

# India's largest Health Test @Home Service

India's Most Awarded Healthcare Brand



Booking ID : 4902860201

**Niharika Ambojipet**

Female, 24 Years

## 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 or alternatively follow below steps :



Go to [bit.ly/verifyqr](https://bit.ly/verifyqr) on your mobile



Scan the QR Code

Niharika Ambojipet | Booking ID : 4902860201

## Healthians Smart Report

A Self explanatory Health Diagnostics Report

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

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

### 1. Health Analysis

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



### 2. Historical Charts

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



### 3. Lab Test Results

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



### 4. Health Advisory

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



### 5. General Recommendations

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



#### Disclaimer:

- This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- It is strongly recommended to take required precautions for allergic reactions or sensitivities.

### HEALTH ANALYSIS

## Personalized Summary & Vital Parameters

Niharika Ambojipet  
Booking ID : 4902860201

Niharika Ambojipet,

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.

#### Comorbidities: Yes

\* Adults of any age with Comorbidities are at increased risk of severe illness from the virus that causes COVID-19.



#### Your Health Score

86

Out of 100

\*Calculated from test reports



#### Thyroid Function

Thyroid Stimulating Hormone (TSH) - Ultrasensit : 4.9890 µIU/ml

• Concern



#### Cholesterol Total

159 mg/dl

• Everything looks good



#### Kidney Function

Serum Creatinine : 0.44 mg/dl

• Concern



#### Vitamin D

Test not taken



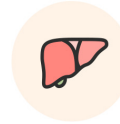
#### HbA1c

Test not taken



#### Vitamin B12

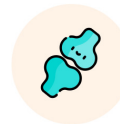
Test not taken



#### Liver Function

Alanine Aminotransferase (ALT/SGPT) : 28.10 U/L

• Everything looks good



#### Calcium Total

9.1 mg/dl

• Everything looks good



#### Iron studies

Test not taken



#### Complete Hemogram

Haemoglobin (HB) : 10.2 g/dl

• Concern



### HEALTH ANALYSIS

#### Critical Parameters

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

#### Creatinine, Serum

Creatinine is a chemical waste in your blood, produced from muscle metabolism and excess meat consumption. It is normally removed from your blood by your kidneys, but when kidney function slows down, the creatinine level rises. The Creatinine Serum test is hence required to monitor kidney functions.

##### Impact on overall health?

This test assess your kidney function, determines your risk of kidney damage and renal complications of high blood pressure or diabetes.

##### How to improve health conditions?

In case of high creatinine levels, consult a doctor for clinical evaluation and discuss further tests. It is often advisable to reduce protein intake and avoid strenuous exercises.

Your Result Value

↓ **0.44** mg/dl

Concern

Normal Value

● **0.51-0.95** mg/dl

### HEALTH ANALYSIS

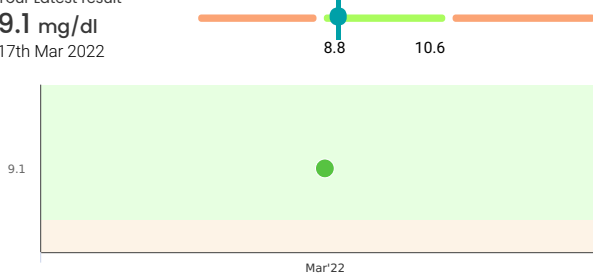
### HISTORICAL CHARTS

Niharika Ambojipet  
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#### Calcium Total, Serum

Everything looks good

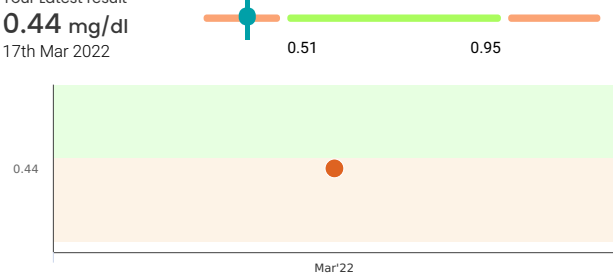
Your Latest result  
**9.1 mg/dl**  
17th Mar 2022



#### Creatinine, Serum

Borderline Result

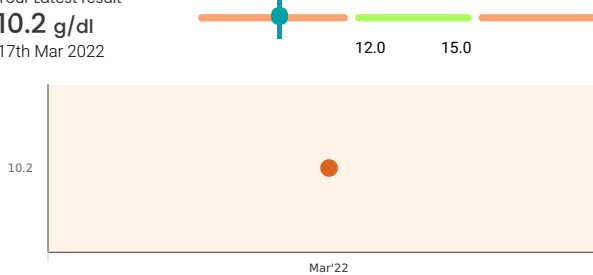
Your Latest result  
**0.44 mg/dl**  
17th Mar 2022



