

India's trusted Health Test @Home Service



Booking ID : 14254449467

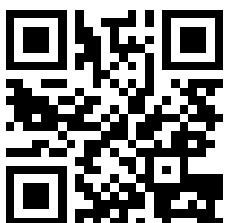
Sample Collection Date : 01/Jul/2025

Kanak Raj Arora

Male, 20 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

Kanak Raj Arora

Booking ID : 14254449467 | Sample Collection Date : 01/Jul/2025

Kanak Raj Arora,

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

50
Out of 100*Calculated from test reports

Thyroid Function

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 4.18 µIU/ml
● Concern



Vitamin B12

181 pg/ml
● Concern



Cholesterol Total

Test not taken



Kidney Function

Test not taken



Vitamin D
8.67 ng/ml
● Concern



HbA1c
Test not taken



Liver Function

Test not taken



Calcium Total
9.8 mg/dl
● Everything looks good



Iron studies
Test not taken



Complete Hemogram
Test not taken



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.

Kanak Raj Arora

Booking ID 14254449467 | Sample Collection Date: 01/Jul/2025

Summary of Test Results

Thank you for sharing your recent health test results. It's important to remember that these values are just one part of your overall health picture. Let's take a closer look at the areas that need some attention.

Your thyroid function appears to be slightly elevated, which can sometimes indicate that your body is experiencing some stress or imbalance. This is not uncommon, especially in young adults, and can often be managed with lifestyle adjustments.

Additionally, your vitamin D and vitamin B12 levels are lower than what is typically considered optimal. These vitamins play crucial roles in maintaining your energy levels, mood, and overall well-being. It's great that you are aware of these levels, as this is the first step toward making positive changes.

Suggestions for Improvement

1. Enhance Sun Exposure

: Consider spending a little more time outdoors, as sunlight is a natural source of vitamin D. Aim for about 15-30 minutes of sun exposure several times a week, depending on your skin type and local weather conditions.

2. Incorporate Nutrient-Rich Foods

: Focus on including foods that are rich in vitamin D and B12 in your diet. For vitamin D, look for fatty fish, fortified dairy products, and egg yolks. For vitamin B12, consider adding more meat, dairy, and fortified cereals to your meals.

3. Stay Active

: Regular physical activity can help support your thyroid function and overall health. Aim for a mix of aerobic exercises and strength training, which can also boost your mood and energy levels.

4. Consider a Balanced Diet

: A well-rounded diet that includes a variety of fruits, vegetables, whole grains, and lean proteins can help improve your overall nutrient intake. If you feel you might need additional support, discussing dietary options with a nutritionist could be beneficial.

Remember, small changes can lead to significant improvements in your health. Taking proactive steps now can help you feel your best moving forward.

Patient Name	: Kanak Raj Arora	Barcode	: A0483129	
Age/Gender	: 20Y OM OD /Male	Sample Collected On	: 01/Jul/2025 09:12AM	
Order Id	: 14254449467	Sample Received On	: 01/Jul/2025 12:35PM	
Referred By	: Self	Report Generated On	: 01/Jul/2025 01:58PM	
Customer Since	: 01/Jul/2025	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Vitamin Plus Package

Test Name	Value	Unit	Bio. Ref Interval
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Calcium - Serum

Serum Calcium	9.8	mg/dl	8.8 - 10.6
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Method: Arsenazo
Machine: BECKMAN COULTER AU700

Measurement of calcium is used in the diagnosis and treatment of parathyroid disease, a variety of bone diseases, chronic renal disease, urolithiasis and tetany (intermittent muscular contractions or spasms). Total serum calcium is composed of three fractions: free or ionised calcium, 50%; protein bound calcium most of which is bound to albumin with only a small portion bound to globulins, 45%; and complex-bound calcium, mainly to phosphate, citrate, and bicarbonate, 5%. The ionised calcium is physiologically most significant, but has proven difficult to assay directly. It may be estimated from total calcium given knowledge of the protein content and pH of the blood, which strongly affect the level of ionised calcium. Calcium ions are important in the transmission of nerve impulses, as a cofactor in several enzyme reactions, in the maintenance of normal muscle contractility, and in the process of coagulation. A significant reduction in calcium ion concentration results in muscle tetany. A higher than normal concentration of calcium ions produces lowered neuromuscular excitability and muscle weakness along with other more complex symptoms.

Common causes of decreased value of calcium (hypocalcemia) are chronic renal failure, hypomagnesemia and hypoalbuminemia. Hypercalcemia (increased value of calcium) can be caused by increased intestinal absorption (vitamin d intoxication), increased skeletal reabsorption (immobilization), or a combination of mechanisms (primary hyperparathyroidism). Primary hyperparathyroidism and malignancy accounts for 90-95 % of all cases of hypercalcemia. Values of total calcium is affected by serum proteins, particularly albumin thus, latter's value should be taken into account when interpreting serum calcium levels important source of preanalytical error in the measurement of calcium is prolonged tourniquet application during sampling. Thus, this along with fist clenching should be avoided before phlebotomy.



