



Personal Health Report



A comprehensive analysis of your health using **Blood and Physicals data**

Prepared for

Ms.CHARU SINGH

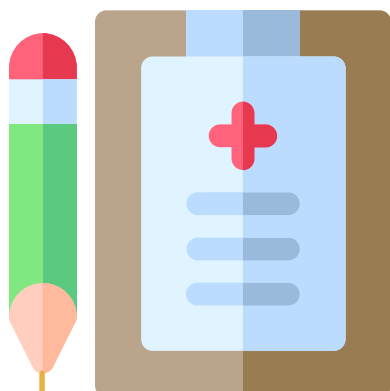
07-02-2024

Date of test

08-02-2024

Report released on

Personal Health Analytics Report



What to expect from this report



- ✓ Analysis and explanation of your health check results.
- ✓ Diet dos and don'ts and other guidance.
- ✓ Next steps to maintain or improve your health.

Always consult your doctor



- ✓ While some parameters help in diagnosis independently, others are more complex and require examination by a doctor. Hence you might find some parameters in this report that are yellow, orange, red or have no colour or explanation which you will need to discuss with your doctor.
- ✓ The Smart Health Report is created to help you understand your report better and is not intended to replace a doctor.

Report Walkthrough

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.....your next step towards better health

Disclaimer

- If you are pregnant, some of the recommendations in the Smart Report may not directly apply to you. Please consult your doctor.
- The analyzed information in the Smart Report is not ideal for individuals less than 15 years of age.
- Health Vectors will not be liable for any indirect, direct, special, consequential or other damages.
- This report is not intended to replace your doctor. Please make sure you consult your doctor before further actions.
- Please be careful of any food allergies or intolerances that you are sensitive to.
- Analysis uses Blood, Physicals data (and urine data if present).

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Your Health Summary

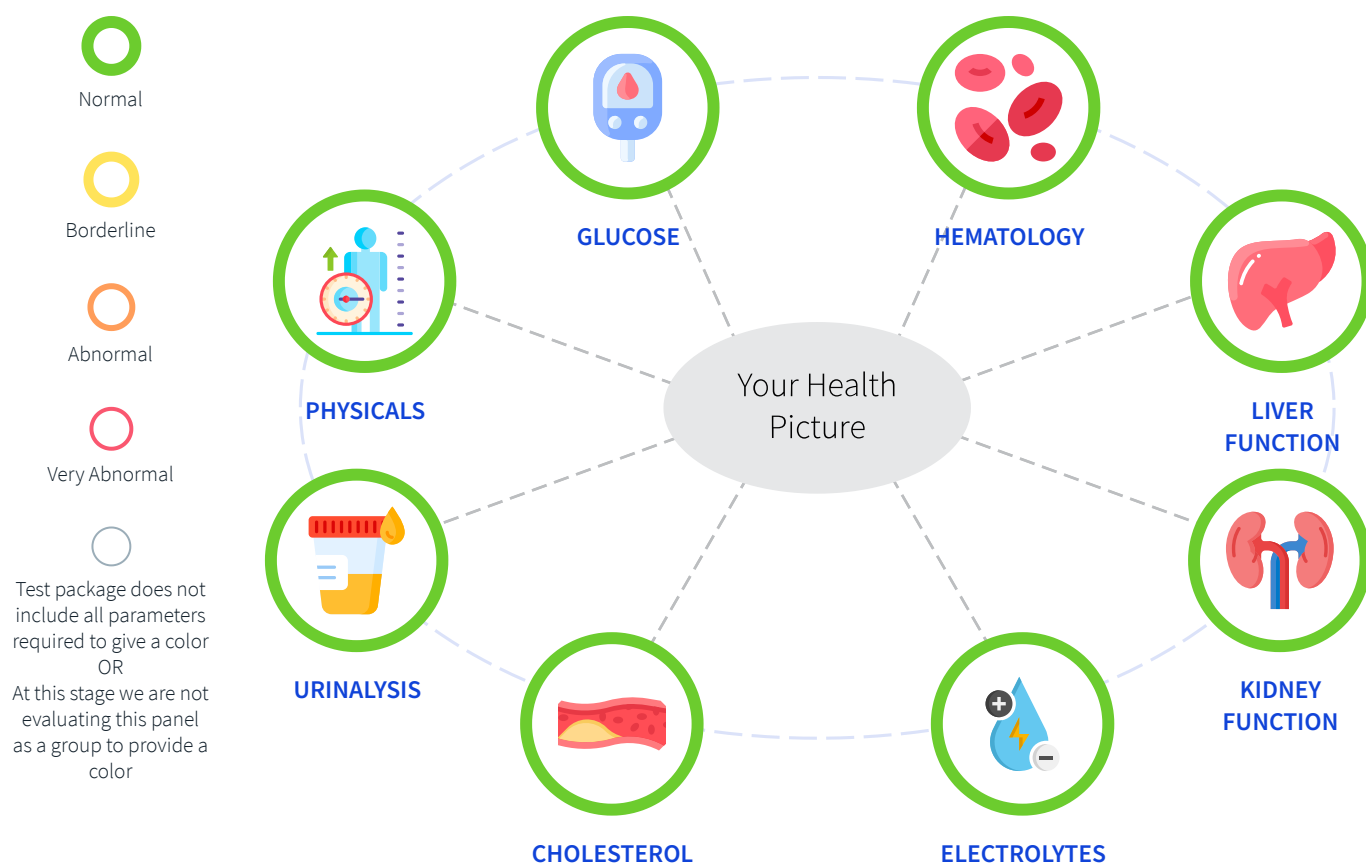
 A comprehensive analysis of your health using Blood data only and does not include any other test you might have done (X ray, Ultrasound study, ECG, ECHO, Stool Test, etc.)