#### Hemoglobin Hb

Concern

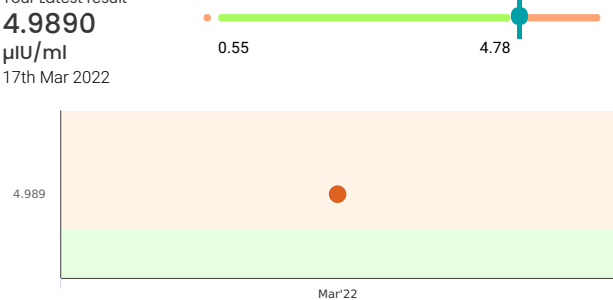
Your Latest result  
**10.2 g/dl**  
17th Mar 2022



#### TSH Ultra - Sensitive

Borderline Result

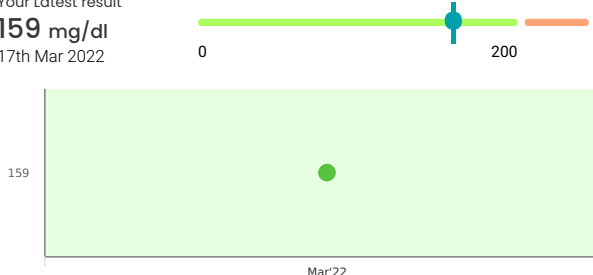
Your Latest result  
**4.9890 µIU/ml**  
17th Mar 2022



#### Cholesterol-Total, Serum

Everything looks good

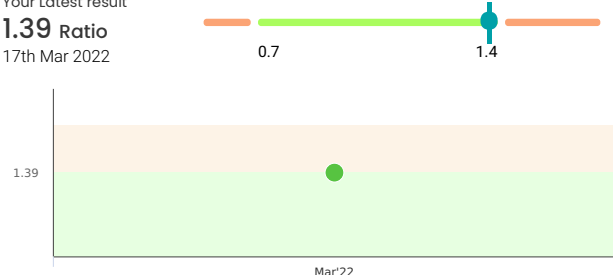
Your Latest result  
**159 mg/dl**  
17th Mar 2022



#### SGOT/SGPT Ratio


Everything looks good

Your Latest result  
**1.39 Ratio**  
17th Mar 2022



KEEP WATCHING  
THIS SPACE FOR MORE  
GRAPHICAL REPORTS

KEEP WATCHING  
THIS SPACE FOR MORE  
GRAPHICAL REPORTS

Patient Name	: Niharika Ambojipet 4902860201	Barcode	: H5502083 
Age/Gender	: 24/Female	Sample Collected On	: 17/Mar/2022 07:33AM
Order Id	: 4902860201	Sample Received On	: 17/Mar/2022 11:53AM
Referred By	: Self	Report Generated On	: 17/Mar/2022 12:25PM
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: Flouride Plasma	Report Status	: Final Report

### DEPARTMENT OF BIOCHEMISTRY

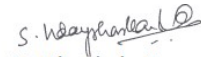
Test Name	Value	Unit	Bio. Ref Interval
<b>Fasting Blood Sugar</b>			
Glucose, Fasting	99.5	mg/dl	70-100
Method: Hexokinase			

#### American Diabetes Association Reference Range :

Normal	: < 100 mg/dl
Impaired fasting glucose(Prediabetes)	: 100 - 126 mg/dl
Diabetes	: >= 126 mg/dl


Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis

A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death). A low blood glucose level (hypoglycemia) may be seen with: Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation.

  
**Dr S. Udaya Bhaskar Rao**  
 Consultant Pathologist



SIN No: H5502083

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Referred By	: Self	Report Generated On	: 17/Mar/2022 02:02PM
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: SERUM	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
<b>Lipid Profile</b>			
Total Cholesterol Method: Enzymatic	159	mg/dl	Desirable : <200 Borderline: 200-239 High : >=240
Serum Triglycerides Method: Enzymatic	55	mg/dl	Desirable : <150 Borderline high : 150-199 High : 200-499 Very high : > 500
Serum HDL Cholesterol Method: Enzymatic immuno inhibition	58.1	mg/dl	40 - 59
Serum LDL Cholesterol Method: Enzymatic	85.5	mg/dl	Optimal : <100 near /above Optimal: 100 - 129 Borderline High: 130 - 159 High : 160 - 189 Very High : >=190
Serum VLDL Cholesterol Method: Calculated	11.0	mg/dl	06 - 30
Total CHOL / HDL Cholesterol Ratio Method: Calculated	2.73	Ratio	3.30 - 4.40
LDL / HDL Cholesterol Ratio Method: Calculated	1.47	Ratio	Desirable/Low Risk: 0.5-3.0 Line/Moderate Risk: 3.0-6.0 Elevated/High Risk: >6.0
HDL / LDL Cholesterol Ratio	0.68	Ratio	Desirable/Low Risk : 0.5 - 3.0 Border Line/Moderate Risk : 3.0 - 6.0 Elevated/High Risk: > 6.0
Non-HDL Cholesterol Method: Calculated	100.5	mg/dl	0.0 - 160.0

