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ACCREDITED



Booking ID : 17788598730

Sample Collection Date : 14/Apr/2026

Ashok Kumar Verma

Male, 70 Yrs

A Comprehensive Health Analysis Report

AI Based Personalized Report for You



INDIA'S FIRST & ONLY CREDIBILITY CHECK FOR YOUR LAB REPORT

Check the authenticity of your lab report with machine data

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HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Ashok Kumar Verma

Booking ID : 17788598730 | Sample Collection Date : 14/Apr/2026

Ashok Kumar Verma ,

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

65

Out of 100

*Calculated from test reports



Thyroid Function

Thyroid Stimulating Hormone (TSH) - Ultrasensitive : 99.64 μ IU/mL

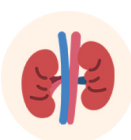
● Concern



Cholesterol Total

184.2 mg/dl

● Everything looks good



Kidney Function

Serum Creatinine : 4.15 mg/dl

● Concern



Vitamin D

11.1 ng/ml

● Concern



HbA1c

9.2 %

● Concern



Vitamin B12

>2100 pg/ml

● Concern



Liver Function

Alanine Aminotransferase (ALT/SGPT) : 12.2 U/L

● Everything looks good



Calcium Total

9 mg/dl

● Everything looks good



Iron studies

Serum Iron : 73.1 μ g/dl

● Everything looks good



Complete Hemogram

Haemoglobin (HB) : 7.5 g/dL

● Concern





New Features

Report Summary

Ashok Kumar Verma

Booking ID 17788598730 | Sample Collection Date: 14/Apr/2026

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.

Here is a summary of your recent health test results and some general suggestions.

Summary of Your Health Test Results

Dear Ashok Kumar Verma,

Thank you for sharing your recent health test results. I've reviewed them and want to assure you that we can work together to understand these findings. It's completely normal to have some values that fall outside the typical range, and our goal is to address these in a way that supports your overall well-being.

Your results indicate a few areas that warrant attention. We see some findings related to your blood counts, which suggest a need to look into factors affecting your red blood cells and overall blood composition. There are also indications that your body's sugar regulation might need some adjustment, and your cholesterol levels are also showing some deviations from the ideal.

Additionally, your kidney function appears to be under some strain, and your thyroid hormone levels are not within the expected range. We also noted some markers that suggest potential inflammation and a need to assess your bone health and heart markers.

Please remember that these results are a snapshot in time, and many factors can influence them. We will focus on understanding the underlying causes and developing a plan to help you feel your best.

Suggestions for Your Health

Here are some general suggestions to consider based on your results:

- Focus on Nutrition and Hydration:** Ensuring a balanced diet rich in essential vitamins and minerals is crucial. This includes incorporating foods that support healthy blood cell production and bone health. Staying well-hydrated is also important for overall bodily functions, including kidney health.
- Gentle Physical Activity:** Engaging in regular, moderate physical activity can be beneficial for managing blood sugar, improving cholesterol profiles, and supporting cardiovascular health. It's always a good idea to start slowly and gradually increase intensity as you feel comfortable.
- Stress Management and Rest:** Chronic stress can impact various bodily systems. Exploring relaxation techniques such as deep breathing exercises, mindfulness, or engaging in hobbies you enjoy can be helpful. Prioritizing adequate sleep is also vital for recovery and overall health.
- Regular Monitoring and Follow-up:** It's important to keep your healthcare provider informed about how you are feeling and to have regular check-ins. This allows for ongoing assessment and adjustments to your health plan as needed.

Patient Name	: Ashok Kumar Verma	Barcode	: E4850314	
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 15/Apr/2026 08:39AM	
Referred By	: Self	Report Generated On	: 15/Apr/2026 02:50PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

DEPARTMENT OF CARDIAC MARKER

Test Name	Value	Unit	Bio. Ref Interval
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NT-ProBNP (N-Terminal Pro-Beta Natriuretic Peptide)

NT-PRO BNP	13,591.00	pg/mL	<800
Method: CLIA			
Machine: Snibe-Maglumi X6			

Test Interpretation

N-terminal pro-B-type natriuretic peptide (NT-proBNP):

N-terminal pro-B-type natriuretic peptide is a peptide produced by the heart and released into the bloodstream in response to changes in pressure and volume within the heart. It's a byproduct of BNP, a hormone also released by the heart, and is used as a marker to assess heart health and diagnose conditions like heart failure.

Uses :

- Screening and diagnosis of CHF
- Diagnosis of Left ventricular dysfunction
- Determination of severity of CHF
- Used in differential diagnosis of dyspnea

Increased in :

- Heart failure
- Left ventricular dysfunction
- Renal impairment
- Coronary artery disease
- Valvular disease
- Arrhythmias
- Brain injury
- Anemia
- Sepsis and shock

Limitations

- Routine blood BNP or NT- pro BNP testing is not justified for determining specific therapy for patients with chronic or acute heart failure.
- Age and exercise also increases NTProBNP levels.
- Obesity decreases NT ProBNP levels.

Note :Please note change in Biological Reference Interval for this parameter .



Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



SIN No:E4850314

Patient Name	: Ashok Kumar Verma	Barcode	: E4850314
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:25AM
Referred By	: Self	Report Generated On	: 14/Apr/2026 02:39PM
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓
Sample Type	: EDTA Plasma	Report Status	: Partial Report

DEPARTMENT OF BIOCHEMISTRY HBA1C

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Test Name	Value	Unit	Bio. Ref Interval
HbA1c - Glycosylated Hemoglobin			
Hba1c (Glycosylated Hemoglobin)	9.20	%	4.4 - 5.7
Method: HPLC			
Average Estimated Glucose - plasma	217.34		
Method: Calculated			

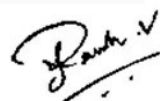
INTERPRETATION:

AS PER AMERICAN DIABETES ASSOCIATION (ADA):