Congratulations for getting a health check done. This is the first step towards taking control of your health. We noticed that you are doing well with the following:



- BP is normal
- Sugar tested is normal
- Thyroid function test is normal
- Hemoglobin levels are normal
- Liver functions have tested normal

Your Health Picture



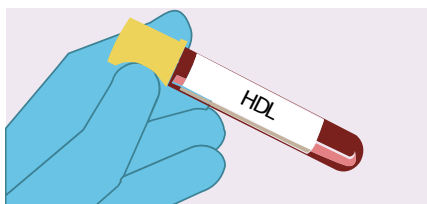
Your Important Parameters at a Glance

Profile	Important parameters in respective profile			
 PHYSICALS	Weight (kg) Value: 56 Range: 45-56	BMI (kg/m2) Value: 23 Range: 18.5-23	Blood Pressure Value: 107/65 Range: <= 120/80	Body Fat% Value: 28.4 Range: 20-33
	Height (cm) Value: 156			
 GLUCOSE	Glycosylated Hemoglobin (HbA1c) Value: 5.4 Range: 4 - 5.6	Glucose - Fasting Value: 74 Range: 70-99		
 HEMATOLOGY	Hemoglobin Value: 12.7 Range: 12.0-15.0	HCT Value: 38.4 Range: 36-46	RBC Value: 4.47 Range: 3.8-4.8	Total Leucocyte Count Value: 8.21 Range: 4 - 10
	Eosinophils Value: 4 Range: 1-6	Absolute Eosinophil Count Value: 0.33 Range: 0.02 - 0.5	Platelet Count Value: 341 Range: 150-410	
 LIVER FUNCTION	Alkaline Phosphatase Value: 94 Range: 40-150	Bilirubin-Total Value: 0.35 Range: 0.2-1.2	Aspartate Transaminase (SGOT) Value: 27 Range: 11 - 34	
	Alanine Transaminase (SGPT) Value: 10 Range: 0-34	Gamma Glutamyltransferase (GGT) Value: 16 Range: 9 - 38	Albumin Value: 4.21 Range: 3.5-5.0	
	Protein, Total Value: 7.45 Range: 6.4 - 8.3			

