



Sample Tested at Thyrocare



Personal Health Report

A comprehensive analysis of your health using Blood, Urine data

Prepared for
Mr. John Doe

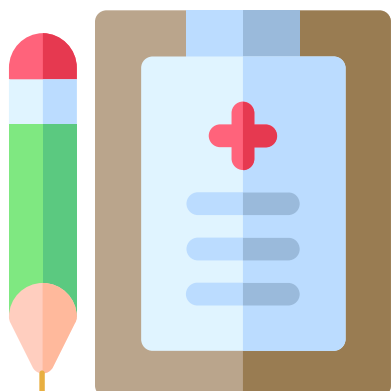
06-07-2026

Date of test

08-07-2026

Report released on

Personal Health Analytics Report



What to expect from this report



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

Always consult your doctor



- ✓ While some parameters help in diagnosis independently, others are more complex and require examination by a doctor. Hence you might find some parameters in this report that are yellow, orange, red or have no color 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

[Health
Summary.](#)

Pg- 03

[Glance at Imp.
Parameters](#)

Pg- 04

[Imp.Parameters
Explained](#)

Pg- 07

[Diet Dos &
Don'ts](#)

Pg- 12

[Clinical Data](#)

Pg- 17

[Consolidated
Guidance](#)

Pg- 15



.....your next step towards better health

Disclaimer

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

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, or other electronic or mechanical methods, without the prior expressed written permission of 360 Health Vectors Private Limited.

Your Health Summary

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

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



- Blood calcium is normal
- Thyroid function test is normal
- Hemoglobin levels are normal
- Liver functions have tested normal
- Rheumatoid Arthritis factor is normal
- Your PSA test has tested normal

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



- Sugar tested is borderline
- Cholesterol parameters needs attention
- Electrolyte parameter needs attention
- Urine parameters needs attention

Health CIBYL™

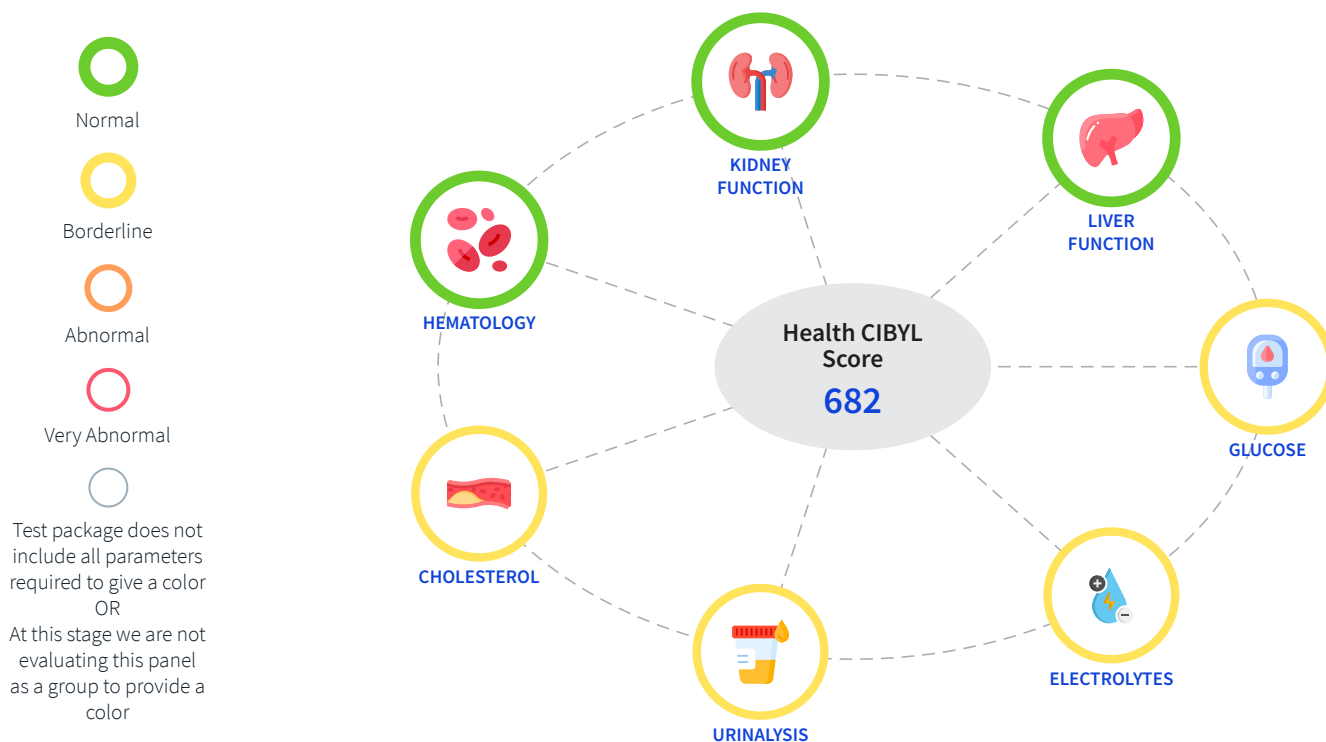
Continuous Improvement & Betterment of Your Lifespan



