

India's trusted Health Test @Home Service

National Reference Laboratory in Delhi NCR



Booking ID : 10071255614

Sample Collection Date : 11/Feb/2024

Neeraj Roy

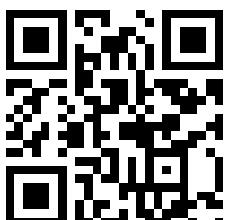
Male, 25 Yrs

Healthians
Relationship
Status



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

Neeraj Roy

Booking ID : 10071255614 | Sample Collection Date : 11/Feb/2024

Neeraj Roy,

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

10 Vital Health Parameters of a Human Body Ecosystem

Below are the health parameters which require routine checkups for primary healthcare. The view also includes *personalised information* depending on the tests you have taken.

Your Health Score

96

Out of 100

*Calculated from test reports

Thyroid Function

Waiting for result



Cholesterol Total

Waiting for result



Kidney Function

Waiting for result



Vitamin D

Waiting for result



HbA1c

5 %

• Everything looks good



Vitamin B12

Waiting for result



Liver Function

Waiting for result



Calcium Total

Waiting for result



Iron studies

Waiting for result



Complete Hemogram

Haemoglobin (HB) : 14.1 g/dL

• Everything looks good



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.

Neeraj Roy

Booking ID 10071255614 | Sample Collection Date: 11/Feb/2024

Summary of Deranged Parameters

Based on the health test results you provided, there are a couple of parameters that are slightly higher than the normal range. These parameters include the Mean Platelet Volume (MPV) and the Red Cell Distribution Width-Coefficient of Variation (RDW-CV).

Suggestions for the Deranged Parameters

1. Stay Calm: It's important to remember that slight variations in test results are not uncommon and may not necessarily indicate a serious health issue. Try not to worry too much and stay calm.
2. Maintain a Healthy Lifestyle: Focus on maintaining a healthy lifestyle by eating a balanced diet, exercising regularly, and getting enough rest. These lifestyle choices can have a positive impact on your overall health.
3. Regular Check-ups: It's always a good idea to schedule regular check-ups with your healthcare provider. They can monitor your health and provide guidance based on your specific needs.
4. Follow-up Tests: In some cases, healthcare providers may recommend follow-up tests to monitor any changes in the deranged parameters. If your healthcare provider suggests any further tests, it's important to follow their advice.

Remember, these suggestions are general and may not be applicable to everyone. It's always best to consult with a healthcare professional for personalized advice based on your specific health needs.

Patient Name : Neeraj Roy
 Age/Gender : 25Y OM OD /Male
 Order Id : 10071255614
 Referred By : Self
 Customer Since : 11/Feb/2024
 Sample Type : Whole Blood EDTA

Barcode : E0718930 
 Sample Collected On : 11/Feb/2024 01:00PM
 Sample Received On : 11/Feb/2024 06:15PM
 Report Generated On : 11/Feb/2024 06:58PM
 Sample Temperature : Maintained ✓
 ReportStatus : Partial Report

DEPARTMENT OF BIOCHEMISTRY HBA1C

Advance Screening Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
HbA1c - Glycosylated Hemoglobin			
HbA1c (Glycosylated Hemoglobin)	5.00	%	4.2 - 5.7
Method: HPLC Machine: BIORAD D100			
Average Estimated Glucose - plasma	96.80	mg/dl	
Method: Calculated			

INTERPRETATION:

AS PER AMERICAN DIABETES ASSOCIATION (ADA):

REFERENCE GROUP

Non diabetic
At Risk (Prediabetes)
Diagnosing Diabetes

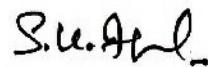
GLYCOSYLATED HEMOGLOBIN (HbA1c) in %

<5.7
5.7 – 6.4
>= 6.5
Age > 19 Years
Goals of Therapy: < 7.0
Actions Suggested: > 8.0
Age < 19 Years
Goal of therapy: < 7.5