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile			
<div> KIDNEY FUNCTION</div>	<div>Creatinine</div> <div>Value: 0.62</div> <div>Range: 0.5-1.0</div>	<div>Uric Acid</div> <div>Value: 3.8</div> <div>Range: 2.5 - 6.2</div>	<div>Urea</div> <div>Value: 15.69</div> <div>Range: 17.5-49.22</div>	
<div> ELECTROLYTES</div>	<div>Sodium</div> <div>Value: 138</div> <div>Range: 136 - 145</div>	<div>Chloride</div> <div>Value: 106.0</div> <div>Range: 98 - 107</div>	<div>Potassium</div> <div>Value: 4.58</div> <div>Range: 3.5-5.1</div>	
<div> CHOLESTEROL</div>	<div>Cholesterol - Total</div> <div>Value: 128</div> <div>Range: Refer the lab results page</div>	<div>Cholesterol - LDL</div> <div>Value: 77</div> <div>Range: Refer the lab results page</div>	<div>Cholesterol - HDL</div> <div>Value: 39</div> <div>Range: 40 - 60</div>	<div>Triglycerides</div> <div>Value: 59</div> <div>Range: Refer the lab results page</div>
<div> The overall effect of lipid profile is determined mainly by LDL, HDL and marginally by Triglycerides, age and gender.</div>				
<div> THYROID PROFILE</div>	<div>Thyroid Stimulating Hormone - Ultra</div> <div>Value: 2.874</div> <div>Range: 0.35-4.94</div>			
<div> URINALYSIS</div>	<div>Ketones</div> <div>Value: Negative</div> <div>Range: Negative</div>	<div>Glucose</div> <div>Value: Negative</div> <div>Range: Negative</div>	<div>Protein</div> <div>Value: Negative</div> <div>Range: Negative</div>	<div>Pus cells</div> <div>Value: 1-2</div> <div>Range: 0-5</div>
	<div>Nitrite</div> <div>Value: Negative</div> <div>Range: Negative</div>	<div>Specific gravity</div> <div>Value: 1.015</div> <div>Range: 1.003 - 1.035</div>	<div>Red Blood Cells</div> <div>Value: NIL</div> <div>Range: 0-2</div>	

Some of Your Important Parameters Explained



HDL

Result: 39

Range: 40 - 60

Cholesterol is a waxy, fat-like substance that is found in the blood.

HDL-C (High density lipoprotein Cholesterol) is a type of cholesterol and is called a "good" cholesterol. It carries cholesterol away from the blood vessels into the liver for breaking down and removing from the body. Hence HDL prevents clogging of blood vessels and heart attack.

Cause / Effect of these parameters

As a person ages, low levels of HDL-C (good cholesterol) increases the chances of forming blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

What can you do about it?

Approaches to raising HDL-C include lifestyle factors such as creating a healthy weight management plan, increased physical activity and stopping smoking.

In diabetics, a normal HDL level reduces the risk of heart attack and stroke.

Some of the foods rich in Omega-3 fatty acids like fish (salmon, tuna etc.), oils (olive oil, etc.), nuts (almonds, cashews etc.) improve HDL-C.



HbA1c

Result: 5.4

Range: 4 - 5.6

HbA1c is a blood test performed to measure the average sugar in the blood for the past 2 to 3 months.

If the HbA1c has been higher than 6.5% on many occasions, then it is said to have crossed into diabetic ranges.

HbA1c levels higher than normal indicate poor control of blood sugars for the past 2 to 3 months.

Cause / Effect of these parameters

The symptoms of diabetes can be mild and go unnoticed.

Common symptoms of diabetes are:

- Urinate a lot often at night and feel very thirsty
- Feeling very hungry and also losing weight- even though you are eating more
- Cuts/bruises that are slow to heal

- Fatigue
- Tingling, pain, or numbness in hands/feet etc.

What can you do about it?

Congratulations, your HbA1c has tested normal. Your last 3 months sugar control has been normal

- Follow a low carb/low sugars diet to keep it normal.
- Exercise regularly if your doctor allows you.

Some of Your Important Parameters Explained



Total Cholesterol

Result: **128**

Range: [Refer the lab results page](#)

Cholesterol is a waxy, fat-like substance that is found in the blood. It is required by the body to build cells. But too much cholesterol can be a problem. Cholesterol comes from two sources. The liver makes all the cholesterol we need. The remainder of the cholesterol in the body comes from foods derived from animals.

