



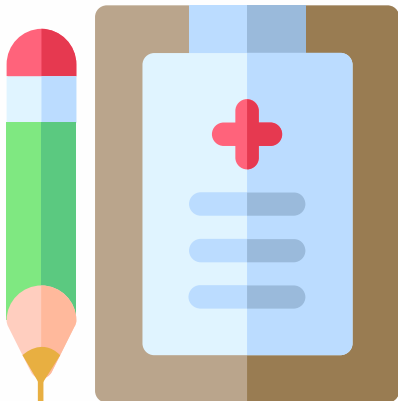
# Wellness Report

## Test Results and Personal Health Report

Name : SAURABH CHOUDHARY  
Age : 38  
Gender : Male

Registration Date : 29 Mar 2022  
Lab Number : 163892862

# Personal Health Analytics Report



## What to expect from this report



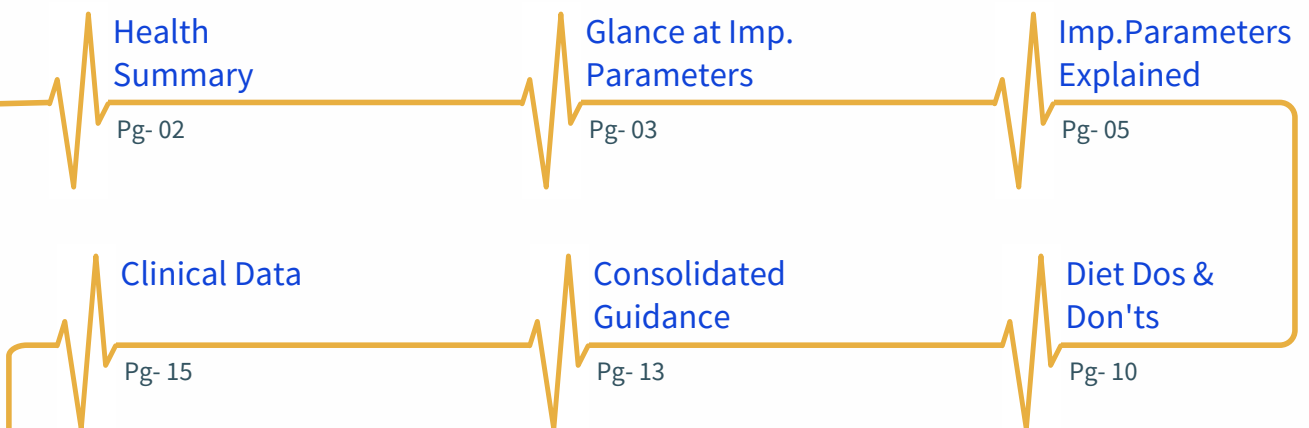
- ✓ Analysis and explanation of your health check results.
- ✓ Diet dos and don'ts and other guidance.
- ✓ Next steps to maintain or improve your health.
- ✓ This report is not intended to replace your doctor. Please make sure you consult your doctor before further actions.
- ✓ Please be careful of any food allergies or intolerances that you are sensitive to.
- ✓ Analysis uses Blood data (and urine data if present).
- ✓ The analyzed information in the Smart Report is not ideal for individuals less than 15 years of age.
- ✓ If you are pregnant, some of the recommendations in the Smart Report may not directly apply to you. Please consult your doctor.

## 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



.....*your next step towards better health*

# 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 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:



- Thyroid function test is normal
- Kidney functions have tested normal
- Blood calcium is normal
- Vit B12 is normal
- Hemoglobin levels are normal

