

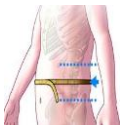

















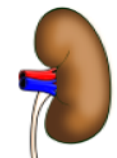
MY HEALTH REPORT CARD – For Diabetics

PATIENT NAME: _____ Height: _____

TEST / PARAMETER	SCORE			NORMAL RANGE
Mention the dates here →				
Weight 				As per your body height
BMI 				18.50 - 22.99 kg/m ² 23.0 - 24.99 kg/m ²
Waist Circumference 				Men <90cm Women <80cm
Waist - Hip Ratio 				Men < 0.9 Women < 0.8
Blood Pressure 				Systolic BP <130 (mm Hg) Diastolic BP < 80 (mm Hg)
Hb A1c 				< 6.5 %
Fasting Blood Glucose Level 				70 – 130 mg/dl (4 - 7 mmol/L)
Post Prandial Blood Glucose Level 				90 - 160 mg/dl (T1DM : 5-9 mmol/L) (T2DM : 5-8.5 mmol/L)
Uric Acid 				2.5 – 7.2 mg/dl (Ideal < 5mg/dl)

MY HEALTH REPORT CARD – For Diabetics

PATIENT NAME: _____ Height: _____

u TSH					0.5 – 4 mIU/L
Serum Creatinine					0.7 – 1.4 mg/dL
Total Cholesterol					< 150 mg/dL
HDL Cholesterol					> 40 mg/dL (for men) > 50 mg/dL (for women)
LDL Cholesterol					< 100 mg/dL
Triglycerides					<150 mg/dL (normal) 150-199 mg/dL (borderline high) 200-499 mg/dL (high) >500 mg/dL (very high)
Haemoglobin					13.5 - 17.5 gm/dL (men) 12.0 - 15.5 gm/dL (women)
Vitamin D3					< 20 ng/mL (deficiency) 20-30 ng/mL (insufficient) 30-100 ng/mL (sufficient)
Vitamin B12					200 - 500 pg/mL
Urine Microalbumin					<30 mg/dL (normal) 30-300 mg/dL (early kidney disease) >300 mg/dL (advanced kidney disease)