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India's Most Awarded Healthcare Brand



Booking ID : 

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

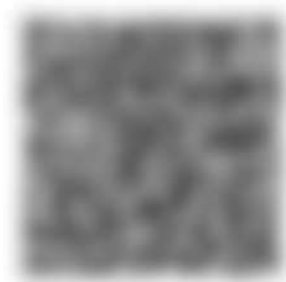
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Corporate Office : Booking@healthians.com

Healthians Smart Report

A Self explanatory Health Diagnostics Report

Healthians Smart report is **India's most innovative** and easy to understand report that describes all information in an intuitive way required for **better health & lifestyle** of customers

Below are the sections which depict what you can expect from this report , how you can read this report and use it for your well-being.

1. Health Analysis

This section summarizes your test results, your critical health parameters and on basis of them where you should draw your attention to. This has been determined by lab results & health karma questions which you answered regarding your lifestyle.



2. Historical Charts

These charts are a way to measure and keep a track of how your health has progressed over time. We depict important parameters here and depending on your test history, the charts describe rise and fall of your health metrics.



3. Lab Test Results

Comprehensive test results generated through use of latest technology and quality checks by health experts. This section provides an exhaustive view of which tests you have taken, ideal result and your actual result with highlighted focus points.



4. Health Advisory

An Advisory section suggesting what modifications to bring in your nutrition & lifestyle, recommendations on your BMI along with regular tests and further consultations to pursue for a healthier future.



5. General Recommendations

Brief view of general preventive test recommendations categorized by age groups. Refer this section to know at what age, which tests are necessary and at what frequency they should be booked.



Disclaimer:

- 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.
- 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.
- 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.
- It is strongly recommended to take required precautions for allergic reactions or sensitivities.

HEALTH ANALYSIS

Personalized Summary & Vital Parameters

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

83

Out of 100

*Calculated from test reports



Thyroid Function

TSH (Ultrasensitive) : 4.08
uIU/mL

• Everything looks good



Cholesterol Total

98.7 mg/dl

• Everything looks good



Kidney Function

Serum Creatinine. : 0.7 mg/dL

• Everything looks good



Vitamin D

Test not taken



HbA1c

Test not taken



Vitamin B12

Test not taken



Liver Function

SGPT (ALT) : 45.1 IU/L

• Concern



Calcium Total

8.9 mg/dl

• Everything looks good



Iron studies

Test not taken



Complete Hemogram

Haemoglobin : 14.9 gm/dl

• Everything looks good

HEALTH ANALYSIS

Critical Parameters

We have observed that the below given critical parameters have shown out of range results, which can have negative impact on your health.

WBC-Total Counts Leucocytes

WBC total measures the count of white blood cells (WBC) in blood. This test is used to screen or diagnose conditions which influence the WBC count. It helps diagnose infection or inflammatory conditions.

Impact on overall health?

High values indicate infection, or inflammation or allergies. An abnormally high count is seen in severe infections, leukaemia and decreased levels in bone marrow depression.

How to improve health conditions?

If your WBC count is high or low, consult your physician for clinical evaluation, other tests and treatment. Lifestyle modifications like exercise and avoiding smoking can help.

Your Result Value

↓ **3.7** th/cumm

Concern

Normal Value

● 4-10 th/cumm

Urea, Serum

Serum urea is the normal waste product, which is produced in the liver after breaking down of proteins and is removed by kidneys. If the kidneys or liver are not functioning well, the urea levels in blood rise. This test helps measure the urea levels in blood and assess kidney functioning.

Impact on overall health?

This test assesses your risk of kidney damage, liver damage, circulatory problems or dehydration. You may also be advised this test to check for renal complications in diabetes.

How to improve health conditions?

If your serum urea levels are high, consult your physician for treatment. If the fluctuations in urea levels are due to dietary changes or medications, avoid those changes.

Your Result Value

↓ **11.5** mg/dL

Concern

Normal Value

● 12.8-42.8 mg/dL

Blood Glucose Fasting

This test measures the blood sugar level in the fasting state. It is done as a part of routine health tests, for diabetes screening and to monitor diabetic treatment. This test helps to detect prediabetes, type 1 and type 2 diabetes and gestational diabetes.

Impact on overall health?

This test can assess your risk of diabetes and evaluate the effectiveness of any ongoing diabetes treatment.

How to improve health conditions?

For high or low blood glucose levels, consult a physician for further investigations. Follow a healthy diet, Be active and practice stress management techniques.

Your Result Value

↑ **112** mg/dl

Concern

Normal Value

● 70-100 mg/dl

Potassium, Serum

Potassium serum test is a blood test that measures the amount of potassium in blood. This test helps diagnose and monitor kidney disease, heart problems and high blood pressure. It is often included as a part of routine blood tests in electrolyte panel.