REFERENCE GROUP	GLYCOSYLATED HEMOGLOBIN (Hba1c) in %
Non diabetic	<5.7
At Risk (Prediabetes)	5.7 – 6.4
Diagnosing Diabetes	>= 6.5
	Age > 19 Years
	Goals of Therapy: < 7.0
	Actions Suggested: >8.0
	Age < 19 Years
Therapeutic goals for glycemic control	Goal of therapy: <7.5

REMARKS :

- HbA1c is used for monitoring diabetic control. It reflects the mean plasma glucose over three months.
 - 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.
 - HbA1C may be increased in patients with polycythemia or post-splenectomy.
 - Trends in HbA1c are a better indicator of diabetic control than a solitary test.
 - Any sample with >15% HbA1C should be suspected of having a hemoglobin variant, especially in a non-diabetic patients
 - HbA1c target in pregnancy is to attain level <6 % .
 - HbA1c target in pediatric 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



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MBBS, MD PATHOLOGY
HEALTHIANS LABS



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Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 10:54AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 12:35PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Sodium Fluoride	Report Status	: Partial Report	

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Test Name	Value	Unit	Bio. Ref Interval
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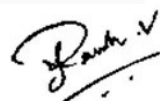
Fasting Blood Sugar

Glucose, Fasting	54.1	mg/dl	70 - 100
Method: Hexokinase			
Machine: BECKMAN DXC 700AU			

American Diabetes Association Reference Range :

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

Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis
 A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death). A low blood glucose level (hypoglycemia) may be seen with: Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation.



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Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:09AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 12:45PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

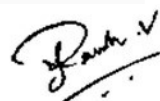
DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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Potassium - Serum

Serum Potassium	5.08	mmol/L	3.5 - 5.5
Method: ISE (Indirect)			
Machine: BECKMAN DXC 700AU			

Potassium is a primary intracellular ion, only 2 % is extracellular, high intracellular concentration is maintained by a Na- K ATPase pump, which continuously transports potassium into the cell against a concentration gradient. The pump is a critical factor in maintaining and adjusting the ionic gradients, on which nerve impulse transmission and contractility of cardiac and skeletal muscle depends. In acidemia, potassium moves out of the cells, in alkalemia, potassium moves into the cells. Hypokalemia inhibits aldosterone production and hyperkalemia stimulates aldosterone production.



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SIN No:E4850314

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

40C-301, The Summit, 3rd A Main, 4th B Cross East of NGEF BDA Layout (Kasturi Nagar East), Ramamurthy Nagar Main Road, Bengaluru, Karnataka-560016.
(NABL Accreditation Certificate No. MC-4391)

Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Serum

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:09AM
Report Generated On : 14/Apr/2026 12:45PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

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Test Name	Value	Unit	Bio. Ref Interval
Liver Function Test (LFT)			
Serum Bilirubin, (Total) Method: Diazo Machine: BECKMAN DXC 700AU	0.50	mg/dl	0.3 - 1.2
Serum Bilirubin, (Direct) Method: Diazo Machine: BECKMAN DXC 700AU	0.08	mg/dl	0 - 0.2
Serum Bilirubin, (Indirect) Method: Calculated	0.42	mg/dl	0.0 - 0.8
Aspartate Aminotransferase (AST/SGOT) Method: IFCC Machine: BECKMAN DXC 700AU	25.80	U/L	3- 50
Alanine Aminotransferase (ALT/SGPT) Method: IFCC Machine: BECKMAN DXC 700AU	12.2	U/L	3 - 50
Alkaline Phosphatase (ALP) Method: IFCC AMP Buffer Machine: BECKMAN DXC 700AU	81.00	U/L	43-115
Gamma Glutamyl Transferase (GGT) Method: IFCC Machine: BECKMAN DXC 700AU	10.7	U/L	5 -55
Serum Total Protein Method: Biuret Machine: BECKMAN DXC 700AU	6.54	g/dl	6.6 - 8.3
Serum Albumin Method: Bromo Cresol Green(BCG) Machine: BECKMAN DXC 700AU	3.61	g/dl	3.5 - 5.2
Serum Globulin Method: Calculated	2.93	gm/dl	2.0 - 3.5
Albumin/Globulin Ratio Method: Calculated	1.23	Ratio	1.2 - 2.0
SGOT/SGPT Ratio Method: Calculated	2.11	Ratio	0.7 - 1.4

Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels results from increased bilirubin production (eg hemolysis and ineffective erythropoiesis); decreased bilirubin excretion (eg; obstruction and hepatitis); and abnormal bilirubin metabolism (eg; hereditary and neonatal jaundice). Conjugated (direct) bilirubin is elevated more than unconjugated (indirect) bilirubin in viral hepatitis; drug reactions, alcoholic liver disease conjugated (direct) bilirubin is also elevated more than unconjugated (indirect) bilirubin when there is some kind of blockage of the bile ducts like in Gallstones getting into the bile ducts tumors

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Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:09AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 12:45PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

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Test Name	Value	Unit	Bio. Ref Interval
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&Scarring of the bile ducts. Increased unconjugated (indirect) bilirubin may be a result of hemolytic or pernicious anemia, transfusion reaction & a common metabolic condition termed Gilbert syndrome.

AST levels increase in viral hepatitis, blockage of the bile duct, cirrhosis of the liver, liver cancer, kidney failure, hemolytic anemia, pancreatitis, hemochromatosis. AST levels may also increase after a heart attack or strenuous activity. ALT is commonly measured as a part of a diagnostic evaluation of hepatocellular injury, to determine liver health. Elevated ALP levels are seen in Biliary Obstruction, Osteoblastic Bone Tumors, Osteomalacia, Hepatitis, Hyperparathyroidism, Leukemia, Lymphoma, Paget's disease, Rickets, Sarcoidosis etc.

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

Please note that there is a change in the Biological Reference Interval for Alkaline Phosphatase (ALP) parameter. (Dated: 12.02.2026).