Dr CH Pawan Pratap Singh
MD (Pathology)
Consultant Pathologist
Healthians Labs



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Order Id	: 14254449467	Sample Received On	: 01/Jul/2025 12:35PM	
Referred By	: Self	Report Generated On	: 01/Jul/2025 01:24PM	
Customer Since	: 01/Jul/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Vitamin Plus Package

Test Name	Value	Unit	Bio. Ref Interval
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Vitamin B12

VITAMIN B12

181

pg/ml

211 - 912

Method: CLIA

Machine: SIEMENS CENTAUR XP

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.



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Order Id	: 14254449467	Sample Received On	: 01/Jul/2025 12:35PM	
Referred By	: Self	Report Generated On	: 01/Jul/2025 01:36PM	
Customer Since	: 01/Jul/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Vitamin Plus Package

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

VITAMIN D (25 - OH VITAMIN D) **8.67** ng/ml 30 - 100

Method: CLIA

Machine: SIEMENS CENTAUR XP

VITAMIN D STATUS	VITAMIN D 25 HYDROXY (ng/mL), Adult	VITAMIN D 25 HYDROXY (ng/mL), Pediatric
DEFICIENCY	<20	<15
INSUFFICIENCY	20 - 30	15 - 20
SUFFICIENCY	30 – 100	20 - 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.



Dr. Shadab Khan
MBBS, DCP, DNB(Path)
Lab Head Consultant Pathologist
Healthians Labs



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DEPARTMENT OF IMMUNOLOGY

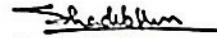
Test Name	Value	Unit	Bio. Ref Interval
Thyroid Profile (Total T3,T4, TSH)			
Tri-Iodothyronine (T3, Total)	1.12	ng/ml	0.86-1.92
Method: CLIA			
Machine: SIEMENS CENTAUR XP			
Thyroxine (T4, Total)	7.10	ug/dl	5.5-11.1
Method: CLIA			
Machine: SIEMENS CENTAUR XP			
Thyroid Stimulating Hormone (TSH)-Ultrasensitive	4.182	μIU/ml	0.48-4.17
Method: CLIA			
Machine: SIEMENS CENTAUR XP			

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

Healthians recommends that the following potential sources of variation should be considered while interpreting thyroid hormone results:

1. Thyroid hormones undergo rhythmic variation within the body this is called circadian variation in TSH secretion: Peak levels are seen between 2-4 AM. Minimum levels seen between 6-10 AM. 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. Total T3 and T4 levels are seen to have physiological rise during pregnancy and in patients on steroid treatment.
4. T4 may be normal even in the presence of hyperthyroidism under the following conditions : T3 thyrotoxicosis, Hypoproteinemia related reduced binding, during intake of certain drugs (eg Phenyltoin, Salicylates etc)
5. Neonates and infants have higher levels of T4 due to increased concentration of TBG
6. TSH levels may be normal in central hypothyroidism, recent rapid correction of hypothyroidism or hyperthyroidism, pregnancy, phenyltoin therapy etc.
7. 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.
8. Presence of Autoimmune disorders may lead to spurious results of thyroid hormones.
9. Various drugs influence the levels of thyroid hormones such as L-Dopa, Lithium, Glucocorticoids, Phenyltoin etc.
10. Healthians recommends evaluation of unbound fractions, that is free T3 (fT3) and free T4 (fT4) for clinic-pathologic correlation, as these are the metabolically active forms.

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


Dr. Shadab Khan
MBBS, DCP, DNB(Path)
Lab Head Consultant Pathologist
Healthians Labs



SIN No:A0483129

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

Kanak Raj Arora

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33.06 Body Mass Index

5'4" Height (ft/in)

90 Weight (kgs.)

Physical Activity
No Data

Smoke
No Data

Food Preference
No Data

Alcohol
No Data

Medication
No Data

Family History
No Data

Blood Pressure
No Data

Pulse Rate
No Data

Waist (In Cm)
No Data

Hip Circumference (In Cm)
No Data

SPO2 Levels
No Data

Sugar Levels
No Data

Additional Remarks :

NA

SUGGESTED NUTRITION
SUGGESTED NUTRITION
Do's

- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Include calcium rich foods like milk, yoghurt, cheese and green, leafy vegetables
- Include Brazil nuts, sesame seeds, sunflower seeds

Dont's

- Limit sugar intake
- Avoid high cholesterol and calorie dense foods
- Avoid the use of oil and avoid sauces and dressings
- Decrease intake of colas and sugary drinks
- Reduce caffeine intake

SUGGESTED LIFESTYLE
SUGGESTED LIFESTYLE
Do's

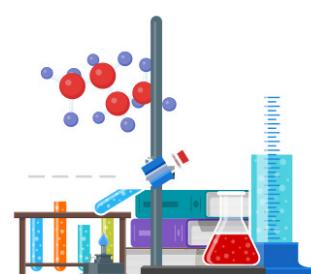
- Maintain ideal weight
- Have regular exposure to sunlight

