

India's trusted Health Test @Home Service



NABL
ACCREDITED



Booking ID : 15675347996

Sample Collection Date : 30/Oct/2025

Sri Divya Tavva

Female, 36 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

Sri Divya Tavva

Booking ID : 15675347996 | Sample Collection Date : 30/Oct/2025

Sri Divya Tavva ,

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

97

Out of 100

*Calculated from test reports



Thyroid Function

Thyroid Stimulating Hormone (TSH)–Ultrasensitive : 2.62 μ IU/mL

• Everything looks good



Cholesterol Total

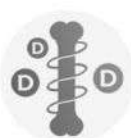
153.9 mg/dL

• Everything looks good



Kidney Function

Test not taken



Vitamin D

Test not taken



HbA1c

Test not taken



Vitamin B12

Test not taken



Liver Function

Test not taken



Calcium Total

Test not taken



Iron studies

Test not taken



Complete Hemogram

Test not taken



New Features

Report Summary

Sri Divya Tavva

Booking ID 15675347996 | Sample Collection Date: 30/Oct/2025

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.

Summary of Health Test Results

Dear Sri Divya Tavva,

Thank you for sharing your recent health test results with us. It's great that you are taking proactive steps towards understanding your health. Upon reviewing your lipid profile, we noticed a parameter that is slightly outside the normal range. This is a common occurrence and can often be managed with some lifestyle adjustments.

Understanding Your Results

It's important to remember that variations in lipid levels can happen for a variety of reasons, and they don't necessarily indicate a serious health issue. Many individuals experience similar fluctuations, and with the right approach, you can work towards improving your overall health.

Suggestions for Improvement

1.

Balanced Diet

: Incorporating a diet rich in fruits, vegetables, whole grains, and healthy fats can be beneficial. Focus on foods that are high in fiber and low in saturated fats.

2.

Regular Physical Activity

: Engaging in regular exercise, such as walking, swimming, or cycling, can help improve your lipid levels and overall cardiovascular health. Aim for at least 150 minutes of moderate exercise each week.

3.

Maintain a Healthy Weight


: If you are currently at an unhealthy weight, even a small amount of weight loss can have a positive impact on your lipid profile. Consider setting achievable goals for gradual weight loss.

4.

Limit Alcohol and Quit Smoking

: Reducing alcohol intake and avoiding tobacco products can significantly benefit your heart health and improve your lipid levels.

Remember, small changes can lead to significant improvements over time. It's wonderful that you are taking an active role in your health, and with these adjustments, you can work towards achieving a healthier balance.

Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
Age/Gender	: 36Y 0M 0D /Female	Sample Collected On	: 30/Oct/2025 08:29AM	
Order Id	: 15675347996	Sample Received On	: 30/Oct/2025 07:24PM	
Referred By	: Self	Report Generated On	: 30/Oct/2025 10:00PM	
Customer Since	: 30/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Thyroid Package - Preventive


Test Name	Value	Unit	Bio. Ref Interval
Lipid Profile			
Total Cholesterol	153.9	mg/dL	Desirable : <200 Borderline: 200-239 High : >=240
Method: Cholesterol Oxidase, Esterase, Peroxidase Machine: BECKMAN COULTER AU 5801			
Serum Triglycerides	55.1	mg/dl	Desirable : <150 Borderline high : 150-199 High : 200-499 Very high : >= 500
Method: Enzymatic Machine: BECKMAN COULTER AU 5801			
Serum HDL Cholesterol	54.9	mg/dl	40 - 60
Method: Direct measure, immunoinhibition Machine: BECKMAN COULTER AU 5801			
LDL Cholesterol Calculated	87.98	mg/dl	Optimal : <100 near /above Optimal:100 - 129 Borderline High: 130- 159 High : 160 - 189 Very High :>=190
Method: Calculated			
VLDL Cholesterol Calculated	11.02	mg/dl	<30
Method: Calculated			
Total CHOL / HDL Cholesterol Ratio	2.80	Ratio	3.30 - 4.40
Method: Calculated			
LDL / HDL Cholesterol Ratio	1.60	Ratio	Desirable/Low Risk: 0.5-3.0 Line/Moderate Risk: 3.0-6.0 Elevated/High Risk: >6.0
Method: Calculated			
HDL / LDL Cholesterol Ratio	0.62	Ratio	Optimal->0.4 Moderate-0.4 to 0.3 High-<0.3
Method: Calculated			
Non-HDL Cholesterol	99.0	mg/dl	0.0 - 160.0
Method: Calculated			

Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency. Dyslipidemias means increase in the level of one or more of the following: Total Cholesterol, low density lipoprotein (LDL) and/or triglyceride concentrations. Dyslipidemia also includes a decrease in the "good" cholesterol or high-density lipoprotein (HDL) concentration in the blood. Cholesterol is a steroid carried in the bloodstream as lipoprotein, necessary for cell membrane functioning and as a precursor to bile acids, progesterone ,vitamin D ,estrogens ,glucocorticoids and mineralocorticoids.



Dr. Rajeev S Ramachandran
MBBS,MD Pathology
Consultant Pathologist
Reg. No.-2017072917,Healthians Labs



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DEPARTMENT OF BIOCHEMISTRY


Thyroid Package - Preventive

Test Name	Value	Unit	Bio. Ref Interval
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.			



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Referred By	: Self	Report Generated On	: 30/Oct/2025 06:40PM	
Customer Since	: 30/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

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

PHYSICAL EXAMINATION

Colour	Pale Yellow		Pale Yellow
Method: Visual			
Volume	10.00	mL	
Method: Visual			
Appearance	Slightly Hazy		Clear
Method: Visual			

CHEMICAL EXAMINATION

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

Result rechecked with manual method.

MICROSCOPIC EXAMINATION

Pus Cells	5-6	/HPF	0 - 5
Method: Microscopic Examination			
Epithelial cells	3-4	/HPF	0 - 5


Dr. Amod Sawant
MBBS, MD Pathology
Consultant Pathologist
Reg. No.-2011113372, Healthians Labs



SIN No:E3753511

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

Office No. 1 on Ground Floor, Ascot Center, Next to Hilton Hotel, Sahar Road, Andheri(E), Mumbai, Maharashtra, Pincode - 400099 (NABL Accreditation Certificate Number MC-5949)

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DEPARTMENT OF CLINICAL PATHOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Method: Microscopic Examination			
RBCs	Nil	/HPF	Nil
Method: Microscopic Examination			
Casts	Nil		Nil
Method: Microscopic Examination			
Crystals	Nil		Nil
Method: Microscopic Examination			
Bacteria	Absent		Absent
Method: Microscopic Examination			
Yeast Cell	Nil		
Others (Non Specific)	Nil		
Method: Microscopic Examination			

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Referred By	: Self	Report Generated On	: 30/Oct/2025 09:49PM
Customer Since	: 30/Oct/2025	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Final Report

DEPARTMENT OF IMMUNOLOGY

Thyroid Package - Preventive

Test Name	Value	Unit	Bio. Ref Interval
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Thyroid Profile (Total T3,T4, TSH)

Tri-Iodothyronine (T3, Total)	1.10	ng/ml	0.87 - 1.78
Method: CLIA Machine: BECKMAN COULTER DxI800			
Thyroxine (T4, Total)	8.62	ug/dl	5.48-14.28
Method: CLIA Machine: BECKMAN COULTER DxI800			
Thyroid Stimulating Hormone (TSH)-Ultrasensitive	2.622	μIU/mL	0.38 - 5.33
Method: CLIA Machine: BECKMAN COULTER DxI800			

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 ***

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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 $\pm 50\%$, 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

Sri Divya Tavva

Booking ID : 15675347996 | Sample Collection Date : 30/Oct/2025

20.2 Body Mass Index

5'4" Height (ft/in)

55 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

- Vit-D/B12 rich diet Veg (Milk products, Soya milk, Tofu, Whole grains)
- Vit-D/B12 rich diet Non-Veg (Egg yolk, Chicken, fish)
- Cut down on sugar
- Cut down on salt
- Plan smart diet
- Low calorie diet to maintain healthy weight

EVERYTHING LOOKS GOOD!