Dr. Ramesh Vishwanath

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Patient Name	: Ashok Kumar Verma	Barcode	: E4850314	
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:32AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 01:36PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Urine	Report Status	: Partial Report	

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Test Name	Value	Unit	Bio. Ref Interval
MICROALBUMIN /CREATININE RATIO - (Random)			
MICROALBUMIN (MAU)- URINE Method: Turbidimetric Inhibition IA Machine: BECKMAN DXC 700AU	972.7	mg/L	< 30
Urine Creatinine Method: Jaffes Kinetic Machine: BECKMAN DXC 700AU	41	mg/dL	22 - 328
Microalbumin/Creatinine Ratio	2,372.44	mg/g	Normal : < 30 Microalbuminuria :30 - 300 Clinical Albuminuria: >300

Note: MICROALBUMIN (MAU)- URINE value is reassayed with dilution. Kindly correlate clinically.

American Diabetes Association Definition of Microalbuminuria

CATEGORY	MICROALBUMIN 24 HOUR URINE (mg / 24 hour)	MICROALBUMIN (MAU) /CREATININE RATIO (mg / g of creatinine)
NORMAL	< 30	< 30
MICROALBUMINURIA	30- 300	30- 300
CLINICAL ALBUMINURIA	> 300	> 300

The reference interval for spot urine creatinine in:

Male- 14-26 mg/kg/day

Female- 11-20 mg/kg/day

Measurement of the urine albumin-to-creatinine ratio is recommended by the American Diabetes Association to screen for microalbuminuria.

Increased excretion of albumin (microalbuminuria) is a predictor of future development of clinical renal disease in patients with hypertension or DM.

Microalbuminuria may be seen transiently during pregnancy, after exercise, and with protein loading, hyperglycemia, fever, and urinary tract infections. There is also day-to-day, as well as diurnal, variation in albumin excretion. Hence, it is important to base treatment on the results of several tests. Vigorous exercise can cause a transient increase in albumin excretion. Patients should refrain from vigorous exercise in the 24 hours prior to the test.



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Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : SERUM

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:09AM
Report Generated On : 14/Apr/2026 12:45PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

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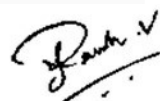
Test Name	Value	Unit	Bio. Ref Interval
Iron study			
Serum Iron Method: TPTZ Machine: BECKMAN DXC 700AU	73.1	ug/dl	70 - 180
UIBC Method: Nitroso-PSAP Machine: BECKMAN DXC 700AU	189.60	ug/dl	155 - 355
Serum Total Iron Binding Capacity (TIBC) Method: Calculated	262.7	µg/dl	250 - 400
Transferrin Saturation % Method: Calculated	27.83	%	10 - 50

Iron participates in a variety of vital processes in the body varying from cellular oxidative mechanisms to the transport and delivery of oxygen to body cells. It is a constituent of the oxygen-carrying chromoproteins, haemoglobin and myoglobin, as well as various enzymes, such as cytochrome oxidase and peroxidases.

Serum iron may be increased in hemolytic, megaloblastic and aplastic anemias, and in hemochromatosis acute leukemia, lead poisoning, pyridoxine deficiency, thalassemia, excessive iron therapy, and after repeated transfusions. Drugs causing increased serum iron include chloramphenicol, cisplatin, estrogens (including oral contraceptives), ethanol, iron dextran, and methotrexate. Iron can be decreased in iron-deficiency anemia, acute and chronic infections, carcinoma, nephrotic syndrome hypothyroidism, in protein-calorie malnutrition and after surgery. Diurnal variation is seen in serum iron levels with normal values obtained in the midmorning, low values in midafternoon and very low values near midnight.

TIBC measures the blood's capacity to bind iron with transferrin (TRF). Estrogens and oral contraceptives increase TIBC levels. Asparaginase, chloramphenicol, corticotropin, cortisone, and testosterone decrease the TIBC levels.

Transferrin is the primary plasma iron transport protein, which binds iron strongly at physiological pH. Transferrin is generally only 25% to 30% saturated with iron. The additional amount of iron that can be bound is the unsaturated iron-binding capacity (UIBC). Transferrin saturation represents the number of iron-binding sites that are occupied. It is a better index of iron stores than serum iron alone. Transferrin saturation is decreased in iron deficiency anemia (usually <10% in established deficiency).



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Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Serum

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:09AM
Report Generated On : 14/Apr/2026 01:36PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

DEPARTMENT OF BIOCHEMISTRY

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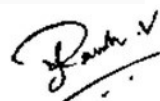
Test Name	Value	Unit	Bio. Ref Interval
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Kidney Function Test Advance

Serum Creatinine Method: Jaffes Kinetic Machine: BECKMAN DXC 700AU	4.15	mg/dl	0.7 - 1.3
GFR, ESTIMATED Method: Calculated (CKD-EPI)	14.68	mL/min/1.73m2	
Serum Uric Acid Method: Uricase Machine: BECKMAN DXC 700AU	7.7	mg/dl	3.5-7.2
Serum Calcium Method: Arsenazo Machine: BECKMAN DXC 700AU	9.0	mg/dl	8.8 - 10.6
Serum Phosphorus Method: Phosphomolybdate complex Machine: BECKMAN DXC 700AU	5.1	mg/dl	2.5 - 4.5
Serum Sodium Method: ISE (Indirect) Machine: BECKMAN DXC 700AU	145	mmol/L	136 - 146
Serum Chloride Method: ISE (Indirect) Machine: BECKMAN DXC 700AU	115	mmol/L	101 - 109
Blood Urea Method: Urease Machine: BECKMAN DXC 700AU	118.8	mg/dl	17 - 43
Blood Urea Nitrogen (BUN) Method: Calculated	55.5	mg/dl	7.92 - 20.03
Bun/Creatinine Ratio Method: Calculated	13.38	Ratio	
Urea/Creatinine Ratio Method: Calculated	28.63	Ratio	

The kidneys play a vital role in the excretion of waste products and toxins such as urea, creatinine and uric acid, regulation of extracellular fluid volume, serum osmolality and electrolyte concentrations, as well as the production of hormones like erythropoietin and 1,25 dihydroxy vitamin D and renin. Assessment of renal function is important in the management of patients with kidney disease or pathologies affecting renal function. Tests of renal function have utility in identifying the presence of renal disease, monitoring the response of kidneys to treatment, and determining the progression of renal disease.