Therapeutic goals for glycemic control

REMARKS

1. HbA1c is used for monitoring diabetic control. It reflects the mean plasma glucose over three months
 2. HbA1c may be falsely low in diabetics with hemolytic disease. In these individuals a plasma fructosamine level may be used which evaluates diabetes over 15 days.
 3. Inappropriately low HbA1c values may be reported due to hemolysis, recent blood transfusion, acute blood loss, hypertriglyceridemia, chronic liver disease. Drugs like dapsone, ribavirin, antiretroviral drugs, trimethoprim, may also cause interference with estimation of HbA1c, causing falsely low values.
 4. HbA1c may be increased in patients with polycythemia or post-splenectomy.
 5. Inappropriately higher values of HbA1c may be caused due to iron deficiency, vitamin B12 deficiency, alcohol intake, uremia, hyperbilirubinemia and large doses of aspirin.
 6. Trends in HbA1c are a better indicator of diabetic control than a solitary test. 7. Any sample with >15% HbA1c should be suspected of having a hemoglobin variant, especially in a non-diabetic patient. Similarly, below 4% should prompt additional studies to determine the possible presence of variant hemoglobin.
 8. HbA1c target in pregnancy is to attain level <6 % .
 9. HbA1c target in paediatric age group is to attain level < 7.5 %.
- Method : Ion-exchange high-performance liquid chromatography (HPLC).
 Reference : American Diabetes Associations. Standards of Medical Care in Diabetes 2023



DR. SAKESH AGARWAL
MBBS, DCP, HEALTHIANS LABS



SIN No:E0718930



Patient Name : Neeraj Roy
 Age/Gender : 25Y OM OD /Male
 Order Id : 10071255614
 Referred By : Self
 Customer Since : 11/Feb/2024
 Sample Type : Flouride Plasma

Barcode : E0718930 
 Sample Collected On : 11/Feb/2024 01:00PM
 Sample Received On : 11/Feb/2024 05:15PM
 Report Generated On : 11/Feb/2024 06:51PM
 Sample Temperature : Maintained ✓
 ReportStatus : Partial Report

DEPARTMENT OF BIOCHEMISTRY

Advance Screening Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
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Fasting Blood Sugar

 Glucose, Fasting
MC-4245

77 mg/dl

70 - 100

Method: Hexokinase
Machine: BECKMAN COULTER AU 5800

American Diabetes Association Reference Range :

Normal : < 100 mg/dl
 Impaired fasting glucose(Prediabetes) : 100 - 125 mg/dl
 Diabetes : >= 126 mg/dl

Conditions that can result in an elevated blood glucose level include:

- Diabetes mellitus ,Hemochromatosis ,Cushing syndrome ,Acromegaly and gigantism.
- Increased circulating epinephrine such as in pheochromocytoma and adrenalin injections
- Acute pancreatitis
- Chronic pancreatitis

Conditions that cause low blood glucose level include :

- Pancreatic disorders : Islet cell tumor , pancreatitis
- Hepatic disease (diffuse severe disease)
- Endocrine disorders : hypopituitarism, Addison's disease ,hypothyroidism
- Alcoholism
- Malnutrition



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MD, BIOCHEMISTRY
SENIOR CONSULTANT, HEALTHIANS LABS

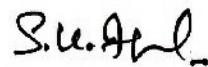


Patient Name	: Neeraj Roy	Barcode	: E0718930	
Age/Gender	: 25Y OM OD /Male	Sample Collected On	: 11/Feb/2024 01:00PM	
Order Id	: 10071255614	Sample Received On	: 11/Feb/2024 04:36PM	
Referred By	: Self	Report Generated On	: 11/Feb/2024 05:51PM	
Customer Since	: 11/Feb/2024	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	ReportStatus	: Partial Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Advance Screening Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
Urine Routine & Microscopy Extended			
PHYSICAL EXAMINATION			
Colour Method: Visual	Pale Yellow		Pale Yellow
Volume Method: Visual	15.00	mL	
Appearance Method: Visual	Clear		Clear
CHEMICAL EXAMINATION			
Specific Gravity Method: Acid ionic exchange Machine: DIRUI FUS 2000	1.015		1.001 - 1.035
pH Method: pH indicator method Machine: DIRUI FUS 2000	6.0		4.5 - 7.5
Glucose Method: Glucose oxidase enzyme reaction Machine: DIRUI FUS 2000	Negative		Negative
Urine Protein Method: protein error method Machine: DIRUI FUS 2000	Negative		Negative
Ketones Method: Sodium nitroprusside Machine: DIRUI FUS 2000	Negative		Negative
Urobilinogen Method: Diazonium salt Machine: DIRUI FUS 2000	Normal		Normal
Bilirubin Method: Diazotized Dichloroaniline reaction Machine: DIRUI FUS 2000	Negative		Negative
Nitrite Method: Griess method Machine: DIRUI FUS 2000	Negative		Negative
Blood Method: Peroxidase-like method Machine: DIRUI FUS 2000	Negative		Negative