As per your test results, We would recommend you to continue taking a balanced diet and reach out to our team for any queries.



SUGGESTED LIFESTYLE

- Increase sunlight exposure
- Maintain half an hour walk/exercises morning & evening
- Reduce belly fat
- Minimum 30 mins of moderate walking
- Maintain a healthy weight with BMI 19
- Drink bottled water
- Avoid raw vegetables and fruits

EVERYTHING LOOKS GOOD!

As per your test results, We would recommend you to continue a healthy lifestyle and reach out to our team for any queries.

SUGGESTED LIFESTYLE

RECOMMENDED FUTURE TESTS

SUGGESTED FUTURE TESTS

- Thyroid Profile-Total (T3, T4 & TSH Ultra-sensitive) - Every 1 Month
- Vitamin D Total-25 Hydroxy - Every 2 Month
- Calcium Total, Serum - Every 2 Month
- Complete Blood Count (CBC) - Every 2 Month
- Vitamin B12, Cyanocobalamin - Every 2 Month
- Folic Acid - Every 2 Month

EVERYTHING LOOKS GOOD!

As per your test results, We would recommend you to regularly take preventive health checkups for well-being.



HEALTH ADVISORY

Suggestions for Health & Well-being

Sri Divya Tavva

Booking ID : 15675347996 | Sample Collection Date : 30/Oct/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!



BALANCED DIET

A balanced diet is the key to healthy lifestyle. Include Whole grains, vegetables, whole fruits, nuts, seeds, beans, plant oils in your diet. It is recommended to always have a high protein breakfast and a light dinner. Avoid items such as processed foods, potatoes and high calorie/sugar products. Don't forget to drink water regularly!

BALANCED DIET

STRESS MANAGEMENT

STRESS MANAGEMENT

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (6-8 hours), indulging yourself in meditation, positive attitude towards lifestyle, using humor, traveling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.



BMI

BMI recommended range is 18.5 to 24.9. Your BMI is 29.35, which is on a high or obese.

BMI INFORMATION NOT AVAILABLE

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



BMI

Supplement Suggestions

Sri Divya Tavva

Booking ID : 15675347996 | Sample Collection Date : 30/Oct/2025

In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned in the table below:

Suggestions for Improving Deficiencies



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



NUTRI-BOOST

Make-up for your missing nutrition the all-natural way!

NUTRI-BOOST is a scientifically formulated and clinically proven all-natural supplement that provides you with essential nutrients that might be missing from your daily diet. With NUTRI-BOOST, give your body the richness of all-natural nutrients and get all the energy you need to keep active throughout the day.

A lack of essential nutrients can lead to serious deficiencies which lead to serious health consequences. Some of the common deficiencies include:

- Iron Deficiency
- Iodine Deficiency
- Vitamin D Deficiency
- Calcium Deficiency
- Vitamin B12 deficiency

Infused with the ages-proven goodness of all-natural ingredients, NUTRI-BOOST is the perfect supplement to fill in the gap of vital nutrients for your body, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in NUTRI-BOOST present the following benefits:

Indian Khajoor

Promotes brain and heart health

Shatavari

Anti-oxidant properties boost the immune system.