Dont's

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

SUGGESTED FUTURE TESTS
SUGGESTED FUTURE TESTS

- Complete Hemogram - **Every 2 Month**
- Vitamin B12 Cyanocobalamin - **Every 2 Month**
- Iron Studies - **Every 2 Month**
- Folic Acid - **Every 2 Month**
- Vitamin D Total-25 Hydroxy - **Every 2 Month**
- Calcium Total, Serum - **Every 2 Month**



HEALTH ADVISORY
Suggestions for Health & Well-being
Kanak Raj Arora

Booking ID : 14254449467 | Sample Collection Date : 01/Jul/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!


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

Kanak Raj Arora

Booking ID : 14254449467 | Sample Collection Date : 01/Jul/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	
TSH Ultra - Sensitive	THYRO FIX	To order, call 1800-572-000-4
Vitamin B12 Cyanocobalamin	VITAMIN B12	

Suggestions for Improving Deficiencies



THYRO FIX

Here's nature's way to improve your thyroid function.

THYRO-FIX is a scientifically formulated and clinically proven all-natural supplement that helps strike the optimum balance of your thyroid levels. Whether hyperthyroidism or hypothyroidism, this ayurvedic supplement keeps your thyroid balanced and optimally functioning. Take the all-natural road to a healthy thyroid with THYRO-FIX.

Be it hyperthyroidism or hypothyroidism, untreated thyroid conditions can cause serious health issues, such as:

- Cardiovascular Diseases | • Brittle Bones | • Eye Issues | • Infertility | • Mental Health Concerns

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

Arjun Tree Extract

Decreases thyroid levels in hyperthyroidism to maintain hormonal balance

Ashwagandha

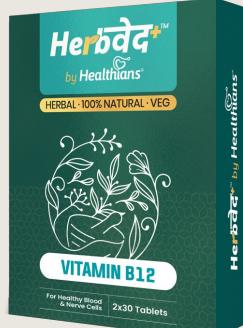
Increases thyroid levels in hypothyroidism to maintain hormonal balance

Anantmool

Anti-inflammatory & anti-oxidant properties reduce the symptoms of thyroid disorder

Asparagus

Regulates blood sugar levels & promotes heart health



VITAMIN B12

Make healthier blood the foundation of a healthier life!

Keep your blood clean and your nerve cells healthy with Vitamin B12. This essential supplement also protects against anemia, which causes persistent fatigue. Extracted from natural food sources, such as amla and beetroot, daily intake of Vitamin B12 can help in the formation of red blood cells.

A lack of vitamin B12 can cause dangerous health complications, such as:

- Memory Loss | • Vision Loss | • Ataxia or Loss of Physical Coordination | • Irreversible Neurological Problems | • Heart Diseases

Prevents Osteoporosis & Promotes Bone Health

Prevents Anemia & Promotes Red Blood Cell (RBC) Production

Alleviates Symptoms of Depression

Boosts Heart Health

Prevents Major Birth Defects

Supplement Suggestions

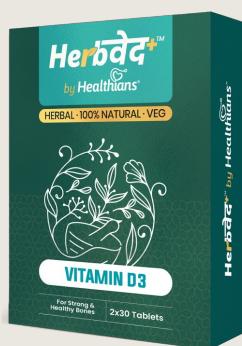
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Deficiency/Out of Range Parameter(s)	Suggested Supplement
Vitamin D Total-25 Hydroxy	VITAMIN D3

[To order, call 1800-572-000-4](#)

Suggestions for Improving Deficiencies



VITAMIN D3

Improve bone health with enhanced calcium absorption, the natural way

Make your muscles and bones stronger with VITAMIN D3. Sourced from natural substances, it helps in regulating the absorption of calcium and phosphorus, which help keep your bones strong and enhancing the normal immune system functioning. Vitamin D3 is an essential nutrient that's critical for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

Remember, a lack of vitamin D3 can cause dangerous health situations.

- Rickets (in children) | • Brittle Bones | • Osteoporosis | • Weakened Bones (in adults)

Strengthens Bones & Muscles

Protects Against Pneumonia & Acute Respiratory Infections

Helps in Reducing Depression

Boosts Heart Health

Aids in Kidney Disease Treatment



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

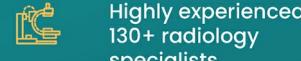

[To order, call 1800-572-000-4](#)




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100%
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About Healthians Labs

How we control Report Accuracy at Healthians



Quality Control

We follow Quality control to ensure both **precision & accuracy** of patient results.



Machine Data

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



QR Code

QR Code based authenticity check on all its reports



Calibration

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



Equipment

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



EQA

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

JOIN 100,000+ HAPPY USERS WHO TRUST HEALTHIANS!

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