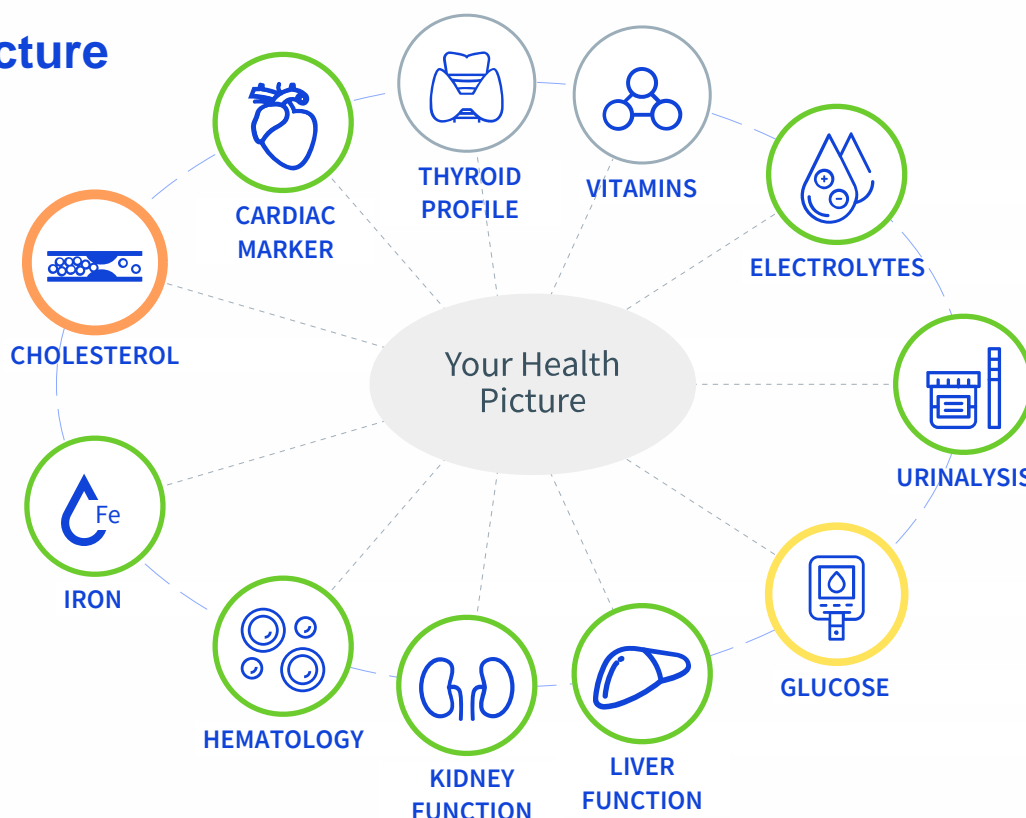


**Please note!** There are a few test results which seem abnormal and need your attention.

- Cholesterol needs attention
- Vit D is low

## Your Health Picture

- Normal
- Borderline
- Abnormal
- Very Abnormal
- Test package does not include all parameters required to give a color OR At this stage we are not evaluating this panel as a group to provide a color



# Your Important Parameters at a Glance

## Profile

## Important parameters in respective profile



HbA1c

Value: **5.7**  
Range: 4.00-5.60

Fasting Glucose

Value: **101.20**  
Range: 70.00-100.00



Alk. Phosphatase

Value: **85**  
Range: 30-120

Total Bilirubin

Value: **0.68**  
Range: 0.30-1.20

SGOT (AST)

Value: **21**  
Range: <50

SGPT (ALT)

