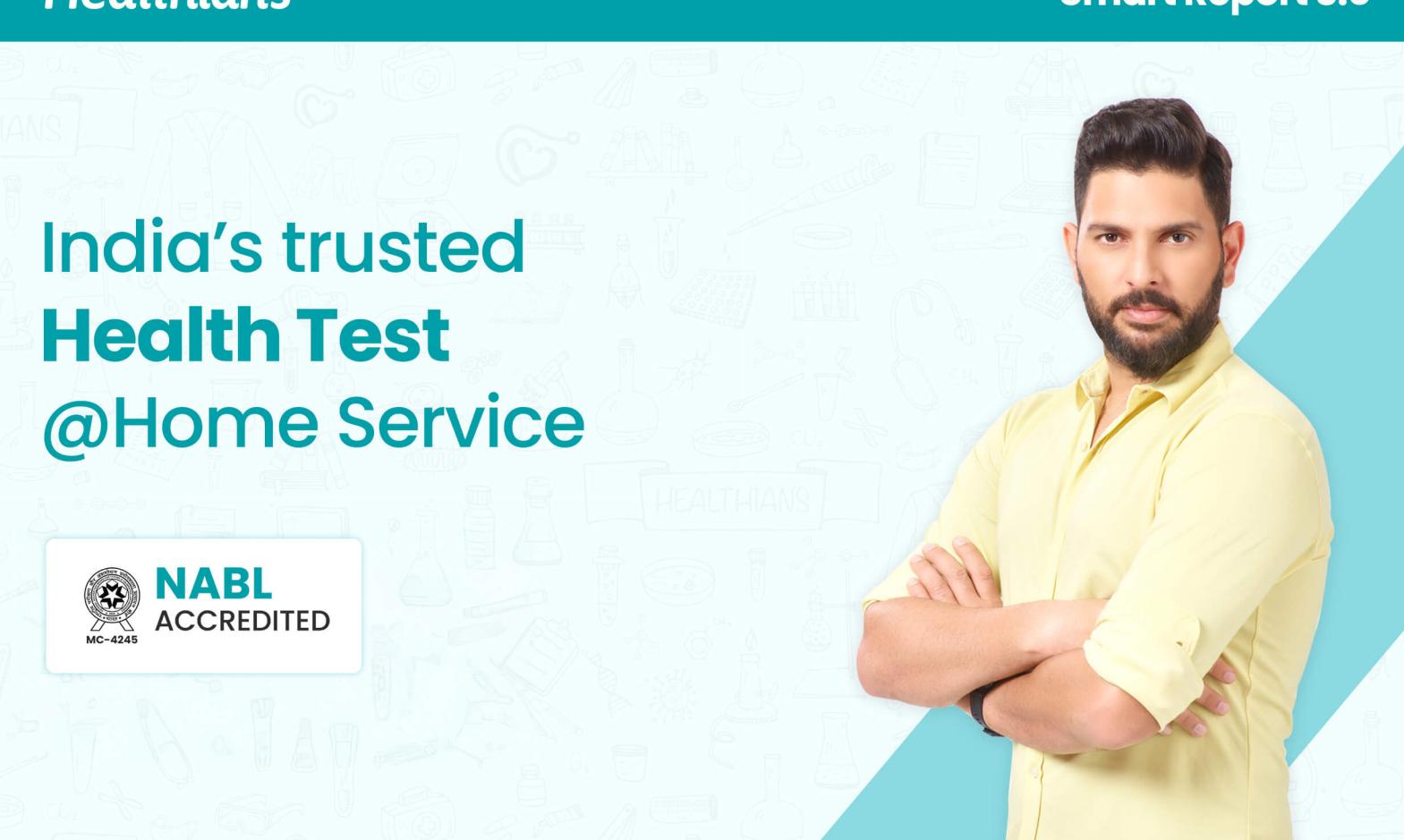


India's trusted Health Test @Home Service



NABL
ACCREDITED



Booking ID : 14909673930

Sample Collection Date : 24/Aug/2025

Mansi Shivhare

Female, 33 Yrs

Healthians
Relationship
Status



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

Flagship Lab in Gurugram



COLLEGE of AMERICAN PATHOLOGISTS
CAP #: 9019582 | AU-ID: 2107746

HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Mansi Shivhare

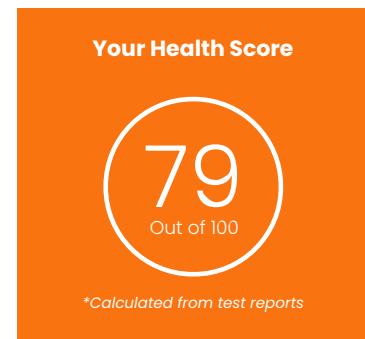
Booking ID : 14909673930 | Sample Collection Date : 24/Aug/2025

Mansi Shivhare,

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.



Thyroid Function

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 4.92 µIU/ml
• Concern



Vitamin B12

189 pg/ml
• Concern



Cholesterol Total

168.3 mg/dl
• Everything looks good



Liver Function

Alanine Aminotransferase (ALT/SGPT) : 53.1 U/L
• Concern



Kidney Function

Serum Creatinine : 0.6 mg/dl
• Everything looks good



Vitamin D

33.27 ng/ml
• Everything looks good



Calcium Total

9.3 mg/dl
• Everything looks good



HbA1c

5.9 %
• Concern



Iron studies

Serum Iron : 52.5 ug/dl
• Concern



Complete Hemogram

Haemoglobin (HB) : 12.2 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.

Mansi Shivhare

Booking ID 14909673930 | Sample Collection Date: 24/Aug/2025

Summary of Health Test Results for Mansi Shivhare

Mansi, your recent health tests have shown some values that are outside the normal range, which can understandably be concerning. However, it's important to remember that these results can often be addressed with lifestyle changes and supportive measures. Here's a brief overview of the areas that may need attention:

1.

Vitamin and Nutritional Levels

: Some of your vitamin levels are lower than expected, which can affect your overall energy and well-being. Ensuring a balanced diet rich in vitamins, particularly B12, can help improve these levels.

2.

Inflammatory Markers

: Certain markers indicating inflammation in the body are elevated. This can be a sign of various underlying conditions, but often lifestyle factors such as stress, diet, and physical activity can play a significant role in managing these levels.

3.

Blood Health

: A few parameters related to your blood health are not within the normal range. Focusing on a nutrient-rich diet that includes iron and maintaining hydration can support your blood health.

4.

Thyroid Function

: Your thyroid function test indicates a slight imbalance. This is quite common and can often be managed through dietary adjustments and regular monitoring.

Suggestions for Improvement

- Dietary Adjustments

: Incorporate foods rich in vitamins, particularly B12 and iron, such as leafy greens, lean meats, fish, eggs, and fortified cereals. A balanced diet can significantly impact your overall health.

- Regular Physical Activity

: Engaging in regular exercise can help reduce inflammation and improve your overall well-being. Aim for at least 30 minutes of moderate activity most days of the week.

- Hydration

: Ensure you are drinking enough water throughout the day. Proper hydration is essential for kidney function and overall health.