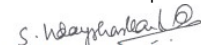
Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency. Dyslipidemias means increase in the level of one or more of the following:

Total Cholesterol

The "bad" cholesterol or 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.

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 to the recommendations of The National Cholesterol Education Program (NCEP)



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Sample Type	: SERUM	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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& 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.

\*NCEP recommends the assessment of 3 different samples drawn at intervals of 1 week for harmonizing biological variables that might be encountered in single assays. Hence a single result of Lipid Profile may not be adequate for clinical decision making. Healthians' counselling team will reach you shortly to explain implications of your report. You may reach out to customer support helpline as well.

\*NCEP recommends lowering of LDL Cholesterol as the primary therapeutic target with lipid lowering agents, however, if triglycerides remain >200 mg/dL after LDL goal is reached, set secondary goal for non-HDL cholesterol (total minus HDL) 30 mg/dL higher than LDL goal.

\*High Triglyceride and low HDL levels are independent risk factors for Coronary Heart disease and requires further clinical consultation.

\*Healthians lab performs direct LDL measurement which is more appropriate and may vary from other lab reports which provide calculated LDL values.




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Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Final Report

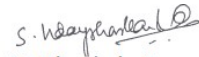
## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
<b>Liver Function Test (LFT)</b>			
Serum Bilirubin, (Total) Method: Diazo	0.68	mg/dl	0.3 - 1.2
Serum Bilirubin, (Direct) Method: Diazo	0.17	mg/dl	0.0 - 0.2
Serum Bilirubin, (Indirect) Method: Calculated	0.51	mg/dl	0.0 - 0.8
Aspartate Aminotransferase (AST/SGOT) Method: IFCC	<b>39.1</b>	U/L	< 35
Alanine Aminotransferase (ALT/SGPT) Method: IFCC	28.10	U/L	< 35
Alkaline Phosphatase (ALP) Method: IFCC AMP Buffer	54.70	U/L	43 - 115
Gamma Glutamyl Transferase (GGT) Method: IFCC	19.6	U/L	< 38
Serum Total Protein Method: Biuret	7.03	gm/dl	6.6 - 8.3
Serum Albumin Method: Bromo Cresol Green(BCG)	4.20	g/dl	3.5 - 5.2
Serum Globulin Method: Calculated	<b>2.83</b>	gm/dl	3.0 - 4.2
Albumin/Globulin Ratio Method: Calculated	1.48	Ratio	1.2 - 2.5
SGOT/SGPT Ratio Method: Calculated	1.39	Ratio	0.7 - 1.4

Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels results from increased bilirubin production (eg hemolysis and ineffective erythropoiesis); decreased bilirubin excretion (eg; obstruction and hepatitis); and abnormal bilirubin metabolism (eg; hereditary and neonatal jaundice). Conjugated (direct) bilirubin is elevated more than unconjugated (indirect) bilirubin in viral hepatitis; drug reactions, alcoholic liver disease conjugated (direct) bilirubin is also elevated more than unconjugated (indirect) bilirubin when there is some kind of blockage of the bile ducts like in Gallstones getting into the bile ducts tumors & Scarring of the bile ducts. 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 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. Conditions that increase serum GGT are obstructive liver disease, high alcohol consumption and use of enzyme-including drugs etc.

  
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Sample Type	: Serum	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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Serum total protein, also known as total protein, is a biochemical test for measuring the total amount of protein in serum..Protein in the plasma is made up of albumin and globulin. Higher-than-normal levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, Multiple myeloma,Waldenstrom's disease. Lower-than-normal levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage), Burns, Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic - Human serum albumin is the most abundant protein in human blood plasma. It is produced in the liver.Albumin constitutes about half of the blood serum protein. Low blood albumin levels (hypoalbuminemia) can be caused by: Liver disease like cirrhosis of the liver, nephrotic syndrome, protein-losing enteropathy, Burns, hemodilution, increased vascular permeability or decreased lymphatic clearance, malnutrition and wasting etc.



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