Value: **29**  
Range: <50

GGTP

Value: **24**  
Range: <55

S. Albumin

Value: **4.61**  
Range: 3.50-5.20

Total Protein

Value: **6.99**  
Range: 6.40-8.30



Creatinine

Value: **0.93**  
Range: 0.67-1.17

Uric Acid

Value: **5.80**  
Range: 3.50-7.20

Calcium

Value: **9.80**  
Range: 8.80-10.60

Urea

Value: **28.00**  
Range: 17.00-43.00



Hemoglobin

Value: **14.90**  
Range: 13.00-17.00

PCV

Value: **43.90**  
Range: 40.00-50.00

RBC Count

Value: **5.43**  
Range: 4.50-5.50

Leucocyte

Value: **5.30**  
Range: 4.00-10.00

Eosinophils

Value: **3.60**  
Range: 1.00-6.00

Abs. Eosinophil

Value: **0.19**  
Range: 0.02-0.50

Platelet Count

Value: **181.0**  
Range: 150.00-410.00



Serum Iron

Value: **176.00**  
Range: 65.00-175.00



**i** The iron group color represents the overall effect of Serum Iron, age and gender



Serum Amylase

Value: **56.00**  
Range: 28.00-100.00

## Your Important Parameters at a Glance

Profile	Important parameters in respective profile			
 <b>CHOLESTEROL</b>	<b>Total Cholesterol</b> Value: <b>213.85</b> Range: <200.00	<b>LDL</b> Value: <b>158.31</b> Range: <100.00	<b>HDL</b> Value: <b>37.30</b> Range: >40.00	<b>Triglycerides</b> Value: <b>91.20</b> Range: <150.00
 <b>CARDIAC MARKER</b>	<b>hs-CRP</b> Value: <b>0.81</b> Range: <1.00	<b>Apolipo A1</b> Value: <b>93</b> Range: 105.00-175.00	<b>Apolipo B</b> Value: <b>103</b> Range: 60.00-140.00	<b>Apo B/Apo A1 Ratio</b> Value: <b>1.11</b> Range: 0.35-0.98
 <b>THYROID PROFILE</b>	<b>T3</b> Value: <b>1.37</b> Range: 0.60-1.81	<b>T4</b> Value: <b>9.70</b> Range: 5.01-12.45		
 <b>VITAMINS</b>	<b>Vitamin D Total</b> Value: <b>18.38</b> Range: 75.00-250.00	<b>Vit B12</b> Value: <b>382.00</b> Range: 211.00-911.00		
 <b>URINALYSIS</b>	<b>Urine Ketone</b> Value: <b>Negative</b>	<b>Urinary Glucose</b> Value: <b>Negative</b>	<b>Urinary Protein</b> Value: <b>Negative</b>	<b>Pus Cells</b> Value: <b>2-3 WBC/HPF</b>
	<b>Nitrite</b> Value: <b>Negative</b>	<b>Specific Gravity</b> Value: <b>1.020</b>	<b>Urine RBC</b> Value: <b>Negative</b>	
 <b>ELECTROLYTES</b>	<b>Sodium</b> Value: <b>138.87</b> Range: 136.00-146.00	<b>Chloride</b> Value: <b>104.00</b> Range: 101.00-109.00	<b>Potassium</b> Value: <b>4.57</b> Range: 3.50-5.10	<b>Phosphorus</b> Value: <b>4.10</b> Range: 2.40-4.40



## Some of Your Important Parameters Explained



### Fasting Glucose

Result: **101.20**

Range: **70.00-100.00**

The food we eat gets converted into blood glucose which is circulated throughout the body in blood. Insulin is required to move the glucose from blood into the cells. Any disturbance in this process, the blood glucose increases. This is called Diabetes.

FBS more than 126 mg/dl or PPBS more than 200 mg/dl are supposed to be in diabetic ranges. Fasting of 8-12 hrs is mandatory for the accurate interpretation of FBS.

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

#### What can you do about it?



Please consult a doctor to advice further.

- Follow a low carb/low sugars diet.
- Exercise regularly as advised by your doctor.
- Follow up regularly with your treating doctor.



### HbA1c

Result: **5.7**

Range: **4.00-5.60**

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



Usually, the symptoms of pre-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.

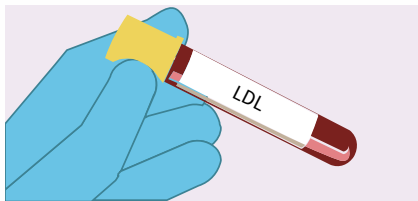
#### What can you do about it?



Please consult a doctor to advice further.

- Follow a low carb/low sugars diet.
- Exercise regularly as advised by your doctor.
- Follow up regularly with your treating doctor.

## Some of Your Important Parameters Explained



### LDL

Result: **158.31**

Range: **<100.00**

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

*LDL-C (Low Density Lipoprotein Cholesterol) is a type of cholesterol and is also called as "bad" cholesterol.*

*Increased levels of LDL-C in blood causes clogging of blood vessels to the heart and brain over time.*

#### Cause / Effect of these parameters



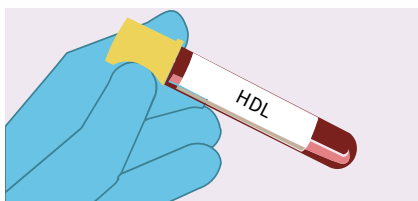
As a person ages, bad cholesterol in blood can lead to formation of blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

#### What can you do about it?



The elevated LDL-C can be reduced by

- Low cholesterol diet
- Increasing physical activity
- Reducing weight
- Cholesterol lowering medicines if recommended by doctor



### HDL

Result: **37.30**

Range: **>40.00**

*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?

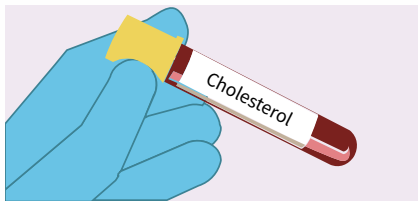


Approaches to raising HDL-C include lifestyle factors such as weight reduction, increased physical activity and stopping smoking.

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.