- Stress Management

: Consider incorporating stress-reducing practices such as yoga, meditation, or mindfulness into your daily routine. These can help manage inflammation and improve your overall health.

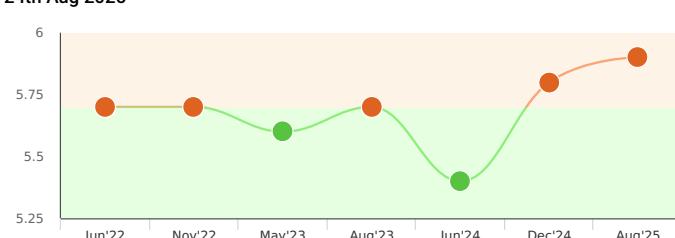
Remember, these results are just one piece of the puzzle, and with some positive lifestyle changes, you can work towards improving your health.

HEALTH ANALYSIS
HISTORICAL CHARTS
Glycated Hemoglobin (HbA1c)

Your Latest result

5.9 %

24th Aug 2025


Concern
Mansi Shivhare

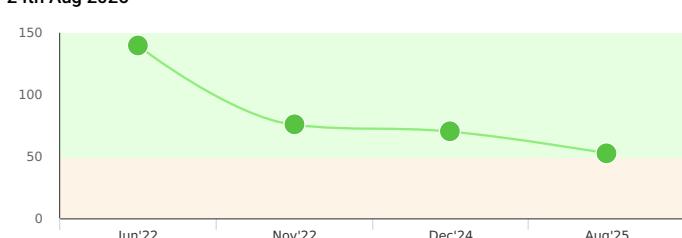
Booking ID : 14909673930 | Sample Collection Date : 24/Aug/2025

Iron, Serum

Your Latest result

52.5 ug/dl

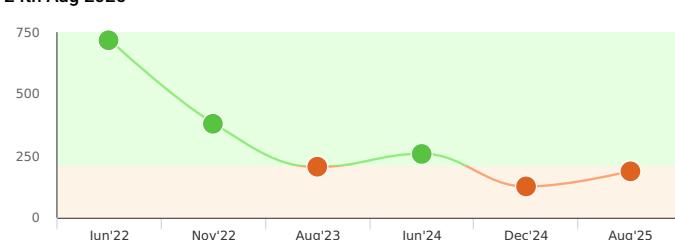
24th Aug 2025


Concern
Vitamin B12 Cyanocobalamin

Your Latest result

189 pg/ml

24th Aug 2025


Concern
Calcium Total, Serum

Your Latest result

9.3 mg/dl

24th Aug 2025


Everything looks good
Creatinine, Serum

Your Latest result

0.6 mg/dl

24th Aug 2025


Everything looks good
Hemoglobin Hb

Your Latest result

12.2 g/dL

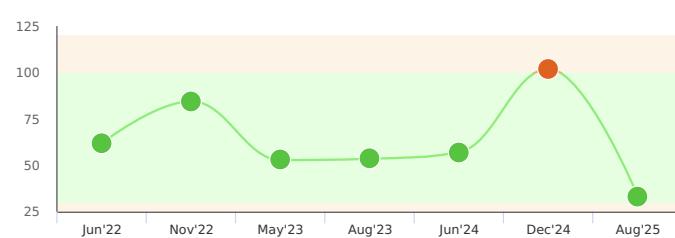
24th Aug 2025


Everything looks good
Vitamin D Total-25 Hydroxy

Your Latest result

33.27 ng/ml

24th Aug 2025


Everything looks good
Cholesterol-Total, Serum

Your Latest result

168.3 mg/dl

24th Aug 2025


Everything looks good

HEALTH ANALYSIS
COMPARATIVE CHARTS

Mansi shivhare

Booking ID : 14909673930 | Sample Collection Date : 24/Aug/2025

↑ Increase
From Last Time

↓ Decrease
From Last Time

Total Parameters : 29
(As per latest result)

19 Everything Looks Good

1 Borderline

9 Concern

		Risk Area	3 Months Ago	10 Months Ago	6 Months Ago	7 Months Ago	Latest Result
Test Name			Booking ID 8006850935 04 May 2023 06:00 AM	Booking ID 8694864417 13 Aug 2023 07:00 AM	Booking ID 11072137728 27 Jun 2024 07:00 AM	Booking ID 12421131359 29 Dec 2024 06:00 AM	24 Aug 2025
Cholesterol-Total, Serum 0 - 200 Normal Range	--		159 mg/dl	↑ 165 mg/dl	↑ 173.8 mg/dl	↓ 164.4 mg/dl	168.3 mg/dl Everything Looks Good
HDL Cholesterol Direct 40 - 60 Normal Range	--		43.6 mg/dl	↓ 32.3 mg/dl	↑ 35.5 mg/dl	↑ 43.8 mg/dl	40.5 mg/dl Everything Looks Good
Triglycerides, Serum 0 - 150 Normal Range	--		114 mg/dl	↑ 156 mg/dl	↓ 77 mg/dl	↑ 89.6 mg/dl	74.1 mg/dl Everything Looks Good
Alkaline Phosphatase, Serum 33 - 98 Normal Range	--		125 u/L	↓ 91 u/L	↑ 114 u/L	↓ 82.1 u/L	90 u/L Everything Looks Good
GGTP (Gamma GT) 5 - 38 Normal Range	--		25 u/L	↑ 27 u/L	27 u/L	↓ 19.7 u/L	28.7 u/L Everything Looks Good
Proteins, Serum 6.6 - 8.3 Normal Range	--		7.88 gm/dl	↓ 7.39 gm/dl	↑ 8.13 gm/dl	↓ 7.3 gm/dl	7.43 gm/dl Everything Looks Good
SGOT/AST 3 - 35 Normal Range	--		27.1 u/L	↑ 30 u/L	↓ 25 u/L	↓ 17.5 u/L	24.7 u/L Everything Looks Good
SGPT/ALT 3 - 35 Normal Range			41.4 u/L	↑ 65 u/L	↓ 48 u/L	↓ 25 u/L	53.1 u/L High (Concern)
ESR Automated 0 - 12 Normal Range			21 mm/1st hour	-	-	-	21 mm/1st hour High (Concern)
Hemoglobin Hb 12.0 - 15.0 Normal Range	--		13 g/dL	↓ 12.3 g/dL	↑ 13.2 g/dL	↓ 12.4 g/dL	12.2 g/dL Everything Looks Good
Platelet Count Thrombocyte count 150 - 410 Normal Range	--		258 10^3/µl	↓ 251 10^3/µl	↑ 304 10^3/µl	↓ 297 10^3/µl	232 10^3/µl Everything Looks Good
T3, Total Tri Iodothyronine 0.60 - 1.81 Normal Range	--		1.28 ng/ml	↓ 1.06 ng/ml	↑ 1.17 ng/ml	↑ 2.43 ng/ml	0.94 ng/ml Everything Looks Good

HEALTH ANALYSIS

COMPARATIVE CHARTS

Mansi shivhare

Booking ID : 14909673930 | Sample Collection Date : 24/Aug/2025

↑ Increase
From Last Time

↓ Decrease
From Last Time

Total Parameters : 29
(As per latest result)