Impact on overall health?

Potassium helps nerve and muscle coordination. With this test, you can assess your risk of conditions causing changes in potassium levels.

How to improve health conditions?

For low potassium levels, foods rich in potassium like bananas and dry fruits may be advised. Consult your physician for clinical evaluation, additional tests for confirmation and treatment.

Your Result Value

↑ **5.46** mmol/L

Concern

Normal Value

● 3.5-5.1 mmol/L

HEALTH ANALYSIS

HISTORICAL CHARTS

Calcium Total, Serum

Your Latest result

7.0 mg/dl

14th Jul 2020

Borderline Result



Cholesterol-Total, Serum

Your Latest result

159.9 mg/dl

14th Jul 2020

Everything looks good



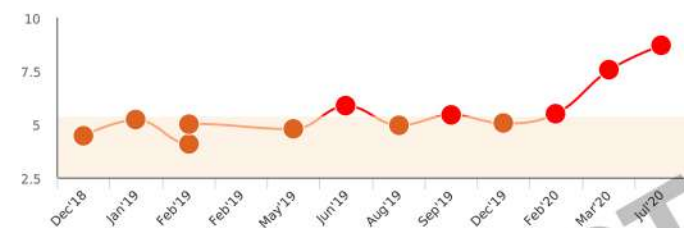
Creatinine, Serum

Your Latest result

8.69 mg/dl

14th Jul 2020

Concern



Hemoglobin Hb

Your Latest result

9.4 gm/dl

14th Jul 2020

Concern



TSH Ultra - sensitive

Your Latest result

2.88 uIU/ml

14th Jul 2020

Everything looks good



SGOT/SGPT Ratio

Your Latest result

1.5 Ratio

14th Jul 2020

Everything looks good



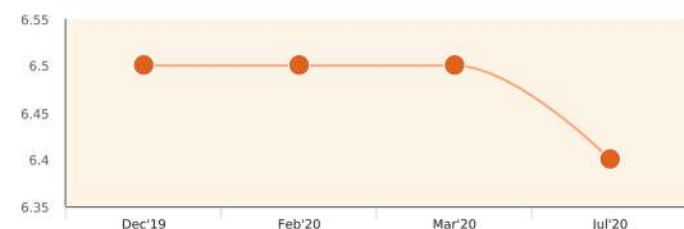
Glycated Hemoglobin (HbA1c)

Your Latest result

6.4 %

14th Jul 2020

Everything looks good



Vitamin B12 Cyanocobalamin

Your Latest result

385 pg/mL

18th Jul 2020

Everything looks good



Test Name With Methodology	Result	Unit	Biological Ref.Interval
<u>HAEMATOLOGY</u>			
Complete Blood Count (CBC EXT)			
Haemoglobin <small>Whole Blood EDTA, Cyanide free</small>	9.4	gm/dl	11.5-16.0
TLC (Total Leucocyte Count) <small>Whole Blood EDTA, Flow Cytometry</small>	20.98	th/cumm	4.0-10.0
<u>DIFFERENTIAL LEUCOCYTE COUNT</u>			
Polymorphs <small>Whole Blood EDTA, Flow Cytometry</small>	84.5	%	40-75
Lymphocytes <small>Whole Blood EDTA, Flow Cytometry</small>	12	%	20-40
Eosinophils <small>Whole Blood EDTA, Flow Cytometry</small>	1.2	%	1-6
Monocytes <small>Whole Blood EDTA, Flow Cytometry</small>	2.2	%	2-10
Basophils <small>Whole Blood EDTA, Flow Cytometry</small>	0.1	%	0-1
Absolute Neutrophil Count <small>Whole Blood EDTA, Flow cytometry</small>	17,728	/cumm	1600 - 8000
Absolute Lymphocyte Count <small>Whole Blood EDTA, Flow cytometry</small>	2,518	/cumm	1392 - 3510
Absolute Eosinophil Count <small>Whole Blood EDTA, Flow cytometry</small>	252	/cumm	40-440
Absolute Monocyte Count <small>Whole Blood EDTA, Flow cytometry</small>	462	/cumm	100-900
Absolute Basophils Count <small>Whole Blood EDTA, Flow cytometry</small>	21	/cumm	0-100
RBC <small>Whole Blood EDTA, Impedance</small>	3.18	millions/cmm	3.8-5.8
HCT <small>Whole Blood EDTA, Calculated</small>	31.5	%	35-45
MCV <small>Whole Blood EDTA, Calculated</small>	99.06	fl	76-96
MCH <small>Calculated</small>	29.56	pg	27-33
MCHC <small>Whole Blood EDTA, Calculated</small>	29.84	g/dl	30-35
Platelet Count <small>Whole Blood EDTA, Impedance</small>	318	thou/ μ L	150-450

ADVISORY

Health Advisory



Body Mass Index

27.34



Height

5' 3" (ft/in)



Weight

70(kgs.)