Cause / Effect of these parameters

Cholesterol travels through the blood on proteins called 'lipoproteins'. Two types of lipoproteins carry cholesterol throughout the body.

- LDL-C (Low Density Lipoprotein Cholesterol) is also known as "bad" cholesterol.
- HDL-C (High density lipoprotein Cholesterol) is also known as "good" cholesterol.

What can you do about it?

You have normal levels of Total cholesterol in your body.

You can continue to keep them normal by

- Following a healthy diet, keeping your weight in control, limiting your sugar intake
- Eating more fibre
- Exercising regularly (after consulting a doctor)



Creatinine

Result: **0.62**

Range: **0.5-1.0**

A creatinine blood test measures the level of creatinine in the blood.

Creatinine is a waste product that is formed when creatine, which is found in the muscles, breaks down. Creatinine is filtered out of the body from the kidneys. So, Creatinine levels in the blood can tell the doctor how well the kidneys are filtering.

Cause / Effect of these parameters

High levels of creatinine in blood may mean the kidneys are getting damaged.

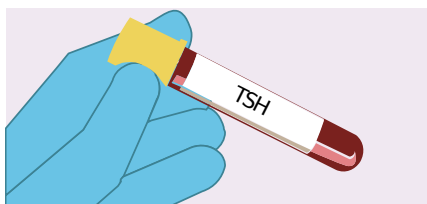
What can you do about it?

You are doing well to keep your Creatinine levels in control.

Keep yourself well hydrated by drinking plenty of water on a daily basis if your doctor allows.

Avoid over the counter medicines and always consult your doctor before taking any medications.

Some of Your Important Parameters Explained



TSH

Result: 2.874

Range: 0.35-4.94

TSH (Thyroid Stimulating Hormone) is a hormone secreted by brain (pituitary gland) which regulates the production of thyroid hormones (T3,T4) from the thyroid gland in the neck.

TSH level that is too high or too low can indicate the thyroid gland isn't working correctly. High TSH levels indicate under active thyroid gland (hypothyroidism). Low TSH levels in the blood indicate hyperactive thyroid gland (hyperthyroidism).

Cause / Effect of these parameters

Symptoms of hyperthyroidism include

- Nervousness & anxiety
- Tiredness
- Twitching or trembling
- Irregular or fast heart beats
- Weight loss, etc.



Symptoms of hypothyroidism include

- Tiredness
- Weight gain
- Infertility
- Constipation
- Pregnancy complications etc.

What can you do about it?



Your TSH levels are normal.



Hemoglobin

Result: 12.7

Range: 12.0-15.0

Hemoglobin is the red color pigment in the blood which is formed by a combination of iron (heme) and a protein (globin).

The job of hemoglobin is to carry oxygen from the lungs to different parts of the body and carry the carbon dioxide generated back to the lungs to be breathed out.

Cause / Effect of these parameters

If the hemoglobin is reduced, it is called anemia causing the person to feel:

- Fatigue or weakness
- Loss of appetite & weight loss
- Shortness of breath on exertion



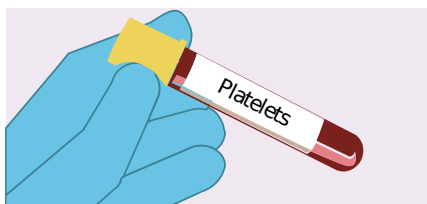
- Light headedness
- Dizziness
- Fast heartbeat etc.

What can you do about it?



You are doing well to keep your Hemoglobin levels in control.

Some of Your Important Parameters Explained



Platelet Count

Result: **341**

Range: **150-410**

A platelet count is a lab test to count how many platelets are there in the blood.

Platelets are a component of the blood that help the body to form blood clot when there are cuts/injuries.

Cause / Effect of these parameters

Sometimes, the platelets can be low due to the following conditions:

- Viral infections (e.g. Dengue etc.)



- Some types of anemia
- Some drugs
- Blood cancers etc.

What can you do about it?



Good, your platelet count is normal.