19 Everything Looks Good

1 Borderline

9 Concern

		Risk Area	3 Months Ago	10 Months Ago	6 Months Ago	7 Months Ago	Latest Result
Test Name			Booking ID 8006850935 04 May 2023 06:00 AM	Booking ID 8694864417 13 Aug 2023 07:00 AM	Booking ID 11072137728 27 Jun 2024 07:00 AM	Booking ID 12421131359 29 Dec 2024 06:00 AM	24 Aug 2025
T4, Total Thyroxine <small>3.2 -12.6 Normal Range</small>	--		8.9 ug/dl	↑ 9.47 ug/dl	↑ 10 ug/dl	↑ 11.17 ug/dl	↓ 7.9 ug/dl Everything Looks Good
TSH Ultra - Sensitive <small>0.55 -4.78 Normal Range</small>			5.25 μIU/ml	↓ 3.66 μIU/ml	↑ 5.91 μIU/ml	↑ 6.55 μIU/ml	↓ 4.92 μIU/ml High (Concern)
Iron, Serum <small>60 -180 Normal Range</small>			-	-	-	70 ug/dl	↓ 52.5 ug/dl Low (Concern)
Calcium Total, Serum <small>8.8 -10.6 Normal Range</small>	--		10 mg/dl	↓ 9.2 mg/dl	↑ 9.9 mg/dl	↓ 9.2 mg/dl	↑ 9.3 mg/dl Everything Looks Good
Chlorides, Serum <small>101 -109 Normal Range</small>			102 mmol/L	102 mmol/L	↑ 103 mmol/L	↓ 99 mmol/L	↑ 100 mmol/L Low (Concern)
Creatinine, Serum <small>0.3 -1.0 Normal Range</small>	--		0.57 mg/dl	↓ 0.54 mg/dl	↑ 0.73 mg/dl	↓ 0.58 mg/dl	↑ 0.6 mg/dl Everything Looks Good
Phosphorus-Inorganic, Serum <small>2.5 -4.5 Normal Range</small>	--		3.5 mg/dl	↓ 3.4 mg/dl	↑ 5.4 mg/dl	↓ 3.4 mg/dl	↑ 4.4 mg/dl Everything Looks Good
Sodium, Serum <small>136 -146 Normal Range</small>			138 mmol/L	138 mmol/L	↓ 137 mmol/L	↓ 136 mmol/L	↓ 134 mmol/L Low (Concern)
Urea, Serum <small>17 -43 Normal Range</small>			19 mg/dl	↓ 17 mg/dl	↑ 22 mg/dl	↓ 16 mg/dl	↓ 15 mg/dl Low (Concern)
Uric Acid, Serum <small>2.6 -6 Normal Range</small>	--		5 mg/dl	↑ 5.3 mg/dl	↑ 5.5 mg/dl	↓ 4.2 mg/dl	↑ 4.3 mg/dl Everything Looks Good
URINE KETONE <small>Negative -Negative Normal Range</small>	--	-	Negative	Negative	Negative	Negative	Negative
Glycated Hemoglobin (HbA1c) <small>4.2 -5.7 Normal Range</small>			5.6 %	↑ 5.7 %	↓ 5.4 %	↑ 5.8 %	↑ 5.9 % High (Concern)

HEALTH ANALYSIS
COMPARATIVE CHARTS

Mansi shivhare

Booking ID : 14909673930 | Sample Collection Date : 24/Aug/2025

↑ Increase
From Last Time

↓ Decrease
From Last Time

Total Parameters :29
(As per latest result)

19 Everything Looks Good

1 Borderline

9 Concern

3 Months Ago

10 Months Ago

6 Months Ago

7 Months Ago

Test Name	Risk Area	Booking ID 8006850935 04 May 2023 06:00 AM	Booking ID 8694864417 13 Aug 2023 07:00 AM	Booking ID 11072137728 27 Jun 2024 07:00 AM	Booking ID 12421131359 29 Dec 2024 06:00 AM	Latest Result 24 Aug 2025
Potassium, Serum 3.5 - 5.5 Normal Range	--	-	-	-	-	3.67 mmol/L Everything Looks Good
Vitamin D Total-25 Hydroxy 30 -100 Normal Range	--	52.83 ng/ml	↑ 53.52 ng/ml	↑ 57.11 ng/ml	↑ 101.93 ng/ml	↓ 33.27 ng/ml Everything Looks Good
HsCRP High Sensitivity CRP 0 -1.0 Normal Range		-	-	-	1.53 mg/L	↑ 3.21 mg/L High (Concern)
Amylase Enzymatic, Serum 22 -80 Normal Range	--	-	-	-	39.2 u/L	↓ 38 u/L Everything Looks Good
Lipase, Serum 0 -67 Normal Range	--	-	-	-	-	12 u/L Everything Looks Good

Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 11:52AM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 02:13PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY HBA1C

Healthians Summer Wellness Package Female FOR COUPLE COMBO

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

HbA1c (Glycosylated Hemoglobin)	5.90	%	4.2 - 5.7
Method: HPLC			
Machine: TOSOH G11			

Average Estimated Glucose - plasma

122.63 mg/dl

Method: Calculated

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

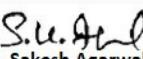
Age < 19 Years

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 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
10. The presence of some hemoglobinopathies/hemoglobin variants may be missed by some platforms used for measuring HbA1c values. In these cases, the HbA1c result may vary or give deviant results, depending on the platform used. Alternative measures of glycemic control like fructosamine or glycated albumin may be considered in such cases.
 11. In presence of hemoglobinopathy/hemoglobin variants in homozygous/compound heterozygous conditions alternative forms of testing such


Dr. Sakesh Agarwal
MBBS, DCP
Consultant Pathologist
DMC-64636, Healthians Labs



SIN No:E5747690



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Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 11:52AM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 02:13PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY HBA1C

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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as fructosamine or glycated albumin may be considered.


Dr. Sakesh Agarwal
MBBS, DCP
Consultant Pathologist
DMC-64636, Healthians Labs



SIN No:E5747690



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Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 12:42PM	
Referred By	: Self	Report Generated On	: 25/Aug/2025 06:48AM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Flouride Plasma	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
Fasting Blood Sugar	82.9	mg/dl	70 - 100

Fasting Blood Sugar

Glucose, Fasting : 82.9 mg/dl
 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:

- Diabetes mellitus ,Hemochromatosis ,Cushing syndrome ,Acromegaly and gigantism.
- Increased circulating epinephrine such as in pheochromocytoma and adrenalin injections
- Acute pancreatitis
- Chronic pancreatitis

Conditions that cause low blood glucose level include :

- Pancreatic disorders : Islet cell tumor , pancreatitis
- Hepatic disease (diffuse severe disease)
- Endocrine disorders : hypopituitarism, Addison's disease ,hypothyroidism
- Alcoholism
- Malnutrition



Dr. Walia Murshida Huda
 MBBS, MD, Biochemistry
 Consultant Biochemist
 DMC-97314, Healthians Labs



SIN No:E5747690

Healthians Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.)

