons in your diet
- Choose low carb veggies like onions, tomatoes, beans, sprouts and green leafy vegetables
- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Include whole grains in your diet like whole wheat bread and other products, brown rice or hand pounded rice, oats
- Include calcium rich foods like milk, yoghurt, cheese and green, leafy vegetables
- Include Brazil nuts, sesame seeds, sunflower seeds

Dont's

- Limit sugar intake
- Limit tea and coffee
- Decrease intake of colas and sugary drinks
- Avoid flavoured and seasoned foods
- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods
- Avoid red meat and organ meats
- Avoid salty foods and pickles
- Limit protein intake
- Reduce caffeine intake
- Avoid high cholesterol and calorie dense foods

SUGGESTED LIFESTYLE
SUGGESTED LIFESTYLE
Do's

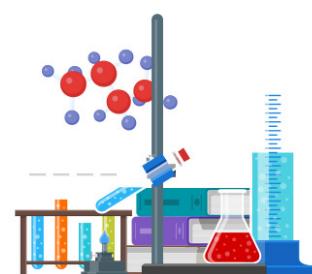
- Lose weight gradually and stay active
- Maintain ideal weight
- Have regular exposure to sunlight
- Sleep well at night and do relaxing activities

Dont's

- Avoid late night heavy meals
- Avoid overworking or being stressed for long time
- Avoid smoking and alcohol
- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Limit dining out
- Avoid long periods of inactivity
- Avoid overeating or calorie rich food

SUGGESTED FUTURE TESTS
SUGGESTED FUTURE TESTS

- Glycated Hemoglobin (HbA1c) - Every 3 Month
- Blood Glucose Fasting - Every 1 Week
- Glucose Postprandial - Every 1 Week
- Liver Function Test - Every 3 Month
- Kidney Function Test - Every 3 Month
- Lipid Profile - Every 3 Month
- Microalbumin, Urine Spot - Every 6 Month



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

Jayesh Hemnani

Booking ID : I0756608192 | Sample Collection Date : 12/May/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

Jayesh Hemnani

Booking ID : I0756608192 | Sample Collection Date : 12/May/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	
Blood Glucose Fasting	DIABEAT-EASE	To order, call 1800-572-000-4
Cholesterol-Total, Serum	APPLE CIDER VINEGAR	

Suggestions for Improving Deficiencies



DIABEAT-EASE

Manage diabetes the all-natural way!

An all-natural supplement that helps in lowering your blood sugar levels, thus preventing the onset of diabetes and managing it if you are already a diabetic. By reducing blood sugar levels, this naturally-sourced diabetes supplement enables you to lead a productive life, while managing your diabetes in a safe and natural way.

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

- Vision & Hearing Loss | • Nerve Damage | • Heart Attack | • Stroke | • Dementia

Infused with the ages-proven goodness of all-natural ingredients, DIABEAT-EASE is the perfect supplement to help you control diabetes without having to worry about side-effects. Sourced from nature's own pharmacy of herbs, the ingredients in DIABEAT-EASE present the following benefits:

Saunf

Helps control blood pressure & manage diabetes

Karela

Reduces blood sugar & reduces cholesterol levels

Chirata

Helps manage high blood pressure, diabetes & detoxifies blood

Ashwagandha

Reduces blood sugar, cholesterol, & triglycerides levels

Vijayasar

Helps manage diabetes by lowering down sugar cravings



APPLE CIDER VINEGAR

Boosts Energy & Improves Immunity

Herbved Apple Cider Vinegar with Mother is 100% natural, raw, unfiltered and unpasteurized that has been fermented from Himalayan apples. It contains a substance called mother that consists of antioxidants, proteins, enzymes, and friendly bacteria that offers you a host of health benefits like losing weight, controlling High BP, Sugar & Cholesterol and improving digestion. It can work wonders on your hair making it soft and shiny, controlling dandruff & hairfall and can also prevent acne when applied as a toner externally on your skin.

Benefits of Apple Cider Vinegar:

- Helps in weight loss | Helps control cholesterol levels | Lowers blood pressure | Controls hairfall and makes hair soft and shiny | Improves digestion


To order, call 1800-572-000-4

Supplement Suggestions

Jayesh Hemnani

Booking ID : 10756608192 | Sample Collection Date : 12/May/2024

Deficiency/Out of Range Parameter(s)	Suggested Supplement
SGPT/ALT	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

Anti-inflammatory & antioxidant effects reinforce the immune system




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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

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EQA

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

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