Uric Acid

Result: **3.8**

Range: **2.5 - 6.2**

Uric acid is a breakdown product of a particular protein (purine). Certain foods are high in purines and for some people, eating these purine rich foods can increase uric acid.

Cause / Effect of these parameters

High uric acid level can be a precipitating factor for gout and renal stones as well as a strong risk factor for Metabolic Syndrome and Cardiovascular disease.

High intake of fructose-rich industrialized food and high alcohol



intake (particularly beer) seem to influence plasma uric acid levels.

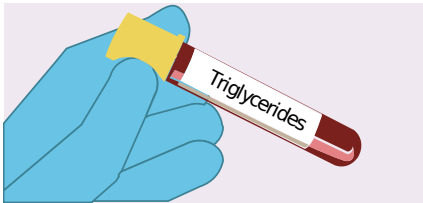
What can you do about it?



You are doing well to keep your Serum Uric Acid levels in control.

Avoid foods rich in purine like red meat, organ meat, shellfish like mussels, fishes like sardines, anchovies, sugary beverages, high fat dairy products and alcohol to keep the Uric acid normal.

Some of Your Important Parameters Explained



Triglycerides

Result: **59**

Range: [Refer the lab results page](#)

Triglycerides (TG) are fats which can either come from the food (fat in food) we eat or made by the liver when we eat sugary foods. When our body can't use all the TG it eats or produces, they get stored as fat cells.

Cause / Effect of these parameters

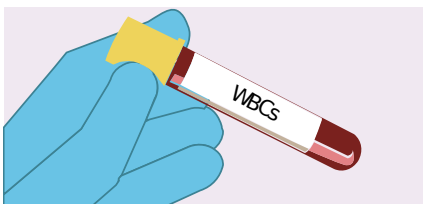
High levels of TG in blood along with other risk factors like lack of exercise, being overweight, smoking, consuming excess alcohol, having diabetes etc. can increase risk of developing heart attack and stroke.



What can you do about it?

You are doing well to keep your TG levels in control.

TG levels are best maintained through diet (low sugars and low fats) and exercise.



Leucocyte

Result: **8.21**

Range: **4 - 10**

Leucocytes, also called white blood cells, are an important part of the immunity system.

These cells help fight infections by attacking bacteria, viruses, and other germs that invade the body.

White blood cells originate in the bone marrow but circulate throughout the bloodstream.

Cause / Effect of these parameters

If a person has a high white blood cell count, usually it means that the immune system is working to fight an



infection. However there are other causes too.

What can you do about it?

Good, your white blood cells are normal in number.

Your Diet Dos & Don'ts

i This personalized diet guideline has been designed based on your report. For optimal adjustments, engage in a discussion with your nutritionist, as they know best. Please also be careful of any food allergies or intolerance that you are sensitive to.

The Diet Dos and Don'ts reflect your nutritional requirements based on your health status :
Good cholesterol improving

Fruits and Vegetables

- ✓ Eat 4-5 servings of fruits and veggies daily, including them in each meal and snack.
- ✓ Consume avocado as it is known to increase HDL and decrease LDL.
- ✗ Instead of consuming freshly squeezed fruit juices, it is better to consume the whole fruit.



Cereals

- ✓ Include nutrient-rich millets like jowar, bajra, and others into your diet.
- ✓ Include high-fiber cereals in your diet, such as brown rice, red rice, whole wheat, oats, quinoa etc.
- ✗ Avoid consuming refined carbohydrates such as sugar, jaggery, white rice, cornflour, maida, and its products.

Pulses

- ✓ Include unpeeled lentils (dal) like moong dal, tuvar dal, masoor dal etc. in your diet.
- ✓ Include pulses like rajma (kidney beans) and green mung beans into your diet.
- ✓ Include pulses such as kabuli chana (chickpeas), green chana (green gram), and black chana (black gram) in your meals.



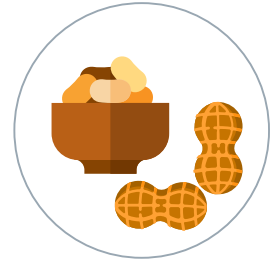
Dairy

- ✓ Include skimmed or low-fat milk and its products such as curd, buttermilk, yogurt, paneer etc. in your diet.
- ✗ Refrain from consuming flavored milk and curd/yogurt, as they contain added preservatives and excessive amounts of sugar.