Urea is synthesized in the liver as the final product of protein and amino acid metabolism. Urea synthesis is therefore dependent on daily protein intake and endogenous protein metabolism.



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Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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Creatinine is a metabolic product of creatine and phosphocreatine, which are both found almost exclusively in muscle.

Uric Acid is the major product of purine catabolism in humans. Uric acid levels are used to monitor the treatment of gout.

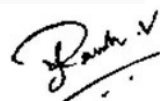
Measurement of calcium is used in the diagnosis and treatment of parathyroid disease, a variety of bone diseases, chronic renal disease, urolithiasis and tetany. Phosphorus levels are increased in acute or chronic renal failure with decreased GFR.

Sodium is an electrolyte, and it helps regulate the amount of water in and around the cells & the balance of chemicals in the body called acids and bases.

Chloride is a negatively charged ion that works with other electrolytes such as potassium, sodium, and bicarbonate, to help regulate the amount of fluid in the body and maintain the acid-base balance.

EGFR-National kidney Disease Education program recommends the use of MDRD equation to predict/ estimate GFR in adults (≥ 20 years) with Chronic kidney disease. Calculated by serum creatinine may be less accurate due to certain factor like race muscle mass, diet and certain drugs in such case EGFR should be calculated using serum cystatin C.

Age (Years)	Male ML/min/1.73m ²	Female ML/min/1.73m ²
17-24	93-131	—
25-34	78-146	—
35-44	74-138	65-123
45-54	74-129	58-110
55-64	69-122	50-110
65-74	61-114	46-105
75-84	52-102	48-85



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Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Serum

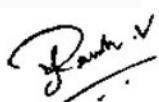
Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:09AM
Report Generated On : 14/Apr/2026 01:36PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
Lipid Profile			
Total Cholesterol Method: Enzymatic Machine: BECKMAN DXC 700AU	184.2	mg/dl	Desirable : <200 Borderline: 200-239 High : >=240
Serum Triglycerides Method: Enzymatic Machine: BECKMAN DXC 700AU	115.1	mg/dl	Desirable : <150 Borderline high : 150-199 High : 200-499 Very high : >= 500
Serum HDL Cholesterol Method: Enzymatic immuno inhibition Machine: BECKMAN DXC 700AU	40.6	mg/dl	40 - 60
LDL Cholesterol Calculated Method: Calculated	120.58	mg/dl	Optimal : <100 near /above Optimal:100 - 129 Borderline High: 130- 159 High : 160 - 189 Very High :>=190
VLDL Cholesterol Calculated Method: Calculated	23.02	mg/dl	<30
Total CHOL / HDL Cholesterol Ratio Method: Calculated	4.54	Ratio	3.30 - 4.40
LDL / HDL Cholesterol Ratio Method: Calculated	2.97	Ratio	Desirable/Low Risk: 0.5-3.0 Line/Moderate Risk: 3.0-6.0 Elevated/High Risk: >6.0
HDL / LDL Cholesterol Ratio Method: Calculated	0.34	Ratio	Optimal->0.4 Moderate-0.4 to 0.3 High-<0.3
Non-HDL Cholesterol Method: Calculated	143.6	mg/dl	0.0 - 160.0

Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency. Dyslipidemias means increase in the level of one or more of the following: Total Cholesterol, low density lipoprotein (LDL) and/or triglyceride concentrations. Dyslipidemia also includes a decrease in the "good" cholesterol or high-density lipoprotein (HDL) concentration in the blood. Cholesterol is a steroid carried in the bloodstream as lipoprotein, necessary for cell membrane functioning and as a precursor to bile acids,


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MBBS, MD PATHOLOGY
HEALTHIANS LABS



Patient Name	: Ashok Kumar Verma	Barcode	: E4850314	
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:09AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 01:36PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

DEPARTMENT OF BIOCHEMISTRY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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progesterone ,vitamin D ,estrogens ,glucocorticoids and mineralocorticoids.

HDL is termed "good cholesterol" because its levels are inversely related to the risk of Coronary heart disease.

LDL cholesterol is termed the "bad cholesterol" and their increased levels are associated with increased risk of atherosclerosis and coronary heart disease.

Lipid level assessments must be made following 9 to 12 hours of fasting, otherwise assay results might lead to erroneous interpretation. Healthians labs report biological reference intervals (normal ranges) in accordance with the recommendations of The National Cholesterol Education Program (NCEP) & Adult Treatment Panel IV (ATP IV) guidelines providing the most desirable targets of various circulating lipid fractions in the blood. NCEP recommends that all adults above 20 years of age must be screened for abnormal lipid levels.

Ramesh V

DR RAMESH VISHWANATH
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HEALTHIANS LABS



Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Urine

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:43AM
Report Generated On : 14/Apr/2026 02:10PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

DEPARTMENT OF CLINICAL PATHOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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Urine Routine & Microscopy Extended

PHYSICAL EXAMINATION

Colour	Yellow		Pale Yellow
Method: Visual			
Volume	20.00	mL	
Method: Visual			
Appearance	Clear		Clear
Method: Visual			