Plot 1 & 2, Udyog Vihar, Phase-4, Gurgaon, Haryana, Pincode-122016 (CAP Number: 9019582 | NABL Accreditation Certificate Number MC-4245)



Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 08:29PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained	✓
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name **Value** **Unit** **Bio. Ref Interval**

Potassium - Serum

Serum Potassium 3.67 mmol/L 3.5 - 5.5
Method: ISE (Indirect)
Machine: BECKMAN COULTER AU 5800

Potassium is a primary intracellular ion , only 2 % is extracellular , high intracellular concentration is maintained by a Na- K ATPase pump, which continuously transports potassium into the cell against a concentration gradient . The pump is a critical factor in maintaining and adjusting the ionic gradients , on which nerve impulse transmission and contractility of cardiac and skeletal muscle depends . In acidemia , potassium moves out of the cells , in alkalemia , potassium moves into the cells . Hypokalemia inhibits aldosterone production and hyperkalemia stimulates aldosterone production.

Creatine Kinase(CPK) - Serum

CK CREATINE KINASE - (CPK) 43 U/L <145
Method: NAC activated
Machine: BECKMAN COULTER AU 5800

Measurements of CK are primarily used in the diagnosis and treatment of myocardial infarction as well as being the most sensitive indicator of muscle damage. It is diagnosis and monitoring of myopathies and cerebral vascular disease. It increased in Myocardial infarction (MI), myocarditis, muscle trauma, rhabdomyolysis, muscular dystrophy, polymyositis, severe muscular exertion, malignant hyperthermia, hypothyroidism, cerebral infarction, surgery, Reye syndrome, tetanus, generalized convulsions, alcoholism, IM injections, DC counter shock, Drugs:clotfibrate, HMG-CoA reductase inhibitors.
During an MI, serum CK level rises rapidly (within 3-5 hours); reaches a maximum after 12 - 14 hrs and returns to normal range after 3-4 days post-MI.
Total CK is not specific enough for use in diagnosis of MI, but a normal total CK has a high negative predictive value.
A more specific test is needed for diagnosis of MI or acute coronary syndrome (eg, CK-MB, Troponin T and Troponin I)



**Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs**



Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
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Referred By	: Self	Report Generated On	: 24/Aug/2025 09:48PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
RHEUMATOID FACTOR (RA) - Quantitative - Serum	112.8	IU/mL	<14

Rheumatoid Factor (RA) - Quantitative - Serum

RHEUMATOID FACTOR

112.8

IU/mL

<14

Method: Latex Particle Immunoturbidimetric

Machine: BECKMAN COULTER AU 5800

Kindly Correlate Clinically.

Rheumatoid factor is an immunoglobulin present in serum of 50 -95% of adults with Rheumatoid arthritis(RA).It appears in serum and synovial fluid several months after onset of RA and is present upto years after therapy

Use

- Assisting in the diagnosis of RA ,especially when clinical diagnosis is difficult

Increased in : RA ,Chronic hepatitis , chronic viral infection ,Cirrhosis, SLE, Scleroderma ,syphilis ,Infectious mononucleosis, TB ,Sjogren syndrome , Sarcoidosis , malaria, Leishmaniasis



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



SIN No:E5747690



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Referred By	: Self	Report Generated On	: 24/Aug/2025 08:29PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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Amylase - Serum

AMYLASE	38	U/L	22 - 80
Method: CNPG3			
Machine: BECKMAN COULTER AU 5800			

Amylase is produced by exocrine pancreas and also by the salivary glands. It is used to evaluate pancreatic function and also used in the diagnosis and management of pancreatitis.

Diseases resulting in elevation of plasma alpha-amylase include: acute pancreatitis, parotitis, alcoholism, renal insufficiency and diseases such as viral hepatitis, AIDS, abdominal typhoid, sarcoidosis and trauma to the upper abdomen. There is also a detectable increase in amylase after an ERCP procedure. In acute pancreatitis, amylase increases 5-6 hours after the onset of symptoms and remains elevated for 2-5 days. The increase in plasma activity does not reflect disease severity and conversely, extensive destruction of the pancreas may not cause a significant increase in the plasma concentration of pancreatic alpha-amylase.

Lipase - Serum

LIPASE	12	U/L	<67
Method: Colorimetric			
Machine: BECKMAN COULTER AU 5800			

Lipase is produced in the acinar cells of the pancreas and is responsible for the hydrolysis of water-insoluble long chain fatty acid esters of glycerol. Lipase measurement in serum and plasma is used exclusively for the investigation of pancreatic disorders, usually pancreatitis. Serum lipase may be elevated in acute pancreatitis, acute episodes of chronic pancreatitis and obstructive pancreatitis.

Slight elevations are also frequently present in diabetic ketoacidosis, viral hepatitis, epidemic parotitis, abdominal typhoid and sarcoidosis, due to involvement of the pancreas.

hs CRP (C-Reactive Protein high sensitive)

HS-CRP (HIGH SENSITIVITY C-REACTIVE PROTEIN)	3.21	mg/L	< 1.0
Method: Latex Particle Immunoturbidimetry			
Machine: BECKMAN COULTER AU 5800			

High sensitivity C-reactive protein, when used in conjunction with other clinical laboratory evaluation of acute coronary syndromes, may be useful as an independent marker of prognosis for recurrent events in patients with stable coronary disease or acute coronary syndrome. Hs-CRP levels should not be substituted for assessment of traditional cardiovascular risk factors. Patients with persistently unexplained, marked elevation of hs-CRP after repeated testing should be evaluated for non-cardiovascular etiologies.

Clinical significance :

Hs-CRP measurements may be used as an independent risk marker for the identification of individuals at risk for future cardiovascular disease. Elevated CRP values may be indicative of prognosis of individuals with acute coronary syndromes, and may be useful in the management of such individuals.



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



SIN No:E5747690



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Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 08:29PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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Liver Function Test (LFT)

Serum Bilirubin, (Total) Method: DPD Machine: BECKMAN COULTER AU 5800	0.40	mg/dl	0.3 - 1.2
Serum Bilirubin, (Direct) Method: DPD Machine: BECKMAN COULTER AU 5800	0.08	mg/dl	0 - 0.2
Serum Bilirubin, (Indirect) Method: Calculated	0.32	mg/dl	0.0 - 0.8
Aspartate Aminotransferase (AST/SGOT) Method: UV without P5P Machine: BECKMAN COULTER AU 5800	24.70	U/L	3 - 35
Alanine Aminotransferase (ALT/SGPT) Method: UV without P5P Machine: BECKMAN COULTER AU 5800	53.1	U/L	3 - 35
Alkaline Phosphatase (ALP) Method: AMP Buffer Machine: BECKMAN COULTER AU 5800	90.00	U/L	33-98
Gamma Glutamyl Transferase (GGT) Method: IFCC Machine: BECKMAN COULTER AU 5800	28.7	U/L	5- 38
Serum Total Protein Method: BIURET Machine: BECKMAN COULTER AU 5800	7.43	gm/dl	6.6 - 8.3
Serum Albumin Method: BROMOCRESOL GREEN Machine: BECKMAN COULTER AU 5800	4.19	g/dl	3.5 - 5.2
Serum Globulin Method: Calculated	3.24	gm/dl	3.0 - 4.2
Albumin/Globulin Ratio Method: Calculated	1.29	Ratio	1.2 - 2.5
SGOT/SGPT Ratio Method: Calculated	0.47	Ratio	0.7 - 1.4

Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels are a result of increased



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs




SIN No:E5747690

Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 08:29PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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bilirubin production (e.g hemolysis and ineffective erythropoiesis), decreased bilirubin excretion (e.g.; obstruction and hepatitis) and abnormal bilirubin metabolism (e.g; hereditary and neonatal jaundice) .