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DEPARTMENT OF CLINICAL PATHOLOGY

Advance Screening Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
Leucocyte Esterase	Negative		Negative

Method: Pyrrole diazonium reaction
Machine: DIRUI FUS 2000

MICROSCOPIC EXAMINATION

Pus Cells	1-2	/HPF	0 - 5
Epithelial cells	1-2	/HPF	0 - 5
RBCs	Nil	/HPF	Nil
Casts	Nil		Nil
Crystals	Nil		Nil
Bacteria	Absent		Absent
Yeast Cell	Absent		Absent
Others (Non Specific)	Nil		NIL

The main indication for testing for glucose in urine is detection of unsuspected diabetes mellitus or follow-up of known diabetic patients. Renal glycosuria accounts for 5% of cases of glycosuria in general population.

Proteinuria can be seen in nephrotic syndrome, pyelonephritis, heavy metal poisoning, tuberculosis of kidney, interstitial nephritis, cystinosis, Fanconi syndrome , rejection of kidney transplant. Hemodynamic proteinuria is transient and can be seen in high fever, hypertension, heavy exercise, congestive cardiac failure, seizures, and exposure to cold. Post-renal proteinuria is caused by inflammatory or neoplastic conditions in renal pelvis, ureter, bladder, prostate, or urethra.

Ketonuria can be seen in uncontrolled Diabetes mellitus with ketoacidosis, Glycogen storage disorder, starvation, persistent vomiting in children, weight reduction program, fever in children, severe thyrotoxicosis, pregnancy and protein calorie malnutrition.

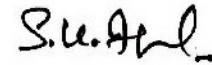
Presence of bilirubin in urine indicates conjugated hyperbilirubinemia (obstructive or hepatocellular jaundice). Bile salts along with bilirubin can be detected in urine in cases of obstructive jaundice. Normally about 0.5-4 mg of urobilinogen is excreted in urine in 24 hours. Therefore, a small amount of urobilinogen is normally detectable in urine. Increased urobilinogen in urine can be seen due to hemolysis , megaloblastic anemia and haemorrhage in tissues. Decreased urobilinogen can be seen in obstructive jaundice, reduction of intestinal bacterial flora, neonates and following antibiotic treatment. The presence of abnormal number of intact red blood cells in urine is called as hematuria. It implies presence of a bleeding lesion in the urinary tract. Hematuria can be seen in glomerular diseases like Glomerulonephritis, Berger's disease, lupus nephritis, Henoch-Schonlein purpura, non glomerular diseases like Calculus, tumor, infection, tuberculosis, pyelonephritis, hydronephrosis, polycystic kidney disease, trauma, after strenuous physical exercise, diseases of prostate (benign hyperplasia of prostate, carcinoma of prostate).

Nitrites are not present in normal urine. Ingested nitrites are converted to nitrate and excreted

in urine. If gram-negative bacteria (e.g. E.coli, Salmonella, Proteus, Klebsiella, etc.) are present in urine, they will reduce the nitrates to nitrites through the action of bacterial enzyme nitrate reductase. As E. coli is the commonest organism causing urinary tract infection, this test is helpful as a screening test for urinary tract infection.

Some organisms like Staphylococci or Pseudomonas do not reduce nitrate to nitrite and therefore in such infections nitrite test is negative.

Leucocyte esterase test detects esterase enzyme released in urine from granules of leucocytes. Thus the test is positive in pyuria.



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Customer Since	: 11/Feb/2024	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	ReportStatus	: Partial Report	

DEPARTMENT OF CLINICAL PATHOLOGY**Advance Screening Package 3.0**

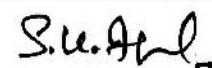
Test Name	Value	Unit	Bio. Ref Interval
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Patient Name	: Neeraj Roy	Barcode	: E0718930	
Age/Gender	: 25Y OM OD /Male	Sample Collected On	: 11/Feb/2024 01:00PM	
Order Id	: 10071255614	Sample Received On	: 11/Feb/2024 05:01PM	
Referred By	: Self	Report Generated On	: 11/Feb/2024 07:02PM	
Customer Since	: 11/Feb/2024	Sample Temperature	: Maintained ✓	
Sample Type	: WHOLE BLOOD EDTA	ReportStatus	: Partial Report	