CHEMICAL EXAMINATION

Specific Gravity	1.020		1.001 - 1.035
Method: Dipstick-Ion exchange			
Machine: Urine Analyzer(URI-PLUS600)			
pH	5.0		4.5 - 7.5
Method: Automated/ strip Dipstick-Double indicator			
Machine: Urine Analyzer(URI-PLUS600)			
Glucose	Negative		Negative
Method: Automated/ strip Dipstick-oxidase peroxidase			
Machine: Urine Analyzer(URI-PLUS600)			
Urine Protein	3+		Negative
Method: Automated/ strip Dipstick-Bromophenol blue			
Machine: Urine Analyzer(URI-PLUS600)			
Ketones	Negative		Negative
Method: Automated/ strip Sodium nitroprusside			
Machine: Urine Analyzer(URI-PLUS600)			
Urobilinogen	Normal		Normal
Method: Automated/ strip Dipstick-Ehrlichs Test			
Machine: Urine Analyzer(URI-PLUS600)			
Bilirubin	Negative		Negative
Method: Automated / strip (Diazonium salt)/ Fouchets test			
Machine: Urine Analyzer(URI-PLUS600)			
Nitrite	Negative		Negative
Method: Automated/ strip Dipstick-Griess test			
Machine: Urine Analyzer(URI-PLUS600)			
Blood	Nil		Nil
Method: Automated/ strip Dipstick-Peroxidase			

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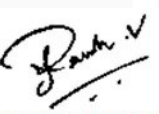
Patient Name	: Ashok Kumar Verma	Barcode	: E4850314	
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:43AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 02:10PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Urine	Report Status	: Partial Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
Machine: Urine Analyzer(URI-PLUS600)			
Leucocyte Esterase	Negative		Nil
Method: Dipstick- Esterase			
Machine: Urine Analyzer(URI-PLUS600)			
MICROSCOPIC EXAMINATION			
Pus Cells	5-7	/HPF	0 - 5
Method: Microscopy			
Epithelial cells	3-4	/HPF	0 - 5
Method: Microscopy			
RBCs	Nil	/HPF	Nil
Method: Microscopy			
Casts	Nil		Nil
Method: Microscopy			
Crystals	Nil		Nil
Method: Microscopy			
Bacteria	Absent		Absent
Method: Microscopy			
Yeast Cell	Nil		
Others (Non Specific)	Nil		
Method: Microscopy			

Note:Urine R/M were verified manually. Kindly correlate clinically


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Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Whole Blood EDTA

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:25AM
Report Generated On : 14/Apr/2026 02:53PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

DEPARTMENT OF HAEMATOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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Complete Blood Count

Haemoglobin (HB)	7.5	g/dL	13.0-17.0
Method: Spectrophotometry			
Machine: Yumizen H2500			
Total Leucocyte Count (TLC)	8.1	10 ³ /uL	4.0-10.0
Method: Impedance			
Machine: Yumizen H2500			
Hematocrit (PCV)	23.5	%	40.0-50.0
Method: Calculated			
Machine: Yumizen H2500			
Red Blood Cell Count (RBC)	2.64	10 ⁶ /μl	4.50-5.50
Method: Impedance			
Machine: Yumizen H2500			
Mean Corp Volume (MCV)	88.8	fL	83.0-101.0
Method: Derived from RBC Histogram			
Machine: Yumizen H2500			
Mean Corp Hb (MCH)	28.6	pg	27.0-32.0
Method: Calculated			
Machine: Yumizen H2500			
Mean Corp Hb Conc (MCHC)	32.2	g/dL	31.5-34.5
Method: Calculated			
Machine: Yumizen H2500			
RDW - CV	18.8	%	11.6-14.0
Method: Derived from RBC Histogram			
Machine: Yumizen H2500			
RDW - SD	47.70	fL	39.0-46.0
Method: Derived from RBC Histogram			
Machine: Yumizen H2500			
Mentzer Index	33.64	Ratio	
Method: Calculated			
RDWI	632.36	Ratio	
Method: Calculated			
Green and king index	198	Ratio	
Method: Calculated			

Differential Leucocyte Count



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MBBS, MD PATHOLOGY
HEALTHIANS LABS



Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Whole Blood EDTA

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:25AM
Report Generated On : 14/Apr/2026 02:53PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

DEPARTMENT OF HAEMATOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
Neutrophils Method: Flow-Cytometry DHSS Machine: Yumizen H2500	63.2	%	40 - 80
Lymphocytes Method: Flow-Cytometry DHSS Machine: Yumizen H2500	11.2	%	20-40
Monocytes Method: Flow-Cytometry DHSS Machine: Yumizen H2500	5.8	%	02 - 10
Eosinophils Method: Flow-Cytometry DHSS Machine: Yumizen H2500	19.5	%	01 - 06
Basophils Method: Impedance Machine: Yumizen H2500	0.3	%	00 - 02
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC) Method: Calculated	5.13	10 ³ /uL	2.0-7.0
Absolute Lymphocyte Count (ALC) Method: Calculated	0.91	10 ³ /uL	1.4 - 3.5
Absolute Monocyte Count Method: Calculated	0.47	10 ³ /uL	0.20 - 1.00
Absolute Eosinophil Count (AEC) Method: Calculated	1.58	10 ³ /uL	0.04 - 0.44
Absolute Basophil Count Method: Calculated	0.02	10 ³ /uL	0 - 0.10
Platelet Count(PLT) Method: Impedance Machine: Yumizen H2500	127	10 ³ /μl	150-410
MPV Method: Derived from PLT Histogram Machine: Yumizen H2500	12.0	fL	7 - 9

NOTE: DIFFERENTIAL COUNT RECHECKED. ADVISED CLINICAL CORRELATION.


DR RAMESH VISHWANATH
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Patient Name	: Ashok Kumar Verma	Barcode	: E4850314	
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:25AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 02:53PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	Report Status	: Partial Report	

DEPARTMENT OF HAEMATOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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The International Council for Standardization in Haematology (ICSH) recommends reporting of absolute counts of various WBC subsets for clinical decision making. 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.

Green and King Index used to differentiate IDA from thalassemia trait value >65 is likely to be Iron Deficiency Anemia and value <65 Beta Thalassemia Trait. For RDWI Value >220 more likely to be Iron Deficiency Anemia and value <220 more likely to be Beta Thalassemia Trait.