Your Diet Dos & Don'ts continued...

Nuts and Seeds

- ✓ As a snack between meals, you can enjoy small servings of whole nuts such as almonds and walnuts.
- ✓ To boost the nutritional content of cereals, salads, yoghurt, and dals, add Omega-3 fatty acid-rich seeds such as flaxseeds, chia seeds, and sabja (basil) seeds.
- ✗ Restrict eating salted or fried nuts.

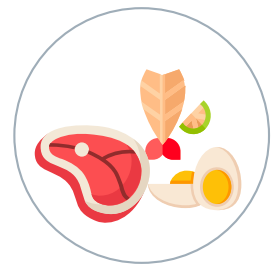


Oils and Fats

- ✓ Every day, consume no more than 1-2 tablespoons of oil. Select healthy oils like sunflower, rice bran, and olive oil. Alternate between oils rather than using simply one.
- ✗ Avoid fried foods.

Meats

- ✓ Consume lean protein sources like egg whites and chicken.
- ✓ Include 1-2 servings of fatty fish such as salmon, mackerel, basa or tuna into your weekly meals.
- ✗ Make sure the meat is completely cooked. Avoid consuming raw or undercooked meats.



General Advice

- ✓ It's fine to nibble between meals if you're hungry, but choose nutritious options like a fruit bowl, sprouts salad, or nuts.
- ✓ Consume a minimum of 8-10 glasses of water daily, as long as your doctor approves.
- ✓ Utilize healthy cooking techniques like steaming, boiling, roasting, stewing, and poaching.
- ✓ Maintain a gap of at least 2 hours between your last meal and bedtime.
- ✓ Be mindful of your food consumption, stop eating when you feel full, and avoid overeating.
- ✓ Include clear soups, unsweetened lemon juice, and seasonings like pepper, mint, garlic, and curry leaves in your diet.
- ✗ Avoid packaged foods since they include a lot of preservatives, salt/sodium, trans fats, added sugars, artificial sweeteners, and additives.
- ✗ If you consume alcohol, consider avoiding its intake.
- ✗ Avoid snacks such as candy, French fries, instant noodles, ice cream, and soft drinks as they are high in calories and can lead to obesity as well as interfere with hunger and the consumption of nutritional foods.



Your Diet Dos & Don'ts continued...



General Advice

⊘ Avoid the consumption of sweets, as they tend to be high in both fats and sugar.

Your Next Steps

Doctor Consultation

Please take these reports to a doctor to complete your routine evaluation.



Physical Activity Advice

Please consult your doctor before you start the physical activity/exercise.

Opt for at least 150 minutes per week of moderate intensity physical activity. This could include:



- At least 30 minutes of aerobic activity 4 days a week (like Jump rope (imagine/real), , Running, Brisk walking)
- At least 15 minutes of muscle stretching activity 1 day a week (like Crunch, Leg lifts, Plank, Knee-to-chest stretch)
- At least 15 minutes of muscle strengthening activity 1 day a week (like Sit-ups, Gardening (digging and shovelling), Lift free weights/carry groceries (<20kg), Push-ups)
- You can also practice yoga on a regular basis to improve your balance & flexibility.

Nutrition Advice

Please follow a diet that is:

Good cholesterol improving

(Please refer to Diet Dos and Don'ts for further details)



Your Clinical Data

Colour Guidance

Group colours show the health of your organ/profile. The colours are decided based on how your doctor would decide whether your organ or profile is doing ok after looking at the combination of your tests, age and gender. Ex. If your kidney function profile is green, and your individual tests are yellow/orange/red, then it means that the kidney organ system is normal even though some of its parameters are off.