## Some of Your Important Parameters Explained



### Total Cholesterol

Result: **213.85**

Range: **<200.00**

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 elevated levels of Total cholesterol in your body.

You can reduce them by

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



### ApoB/ApoA1 ratio

Result: **1.11**

Range: **0.35-0.98**

Apolipoproteins (Apo) are the structural proteins for lipoproteins. ApolipoproteinB (ApoB) is the main component of very low-density lipoproteins (VLDL), intermediate-density lipoproteins (IDL), low-density lipoproteins (LDL) and lipoprotein (a) which are all bad cholesterol. Apo A1 is the component of high density lipoproteins (HDL) which is a good cholesterol.

#### Cause / Effect of these parameters



High ApoB concentrations, low ApoA1 concentrations and the ApoB/A1 ratio are better predictors for the risk of heart attack and stroke.

#### What can you do about it?

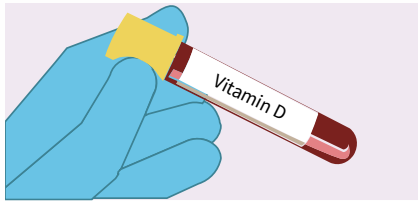


Consult your doctor to further evaluate and advice you.

Diet and exercise changes that lower bad cholesterol and increase good cholesterol will also lower your apo B/apoA1 ratio and decrease the future risk of heart disease.



## Some of Your Important Parameters Explained



### Vitamin D Total

Result: **18.38**

Range: **75.00-250.00**

*Vitamin D is called the "sunshine" vitamin. When the sun's light rays enter bare skin, it sets off a reaction in the body that produces vitamin D.*

*As many of us spend more time indoors, we're lacking in Vitamin D.*

#### Cause / Effect of these parameters

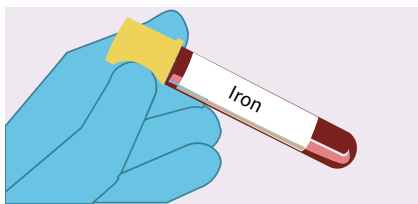
Vitamin D deficiency causes weak bones which we may feel like bone pains, muscle pains or muscle weakness.

#### What can you do about it?

Your doctor can help you with supplements of vitamin D.

Exposure to sunlight will cause vitamin D production in the body. Avoid spending more time indoors.

Limit the use of sunscreen lotions.



### Serum Iron

Result: **176.00**

Range: **65.00-175.00**

*Iron is an essential mineral, which performs many complex processes and functions in the body. Primarily it is involved in the transfer of oxygen from the lungs to tissue.*

*A reduced amount of iron in the bloodstream will make it hard to produce enough healthy oxygen rich red blood cells.*

#### Cause / Effect of these parameters

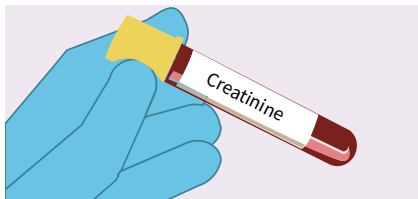
Commonly, reduced iron is a usual presentation causing iron deficiency anemia. And the body doesn't get oxygen that it needs to function, the heart must work harder to make up for the lack of red blood cells. The person may experience

- Severe fatigue
- Dizziness
- Headache
- Pale skin
- Shortness of breath on exertion etc.
- Rarely high iron is also found in the blood

#### What can you do about it?

You have high levels of Iron in your blood. Consult your doctor to evaluate you.

## Some of Your Important Parameters Explained



### Creatinine

Result: **0.93**

Range: **0.67-1.17**

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

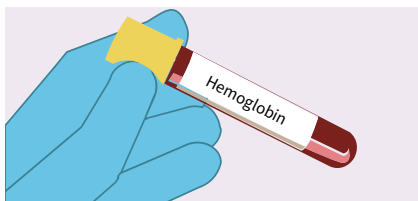
High levels of creatinine in blood may mean the kidneys are getting damaged.

#### 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.



### Hemoglobin

Result: **14.90**

Range: **13.00-17.00**

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.