DEPARTMENT OF HAEMATOLOGY

Advance Screening Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
Complete Blood Count			
Haemoglobin (HB)	14.1	g/dL	13.0-17.0
Method: Photometry Machine: BECKMAN COULTER DxH800			
Total Leucocyte Count (TLC)	6.7	10^3/uL	4.0-10.0
Method: Impedance Machine: BECKMAN COULTER DxH800			
Hematocrit (PCV)	42	%	40.0-50.0
Method: Calculated Machine: BECKMAN COULTER DxH800			
Red Blood Cell Count (RBC)	5.00	10^6/µl	4.50-5.50
Method: Impedance Machine: BECKMAN COULTER DxH800			
Mean Corp Volume (MCV)	83.9	fL	83.0-101.0
Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800			
Mean Corp Hb (MCH)	28.2	pg	27.0-32.0
Method: Calculated Machine: BECKMAN COULTER DxH800			
Mean Corp Hb Conc (MCHC)	33.6	g/dL	31.5-34.5
Method: Calculated Machine: BECKMAN COULTER DxH800			
RDW - CV	14.1	%	11.6-14.0
Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800			
RDW - SD	41.60	fL	39.0-46.0
Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH800			
Mentzer Index	16.78	Ratio	
Method: Calculated			
RDWI	236.60	Ratio	
Method: Calculated			
Green and king index	70	Ratio	
Method: Calculated			
Differential Leucocyte Count			



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MBBS, DCP, HEALTHIANS LABS



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 Customer Since : 11/Feb/2024
 Sample Type : WHOLE BLOOD EDTA

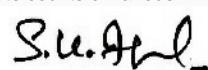
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 Sample Temperature : Maintained ✓
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DEPARTMENT OF HAEMATOLOGY

Advance Screening Package 3.0

Test Name	Value	Unit	Bio. Ref Interval
 Neutrophils Method: VCS Technology Machine: BECKMAN COULTER DxH800	55.0	%	40 - 80
 Lymphocytes Method: VCS Technology Machine: BECKMAN COULTER DxH800	36.3	%	20-40
 Monocytes Method: VCS Technology Machine: BECKMAN COULTER DxH800	7.2	%	02 - 10
 Eosinophils Method: VCS Technology Machine: BECKMAN COULTER DxH800	1.0	%	01 - 06
 Basophils Method: VCS Technology Machine: BECKMAN COULTER DxH800	0.5	%	00 - 02
Absolute Leucocyte Count			
 Absolute Neutrophil Count (ANC) Method: Calculated Machine: BECKMAN COULTER DxH800	3.69	10^3/uL	2.0-7.0
 Absolute Lymphocyte Count (ALC) Method: Calculated Machine: BECKMAN COULTER DxH800	2.43	10^3/uL	1.0-3.0
 Absolute Monocyte Count Method: Calculated Machine: BECKMAN COULTER DxH800	0.48	10^3/uL	0.2-1.0
 Absolute Eosinophil Count (AEC) Method: Calculated Machine: BECKMAN COULTER DxH800	0.07	10^3/uL	0.02-0.5
 Absolute Basophil Count Method: Calculated Machine: BECKMAN COULTER DxH800	0.03	10^3/uL	0.02 - 0.10
 Platelet Count(PLT) Method: Impedance Machine: BECKMAN COULTER DxH800	153	10^3/µl	150-410
 MPV Method: Derived from PLT Histogram Machine: BECKMAN COULTER DxH800	10.8	fL	7 - 9

The International Council for Standardization in Haematology (ICSH) recommends reporting of absolute counts of various WBC subsets for clinical decision making.



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 Sample Type : WHOLE BLOOD EDTA

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 Sample Temperature : Maintained ✓
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DEPARTMENT OF HAEMATOLOGY

Advance Screening Package 3.0

Test Name

Value

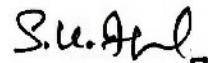
Unit

Bio. Ref Interval

This test has been performed on a fully automated 5 part differential cell counter which counts over 10,000 WBCs to derive differential counts. A complete blood count is a blood panel that gives information about the cells in a patient's blood, such as the cell count for each cell type and the concentrations of Hemoglobin and platelets. The cells that circulate in the bloodstream are generally divided into three types: white blood cells (leukocytes), red blood cells (erythrocytes), and platelets (thrombocytes). Abnormally high or low counts may be physiological or may indicate disease conditions, and hence need to be interpreted clinically.