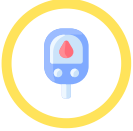
Your Health CIBYL Score is 682

HEALTH CIBYL™ score is generated using available past & present personal and clinical health data and also considers future risks based on globally accepted algorithms. This rigorous health analytics engine analyzes health data holistically and assigns HEALTH CYBIL score from 0 (bad) to 1000 (good). Its precision improves with more data.

Your Health Picture



Your Important Parameters at a Glance

Profile	Important parameters in respective profile		
 GLUCOSE	HBA1C (GLYCATED HB) Value: 5.9 % Range: < 5.7	GLUCOSE - FASTING Value: 105 mg/dl Range: 70-100	GLUCOSE - 2 HOUR POST PRANDIAL Value: 122 mg/dl Range: 70-140
	ALKALINE PHOSPHATASE Value: 53 U/L Range: 50 -116	BILIRUBIN TOTAL Value: 0.8 mg/dl Range: 0.2 - 1.2	AST(SGOT) Value: 20 U/L Range: 11 - 34
	ALT(SGPT) Value: 19 U/L Range: 0 - 45	ALBUMIN Value: 4.8 g/dL Range: 3.5 - 5.2	TOTAL PROTEIN Value: 7.6 g/dL Range: 6.5 - 8.3
 LIVER FUNCTION	CREATININE Value: 1.01 mg/dl Range: 0.6 - 1.3	URIC ACID Value: 6.8 mg/dl Range: 3.5 - 7.7	CALCIUM Value: 9.0 mg/dl Range: 8.4 - 10.2
	UREA Value: 27 mg/dl Range: 13 - 43		

Your Important Parameters at a Glance continued...

Profile

Important parameters in respective profile



HEMATOLOGY

HAEMOGLOBIN(HB)

Value: 14.9 g/dL
Range: 13 - 17

HAEMATOCRIT/PCV

Value: 43 %
Range: 40 - 50

RBC COUNT

Value: 5.02 millionCells/cu mm
Range: 4.5 -5.5

TOTAL COUNT WBC

Value: 5700 Cell/Cumm
Range: 4000 - 10000

EOSINOPHIL

Value: 3 %
Range: 1 - 6

ABSOLUTE EOSINOPHIL COUNT

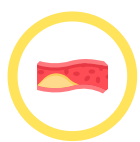
Value: 190 Cell/Cumm
Range: 20 - 500

PLATELET COUNT

Value: 1.68 Lakhs/cu mm
Range: 1.5 - 4.1

ABSOLUTE NEUTROPHIL COUNT

Value: 3070 Cell/Cumm
Range: 2000 - 7000



CHOLESTEROL

TOTAL CHOLESTEROL

Value: 183 mg/dl
Range: < 200

LDL CHOLESTEROL

Value: 131 mg/dl
Range: < 100

HDL CHOLESTEROL

Value: 40 mg/dl
Range: 40-60

TRIGLYCERIDES

Value: 120 mg/dl
Range: < 150

① The overall effect of lipid profile is determined mainly by LDL, HDL and marginally by Triglycerides, age and gender.



THYROID PROFILE

TSH

Value: 3.86 μ IU/ml
Range: 0.35 - 4.94

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile		
 URINALYSIS	KETONE BODIES Value: NEGATIVE Range: Negative ~ <2 1+ ~ 10 Read more in the clinical data page	URINE GLUCOSE Value: NEGATIVE Range: Negative ~ <20 Trace ~ 50 Read more in the clinical data page	URINE PROTEIN Value: NEGATIVE Range: Negative ~ <10 Trace ~ 15 Read more in the clinical data page
	PUS Value: 0 - 1	SPECIFIC GRAVITY Value: 1.002 Range: 1 - 1.03	RBC Value: NIL Range: 1 - 2
 OTHER TESTS	RA FACTOR (RF) Value: < 15.0 Range: < 30 NORMAL 30 - 50 WEAKLY POSITIVE > 50 POSITIVE		
 INFECTIOUS DISEASE PANEL	HBsAg Value: 0.22 s/co Range: 0 - 1.0 - NON REACTIVE > 1.0 - REACTIVE		
 ELECTROLYTES	SODIUM Value: 135 mmol/L Range: 136 - 145	POTASSIUM Value: 3.9 mmol/L Range: 3.5 - 5.1	INORGANIC PHOSPHOROUS Value: 3.5 mg/dl Range: 2.3 - 4.7
 CANCER MARKERS	TOTAL PSA Value: 0.651 ng/ml Range: 0 - 4.0		