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Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Serum

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 14/Apr/2026 11:09AM
Report Generated On : 14/Apr/2026 02:10PM
Sample Temperature : Maintained ✓
Report Status : Partial Report

DEPARTMENT OF IMMUNOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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Vitamin B12

VITAMIN B12	>2100	pg/ml	222 - 1439
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Method: CLIA

Machine: UniCel DxI 800

Vitamin B12 deficiency frequently causes macrocytic anemia, glossitis, peripheral neuropathy, weakness, hyperreflexia, ataxia, loss of proprioception, poor coordination, and affective behavioral changes. A significant increase in RBC MCV may be an important indicator of vitamin B12 deficiency.

Patients taking vitamin B12 supplementation may have misleading results. A normal serum concentration of B12 does not rule out tissue deficiency of vitamin B12. The most sensitive test for B12 deficiency at the cellular level is the assay for MMA. If clinical symptoms suggest deficiency, measurement of MMA and homocysteine should be considered, even if serum B12 concentrations are normal.

Please note change in Biological Reference interval.

Vitamin D, 25-Hydroxy

VITAMIN D (25 - OH VITAMIN D)	11.10	ng/ml	30 - 100
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Method: CLIA

Machine: UniCel DxI 800

Biological Reference Ranges:

Deficiency	Below 20 ng/ml
Insufficiency	20 - 30 ng/ml
Sufficiency	30 - 100 ng/ml
Toxicity	Above 100 ng/ml.

The assay measures both D2 (Ergocalciferol) and D3 (Cholecalciferol) metabolites of vitamin D. Vitamin D status is best determined by measurement of 25 hydroxy vitamin D, as it is the major circulating form and has longer half life (2-3 weeks) than 1,25 Dihydroxy vitamin D (5-8 hrs).

The reference ranges discussed in the preceding are related to total 25-OHD; as long as the combined total is 30 ng/mL or more, the patient has sufficient vitamin D. Levels needed to prevent rickets and osteomalacia (15 ng/mL) are lower than those that dramatically suppress parathyroid hormone levels (20–30 ng/mL). In turn, those levels are lower than levels needed to optimize intestinal calcium absorption (34 ng/mL). Neuromuscular peak performance is associated with levels approximately 38 ng/mL.

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Patient Name : Ashok Kumar Verma
Age/Gender : 70Y 0M 0D /Male
Order Id : 17788598730
Referred By : Self
Customer Since : 14/Apr/2026
Sample Type : Serum

Barcode : E4850314
Sample Collected On : 14/Apr/2026 06:35AM
Sample Received On : 15/Apr/2026 08:39AM
Report Generated On : 15/Apr/2026 09:57AM
Sample Temperature : Maintained ✓
Report Status : Partial Report

DEPARTMENT OF IMMUNOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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Intact Parathyroid Hormone (iPTH)

Intact Parathyroid Hormone (iPTH)	170.30	pg/ml	18.5 - 88.0
Method: CLIA			
Machine: Siemens Atellica IM1300			

Clinical Use:

- Differential diagnosis of hyperparathyroidism & hypoparathyroidism
- Very sensitive in detecting PTH suppression by 1,25-dihydroxyvitamin D; therefore used for monitoring that treatment of chronic renal failure

Increased in:

- Primary and secondary hyperparathyroidism
- Pseudohypoparathyroidism
- Familial Medullary thyroid carcinoma
- Zollinger Ellison syndrome
- MEN types I, IIA and IIb

Preeti

Dr. Preeti
MBBS, MD Biochemistry
Consultant Biochemist
DMC - 97534, Healthians Labs



SIN No:E4850314



Patient Name	: Ashok Kumar Verma	Barcode	: E4850314
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:09AM
Referred By	: Self	Report Generated On	: 14/Apr/2026 02:53PM
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Partial Report

DEPARTMENT OF IMMUNOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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Thyroid Profile (Total T3, T4, TSH)

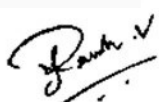
Tri-Iodothyronine (T3, Total)	0.39	ng/ml	0.87 - 1.78
Method: CLIA			
Machine: UniCel DxI 800			
Thyroxine (T4, Total)	3.02	ug/dl	5.48-14.28
Method: CLIA			
Machine: UniCel DxI 800			
Thyroid Stimulating Hormone (TSH)-Ultrasensitive	99.636	μIU/mL	0.38 - 5.33
Method: CLIA			
Machine: UniCel DxI 800			

Note: TSH value are reassayed with dilution. Kindly correlate clinically. Advice : Anti TPO & Anti thyroglobulin.

Pregnancy interval	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 - 3.0

Healthians recommends that the following potential sources of variation should be considered while interpreting thyroid hormone results:

1. Thyroid hormones undergo rhythmic variation within the body this is called circadian variation in TSH secretion: Peak levels are seen between 2-4 AM. Minimum levels seen between 6-10 AM. This variation may be as much as 50% thus, influence of sampling time needs to be considered for clinical interpretation.
2. Circulating forms of T3 and T4 are mostly reversibly bound with Thyroxine binding globulins (TBG), and to a lesser extent with albumin and Thyroid binding Pre-Albumin. Thus the conditions in which TBG and protein levels alter such as chronic liver disorders, pregnancy, excess of estrogens, androgens, anabolic steroids and glucocorticoids may cause misleading total T3, total T4 and TSH interpretations.
3. Total T3 and T4 levels are seen to have physiological rise during pregnancy and in patients on steroid treatment.
4. T4 may be normal even in the presence of hyperthyroidism under the following conditions : T3 thyrotoxicosis, Hypoproteinemia related reduced binding, during intake of certain drugs (eg Phenytoin, Salicylates etc)
5. Neonates and infants have higher levels of T4 due to increased concentration of TBG
6. TSH levels may be normal in central hypothyroidism, recent rapid correction of hypothyroidism or hyperthyroidism, pregnancy, phenytoin therapy etc.
7. TSH values of <0.03 uIU/mL must be clinically correlated to evaluate the presence of a rare TSH variant in certain individuals which is undetectable by conventional methods.
8. Presence of Autoimmune disorders may lead to spurious results of thyroid hormones.
9. Various drugs influence the levels of thyroid hormones such as L-Dopa, Lithium, Glucocorticoids, Phenytoin etc.
10. Healthians recommends evaluation of unbound fractions, that is free T3 (fT3) and free T4 (fT4) for clinic-pathologic correlation, as these are the metabolically active forms.