Amla

Aids in digestion, and promotes heart & liver health

Wheat

Aids in weight control reduces the risk of heart ailments and provides energy

Jetwatika

Prevents cell damage to keep optimum body functionality



Healthians Scans

Your one-stop destination for affordable & reliable imaging services



Honest pricing



100% covid safe



Highly experienced
130+ radiology
specialists



State-of-the-art
radiology labs
across India



2% CASH BACK



100% Cash Back

When you book via app

Know More

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

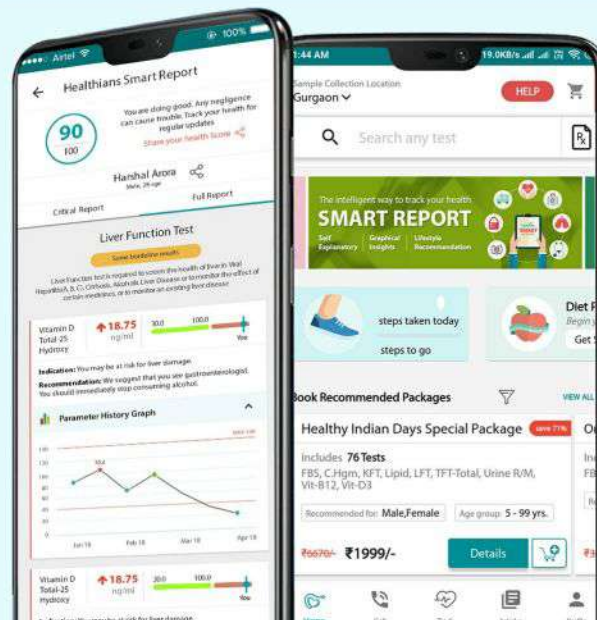
Our Labs participate in EQA & show proven accuracy by checking **laboratory performance** through external agency or facility.

JOIN **100,000+** HAPPY USERS WHO TRUST HEALTHIANS!

KNOW ALL ABOUT YOUR HEALTH ON YOUR FINGERTIPS

- ✓ Book & track your health tests
- ✓ Smart reports on your Phone
- ✓ Health Tracker
- ✓ Health Articles

DOWNLOAD HEALTHIANS APP:



Medical Examination Form

Client ID : 90080374
ID Proof : ☐ PAN ☐ Driving License ☐ Passport ☐ Voter ID ☒ Any other, please specify : Aadhar

Please fill up the following details before conducting the medical examination:

Personal History

Name : T. Sri Divya
Date of Birth : 30/09/1990 (DD/MM/YYYY)
Occupation : Teacher
Married : ☒ Y ☐ N

Medical Examiner's Report

Measurements

Height (cms) : 167

Weight (kg) : 55

BMI : 19.7


Blood pressure reading in mm Hg (3 readings at 10 min intervals) : 120/80, 120/80, 120/80

Pulse Rate/min : 72

Respiratory Rate/min : 16

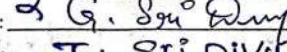
Chest Circumference (cms: Inspiration) : 89

Doctors Comment

	PANMAY HOSPITAL
	Dr. B. RAMANA KUMAR
	Reg. No. 3875 M.D., D.O.B.
	Retd. Civil Surgeon
	FLURU (W.G.) A.P.

Declaration by the Customer

I understand that, Care Health Insurance has the right to access my health reports and shall maintain full secrecy with respect to my individual health status.

Signature : 
Name : T. Sri Divya
Address :
Phone : 950 578 2886
E-mail :

SRI PAVANI

X-RAY & DIAGNOSTIC CENTRE

KASTURI VARI STREET, R.R.PET, ELURU - 534 002, ☎ 227212, Cell : 94405 79180

P.N.V. Bhaskara Rao B.Sc., (M.L.T.), M.Sc., (Micro)

Patient Name: T SRI DIVYA

Gender: Female

Age: 35 Year

Sample Type:

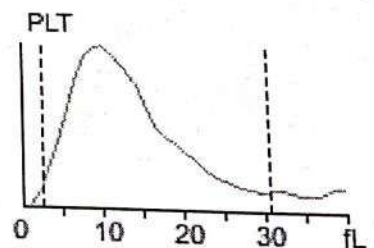
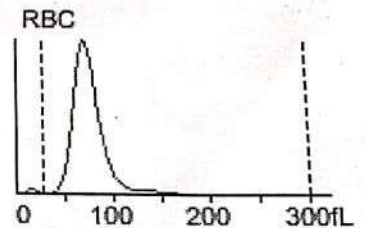
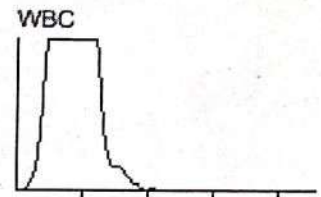
Patient ID:

Dr :

Sample ID: 6011

Run Time: 2025/10/18 19:14

Parameter	Result	Ref. Range	Unit
WBC	6.24	3.50-9.50	10 ³ /uL
Neutrophils%	61.4	40.0-75.0	%
Lymphocytes%	30.6	20.0-50.0	%
Monocytes%	2.9 ↓	3.0-10.0	%
Eosinophils%	4.3	0.4-8.0	%
Basophils%	0.8	0.0-1.0	%
RBC	3.97	3.80-5.10	10 ⁶ /uL
HGB	10.1 ↓	11.5-15.0	g/dL
HCT	32.2 ↓	35.0-45.0	%
MCV	81.1 ↓	82.0-100.0	fL
MCH	25.5 ↓	27.0-34.0	pg
MCHC	31.5 ↓	31.6-35.4	g/dL
RDW-CV	15.0	11.0-16.0	%
RDW-SD	50.1	35.0-56.0	fL
PLT	315	125-350	10 ³ /uL
MPV	9.6	6.5-12.0	fL
PDW-SD	11.9	9.0-17.0	fL
PDW-CV	14.3	10.0-17.9	%
PCT	0.302 ↑	0.108-0.282	%
P-LCR	34.1	11.0-45.0	%
P-LCC	107 ↑	30-90	10 ³ /uL



WBC Message

Immature Cell?

Dr. M. Radhika MBBS, MD. Pathology
Regd No: 79541
ELURU

RBC Message

P.N.V. BHASKARA RAO
B.Sc., (M.L.T.) M.Sc., (Micro)

Sri Pavan X-ray & Diagnostic Centre
R. R. Pet, ELURU-534 002.

PLT Message

NOTE : PLEASE CORRELATE WITH CLINICALLY
This Report is Generated by ERBA 5 Part Fully Auto Analyzer



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SRI PAVANI

X-RAY & DIAGNOSTIC CENTRE

KASTURI VARI STREET, R.R.PET, ELURU - 534 002, ☎ 227212, Cell : 94405 79180

P.N.V. Bhaskara Rao B.Sc., (M.L.T.), M.Sc., (Micro)

DATE: 18.10.25

Pt'S NAME: T.SRI DIVYA 35/F

E.S.R.I.HOUR : 10 mm (< 15)
F.BLOOD SUGAR : 104 mg/dl (70 - 110)
HbA1c : 6.0 %
(< 6.0 NON DIABETIC)
(6.0 - 8.0 NORMAL)
(8.0 - 9.0 GOOD CONTROL)
(9.0 - 10.0 FAIR CONTROL)
(> 10.0 POOR CONTROL)

S.CHOLESTEROL : 160 mg/dl (< 200)
S.H.D.L. : 40 mg/dl (36 - 55)
S.L.D.L. : 92 mg/dl (70 - 170)
S.V.L.D.L. : 28 mg/dl (20 - 40)
S.TRIGLYCERIDES : 140 /mg/dl (50 - 150)
CHOL/HDL : 4.0 (< 5.0)

URINE ROUTEIN TEST

URINE APPEARANCE : NORMAL

PH : ACIDIC

SP.RAVITY : 1.015

URINE SUGAR : NIL

ALBUMIN : NIL

MICROSCOPIC

PUS CELLS : 2 - 3 CELLS/HPF

R.B.C. : NIL

EPITHELIAL : NIL

CASTS : NIL

CRYSTALS : NIL

Dr. M. Radhika, MBBS, MD, Pathology
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P.N.V. Bhaskara Rao B.Sc., (M.L.T.), M.Sc., (Micro)

DATE: 18.10.2025

Pt'S Name : T.SRIDIVYA 35/F

BLOOD GROUP

: 'A'

RH TYPE

: POSITIVE

BUN

: 9.2 mg/dl (7 - 20)

S.CREATININE

: 0.6 mg/dl (0.6 - 1.4)

S.URIC ACID

: 3.6 mg/dl (2.5 - 6.0)

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R. R. Peta, ELURU-534 002.