The Mentzer index is used to differentiate iron deficiency anaemia beta thalassemia trait. If a CBC indicates microcytic anaemia, these are two of the most likely causes, making it necessary to distinguish between them.

If the quotient of the mean corpuscular volume divided by the red blood cell count is then 13, thalassemia is more likely. If the result is greater than 13, then iron-deficiency anaemia is more likely.



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MBBS, DCP, HEALTHIANS LABS



SIN No:E0718930



Patient Name	: Neeraj Roy	Barcode	: E0718930	
Age/Gender	: 25Y OM OD /Male	Sample Collected On	: 11/Feb/2024 01:00PM	
Order Id	: 10071255614	Sample Received On	: 11/Feb/2024 05:11PM	
Referred By	: Self	Report Generated On	: 11/Feb/2024 06:00PM	
Customer Since	: 11/Feb/2024	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	ReportStatus	: Partial Report	

DEPARTMENT OF SEROLOGY

STI Detection Package

Test Name	Value	Unit	Bio. Ref Interval
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Hepatitis B Virus Surface Antigen (HBsAg)

 Hepatitis B Virus Surface Antigen
Method: Immunochromatography

Non Reactive

Non- Reactive

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 evalutaion.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.

Hepatitis C Virus (HCV) Antibody

 Anti HCV Antibody (Qualitative)
Method: Immunochromatography

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.

RPR (Rapid Plasma Reagin)

 RPR TEST

Non Reactive

Non-Reactive

Method: Slide flocculation

The Rapid Plasma Regain (RPR)/ Carbon Antigen test is a macroscopic non Treponemal flocculation test for the detection and quantitation of antilipoidal antibodies. Rapid plasma reagin (RPR) is a blood test to screen for syphilis. Antigens used in RPR test are similar to VDRL except that they are charcoal coated to enhance the sensitivity of the test. Syphilis is a sexually transmitted infection caused by the spirochete bacterium Treponema pallidum. This is a screening test for syphilis which is useful for following the progression of disease and response to therapy. Rising titers are of immense value in confirming the diagnosis. Biological false positive reactions exhibit low titers and are seen in conditions like Viral fevers, Mycoplasma infection, Chlamydia infection, Malaria, Immunizations, Pregnancy, Autoimmune disorders & past history of Treponemal infection. It is advisable to confirm the diagnosis by tests such as TPHA & FTA-ABS.



DR. URVASHI
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SENIOR CONSULTANT, HEALTHIANS LABS



SIN No:E0718930

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

Plot 1 & 2, Udyog Vihar, Phase-4, Gurgaon, Haryana, Pincode-122016 (CAP Number: 9019582 | NABL Accreditation Certificate Number MC-4245)

Patient Name	: Neeraj Roy	Barcode	: E0718930	
Age/Gender	: 25Y OM OD /Male	Sample Collected On	: 11/Feb/2024 01:00PM	
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Customer Since	: 11/Feb/2024	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	ReportStatus	: Partial Report	

DEPARTMENT OF SEROLOGY

STI Detection Package

Test Name	Value	Unit	Bio. Ref Interval
HIV-DUO p24 Antigen & Antibody (1 &2)by CMIA Method			

 HIV I & II Ag/Ab Combo

0.20

S/CO

<1.00 NON-REACTIVE

Method: Chemiluminescent microparticle immunoassay
(CMIA)

Machine: Abbott Archirect i2000

 Final Result

Negative

Negative

Interpretation of Results:

HIV Ag/Ab Combo assay is a CMIA for the simultaneous qualitative detection of HIV p24 antigen and antibodies to human immunodeficiency virus type 1 and/or type 2 (HIV-1/HIV-2) in human serum. The HIV Ag/Ab Combo assay is intended to be used as an aid in the diagnosis of HIV-1/HIV-2 infection and as a screening test to prevent transmission of HIV-1/HIV-2 to recipients of blood, blood components, cells, tissue, and organs. An HIV Ag/Ab Combo result does not distinguish between the detection of HIV p24 antigen, HIV-1 antibody, or HIV-2 antibody reactivity.