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MBBS, MD PATHOLOGY
HEALTHIANS LABS



Patient Name	: Ashok Kumar Verma	Barcode	: E4850314	
Age/Gender	: 70Y 0M 0D /Male	Sample Collected On	: 14/Apr/2026 06:35AM	
Order Id	: 17788598730	Sample Received On	: 14/Apr/2026 11:09AM	
Referred By	: Self	Report Generated On	: 14/Apr/2026 02:53PM	
Customer Since	: 14/Apr/2026	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

DEPARTMENT OF IMMUNOLOGY

Healthy India 2026 Full Body Checkup Advance Plus

Test Name	Value	Unit	Bio. Ref Interval
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***** End Of Report *****

Result's to follow-Protein Electrophoresis -Serum

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HEALTHIANS LABS



Terms & Conditions:

- 1) Machine Data is available for last 7 days only. In case of manual testing & outsourced testing, machine data will not be available.
- 2) CBC parameters may vary when it is manually reviewed by the Pathologists.
- 3) **For Thyroid tests** - Circulating TSH shows a normal circadian rhythm with a peak between 11pm-5am and a nadir between 5pm-8pm. TSH values are also lowered after food when compared to fasting in a statistically significant manner. This variation is of the order of $\pm 50\%$, hence time of day and fasting status have influence on the reported TSH level.
- 4) **For Lipid profile** - Lipid and Lipoprotein concentrations vary during the normal course of daily activity. Also, certain drugs, diet and alcohol can have lasting effects on Triglyceride levels. To obtain best results for Lipid testing, a strict fasting of 10-12 hours with a light meal on the previous night is recommended.
- 5) Test results released pertain to the specimen submitted.
- 6) Test results are dependent on the quality of the sample received by the Lab.
- 7) The tests are carried out in the lab with the presumption that the specimen belongs to the patient named or identified in the bill/test request form/booking ID.
- 8) The reported results are for information and are subject to confirmation and interpretation by the referring doctor to co-relate clinically.
- 9) Test results may show interlaboratory variations.
- 10) Liability of Healthians for deficiency of services or other errors and omissions shall be limited to the fee paid by the patient for the relevant laboratory services.
- 11) This report is not subject to use for any medico-legal purposes.
- 12) Few of the tests might be outsourced to partner labs as and when required.
- 13) This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- 14) All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- 15) This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- 16) It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- 17) Authorised partner labs as mentioned for certain tests are as below:
 - HL/PL/001- Metropolis Healthcare Ltd
 - HL/PL/002- Thyrocare technologies Limited
 - HL/PL/003- Lifecell International Pvt. Ltd. - Laboratory Services
 - HL/PL/004- Modern Diagnostic & Research Centre

ADVISORY

Health Advisory

Ashok Kumar Verma

Booking ID : 17788598730 | Sample Collection Date : 14/Apr/2026

19.07 Body Mass Index

5'1" Height (ft/in)

47 Weight (kgs.)



Physical Activity

No Data



Smoke

No Data



Food Preference

No Data



Alcohol

No Data



Medication

No Data



Family History

No Data



Blood Pressure

No Data



Pulse Rate

No Data



Waist (In Cm)

0cm



Hip Circumference (In Cm)

No Data



SPO2 Levels

No Data



Sugar Levels

No Data

Additional Remarks :

NA

SUGGESTED NUTRITION

SUGGESTED NUTRITION

Do's

- Include seeds like flaxseeds, chia seeds, sunflower seeds
- Include fruits like apples, berries and melons in your diet
- Choose low carb veggies like onions, tomatoes, beans, sprouts and green leafy vegetables
- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Take a fiber rich diet that includes fruits, vegetables, seeds and whole grains
- Include whole grains in your diet like whole wheat bread and other products, brown rice or hand pounded rice, oats
- Include calcium rich foods like milk, yoghurt, cheese

Dont's

- Limit sugar intake
- Limit tea and coffee
- Decrease intake of colas and sugary drinks
- Avoid flavoured and seasoned foods
- Avoid saturated fats, trans fats, oily and greasy foods like cakes, creamy or fried foods
- Limit intake of salt
- Avoid red meat and organ meats
- Avoid packaged foods or readymade meats
- Avoid salty foods and pickles
- Limit protein intake

SUGGESTED LIFESTYLE

SUGGESTED LIFESTYLE

Do's

- Lose weight gradually and stay active
- Maintain ideal weight
- Have regular exposure to sunlight
- Stay active and maintain ideal weight

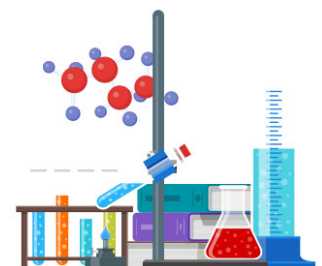
Dont's

- Avoid late night heavy meals
- Avoid overworking or being stressed for long time
- Avoid smoking and alcohol
- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Limit dining out
- Avoid long periods of inactivity
- Don't ignore your body signals and don't skip your regular health check-ups
- Avoid having long gaps in meals or skipping meals

SUGGESTED FUTURE TESTS

SUGGESTED FUTURE TESTS

- Glycated Hemoglobin (HbA1c) - Every 3 Month
- Blood Glucose Fasting - Every 1 Week
- Glucose Postprandial - Every 1 Week
- Liver Function Test - Every 3 Month
- Kidney Function Test Advance - Every 3 Month
- Lipid Profile Advance - Every 3 Month
- Microalbumin, Urine Spot - Every 6 Month



HEALTH ADVISORY

Suggestions for Health & Well-being

Ashok Kumar Verma

Booking ID : 17788598730 | Sample Collection Date : 14/Apr/2026

PHYSICAL ACTIVITY

PHYSICAL ACTIVITY

Physical activities can vary from Regular walks (Brisk or normal), Jogging , Sports, Stretching, Yoga to light weight lifting etc. It is recommended to partake in physical activity at least 30 minutes a day for 3-4 days a week.