Some of Your Important Parameters Explained



Fasting Glucose & PPBS

Result: **105**
mg/dl

Range: **70-100**

122
mg/dl

70-140

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

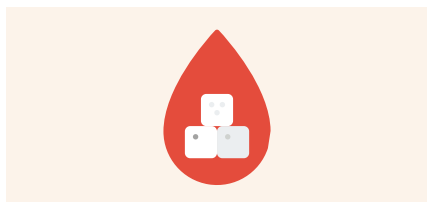
- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in hands/feet etc.

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: **5.9**
%

Range: **< 5.7**

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: **131**
mg/dl

Range: **< 100**

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.

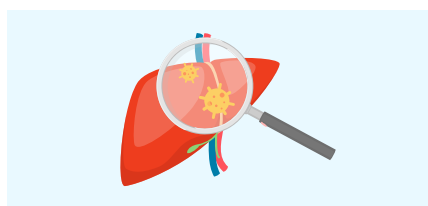
Cause / Effect of these parameters

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
- Creating a healthy weight management plan
- Cholesterol lowering medicines if recommended by doctor



Hepatitis B test

Result: **0.22**
S/CO

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

HbsAg (Hepatitis B Surface Antigen) test is used to find out whether you have a recent or long-standing infection from the Hepatitis B Virus (HBV). The HbsAg biomarker can take anywhere between 1-9 weeks after exposure to show up on a test. This test identifies Hepatitis B Surface Antigens, which are proteins found on the surface of HBV. Hepatitis B is a viral infection that leads to liver inflammation. It's important to note that Hepatitis B is a vaccine preventable infection.

Cause / Effect of these parameters

Hepatitis B is caused by HBV, primarily transmitted through infected body fluids such as blood-to-blood contact, childbirth, needle sharing, and unprotected sex.

A positive HbsAg test can indicate acute Hepatitis B with symptoms like fatigue, abdominal pain, jaundice, and flu-like symptoms. In some cases, it may suggest chronic Hepatitis B, which can

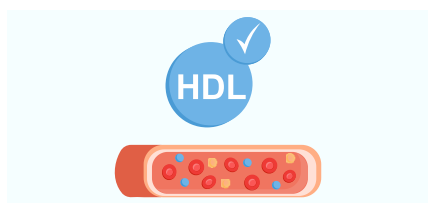
lead to long-term liver damage, including Cirrhosis and liver cancer.

What can you do about it?

Your HBsAg test is negative.

However, it's always a good idea to consult with a healthcare professional for individualized guidance and to address any specific concerns you may have. It is advised to repeat the test 90 days after the latest episode of potential exposure to obtain a confirmatory negative result.

Some of Your Important Parameters Explained



HDL

Result: **40**
mg/dl
Range: **40-60**

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

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

Cause / Effect of these parameters

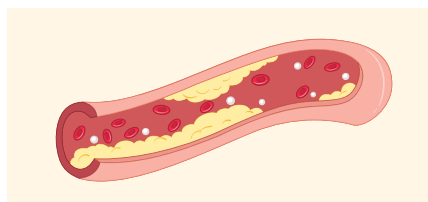
As a person ages, low levels of HDL-C (good cholesterol) increases the chances of forming blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

➡ What can you do about it?

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

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

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



Triglycerides

Result: **120**
mg/dl
Range: **< 150**

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

Cause / Effect of these parameters

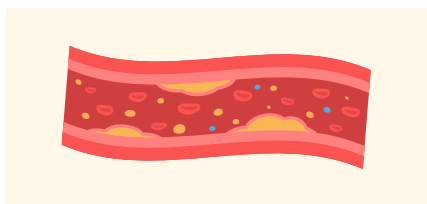
High levels of TG in blood along with other risk factors like lack of exercise, being overweight, smoking, consuming excess alcohol, having diabetes etc. can increase risk of developing heart attack and stroke.

➡ What can you do about it?

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

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

Some of Your Important Parameters Explained



Total Cholesterol

Result: **183**
mg/dl
Range: **< 200**

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

Cause / Effect of these parameters

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

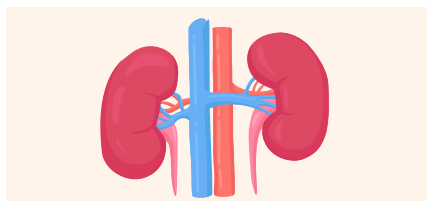
- LDL-C (Low Density Lipoprotein Cholesterol) is also known as "bad" cholesterol.
- HDL-C (High density lipoprotein Cholesterol) is also known as "good" cholesterol.