Conjugated (direct) bilirubin is elevated in conditions like- Hereditary disorders(Dubin Johnson syndrome, Rotor syndrome),Hepatocellular damage(e.g -viral ,toxic ,alcohol ,drugs) ,biliary duct obstruction (extrahepatic or intrahepatic), Infiltrations ,space occupying lesions(e.g metastasis, abscess , granuloma , amyloidosis. 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 a liver specific enzyme 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, Paget's disease, Rickets, Sarcoidosis etc.

Elevated serum GGT activity can be found in diseases of the liver, Biliary system and pancreas. Obstructive liver disease, high alcohol consumption and use of enzyme-inducing drugs lead to raised GGT levels .

Serum total protein measures the total amount of protein in serum. It is largely comprised of albumin and globulins. Increased levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, multiple myeloma, Waldenstrom's disease. Decreased levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage), Burns, Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic Syndrome.

Albumin is the most abundant protein in the serum and is produced in the liver. Low serum albumin levels (hypoalbuminemia) can be caused by: Liver diseases like liver cirrhosis, nephrotic syndrome, protein-losing enteropathy, burns, hemodilution, increased vascular permeability or decreased lymphatic clearance, malnutrition and wasting .

Globulins are increased in most liver diseases , in chronic inflammatory diseases and neoplastic diseases



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



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Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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Iron study

Serum Iron Method: TPTZ Machine: BECKMAN COULTER AU 5800	52.5	ug/dl	60 - 180
UIBC Method: Nitroso-PSAP Machine: BECKMAN COULTER AU 5800	283.00	ug/dl	155 - 355
Serum Total Iron Binding Capacity (TIBC) Method: FE+UIBC (saturation with iron)	335.5	µg/dl	250 - 400
Transferrin Saturation % Method: Calculated	15.65	%	15 - 50

Iron participates in a variety of vital processes in the body varying from cellular oxidative mechanisms to the transport and delivery of oxygen to body cells. It is a constituent of the oxygen-carrying chromoproteins, haemoglobin and myoglobin, as well as various enzymes, such as cytochrome oxidase and peroxidases.

Serum iron may be increased in hemolytic, megaloblastic and aplastic anemias, and in hemochromatosis acute leukemia, lead poisoning, pyridoxine deficiency, thalassemia, excessive iron therapy, and after repeated transfusions. Drugs causing increased serum iron include chloramphenicol, cisplatin, estrogens (including oral contraceptives), ethanol, iron dextran, and methotrexate. Iron can be decreased in iron-deficiency anemia, acute and chronic infections, carcinoma, nephrotic syndrome hypothyroidism, in protein-calorie malnutrition and after surgery. Diurnal variation is seen in serum iron levels with normal values obtained in the midmorning, low values in midafternoon and very low values near midnight.

TIBC measures the blood's capacity to bind iron with transferrin (TRF). Estrogens and oral contraceptives increase TIBC levels. Asparaginase, chloramphenicol, corticotropin, cortisone, and testosterone decrease the TIBC levels.

Transferrin is the primary plasma iron transport protein, which binds iron strongly at physiological pH. Transferrin is generally only 25% to 30% saturated with iron. The additional amount of iron that can be bound is the unsaturated iron-binding capacity (UIBC). Transferrin saturation represents the number of iron-binding sites that are occupied. It is a better index of iron stores than serum iron alone. Transferrin saturation is decreased in iron deficiency anemia (usually <10% in established deficiency).



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



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Referred By	: Self	Report Generated On	: 24/Aug/2025 09:48PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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Kidney Function Test1 (KFT1)

Serum Creatinine Method: Modified Jaffe, Kinetic Machine: BECKMAN COULTER AU 5800	0.60	mg/dl	0.3 - 1.0
GFR, ESTIMATED Method: Calculated (CKD-EPI)	121.47	mL/min/1.73m ²	
Serum Uric Acid Method: Uricase PAP Machine: BECKMAN COULTER AU 5800	4.3	mg/dl	2.6-6.0
Serum Calcium Method: ARSENATO III Machine: BECKMAN COULTER AU 5800	9.3	mg/dl	8.8 - 10.6
Serum Phosphorus Method: PHOSPHOMOLYBDATE COMPLEX Machine: BECKMAN COULTER AU 5800	4.4	mg/dl	2.5 - 4.5
Serum Sodium Method: ISE (Indirect) Machine: BECKMAN COULTER AU 5800	134	mmol/L	136 - 146
Serum Chloride Method: ISE (Indirect) Machine: BECKMAN COULTER AU 5800	100	mmol/L	101 - 109
Blood Urea Method: GLDH,Kinetic assay Machine: BECKMAN COULTER AU 5800	15.0	mg/dl	17 - 43
Blood Urea Nitrogen (BUN) Method: Calculated	7.0	mg/dl	8 - 20
Bun/Creatinine Ratio Method: Calculated	11.68	Ratio	
Urea/Creatinine Ratio	25.00		

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

Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



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Test Name	Value	Unit	Bio. Ref Interval
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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.



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



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DEPARTMENT OF BIOCHEMISTRY

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Test Name	Value	Unit	Bio. Ref Interval
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Lipid Profile

Total Cholesterol Method: CHO-POD (Trac. Abel-Kendall) Machine: BECKMAN COULTER AU 5800	168.3	mg/dl	Desirable : <200 Borderline: 200-239 High : >/=240
Serum Triglycerides Method: GPO-POD Machine: BECKMAN COULTER AU 5800	74.1	mg/dl	Desirable : <150 Borderline high : 150-199 High : 200-499 Very high : >= 500
Serum HDL Cholesterol Method: ENZYMATIC IMMUNOINHIBITION Machine: BECKMAN COULTER AU 5800	40.5	mg/dl	40 - 60
LDL Cholesterol Calculated Method: Calculated	112.98	mg/dl	Optimal : <100 near /above Optimal: 100 - 129 Borderline High: 130- 159 High : 160 - 189 Very High : >/=190
VLDL Cholesterol Calculated Method: Calculated	14.82	mg/dl	<30
Total CHOL / HDL Cholesterol Ratio Method: Calculated	4.16	Ratio	3.30 - 4.40
LDL / HDL Cholesterol Ratio Method: Calculated	2.79	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	0.36	Ratio	Optimal->0.4 Moderate-0.4 to 0.3 High-<0.3
Non-HDL Cholesterol Method: Calculated	127.8	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.



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



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Test Name	Value	Unit	Bio. Ref Interval
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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 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.