## Your Diet Dos & Don'ts

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

[Low Sugar Diet](#) | [Cholesterol lowering](#) | [Good cholesterol improving](#) | [Vitamin D rich](#) | [Immunity improving diet](#) | [Heart safe](#)

### Fruits and Vegetables

- ✓ Have 4-5 servings of fruits and vegetables daily
- ✓ Consume butter fruit/avocado as it is known to increase HDL and decrease LDL
- ✓ Include mushrooms (if you consume) in your diet, as they are rich in vitamin D
- ✓ Vitamin C rich fruits and vegetables like capsicum, sweet lime, guava, kiwi, lemons are essential to improve immunity
- ✓ Vegetables and fruits like mushroom, beans, grapes, lettuce are rich in B complex vitamins, chromium and selenium which help improve immunity
- ✓ Fenugreek leaves and spinach are rich in chromium, selenium and B complex vitamins which are essential for immunity
- ✓ Consume 1-2 garlic cloves in the morning on empty stomach as it helps increase good cholesterol and reduce bad cholesterol
- ✓ Consume high fiber vegetables like okra, eggplant (brinjal), carrots etc. for cholesterol management
- ✓ Foods like pumpkin, garlic, fenugreek leaves (methi), strawberries are beneficial for better sugar control
- ✗ Avoid starchy foods like potato, sweet potato, mango, chickoo/sapota, banana etc. for better blood sugar management
- ✗ Rather than drinking fresh fruit juices, it is preferable to eat the fruit



### Cereals

- ✓ Consume millets like ragi, jowar, bajra, etc.
- ✓ Have high fiber cereals like brown rice, red rice, whole wheat, oats, quinoa etc.
- ✓ Have a wholesome breakfast cereal high in fibre like broken wheat/oatmeal/quinoa porridge whole wheat chapati/multigrain sandwich
- ✓ Whole grains like wheat, barley, oats, brown rice are rich sources of Zinc, Chromium, B complex vitamins that help improve immunity.
- ✗ Avoid using refined cereals like maida, corn flour, white rice, etc.

### Pulses

- ✓ Consume dal with husk (skin)
- ✓ Consume rajma, green mung
- ✓ Have pulses like (kabuli chana, green and black chana)
- ✓ Consume pulses like lobia, rajma, moong, kabuli channa and dals as they are rich sources of Zinc, selenium and B complex vitamins that help improve immunity



## Your Diet Dos & Don'ts

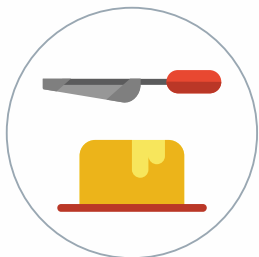
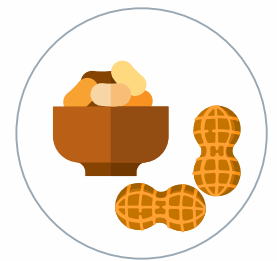


### Dairy

- ✓ Have skimmed or low fat milk and its products like curd, paneer etc.
- ✓ Have milk and milk products which are additionally fortified with vitamin D everyday
- ✗ Avoid high fat or sweetened dairy products like khoa, cheese, sweetened yogurt, malai paneer (instead have low fat paneer)
- ✗ While having milk do not add coffee or tea decoction to it

## Nuts and Seeds

- ✓ You can snack on whole nuts like almonds, walnuts, groundnuts, etc. in small quantities between meals.
- ✓ Add flaxseeds, chia seeds or sabja seeds (high in omega 3 fatty acids) to your cereals, salads, yogurt, dal
- ✓ Nuts and seeds like almonds, cashew nuts, sesame seeds, sunflower seeds are rich in nutrients like Zinc, Selenium, B complex vitamins that help to improve immunity
- ✗ Avoid dry fruits high in sugars like raisins, dates, anjeer, apricots, etc.
- ✗ Avoid consumption of salted or fried nuts

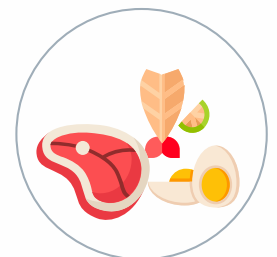


### Oils and Fats

- ✓ Consume only 1-2 teaspoons of oil in a day. Some of the good oils are sunflower, rice bran, ground nut, olive oil, etc. Use these oils in rotation rather than sticking to one
- ✓ It is better to use cold pressed oils
- ✓ Keep oil consumption to not more than half litre per person per month
- ✗ Limit consumption of saturated fats like ghee, butter, etc.
- ✗ Avoid fried foods
- ✗ Avoid high fat items like peanut butter, mayonnaise, etc.