PHYSICALS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Height	156	cm	-	
Weight	56	kg	45-56	
BP Systolic	107	mmHg	<= 120	
BP Diastolic	65	mmHg	<= 80	
Blood Pressure	107/65	mmHg	<= 120/80	
BMI	23	kg/m ²	18.5-23	
Body Fat%	28.41	%	20-33	
Body Surface Area	1.56	m ²	-	
Height:Weight	2.79	cm/kg	2.54-3.39	
Healthy Weight	45-56	kg	-	

GLUCOSE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Glycosylated Hemoglobin (HbA1c)	5.4	%	4 - 5.6	
Estimated average glucose (eAG)	108.28	mg/dL	-	
Glucose - Fasting	74	mg/dL	70-99	

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Erythrocyte Sedimentation Rate	10	mm/hr	0-12	
Hemoglobin	12.7	g/dL	12.0-15.0	
RBC	4.47	mili/cu.mm	3.8-4.8	
HCT	38.4	%	36-46	
MCV	85.8	fL	83 - 101	
MCH	28.3	pg	27 - 32	

Your Clinical Data continued...

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
MCHC	33.0	g/dL	31.5 - 34.5	●
RDW-CV	15.1	%	11.5-14	⬮
Total Leucocyte Count	8.21	10^3/μl	4 - 10	●
Neutrophils	61	%	40-80	●
Lymphocytes	30	%	20-40	●
Monocytes	5	%	2-10	●
Eosinophils	4	%	1-6	●
Basophils	0	%	0-2	●
Absolute Neutrophil Count	5.01	10^3/μl	2 - 7	●
Absolute Lymphocyte Count	2.46	10^3/μl	1.0 - 3.0	●
Absolute Monocyte Count	0.41	10^3/μl	0.2 - 1	●
Absolute Eosinophil Count	0.33	10^3/μl	0.02 - 0.5	●
Absolute Basophil Count	0	10^3/μl	0.02 - 0.1	●
Platelet Count	341	-	150-410	●
MPV	8.3	fL	7.5-12	●
PDW	16	fL	11-22	●

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Bilirubin-Total	0.35	mg/dL	0.2-1.2	●
Bilirubin-Direct	0.13	mg/dL	0.0-0.5	●
Bilirubin-Indirect	0.22	mg/dL	0 - 0.8	●
Protein, Total	7.45	g/dL	6.4 - 8.3	●
Albumin	4.21	g/dL	3.5-5.0	●
Globulin	3.2	g/dl	1.8 - 3.6	●
A/G Ratio	1.3	Ratio	-	●
Aspartate Transaminase (SGOT)	27	U/L	11 - 34	●
Alanine Transaminase (SGPT)	10	U/L	0-34	●
AST/ALT Ratio	2.7	Ratio	-	●
Alkaline Phosphatase	94	U/L	40-150	●

Your Clinical Data continued...

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Gamma Glutamyltransferase (GGT)	16	U/L	9 - 38	<div></div>

KIDNEY FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Blood Urea Nitrogen	7	mg/dL	8-23	<div></div>
Urea	15.69	mg/dl	17.5-49.22	<div></div>
Creatinine	0.62	mg/dl	0.5-1.0	<div></div>
Uric Acid	3.8	mg/dL	2.5 - 6.2	<div></div>
BUN/Creatinine Ratio	11.8	Ratio	12:1-20:1	

ELECTROLYTES

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Sodium	138	mmol/L	136 - 145	<div></div>
Potassium	4.58	mmol/L	3.5-5.1	<div></div>
Chloride	106.0	mmol/L	98 - 107	<div></div>

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Cholesterol - Total	128	mg/dL	Desirable <200, Borderline High 200-239, High >=240	<div></div>
Triglycerides	59	mg/dL	Normal: <150, Borderline: 150 - 199, High:200-499, Very High>=500	<div></div>
Cholesterol - HDL	39	mg/dl	40 - 60	<div></div>
Cholesterol - LDL	77	mg/dl	Desirable: <100 Above desirable: 100-129 Borderline high: 130-159 High: 160-189 Very high: >=190	<div></div>
Cholesterol- VLDL	12	mg/dl	10 - 30	<div></div>

Your Clinical Data continued...