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



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Referred By	: Self	Report Generated On	: 24/Aug/2025 02:17PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	ReportStatus	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

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

PHYSICAL EXAMINATION

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

CHEMICAL EXAMINATION

Specific Gravity	1.015	1.001 - 1.035
Method: Dipstick-Ion exchange		
Machine: URIPLUS_600		
pH	6.0	4.5 - 7.5
Method: Dipstick-Double indicator		
Machine: URIPLUS_600		
Glucose	Negative	Negative
Method: Dipstick-oxidase peroxidase		
Machine: URIPLUS_600		
Urine Protein	Negative	Negative
Method: Dipstick-Bromophenol blue		
Machine: URIPLUS_600		
Ketones	Negative	Negative
Method: Sodium nitroprusside		
Machine: URIPLUS_600		
Urobilinogen	Normal	Normal
Method: Dipstick-Ehrlichs Test		
Machine: URIPLUS_600		
Bilirubin	Negative	Negative
Method: Dipstick-Ehrlichs Test		
Machine: URIPLUS_600		
Nitrite	Negative	Negative
Method: Dipstick-Griess test		
Machine: URIPLUS_600		
Blood	Negative	Nil


Dr. Sakesh Agarwal
MBBS, DCP
Consultant Pathologist
DMC-64636, Healthians Labs



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DEPARTMENT OF CLINICAL PATHOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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Method: Dipstick-Peroxidase

Machine: URIPLUS_600

Leucocyte Esterase

Negative

Nil

Method: Dipstick- Esterase

Machine: URIPLUS_600

MICROSCOPIC EXAMINATION

Pus Cells	1-2	/HPF	0 - 5
Method: Flow Imaging Technique			
Epithelial cells	1-2	/HPF	0 - 5
Method: Flow Imaging Technique			
RBCs	Nil	/HPF	Nil
Method: Flow Imaging Technique			
Casts	Nil		Nil
Method: Flow Imaging Technique			
Crystals	Nil		Nil
Method: Flow Imaging Technique			
Bacteria	Absent		Absent
Method: Flow Imaging Technique			
Yeast Cell	Absent		Absent
Method: Flow Imaging Technique			
Others (Non Specific)	Nil		NIL
Method: Flow Imaging Technique			

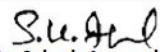
The main indication for testing for glucose in urine is detection of unsuspected diabetes mellitus or follow-up of known diabetic patients. Renal glycosuria accounts for 5% of cases of glycosuria in general population.

Proteinuria can be seen in nephrotic syndrome, pyelonephritis, heavy metal poisoning, tuberculosis of kidney, interstitial nephritis, cystinosis, Fanconi syndrome , rejection of kidney transplant. Hemodynamic proteinuria is transient and can be seen in high fever, hypertension, heavy exercise, congestive cardiac failure, seizures, and exposure to cold. Post-renal proteinuria is caused by inflammatory or neoplastic conditions in renal pelvis, ureter, bladder, prostate, or urethra.

Ketonuria can be seen in uncontrolled Diabetes mellitus with ketoacidosis, Glycogen storage disorder, starvation, persistent vomiting in children, weight reduction program, fever in children, severe thyrotoxicosis, pregnancy and protein calorie malnutrition.

Presence of bilirubin in urine indicates conjugated hyperbilirubinemia (obstructive or hepatocellular jaundice). Bile salts along with bilirubin can be detected in urine in cases of obstructive jaundice. Normally about 0.5-4 mg of urobilinogen is excreted in urine in 24 hours. Therefore, a small amount of urobilinogen is normally detectable in urine. Increased urobilinogen in urine can be seen due to hemolysis , megaloblastic anemia and haemorrhage in tissues. Decreased urobilinogen can be seen in obstructive jaundice, reduction of intestinal bacterial flora, neonates and following antibiotic treatment. The presence of abnormal number of intact red blood cells in urine is called as hematuria. It implies presence of a bleeding lesion in the urinary tract. Hematuria can be seen in glomerular diseases like Glomerulonephritis, Berger's disease, lupus nephritis, Henoch-Schonlein purpura, non glomerular diseases like Calculus, tumor, infection, tuberculosis, pyelonephritis, hydronephrosis, polycystic kidney disease, trauma, after strenuous physical exercise, diseases of prostate (benign hyperplasia of prostate, carcinoma of prostate).

Nitrites are not present in normal urine. Ingested nitrites are converted to nitrate and excreted



Dr. Sakesh Agarwal
MBBS, DCP
Consultant Pathologist
DMC-64636, Healthians Labs



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Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
No Tests Found			

in urine. If gram-negative bacteria (e.g. E.coli, Salmonella, Proteus, Klebsiella, etc.) are present in urine, they will reduce the nitrates to nitrites through the action of bacterial enzyme nitrate reductase. As E. coli is the commonest organism causing urinary tract infection, this test is helpful as a screening test for urinary tract infection.

Some organisms like Staphylococci or Pseudomonas do not reduce nitrate to nitrite and therefore in such infections nitrite test is negative. Leucocyte esterase test detects esterase enzyme released in urine from granules of leucocytes. Thus the test is positive in pyuria.


Dr. Sakesh Agarwal
MBBS, DCP
Consultant Pathologist
DMC-64636, Healthians Labs



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Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 11:52AM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 01:11PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	Report Status	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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ERYTHROCYTE SEDIMENTATION RATE (ESR)

ESR **21** mm/1st hour 0-12
 Method: Kinetic Red Cells Aggregation
 Machine: ALIFAX TEST - 1


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 MBBS, DCP
 Consultant Pathologist
 DMC-64636, Healthians Labs



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 Order Id : 14909673930
 Referred By : Self
 Customer Since : 07/Jun/2022
 Sample Type : WHOLE BLOOD EDTA

Barcode : E5747690 
 Sample Collected On : 24/Aug/2025 06:50AM
 Sample Received On : 24/Aug/2025 11:52AM
 Report Generated On : 24/Aug/2025 12:38PM
 Sample Temperature : Maintained ✓
 ReportStatus : Final Report

DEPARTMENT OF HAEMATOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
Complete Blood Count Advanced			
Haemoglobin (HB)	12.2	g/dL	12.0-15.0
Method: Photometry			
Machine: BECKMAN COULTER DxH900			
Total Leucocyte Count (TLC)	9.3	10^3/uL	4.0-10.0
Method: Impedance			
Machine: BECKMAN COULTER DxH900			
Hematocrit (PCV)	35.6	%	36.0-46.0
Method: Calculated			
Machine: BECKMAN COULTER DxH900			
Red Blood Cell Count (RBC)	4.30	10^6/µl	3.80-4.80
Method: Impedance			
Machine: BECKMAN COULTER DxH900			
Mean Corp Volume (MCV)	82.7	fL	83.0-101.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH900			
Mean Corp Hb (MCH)	28.4	pg	27.0-32.0
Method: Calculated			
Machine: BECKMAN COULTER DxH900			
Mean Corp Hb Conc (MCHC)	34.4	g/dL	31.5-34.5
Method: Calculated			
Machine: BECKMAN COULTER DxH900			
RDW - CV	14.5	%	11.6-14.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH900			
RDW - SD	42.90	fL	39.0-46.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH900			
RDWI	278.87	Ratio	
Method: Calculated			
Green and king index	81	Ratio	
Method: Calculated			
Differential Leucocyte Count			
Neutrophils	67.6	%	40 - 80


Dr. Sakesh Agarwal
 MBBS, DCP
 Consultant Pathologist
 DMC-64636, Healthians Labs