India's trusted Health Test @Home Service



NABL
ACCREDITED



Booking ID : 15675347996

Sample Collection Date : 30/Oct/2025

Sri Divya Tavva

Female, 36 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

Sri Divya Tavva

Booking ID : 15675347996 | Sample Collection Date : 30/Oct/2025

Sri Divya Tavva ,

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

97

Out of 100

*Calculated from test reports



Thyroid Function

Thyroid Stimulating Hormone (TSH)–Ultrasensitive : 2.62 μ IU/mL

• Everything looks good



Cholesterol Total

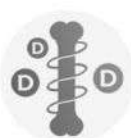
153.9 mg/dL

• Everything looks good



Kidney Function

Test not taken



Vitamin D

Test not taken



HbA1c

Test not taken



Vitamin B12

Test not taken



Liver Function

Test not taken



Calcium Total

Test not taken



Iron studies

Test not taken



Complete Hemogram

Test not taken



New Features

Report Summary

Sri Divya Tavva

Booking ID 15675347996 | Sample Collection Date: 30/Oct/2025

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.

Summary of Health Test Results

Dear Sri Divya Tavva,

Thank you for sharing your recent health test results with us. It's great that you are taking proactive steps towards understanding your health. Upon reviewing your lipid profile, we noticed a parameter that is slightly outside the normal range. This is a common occurrence and can often be managed with some lifestyle adjustments.

Understanding Your Results

It's important to remember that variations in lipid levels can happen for a variety of reasons, and they don't necessarily indicate a serious health issue. Many individuals experience similar fluctuations, and with the right approach, you can work towards improving your overall health.

Suggestions for Improvement

1.

Balanced Diet

: Incorporating a diet rich in fruits, vegetables, whole grains, and healthy fats can be beneficial. Focus on foods that are high in fiber and low in saturated fats.

2.

Regular Physical Activity

: Engaging in regular exercise, such as walking, swimming, or cycling, can help improve your lipid levels and overall cardiovascular health. Aim for at least 150 minutes of moderate exercise each week.

3.

Maintain a Healthy Weight


: If you are currently at an unhealthy weight, even a small amount of weight loss can have a positive impact on your lipid profile. Consider setting achievable goals for gradual weight loss.

4.

Limit Alcohol and Quit Smoking

: Reducing alcohol intake and avoiding tobacco products can significantly benefit your heart health and improve your lipid levels.

Remember, small changes can lead to significant improvements over time. It's wonderful that you are taking an active role in your health, and with these adjustments, you can work towards achieving a healthier balance.

Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
Age/Gender	: 36Y 0M 0D /Female	Sample Collected On	: 30/Oct/2025 08:29AM	
Order Id	: 15675347996	Sample Received On	: 30/Oct/2025 07:24PM	
Referred By	: Self	Report Generated On	: 30/Oct/2025 10:00PM	
Customer Since	: 30/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Thyroid Package - Preventive


Test Name	Value	Unit	Bio. Ref Interval
Lipid Profile			
Total Cholesterol	153.9	mg/dL	Desirable : <200
Method: Cholesterol Oxidase, Esterase, Peroxidase			Borderline: 200-239
Machine: BECKMAN COULTER AU 5801			High : >=240
Serum Triglycerides	55.1	mg/dl	Desirable : <150
Method: Enzymatic			Borderline high : 150-199
Machine: BECKMAN COULTER AU 5801			High : 200-499
			Very high : >= 500
Serum HDL Cholesterol	54.9	mg/dl	40 - 60
Method: Direct measure, immunoinhibition			
Machine: BECKMAN COULTER AU 5801			
LDL Cholesterol Calculated	87.98	mg/dl	Optimal : <100
Method: Calculated			near /above Optimal:100 - 129
			Borderline High: 130- 159
			High : 160 - 189
			Very High :>=190
VLDL Cholesterol Calculated	11.02	mg/dl	<30
Method: Calculated			
Total CHOL / HDL Cholesterol Ratio	2.80	Ratio	3.30 - 4.40
Method: Calculated			
LDL / HDL Cholesterol Ratio	1.60	Ratio	Desirable/Low Risk: 0.5-3.0
Method: Calculated			Line/Moderate Risk: 3.0-6.0
			Elevated/High Risk: >6.0
HDL / LDL Cholesterol Ratio	0.62	Ratio	Optimal->0.4
Method: Calculated			Moderate-0.4 to 0.3
			High-<0.3
Non-HDL Cholesterol	99.0	mg/dl	0.0 - 160.0
Method: Calculated			

Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency. Dyslipidemias means increase in the level of one or more of the following: Total Cholesterol, low density lipoprotein (LDL) and/or triglyceride concentrations. Dyslipidemia also includes a decrease in the "good" cholesterol or high-density lipoprotein (HDL) concentration in the blood. Cholesterol is a steroid carried in the bloodstream as lipoprotein, necessary for cell membrane functioning and as a precursor to bile acids, progesterone ,vitamin D ,estrogens ,glucocorticoids and mineralocorticoids.



Dr. Rajeev S Ramachandran
MBBS,MD Pathology
Consultant Pathologist
Reg. No.-2017072917,Healthians Labs



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DEPARTMENT OF BIOCHEMISTRY


Thyroid Package - Preventive

Test Name	Value	Unit	Bio. Ref Interval
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.			



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Order Id	: 15675347996	Sample Received On	: 30/Oct/2025 05:16PM	
Referred By	: Self	Report Generated On	: 30/Oct/2025 06:40PM	
Customer Since	: 30/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

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

PHYSICAL EXAMINATION

Colour	Pale Yellow		Pale Yellow
Method: Visual			
Volume	10.00	mL	
Method: Visual			
Appearance	Slightly Hazy		Clear
Method: Visual			

CHEMICAL EXAMINATION

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


Result rechecked with manual method.

MICROSCOPIC EXAMINATION

Pus Cells	5-6	/HPF	0 - 5
Method: Microscopic Examination			
Epithelial cells	3-4	/HPF	0 - 5

Dr. Amod Sawant
MBBS,MD Pathology
Consultant Pathologist
Reg. No.-2011113372,Healthians Labs



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Sample Type	: URINE	Report Status	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Method: Microscopic Examination			
RBCs	Nil	/HPF	Nil
Method: Microscopic Examination			
Casts	Nil		Nil
Method: Microscopic Examination			
Crystals	Nil		Nil
Method: Microscopic Examination			
Bacteria	Absent		Absent
Method: Microscopic Examination			
Yeast Cell	Nil		
Others (Non Specific)	Nil		
Method: Microscopic Examination			

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Referred By	: Self	Report Generated On	: 30/Oct/2025 09:49PM
Customer Since	: 30/Oct/2025	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Final Report

DEPARTMENT OF IMMUNOLOGY

Thyroid Package - Preventive

Test Name	Value	Unit	Bio. Ref Interval
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Thyroid Profile (Total T3,T4, TSH)

Tri-Iodothyronine (T3, Total)	1.10	ng/ml	0.87 - 1.78
Method: CLIA Machine: BECKMAN COULTER DxI800			
Thyroxine (T4, Total)	8.62	ug/dl	5.48-14.28
Method: CLIA Machine: BECKMAN COULTER DxI800			
Thyroid Stimulating Hormone (TSH)-Ultrasensitive	2.622	μIU/mL	0.38 - 5.33
Method: CLIA Machine: BECKMAN COULTER DxI800			

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 ***

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Page 5 of 5



SIN No:E3753511

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

Office No. 1 on Ground Floor, Ascot Center, Next to Hilton Hotel, Sahar Road, Andheri(E), Mumbai, Maharashtra, Pincode - 400099 (NABL Accreditation Certificate Number MC-5949)

MEDICINES

T.Doxycycline 100mg : 1 - 0 - 1 * 7 days

After food

VDM kit : 1 - 1 - 2 * 1 days

After food

Feminora gel for wife : 0 - 0 - 1 * 7 days

Sos, use during coitus time