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

*** End Of Report ***

Result's to follow-C-Reactive Protein (CRP) -Quantitative, Iron study, Vitamin B12, Kidney Function Test1 (KFT1), Vitamin D, 25-Hydroxy, Lipid Profile Basic, Thyroid Profile (Total T3,T4, TSH), Liver Function Test (LFT)



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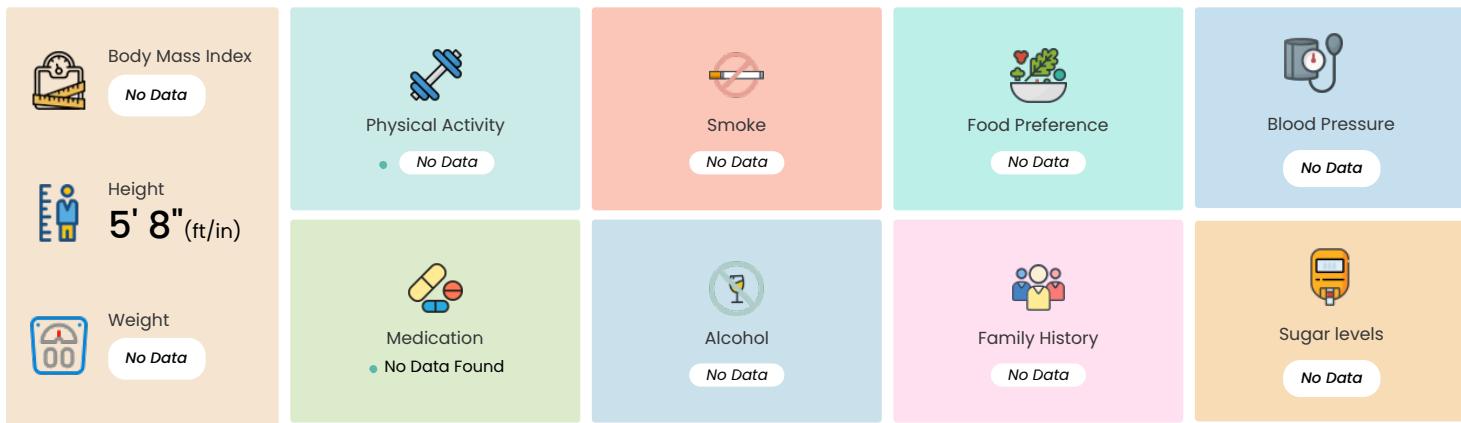
Terms & Conditions:

- 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.

ADVISORY
Health Advisory

Neeraj Roy

Booking ID : 10071255614 | Sample Collection Date : 11/Feb/2024


SUGGESTED NUTRITION
SUGGESTED NUTRITION
Do's

- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Include fruits like apples, berries and melons in your diet

Dont's

- Avoid flavoured and seasoned foods
- Decrease intake of colas and sugary drinks
- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods

SUGGESTED LIFESTYLE
SUGGESTED LIFESTYLE
Do's

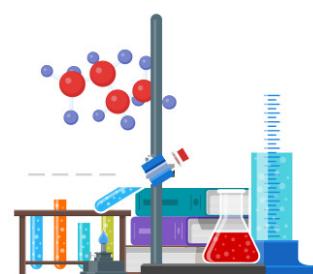
- Have breakfast early in morning and a light high fiber snack for dinner

Dont's

- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Avoid smoking and alcohol

SUGGESTED FUTURE TESTS
SUGGESTED FUTURE TESTS

- Complete Hemogram - **Every 2 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**



HEALTH ADVISORY
Suggestions for Health & Well-being
Neeraj Roy

Booking ID : 10071255614 | Sample Collection Date : 11/Feb/2024

**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!


**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.

**BALANCED
DIET**
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!


BMI

BMI recommended range is 18.5 to 24.9. Your BMI is 29.35, which is on a higher side.

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	OBESITY
Less than 18.5	Between 18.5 - 24.9	Between 25.0 - 29.9	More than 30

BMI

Supplement Suggestions

Neeraj Roy

Booking ID : 10071255614 | Sample Collection Date : 11/Feb/2024

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




Your one-stop destination for affordable & reliable imaging services

 Honest pricing

 Highly experienced
130+ radiology
specialists

 100% covid safe

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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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