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 Order Id : 14909673930
 Referred By : Self
 Customer Since : 07/Jun/2022
 Sample Type : WHOLE BLOOD EDTA

Barcode : E5747690 
 Sample Collected On : 24/Aug/2025 06:50AM
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DEPARTMENT OF HAEMATOLOGY

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Test Name	Value	Unit	Bio. Ref Interval
Method: VCS Technology Machine: BECKMAN COULTER DxH900			
Lymphocytes	23.3	%	20-40
Method: VCS Technology Machine: BECKMAN COULTER DxH900			
Monocytes	6.1	%	02 - 10
Method: VCS Technology Machine: BECKMAN COULTER DxH900			
Eosinophils	2.7	%	01 - 06
Method: VCS Technology Machine: BECKMAN COULTER DxH900			
Basophils	0.3	%	00 - 02
Method: VCS Technology Machine: BECKMAN COULTER DxH900			
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC)	6.29	10^3/uL	2.0-7.0
Method: Calculated			
Absolute Lymphocyte Count (ALC)	2.17	10^3/uL	1.0-3.0
Method: Calculated			
Absolute Monocyte Count	0.57	10^3/uL	0.2-1.0
Method: Calculated			
Absolute Eosinophil Count (AEC)	0.25	10^3/uL	0.02-0.5
Method: Calculated			
Absolute Basophil Count	0.03	10^3/uL	0.02 - 0.10
Method: Calculated			
Platelet Count(PLT)	232	10^3/µl	150-410
Method: Impedance Machine: BECKMAN COULTER DxH900			
MPV	10.8	fL	7 - 9
Method: Derived from PLT Histogram Machine: BECKMAN COULTER DxH900			
NLR (Neutrophil Lymphocyte Ratio)	2.90	Ratio	
Method: Calculated			
PLR (Platelet Lymphocyte Ratio)	107	Ratio	
Method: Calculated			


Dr. Sakesh Agarwal
 MBBS, DCP
 Consultant Pathologist
 DMC-64636, Healthians Labs



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Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 11:52AM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 12:38PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: WHOLE BLOOD EDTA	ReportStatus	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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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 irondeficiency anaemia is more likely.

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

Calculated parameters are either derived from Impedence measure, RBC pulse measurement, RBC/platelet histograms or formula derived.

The neutrophil to lymphocyte ratio (NLR) is considered to be a sensitive indicator of infection, inflammation and sepsis, and a robust prognostic marker of disease severity.

The platelet-to-lymphocyte ratio (PLR) is a marker revealing shifts in platelet & lymphocyte cell counts due to acute inflammatory and pro-thrombotic states.



Dr. Sakesh Agarwal
MBBS, DCP
Consultant Pathologist
DMC-64636, Healthians Labs



SIN No:E5747690

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Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 07:01PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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Follicle Stimulating Hormone, FSH

Follicle Stimulating Hormone (FSH)	1.32	mIU/mL	Follicular Phase: 2.5-10.2 Mid Cycle Peak: 3.4-33.4 Luteal Phase: 1.5-9.1 Pregnant :- <0.3 Post Menopausal: 23.0-116.3
Method: CLIA			
Machine: Siemens Atellica IM1300			

FSH stimulates follicular growth and in conjunction with hLH, stimulates estrogen secretion and ovulation. Human FSH is secreted by the gonadotropin 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.



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



SIN No:E5747690



Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 06:58PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
-----------	-------	------	-------------------

Luteinizing Hormone,LH

Luteinizing Hormone (LH)

6.350

mIU/ml

Mid Follicular Phase: 1.9-12.5

Method: CLIA

Mid Cycle Peak: 18.7-76.3

Machine: Siemens Atellica IM1300

Mid Luteal Phase:0.5-16.9

pregnant:<0.1-1.5

Post Menopausal: 15.9-54.0
contraceptive :0.7-5.6

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.



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



SIN No:E5747690

Healthians Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.)

Plot 1 & 2, Udyog Vihar, Phase-4, Gurgaon, Haryana, Pincode-122016 (CAP Number: 9019582 | NABL Accreditation Certificate Number MC-4245)

Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 06:58PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
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Immunoglobulin - IgE Total - Serum

IMMUNOGLOBULIN E (IgE) TOTAL	26.1	IU/ml	<158
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Method: CLIA
Machine: Siemens Atellica IM1300

Immunoglobulin E (IgE) It is the most important trigger molecule for allergic information. It mediates allergic and hypersensitivity reactions. There is a significant overlap in total IgE between allergic and non-allergic individuals. For this reason, the measurement of a total IgE is not very useful as a stand-alone screen for allergic disease. A normal level of IgE in serum does not eliminate the possibility of allergic diseases.

Uses

- For allergy testing . Ig E antibodies and skin tests are essentially interchangeable
- Indicates various parasitic diseases
- Diagnosis of IgE-myeloma.
- Diagnosis of bronchopulmonary aspergillosis; a normal serum IgE level excludes the diagnosis.

Increased In :

- Atopic diseases like exogenous asthma, Hay fever , Atopic eczema (Levels are Influenced by type of allergen, duration of stimulation, presence of symptoms and hyposensitization treatment.)
- Parasitic diseases (e.g., ascariasis, visceral larva migrans, hookworm disease, schistosomiasis, Echinococcus infection)
- Monoclonal IgE myeloma.

Decrease In:

Hereditary deficiencies , acquired immunodeficiency Ataxia–telangiectasia, Non-IgE myeloma.



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



SIN No:E5747690

Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 07:01PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
CEA (Carcino Embryonic Antigen)	<0.5	ng/mL	Non smokers < 2.50 Smokers < 5.00

CEA (Carcino Embryonic Antigen)

CARCINO EMBRYONIC ANTIGEN (CEA)

Method: CLIA

Machine: Siemens Atellica IM1300

CEA

CEA is a glycoprotein normally produced during early Fetal life and rapid multiplication of epithelial cells especially those of the digestive system. CEA also appears in blood of chronic smokers.

Interpretation

Reference group	Reference range in ng/ ml
Non smokers	< 2.5
Smokers	< 5

Use

- Monitoring colorectal cancer and selected other cancers such as medullary thyroid carcinoma
- May be useful in assessing the effectiveness of chemotherapy or radiation treatment
- Diagnosis of malignant pleural effusion'
- Not useful in screening general population for undetected cancers

Disease	Percentage positivity of CEA
Colorectal carcinoma	75
Gastric cancer	75
Pancreas	75
Lung	75
Breast	50
Ovary	50
Head and neck cancer	50

Note : Tumour marker results obtained can vary due to differences in assay method and reagent specificity



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



SIN No:E5747690



Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 07:01PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
Homocysteine	18.47	µmol/L	3.7-13.9

Homocysteine

HOMOCYSTEINE

Method: CLIA

Machine: Siemens Atellica IM1300

Homocysteine is a thiol containing amino acid ,produced by intracellular demethylation of methionine to cysteine. Elevated Homocysteine has primary atherogenic and prothrombotic properties

Use

- Elevated Homocysteine levels may be used to exclude or confirm deficiencies of vitamin B 12 or folate
- Elevations in Homocysteine levels have also been used as an independent risk factor of coronary or cerebral vascular disease

Increased in

- Vitamin B12, Vitamin B 6 or folate deficiency
- Hypothyroidism
- Chronic renal failure
- Coronary heart disease

Decreased in

- Down syndrome
- Pregnancy
- Hyperthyroidism
- Early diabetes



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



SIN No:E5747690





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Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 07:01PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained	✓
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name **Value** **Unit** **Bio. Ref Interval**

Vitamin B12

VITAMIN B12

Method: CLIA

Machine: Siemens Atellica IM1300

Interpretation

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 from homocysteine and 2) the conversion of methyl malonyl CoA to succinyl CoA. Deficiency of this vitamin can lead to megaloblastic anemia and ultimately to severe neurological problems. It can also lead to macrocytic anemia, glossitis, peripheral neuropathy, weakness, hyperreflexia, ataxia, loss of proprioception, poor coordination, and affective behavioral changes. A significant increase in RBC mean corpuscular volume (MCV) may be an important indicator of vitamin B12 deficiency.

