

# India's trusted Health Test @Home Service



**NABL**  
ACCREDITED  
MC-5949



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

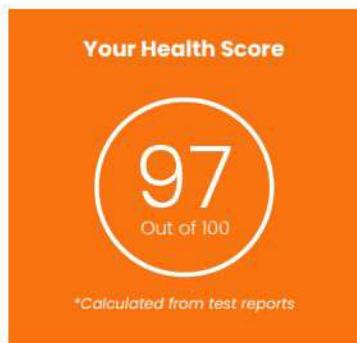
Booking ID : 15675347996 | Sample Collection Date : 30/Oct/2025

**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.

**Thyroid Function**

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 2.62 µIU/mL

• Everything looks good

**Vitamin B12**

Test not taken

**Cholesterol Total**

153.9 mg/dL

• Everything looks good

**Liver Function**

Test not taken

**Kidney Function**

Test not taken

**Calcium Total**

Test not taken

**Vitamin D**

Test not taken

**Iron studies**

Test not taken

**HbA1c**

Test not taken

**Complete Hemogram**

Test not taken





New Features

## Report Summary

Understanding laboratory reports can be complex, often leading to unwarranted anxiety.

At Healthians, we understand that you shouldn't have to rely on a Google search to decipher your own health report. That's why we offer comprehensive summaries that are easy to understand.

Sri Divya Tavva

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

### 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
<b>Lipid Profile</b>			
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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Age/Gender	: 36Y 0M 0D /Female	Sample Collected On	: 30/Oct/2025 08:29AM	
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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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MBBS, MD Pathology  
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Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
Age/Gender	: 36Y OM OD /Female	Sample Collected On	: 30/Oct/2025 08:29AM	
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**



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)

Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
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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 \*\*\***

Dr. Amod Sawant  
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Page 5 of 5



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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**

Sri Divya Tavva

Booking ID : I5675347996 | 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**

- 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 processed foods
- EVERYTHING LOOKS GOOD!**
- As per your test results, We would recommend you to continue taking a balanced diet
- Plan smoothie
  - Low calorie diet to maintain healthy weight


**SUGGESTED NUTRITION**

As per your test results, We would recommend you to continue taking a balanced diet

**EVERYTHING LOOKS GOOD!**

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 minutes of exercise
- Drink boiled water
- Avoid raw vegetables and fruits

**SUGGESTED LIFESTYLE**

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

**EVERYTHING LOOKS GOOD!**
**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 - 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 higher side.

**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 : I5675347996 | 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

 Highly experienced 130+ radiology specialists

 100% covid safe

 State-of-the-art radiology labs across India



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### About Healthians Labs

### How we control Report Accuracy at Healthians



#### Quality Control

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



#### Machine Data

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



#### QR Code

QR Code based authenticity check on all its reports



#### Calibration

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



#### Equipment

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



#### EQA

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

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### KNOW ALL ABOUT YOUR HEALTH ON YOUR FINGERTIPS

- ✓ Book & track your health tests
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- ✓ Health Tracker
- ✓ Health Articles

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## 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/YY)  
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

### **Doctors Comment**

~~MR~~ **CANMAY HOSPITAL**  
Dr. B. RAMANA KUMAR  
Reg. No. 3875 M.D., D.O.B.H.  
Rtd. Civil Surgeon  
**B.I.U.R.I. (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 records.

Signature : G. Sri Divya  
Name : T. Sri Divya  
Address : \_\_\_\_\_  
Phone : 9505782886  
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:

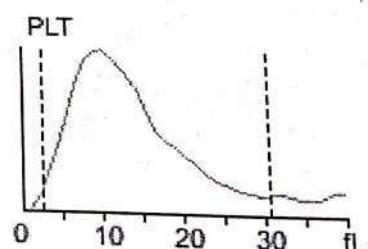
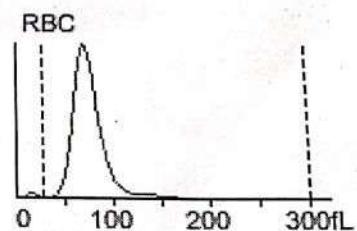
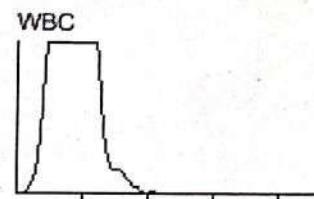
Patient ID:

Dr :

Sample ID: 6011

Run Time: 2025/10/18 19:14

Parameter	Result	Ref. Range	Unit
WBC	6.24	3.50-9.50	10 <sup>3</sup> /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 <sup>6</sup> /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 <sup>3</sup> /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 <sup>3</sup> /uL



WBC Message
Immature Cell?

RBC Message
-------------

PLT Message
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Dr. M. Radhika MBBS, MD Pathology  
Reg. No: 79541  
ELURU

P.N.V. BHASKARA RAO  
B.Sc., (M.L.T.), M.Sc., (Micro)  
Sri Pavani X-Ray & Diagnostic Centre  
R. A. Pet, ELURU-534 002.

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, Tel: 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 mgdl	( 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 )
<b>URINE ROUTEIN TEST</b>			
URINE APPEARANCE	:	NORMAL	
PH	:	ACIDIC	
SP.RAVITY	:	1.015	
URINE SUGAR	:	NIL	
ALBUMIN	:	NIL	
<u>MICROSCOPIC</u>	:	2 - 3 CELLS/HPF	
PUS CELLS	:	NIL	
R.B.C.	:	NIL	
EPITHELIAL	:	NIL	
CASTS	:	NIL	
CRYSTALS	:	NIL	

Dr. M. Radhika,  
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**X-RAY & DIAGNOSTIC CENTRE**

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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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# India's trusted Health Test @Home Service



**NABL**  
ACCREDITED  
MC-5949



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

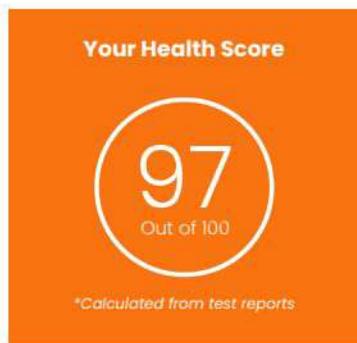
Booking ID : 15675347996 | Sample Collection Date : 30/Oct/2025

**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.

**Thyroid Function**

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 2.62 µIU/mL

• Everything looks good

**Vitamin B12**

Test not taken

**Cholesterol Total**

153.9 mg/dL

• Everything looks good

**Liver Function**

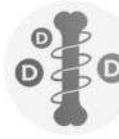
Test not taken

**Kidney Function**

Test not taken

**Calcium Total**

Test not taken

**Vitamin D**

Test not taken

**Iron studies**

Test not taken

**HbA1c**

Test not taken

**Complete Hemogram**

Test not taken





New Features

## Report Summary

Understanding laboratory reports can be complex, often leading to unwarranted anxiety.

At Healthians, we understand that you shouldn't have to rely on a Google search to decipher your own health report. That's why we offer comprehensive summaries that are easy to understand.

Sri Divya Tavva

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

### 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
<b>Lipid Profile</b>			
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



Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
Age/Gender	: 36Y 0M 0D /Female	Sample Collected On	: 30/Oct/2025 08:29AM	
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Sample Type	: SERUM	Report Status	: Final Report	

## 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.			



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



Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
Age/Gender	: 36Y OM OD /Female	Sample Collected On	: 30/Oct/2025 08:29AM	
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**



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)

Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
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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
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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**MBBS,MD Pathology**  
**Consultant Pathologist**  
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Patient Name	: Sri Divya Tavva	Barcode	: E3753511	
Age/Gender	: 36Y OM OD /Female	Sample Collected On	: 30/Oct/2025 08:29AM	
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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 \*\*\***

Dr. Amod Sawant  
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Page 5 of 5



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# **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