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Cholesterol : HDL Cholesterol	3.3	Ratio	Desirable : 3.0-4.0 High Risk : > 4	
LDL : HDL Cholesterol	2.00	Ratio	Desirable- 2 to 2.5, High risk > 3.0	
Non HDL Cholesterol	89	mg/dl	Desirable:<130, Above Desirable:130-159, Borderline High:160-189, High:190-219, Very High:>=220	

THYROID PROFILE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Thyroid Stimulating Hormone - Ultra	2.874	uIU/ml	0.35-4.94	

URINALYSIS

TEST NAME	RESULT	BIOLOGICAL REFERENCE	LEVEL
Colour	PALE YELLOW	Pale Yellow	
Appearance	CLEAR	Clear	
Specific gravity	1.015	1.003 - 1.035	
pH	6.0	4.6-8.0	
Glucose	Negative	Negative	
Protein	Negative	Negative	
Ketones	Negative	Negative	
Blood	Negative	Negative	
Bilirubin	Negative	Negative	
Urobilinogen	Normal	Normal	
Leucocyte Esterase	Negative	Negative	
Nitrite	Negative	Negative	
Pus cells	1-2	0-5 /hpf	
Red Blood Cells	NIL	0-2 /hpf	
Epithelial cells	1-2	Few /hpf	

Your Clinical Data continued...

URINALYSIS

TEST NAME	RESULT	BIOLOGICAL REFERENCE	LEVEL
Casts	Nil	Nil /hpf	●
Crystals	Nil	Nil	●
Yeast	Nil	Nil	●
Bacteria	Nil	Nil	●

Online Doctor Consultation

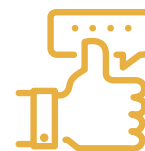
You can use any of the E-consultations in any specialities available on the Tata 1mg app. Please click on the link below to access the same.

<https://www.1mg.com/online-doctor-consultation>



Your opinion matters

"We are the first of our kind in the industry, and we'd love to hear how we did to help you understand your health better. Do share your thoughts using the feedback link below or simply drop us a note on our social media pages. Every word goes a long way in motivating our team and delivering better."



Feedback Link: <https://rb.gy/idkiya>

Social Links:     

References

Title	Description	Source Link
1. Blood Glucose	Standard Treatment Guidelines - Govt of India - Diabetes-Mellitus Guidelines by American Diabetes Association.	https://main.icmr.nic.in http://www.diabetes.org
2. Blood Cholesterol	NCEP ATP III Cholesterol Guidelines: Third Report of the National Cholesterol Education Program (NCEP).Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults (Adult TreatmentPanel III). NIH Publication No. 01-3305 May 2001.	https://www.nhlbi.nih.gov
3. Blood Tests For Kidney Functions	National Kidney Foundation - "Clinical Practice Guideline"	https://www.kidney.org
4. Blood Tests for Liver Functions	BMJ Journals - "Evaluation of abnormal liver function tests", Volume 79, Issue 932 AASLD practice guidelines developed by a panel of experts	https://pmj.bmj.com https://www.aasld.org
5. Blood Tests For Thyroid Functions	American Thyroid Association	https://www.thyroid.org
6. Blood Tests For Hematology Functions	Harrison's Principles of Internal Medicine-2 volume set Chapter 60: Disorders of Granulocytes and Monocytes, Chapter 111: Disorders of Platelets and Vessel Wall	-
7. Body Mass Index	World Health Organization Recommendations	https://www.who.int/data
8. Waistline and Waist Hip Ratio	World Health Organization guidelines	http://apps.who.int/
9. Blood Pressure (Screening and Management)	JNC 8th Report on Hypertension	https://jamanetwork.com/
10. General Reference	Clinical Biochemistry and Laboratory Medicine	https://labtestsonline.org.uk
11. Nutrition	National Health Portal Of India Nutrition Committee of the American Heart Association American Heart Association Healthy diet - World Health Organization European Patients Forum (EPF) 2015-2020 Dietary Guidelines - health.gov Nutrition for prevention of CVD Dietary recommendations during the COVID-19 pandemic	https://www.nin.res.in https://www.ahajournals.org https://www.heart.org https://www.who.int https://european-nutrition.org https://health.gov https://www.heart.org/nutrition https://academic.oup.com/nutritionreviews

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