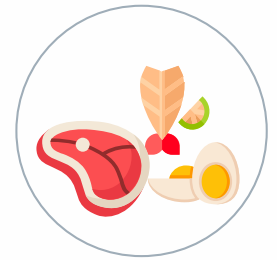
## Meats

- ✓ Eat high quality lean proteins which are normally present in egg whites and chicken
- ✓ Include 1-2 portions of fatty fish like salmon, mackerel or tuna in a week
- ✓ Consume fatty fish and sea foods like mackerel, sardines, tuna, shrimps, salmon etc. as they are the richest natural food sources of vitamin D
- ✓ Lean poultry meat like chicken is rich in nutrients like zinc, selenium and B complex vitamins that are essential to improve immunity
- ✓ Fish and shell fish contain zinc, selenium, B complex vitamins that help improve immunity



## Your Diet Dos & Don'ts

- ⊘ Avoid red meat (mutton, lamb, beef, pork, etc.)
- ⊘ Meat should be properly cooked. Avoid raw/ undercooked meats
- ⊘ Avoid consumption of cured meats like dry salted fish or meat, sausages, salami, etc. as they are very rich in salts, fats and artificial preservatives
- ⊘ Avoid egg yolk (yellow)



## General Advice

- ✓ Have meals at regular intervals. Do not fast or feast
- ✓ If you feel hungry between meals, it's okay to snack, but just remember to eat healthy snacks like fruit bowl, sprouts salad, nuts, etc.
- ✓ Use healthy cooking methods such as steaming, boiling, roasting, stewing and poaching
- ✓ Read food labels and choose your foods wisely. Limit consumption of foods that have high quantity of preservatives, salt/sodium, trans fats, added sugars, artificial sweeteners, colors and additives
- ✓ Keep at least a 2 hours gap between your last meal and bedtime
- ✓ Pay attention to the food you eat, stop when you feel full and do not overeat
- ✓ Include in your diet light foods like clear soups, lemon juice (without sugar), seasonings like pepper, mint, garlic, curry leaves
- ⊘ Avoid sweets (they are high in fats and sugar)
- ⊘ Avoid alcohol (if you drink)
- ⊘ Avoid processed food (ex. instant noodles, ready to eat meals, namkeens, ketchup, mustard sauce, chilli sauce, chips, etc.)
- ⊘ Avoid sugar and other refined carbohydrates
- ⊘ Limit consumption of snacks such as candies, french fries, instant noodles, ice-cream and soft drinks because they contain many calories that not only cause obesity but also affect our appetite and hinder the intake of nutritious food
- ⊘ Please consult your doctor for your daily fluid intake



## Your Next Steps

### Doctor Consultation

In view of the reports, please consult:

DOCTOR	CONDITION
Physician	High Sugar,high cholesterol,low vit D,high iron,high ApoB/ApoA1 ratio

Based on your conditions it is advised to do the following :

- Keep your weight within normal limits



### 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 Stair climbing, Running, Swimming, Jump rope (imagine/real))
- At least 15 minutes of muscle stretching activity 1 day a week (like Plank, Knee-to-chest stretch, Crunch, Leg lifts)
- At least 15 minutes of muscle strengthening activity 1 day a week (like Sit-ups, Gardening (digging and shovelling), Participate in household tasks like vacuuming, hand mopping & brushing clothes, etc., Lift free weights/carry groceries (<20kg))
- You can also practice yoga on a regular basis to improve your balance & flexibility.

### Nutrition Advice

Please follow a diet that is:

Low Sugar Diet | Cholesterol lowering | Good cholesterol improving | Vitamin D rich | Immunity improving diet | Heart safe

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



### Additional Advice

- Regularly follow up with your doctor as controlling sugars is an ongoing process.
- Avoid gaining weight, eating sweets, limit stress and sleep adequately.
- Consume cholesterol lowering medicines if recommended by the doctor.
- Your doctor can help you with supplements of vitamin D. Exposure to sunlight will cause vitamin D production in the body.
- Avoid covering your face hands & feet, when you are out in the sunshine. Limit the use of sunscreen lotions to improve your vitamin D.

## Your Next Steps

### Follow Ups

Please check your weight and blood pressure on regular basis. Your doctor knows best - please seek his/her advice for the follow up tests.



#### After 3 months

- HbA1c
- FBS & PPBS
- Fasting Lipid Profile
- Ferritin
- Total Iron
- Complete Blood Count

#### After 6 months

- Vit D



### Additional Tests

Your doctor knows best - please seek his/her advice regarding the following additional tests if not performed.