If regular workout is difficult, then we can adapt changes such as using stairs instead of lift/escalators and doing household work!



BALANCED DIET

A balanced diet is the key to healthy lifestyle. Include Whole grains, vegetables, whole fruits, nuts, seeds, beans, plant oils in your diet.

It is recommended to always have a high protein breakfast and a light dinner. Avoid items such as processed foods, potatoes and high calorie/sugar products. Don't forget to drink water regularly!

BALANCED DIET

STRESS MANAGEMENT

STRESS MANAGEMENT

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (6-8 hours), indulging yourself in meditation, positive attitude towards lifestyle, using humor, traveling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.



BMI

BMI recommended range is 18.5 to 24.9. Your BMI is 29.35, which is on a higher side. Please fill your Health Karma to know your BMI results or BMI for your body helps prevent many untimely diseases and goes a long way.

BMI CHART

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

BMI

Supplement Suggestions

Ashok Kumar Verma

Booking ID : 17788598730 | Sample Collection Date : 14/Apr/2026

Your test report has indicated that you have certain deficiencies in your body which may hamper your health & wellbeing in the longer run.

In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned below:

Deficiency/Out of Range Parameter(s)	Suggested Supplement
Blood Glucose Fasting	DIABEAT-EASE
T3, Total Tri Iodothyronine	THYRO FIX

To order, call 1800-572-000-4

Suggestions for Improving Deficiencies



DIABEAT-EASE

Manage diabetes the all-natural way!

An all-natural supplement that helps in lowering your blood sugar levels, thus preventing the onset of diabetes and managing it if you are already a diabetic. By reducing blood sugar levels, this naturally-sourced diabetes supplement enables you to lead a productive life, while managing your diabetes in a safe and natural way.

Remember, ignoring diabetes can cause a lot of serious complications, including:

- Vision & Hearing Loss
- Nerve Damage
- Heart Attack
- Stroke
- Dementia

Infused with the ages-proven goodness of all-natural ingredients, DIABEAT-EASE is the perfect supplement to help you control diabetes without having to worry about side-effects. Sourced from nature's own pharmacy of herbs, the ingredients in DIABEAT-EASE present the following benefits:

Saunf

Helps control blood pressure & manage diabetes

Karela

Reduces blood sugar & reduces cholesterol levels

Chirata

Helps manage high blood pressure, diabetes & detoxifies blood

Ashwagandha

Reduces blood sugar, cholesterol, & triglycerides levels

Vijayasar

Helps manage diabetes by lowering down sugar cravings



THYRO FIX

Here's nature's way to improve your thyroid function.

THYRO-FIX is a scientifically formulated and clinically proven all-natural supplement that helps strike the optimum balance of your thyroid levels. Whether hyperthyroidism or hypothyroidism, this ayurvedic supplement keeps your thyroid balanced and optimally functioning. Take the all-natural road to a healthy thyroid with THYRO-FIX.

Be it hyperthyroidism or hypothyroidism, untreated thyroid conditions can cause serious health issues, such as:

- Cardiovascular Diseases
- Brittle Bones
- Eye Issues
- Infertility
- Mental Health Concerns

Infused with the ages-proven goodness of all-natural ingredients, THYRO-FIX is the perfect supplement to promote and maintain good thyroid health, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in THYRO-FIX present the following benefits:

Arjun Tree Extract

Decreases thyroid levels in hyperthyroidism to maintain hormonal balance

Ashwagandha

Increases thyroid levels in hypothyroidism to maintain hormonal balance

Anantmool

Anti-inflammatory & anti-oxidant properties reduce the symptoms of thyroid disorder

Asparagus

Regulates blood sugar levels & promotes heart health

Supplement Suggestions

Ashok Kumar Verma

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Deficiency/Out of Range Parameter(s)	Suggested Supplement
Vitamin B12 Cyanocobalamin	VITAMIN B12
Vitamin D Total-25 Hydroxy	VITAMIN D3

To order, call 1800-572-000-4

Suggestions for Improving Deficiencies



VITAMIN B12

Make healthier blood the foundation of a healthier life!

Keep your blood clean and your nerve cells healthy with Vitamin B12. This essential supplement also protects against anemia, which causes persistent fatigue. Extracted from natural food sources, such as amla and beetroot, daily intake of Vitamin B12 can help in the formation of red blood cells.

A lack of vitamin B12 can cause dangerous health complications, such as:

- Memory Loss
- Vision Loss
- Ataxia or Loss of Physical Coordination
- Irreversible Neurological Problems
- Heart Diseases

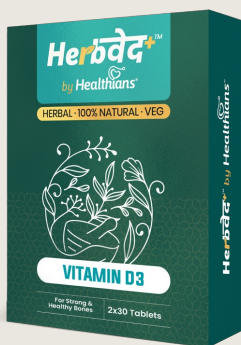
Prevents Osteoporosis & Promotes Bone Health

Prevents Anemia & Promotes Red Blood Cell (RBC) Production

Alleviates Symptoms of Depression

Boosts Heart Health

Prevents Major Birth Defects



VITAMIN D3

Improve bone health with enhanced calcium absorption, the natural way

Make your muscles and bones stronger with VITAMIN D3. Sourced from natural substances, it helps in regulating the absorption of calcium and phosphorus, which help keep your bones strong and enhancing the normal immune system functioning. Vitamin D3 is an essential nutrient that's critical for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

Remember, a lack of vitamin D3 can cause dangerous health situations.

- Rickets (in children)
- Brittle Bones
- Osteoporosis
- Weakened Bones (in adults)

Strengthens Bones & Muscles

Protects Against Pneumonia & Acute Respiratory Infections

Helps in Reducing Depression

Boosts Heart Health

Aids in Kidney Disease Treatment

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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.



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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

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