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

The Bio Ref Interval for Vitamin B12 has been changed on Beckman Coulter UniCel DxI800 with effect from 18.2.25.

freeti

**Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs**



A standard linear barcode is located at the bottom right of the page, consisting of vertical black bars of varying widths on a white background.

SIN No:E5747690

Patient Name	: Mansi Shivhare	Barcode	: E5747690	
Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 06:59PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

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

VITAMIN D (25 - OH VITAMIN D) 33.27 ng/ml 30 - 100
 Method: CLIA
 Machine: Siemens Atellica IM1300

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 steroid hormone known for its important role in regulating body levels of calcium and phosphorus and in the mineralization of bone.

Uses:

- Diagnosis of Vitamin D deficiency
- Differential diagnosis of causes of rickets and Osteomalacia
- Monitoring Vitamin D replacement therapy
- Diagnosis of hypervitaminosis D

Increased in:

- Vitamin D intoxication
- Excessive exposure to sunlight

Decreased in:

- Malabsorption
- Steatorrhoea
- Dietary osteomalacia
- Thyrotoxicosis
- Coeliac disease
- Inflammatory bowel disease
- Rickets
- Pancreatic insufficiency



Dr. Walia Murshida Huda
 MBBS, MD, Biochemistry
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SIN No:E5747690

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Age/Gender	: 33Y OM OD /Female	Sample Collected On	: 24/Aug/2025 06:50AM	
Order Id	: 14909673930	Sample Received On	: 24/Aug/2025 02:12PM	
Referred By	: Self	Report Generated On	: 24/Aug/2025 06:58PM	
Customer Since	: 07/Jun/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF IMMUNOLOGY

Healthians Summer Wellness Package Female FOR COUPLE COMBO

Test Name	Value	Unit	Bio. Ref Interval
Tri-Iodothyronine (T3, Total)	0.94	ng/ml	0.60-1.81
Method: CLIA Machine: Siemens Atellica IM1300			
Thyroxine (T4, Total)	7.90	ug/dl	3.2-12.6
Method: CLIA Machine: Siemens Atellica IM1300			
Thyroid Stimulating Hormone (TSH)-Ultrasensitive	4.918	µIU/ml	0.55-4.78
Method: CLIA Machine: Siemens Atellica IM1300			

Thyroid Profile (Total T3,T4, TSH)

Tri-Iodothyronine (T3, Total)	0.94	ng/ml	0.60-1.81
Method: CLIA Machine: Siemens Atellica IM1300			
Thyroxine (T4, Total)	7.90	ug/dl	3.2-12.6
Method: CLIA Machine: Siemens Atellica IM1300			
Thyroid Stimulating Hormone (TSH)-Ultrasensitive	4.918	µIU/ml	0.55-4.78
Method: CLIA Machine: Siemens Atellica IM1300			

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 Phenytoin, 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, phenytoin 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, Phenytoin 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. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



SIN No:E5747690



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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

Mansi Shivhare

Booking ID : 14909673930 | Sample Collection Date : 24/Aug/2025

23.94 Body Mass Index

5'1" Height (ft/in)

59 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)
0cm

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 fruits like apples, berries and melons in your diet
- Have high protein, moderate fat diet with low fat milk, yoghurt or buttermilk
- Take vitamin C rich foods like citrus fruits, strawberries and green, leafy vegetables
- Include nuts like almonds, walnuts and seeds like flaxseeds, sunflower seeds
- 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

Dont's

- Avoid flavoured and seasoned foods
- Decrease intake of colas and sugary drinks
- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods
- Avoid salty foods and pickles
- Avoid refined carbs, processed foods
- Avoid red meat and organ meats
- Avoid refined sugars, processed foods and bakery items
- Reduce caffeine intake
- Limit junk food
- Avoid the use of oil and avoid sauces and dressings

SUGGESTED LIFESTYLE
SUGGESTED LIFESTYLE
Do's

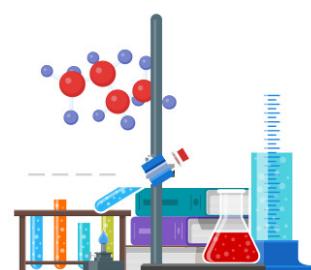
- Stay active and maintain ideal weight
- Maintain ideal weight
- Have regular exposure to sunlight

Dont's

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

SUGGESTED FUTURE TESTS
SUGGESTED FUTURE TESTS

- Complete Hemogram - **Every 2 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**
- Vitamin B12 Cyanocobalamin - **Every 1 Month**
- Vitamin D Total-25 Hydroxy - **Every 1 Month**
- Folic Acid - **Every 1 Month**
- Electrocardiogram - **Every 1 Month**
- CPK, Total - **Every 1 Month**



HEALTH ADVISORY
Suggestions for Health & Well-being

Mansi Shivhare

Booking ID : 14909673930 | Sample Collection Date : 24/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!


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 **23.94**, which is on a normal 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

Supplement Suggestions

Mansi Shivhare

Booking ID : 14909673930 | Sample Collection Date : 24/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	
Glycated Hemoglobin (HbA1c)	DIABEAT-EASE	To order, call 1800-572-000-4
LH-Luteinizing Hormone	FEM-UP	

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

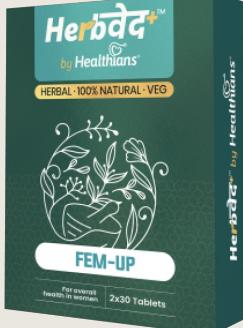
Helps manage high blood pressure, diabetes & detoxifies blood

Ashwagandha

Reduces blood sugar, cholesterol, & triglycerides levels

Vijayasar

Helps manage diabetes by lowering down sugar cravings



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

Shankpushpi

Helps improve digestion & reduce depression

Musli

Improves sexual performance & overall health

Brahmi

Reduces anxiety, depression & stress

Supplement Suggestions

Mansi Shivhare

Booking ID : 14909673930 | Sample Collection Date : 24/Aug/2025

Deficiency/Out of Range Parameter(s)	Suggested Supplement
SGPT/ALT	LIV-UP
TSH Ultra - Sensitive	THYRO FIX

[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



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


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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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