- PPBS
- Ferritin
- Peripheral Smear
- TMT

### How to improve my immunity?

**"Our immune system is our first line of defense."**






- **Exercise** - If you exercise at least five times a week, you cut the risk of colds by nearly half compared to people who are largely sedentary. Even if you get sick, you will have less severe symptoms
- **Sleep** - Those who sleep less than five hours per night have 4.5 times more chances of developing a cold than those who sleep more than seven hours
- **Diet** - 70% of the immune system is housed in the gut system. To help this, eat healthy foods like green leafy vegetables, citrus fruits, nuts, berries, fish, whole grains, garlic, foods rich in Zinc, Selenium, vitamins A, D, C and E
- **Stress less**, practice meditation, avoid smoking, alcohol and other addictive substances

## 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.





### GLUCOSE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Fasting Glucose	101.20	mg/dL	70.00-100.00	
HbA1c	5.7	%	4.00-5.60	
Ave. Blood Glucose	117	mg/dL	-	

### LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Alk. Phosphatase	85	U/L	30-120	
Total Bilirubin	0.68	mg/dL	0.30-1.20	
Direct Bilirubin	0.13	mg/dL	<0.20	
Indirect Bilirubin	0.55	mg/dL	<1.10	
GGTP	24	U/L	<55	
SGOT (AST)	21	U/L	<50	
SGPT (ALT)	29	U/L	<50	
Total Protein	6.99	g/dL	6.40-8.30	
S. Albumin	4.61	g/dL	3.50-5.20	
A:G Ratio	1.94	-	0.90-2.00	
AST/ALT Ratio	0.7	-	-	

### KIDNEY FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Calcium	9.80	mg/dL	8.80-10.60	
Uric Acid	5.80	mg/dL	3.50-7.20	
Creatinine	0.93	mg/dL	0.67-1.17	
Urea	28.00	mg/dL	17.00-43.00	

## Your Clinical Data

### HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Leucocyte	5.30	thou/mm <sup>3</sup>	4.00-10.00	●
Seg. Neutrophils	43.20	%	40.00-80.00	●
Lymphocytes	45.20	%	20.00-40.00	◆
Monocytes	8.00	%	2.00-10.00	●
Eosinophils	3.60	%	1.00-6.00	●
Basophils	0.00	%	<2.00	●
Abs. Neutrophil	2.29	thou/mm <sup>3</sup>	2.00-7.00	●
Abs. Lymphocyte	2.40	thou/mm <sup>3</sup>	1.00-3.00	●
Abs. Monocyte	0.42	thou/mm <sup>3</sup>	0.20-1.00	●
Abs. Basophil	0.00	thou/mm <sup>3</sup>	0.02-0.10	●
Abs. Eosinophil	0.19	thou/mm <sup>3</sup>	0.02-0.50	●
RBC Count	5.43	mill/mm <sup>3</sup>	4.50-5.50	●
Hemoglobin	14.90	g/dL	13.00-17.00	●
PCV	43.90	%	40.00-50.00	●
MCV	81.00	fL	83.00-101.00	◆
MCH	27.40	pg	27.00-32.00	●
MCHC	33.90	g/dL	31.50-34.50	●
RDW-CV	13.60	%	11.60-14.00	●
MPV	11.5	fL	6.5-12.0	●
Platelet Count	181.0	thou/mm <sup>3</sup>	150.00-410.00	●
ESR	11	mm/hr	0-15	●

### IRON

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Serum Iron	176.00	ug/dL	65.00-175.00	◆
TIBC	303.11	μg/dL	250-425	●
% Transferrin sat	58.06	%	20.00-50.00	◆

## Your Clinical Data

### PANCREAS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Serum Amylase	56.00	U/L	28.00-100.00	<span style="color: green;">●</span>

### CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Total Cholesterol	213.85	mg/dL	<200.00	<span style="color: orange;">◆</span>
HDL	37.30	mg/dL	>40.00	<span style="color: yellow;">▶</span>
LDL	158.31	mg/dL	<100.00	<span style="color: orange;">◆</span>
Triglycerides	91.20	mg/dL	<150.00	<span style="color: green;">●</span>
VLDL	18.24	mg/dL	<30.00	<span style="color: green;">●</span>
Non-HDL Cholest	177	mg/dL	<130	<span style="color: orange;">◆</span>

