

India's trusted Health Test @Home Service



National Reference Laboratory in Delhi NCR



Booking ID : 10947505661

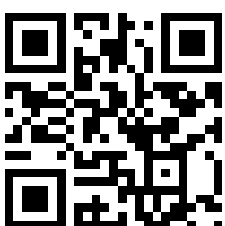
Sample Collection Date : 09/Jun/2024

Pranesh G

Male, 33 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


Patient Name	: Pranesh G	Barcode	: E1195726	
Age/Gender	: 33Y OM OD /Male	Sample Collected On	: 09/Jun/2024 07:28AM	
Order Id	: 10947505661	Sample Received On	: 09/Jun/2024 01:19PM	
Referred By	: Self	Report Generated On	: 09/Jun/2024 03:13PM	
Customer Since	: 09/Jun/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF SEROLOGY

STI Detection Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
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Syphilis antibody (Rapid chromatographic immunoassay)

 Syphilis antibody	Negative		Negative
Method: Rapid chromatographic immunoassay			

This is a screening test.

It is a rapid, qualitative two site double antigen sandwich immunoassay for the detection of syphilis in human serum or plasma specimens. It detects the presence of Treponemal antibodies, thus a positive result indicates a past or present infection, positive results should be evaluated in co-relation with the clinical condition before arriving at a final diagnosis. Low levels of antibodies to treponema pallidum such as those present at a very early primary stages of infection can give a negative result. A negative result does not exclude the possibility of exposure to or infection with Treponema pallidum. Retesting is indicated after two weeks if clinically syphilis is still suspected. In immunocompromised patient the test results must be interpreted with caution. As with all diagnostic tests, results must be co-related with clinical findings.

HIV I & II, Antibody


 HIV I AND II ANTIBODIES	Non Reactive		Non Reactive
Method: Immunochromatographic assay (lateral flow)			

Final Result	Value	Unit	Bio. Ref Interval
	Negative		

A single test result is not always indicative of a disease and diagnosis of HIV infection must be based on results of Supplemental, confirmatory tests performed on repeat samples & with clinical correlation for the patient's immune status and history. The test results obtained relate only to the sample given or received and tested. This is a visual, Rapid Immuno Chromatographic method for the differential detection of HIV-1 & HIV-2 antibodies (IgG) in Human Serum or Plasma using HIV-1 & HIV-2 Antigens immobilized on an immunofiltration membrane. This is only a screening test. All samples detected reactive by the above screening test must be confirmed by using HIV Western Blot or HIV RNA tests. A non-reactive result does not exclude the possibility of exposure to or infection with HIV or the window period.

For any other information regarding post-test counseling you may contact Integrated Counseling & Testing Centre (ICTC) of your area or contact the helpline number of National AIDS Control Organisation (NACO) which caters to all the population of India and is reachable from any mobile/landline number through a short code toll-free number 1097.

Hepatitis B Virus Surface Antigen (HBsAg)

 Hepatitis B Virus Surface Antigen	Non Reactive		Non- Reactive
Method: Rapid chromatographic immunoassay			

This is a screening test, If requires confirmation or correlation can be done by HBsAg neutralisation test. HBV viral load can be done post clinician evaluation. This is a visual, rapid immuno chromatographic, one step immunoassay based on antigen capture for the qualitative detection of Hepatitis B Surface Antigen (HBsAg) in Human Serum or Plasma. Samples containing mouse monoclonal antibodies or heterophile antibodies can give falsely reactive or non-reactive results. False Reactive results can be obtained due to the presence of other antigens or elevated levels of RF factor.



DR. DAYANAND SONKAWADE
CONSULTANT PATHOLOGIST




SIN No:E1195726


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

4BC-301, The Summit, 3rd A Main, 4th B Cross East of NGEF BDA Layout (Kasturi Nagar East), Ramamurthy Nagar Main Road, Bengaluru, Karnataka-560016.
(NABL Accreditation Certificate No. MC-4391)

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DEPARTMENT OF SEROLOGY

STI Detection Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
Hepatitis C Virus (HCV) Antibody			
 Anti HCV Antibody (Qualitative) Method: Rapid Chromatographic Immunoassay	Non Reactive		Non-Reactive

This is a screening test. All reactive samples must be confirmed by HCV RNA determination.

This is a visual, rapid immuno chromatographic method for the detection of antibodies to Hepatitis C Virus in human serum or plasma. Patients with auto-immune liver diseases, Renal disorders and Antenatal samples may show false reactive results. A Reactive result cannot distinguish between an acute and chronic infection and a Non-Reactive result does not exclude the possibility of exposure to or infection with HCV. Determination of HCV RNA by PCR is used to identify an active Hepatitis C infection and can be detected within 1-2 weeks of exposure to virus.

*** End Of Report ***



SIN No:E1195726

DR. DAYANAND SONKAWADE
CONSULTANT PATHOLOGIST



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.


ADVISORY

Health Advisory

Pranesh G

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 <p>Body Mass Index</p> <p>No Data</p>	 <p>Physical Activity</p> <p>No Data</p>	 <p>Smoke</p> <p>No Data</p>	 <p>Food Preference</p> <p>No Data</p>	 <p>Blood Pressure</p> <p>No Data</p>
 <p>Height</p> <p>0' 5" (ft/in)</p>	 <p>Medication</p> <p>No Data Found</p>	 <p>Alcohol</p> <p>No Data</p>	 <p>Family History</p> <p>No Data</p>	 <p>Sugar Levels</p> <p>No Data</p>
 <p>Weight</p> <p>No Data</p>				



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!

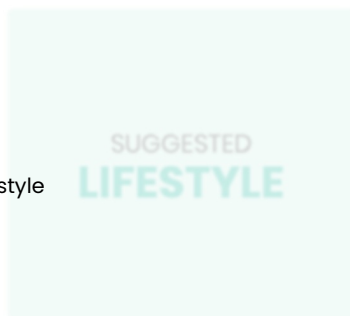
As per your test results, We would recommend you to continue taking a balanced diet and reach out to our team for any queries.



SUGGESTED LIFESTYLE

SUGGESTED LIFESTYLE

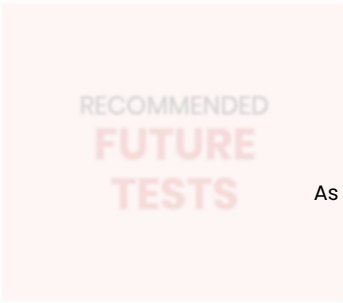
- Increase sunlight exposure
- Maintain half an hour walk/exercises morning & evening
- Reduce belly fat
- Minimum 30 minutes of exercise
- Drink boiled water
- Avoid raw vegetables and fruits



SUGGESTED LIFESTYLE

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.



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
- Vitamin B12
- Folic Acid - Every 1 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

Pranesh G

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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

UNDERWEIGHT	NORMAL	OVERWEIGHT	OBSE
Less than 18.5	Between 18.5 - 24.9	Between 25.0 - 29.9	More than 30
*****	*****	*****	*****

BMI

Supplement Suggestions

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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



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!

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