Physical Activity

■ 5 or more times a week



Smoke

No, I don't smoke



Food Preference

Non-Veg (4-6 times a week)



Out Of Range

Blood Pressure

120/80



Medication

■ Aproxen, 2 Tablets



Alcohol

1-3 drinks per week



Family History

Diabetes, High cholesterol,
Heart diseases



Low

Sugar levels

90 | 120

(Before Meal) | (After Meal)

SUGGESTED NUTRITION

SUGGESTED NUTRITION

Do's

- Include whole grains in your diet like whole wheat bread and other products, brown rice or hand pounded rice, oats
- 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

Dont's

- Limit junk food
- Avoid the use of oil and avoid sauces and dressings
- Avoid packaged foods or readymade meats
- Limit intake of salt
- Avoid refined carbs, processed foods
- Decrease intake of colas and sugary drinks

SUGGESTED LIFESTYLE

SUGGESTED LIFESTYLE

Do's

- Include aerobic exercises like brisk walking, swimming and strength training
- Lose weight gradually and stay active
- Go for walks or outdoor sports for half to one hour every day
- Have regular exposure to sunlight
- Practice breathing exercises
- Exercise regularly or practice Yoga
- Stay active and maintain ideal weight

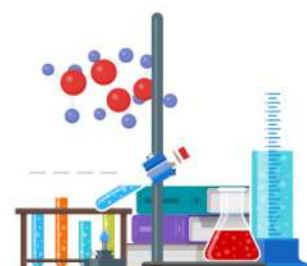
Dont's

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

SUGGESTED FUTURE TESTS

SUGGESTED FUTURE TESTS

- Glycated Hemoglobin (HbA1c) - **Every 3 Month**
- Blood Glucose Fasting - **Every 1 Week**
- Glucose Postprandial - **Every 1 Week**
- Kidney Function Test - **Every 1 Month**
- Vitamin D Total-25 Hydroxy - **Every 2 Month**
- Calcium Total, Serum - **Every 2 Month**
- Complete Hemogram - **Every 1 Month**



HEALTH ADVISORY

Suggestions for Health & Well-being

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 **27.34** which is on a higher side.

Please follow recommended diet and maintain a healthy lifestyle and try to keep your BMI within the desired range. Keeping the right BMI for your body helps prevent many untimely diseases and goes a long way.












































































































BMI CHART



SUGGESTED BMI

RECOMMENDATION

General Recommendation on Preventive Screening

Risks Factors	Recommended Tests	Age Group (18-29 Yrs.)	Age Group (30-39 Yrs.)	Age Group (40-55 Yrs.)	Age Group (Above 55 Yrs.)
Diabetes	HbA1c Blood Glucose fasting	 Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3-6 months	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3-6 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3-6 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat Every 3 months
Thyroid Disorder	Thyroid Profile-Total (T3, T4 & TSH Ultra-sensitive)	 Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 2-3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment - Repeat every 2-3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 2-3 months
Vitamin-D Deficiency	Vitamin D Total 25-Hydroxy	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment - Repeat every 3 months	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3-6 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3-6 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat Every 3 months
Vitamin B12 Deficiency	Vitamin B12 Cyanocobalamin	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment - Repeat every 3 months	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3-6 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3-6 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat Every 3 months
High Cholesterol /Dyslipidemia	Lipid Profile Cholesterol-Total, Serum	 Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months
Kidney Disorder	Kidney function test Urine Routine & Microscopy Urea Serum	 Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months
Liver Disorder	Liver function test SGOT/AST SGPT/ALT	 Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months	 Strongly Recommended  Screen annually  Repeat earlier in case of symptoms  Under treatment-Repeat every 3 months

Because your **family's health** is important to you, here are recommended tests by our **health experts** for your future consideration

FULL BODY HEALTH CHECK-UP STARTS AT ₹999

Basic Screening Package

71% off

Includes: 60 Parameters

Lipid, LFT, C.Hgm, TFT-Total, KFT

₹3430
₹ 999

HPlus Healthy 2020 Package

73% off

Includes: 82 Parameters

Lipid, LFT, C.Hgm, TFT-Total, Iron Profile, KFT, Urine R/M, HbA1c

₹7480
₹ 2020

HPlus Premium Plus Package

100% off

Includes: 82 Parameters

Lipid, LFT, C.Hgm, TFT-Total, Iron Profile, KFT, Urine R/M

₹9630
₹ 0

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



EQA

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

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