### CARDIAC MARKER

TEST NAME	RESULT	UNIT	RANGE	LEVEL
hs-CRP	0.81	mg/L	<1.00	<span style="color: green;">●</span>
Apolipo A1	93	mg/dL	105.00-175.00	<span style="color: green;">●</span>
Apolipo B	103	mg/dL	60.00-140.00	<span style="color: green;">●</span>
Apo B/Apo A1 Ratio	1.11	-	0.35-0.98	<span style="color: orange;">◆</span>

### THYROID PROFILE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
T3	1.37	ng/mL	0.60-1.81	<span style="color: green;">●</span>
T4	9.70	µg/dL	5.01-12.45	<span style="color: green;">●</span>

### VITAMINS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Vit B12	382.00	pg/mL	211.00-911.00	<span style="color: green;">●</span>
Vitamin D Total	18.38	nmol/L	75.00-250.00	<span style="color: red;">◆</span>



## Your Clinical Data

### ELECTROLYTES

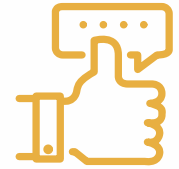
TEST NAME	RESULT	UNIT	RANGE	LEVEL
Sodium	138.87	mEq/L	136.00-146.00	●
Chloride	104.00	mEq/L	101.00-109.00	●
Potassium	4.57	mEq/L	3.50-5.10	●
Phosphorus	4.10	mg/dL	2.40-4.40	●

### URINALYSIS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Urine RBC	Negative	-	-	●
PH	5	-	5 - 8	●
Specific Gravity	1.020	-	-	●
Urinary Glucose	Negative	-	-	●
Urine Ketone	Negative	-	-	●
Urinary Protein	Negative	-	-	●
Urinary Bilirubin	Negative	-	-	●
Urobilinogen	Negative	-	-	●
Nitrite	Negative	-	-	●
Uri. Leucocytes	Negative	-	-	●
Casts	None seen	-	-	●
Crystals	None seen	-	-	●
Epithelial Cell	Few	-	-	●
Pus Cells	2-3 WBC/HPF	-	-	●
Color	Pale Yellow	-	-	●
Other Obs.	None seen	-	-	●

# 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://bit.ly/2jYUjGJ>

Social Links:     

## References

Title	Description	Source Link
1. <b>Blood Glucose</b>	Standard Treatment Guidelines- Govt of India - Diabetes-Mellitus: Guidelines by American Diabetes Association.	<a href="https://www.nhp.gov.in">https://www.nhp.gov.in</a> <a href="http://www.diabetes.org">http://www.diabetes.org</a>
2. <b>Blood Cholesterol</b>	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.	<a href="https://www.nhlbi.nih.gov">https://www.nhlbi.nih.gov</a>
3. <b>Blood Tests For Kidney Functions</b>	National Kidney Foundation - "Clinical Practice Guideline"	<a href="https://www.kidney.org">https://www.kidney.org</a>
4. <b>Blood Tests for Liver Functions</b>	BMJ Journals - "Evaluation of abnormal liver function tests", Volume 79, Issue 932 AASLD practice guidelines developed by a panel of experts	<a href="https://pmj.bmj.com">https://pmj.bmj.com</a> <a href="https://www.aasld.org">https://www.aasld.org</a>
5. <b>Blood Tests For Thyroid Functions</b>	American Thyroid Association	<a href="https://www.thyroid.org">https://www.thyroid.org</a>
6. <b>Blood Tests For Hematology Functions</b>	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. <b>General Reference</b>	Lab Tests Online	<a href="https://labtestsonline.org">https://labtestsonline.org</a>
8. <b>Nutrition</b>	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	<a href="https://www.nhp.gov.in">https://www.nhp.gov.in</a> <a href="https://www.ahajournals.org">https://www.ahajournals.org</a> <a href="https://www.heart.org">https://www.heart.org</a> <a href="https://www.who.int">https://www.who.int</a> <a href="https://european-nutrition.org">https://european-nutrition.org</a> <a href="https://health.gov">https://health.gov</a> <a href="https://www.heart.org/nutrition">https://www.heart.org/nutrition</a> <a href="https://academic.oup.com/nutritionreviews">https://academic.oup.com/nutritionreviews</a>

 For certain parameters like Blood glucose, Cholesterol, etc. international standard reference ranges, driven by international clinical guidelines, are used and hence can be different from the lab reference ranges you see in your lab report

## Important Instructions

- The Courts/Forum at Delhi shall have exclusive jurisdiction in all disputes/claims concerning the test(s) & or results of test(s).
- Report delivery may be delayed due to unforeseen circumstances.