What can you do about it?

You have normal levels of Total cholesterol in your body.

You can continue to keep them normal by

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



Creatinine

Result: **1.01**
mg/dl
Range: **0.6 - 1.3**

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

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

Cause / Effect of these parameters

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

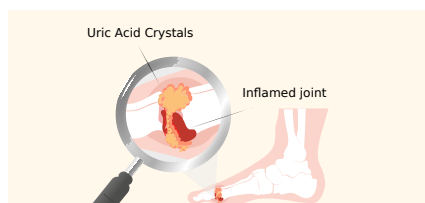
What can you do about it?

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

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

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

Some of Your Important Parameters Explained



Uric Acid

Result: **6.8**
mg/dl
Range: **3.5 - 7.7**

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

Cause / Effect of these parameters

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

High intake of fructose-rich industrialized food and high alcohol

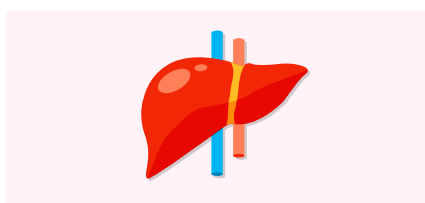


intake (particularly beer) seem to influence plasma uric acid levels.

What can you do about it?

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

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



S. Albumin

Result: **4.8**
g/dL
Range: **3.5 - 5.2**

Serum albumin is a type of protein in the blood. It plays an important role in growth and healing of the body. It helps in keeping the water or fluids within the blood instead of leaking out. It also carries medicines and hormones throughout the body.

Cause / Effect of these parameters

Reduced serum albumin is seen in several conditions like:

- Malnutrition (not eating enough proteins)
- Kidney disease (proteins lost in urine due to weak kidneys)



- Liver disease etc. (not enough proteins produced in weak liver)
- Infections
- Burns

What can you do about it?

You have normal levels of Serum Albumin.

Your Diet Dos & Don'ts

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

The Diet Dos and Don'ts reflect your nutritional requirements based on your health status :
Cholesterol Lowering | Low Sugar Diet

Fruits and Vegetables

- ✓ Eat 400 grams vegetables and 100 grams fruits daily, including them in each meal and snack.
- ✓ Consume avocado as it is known to increase HDL and decrease LDL.
- ✓ Consume 1-2 garlic cloves on an empty stomach in the morning to increase good cholesterol and decrease bad cholesterol.
- ✓ Include high-fiber vegetables such as okra, eggplant (brinjal), and carrots in your diet for cholesterol management.
- ✓ Pumpkin, garlic, fenugreek leaves (methi), and strawberries are advantageous for improved sugar control.
- ✗ Instead of consuming freshly squeezed fruit juices, it is better to consume the whole fruit.
- ✗ It is recommended to avoid starchy foods such as potato, sweet potato, mango, chickoo/sapota, and banana for better blood sugar control.



Cereals

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

Pulses

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



Your Diet Dos & Don'ts continued...

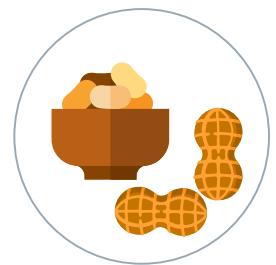


Dairy

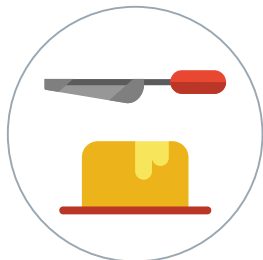
- ✓ Include skimmed or low-fat milk and its products such as curd, buttermilk, yogurt, paneer etc. in your diet.
- ✗ Avoid high-fat or sugary dairy products including khoa, cheese, sweetened yoghurt, and creamy paneer (instead, choose low-fat paneer).

Nuts and Seeds

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



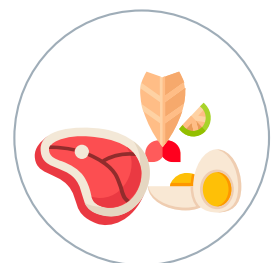
Oils and Fats



- ✓ Every day, consume no more than 1-2 tablespoons of healthy fats. Select healthy oils like sunflower oil, rice bran oil, olive oil and ghee. Alternate between oils rather than using simply one.
- ✓ Using oils that are cold pressed is recommended.
- ✗ Limit your consumption of saturated fats, such as butter.
- ✗ Avoid fried foods.
- ✗ Avoid high-fat foods such as peanut butter and mayonnaise.

Meats

- ✓ Consume lean protein sources like egg whites and chicken.
- ✓ Include 1-2 servings of fatty fish such as salmon, mackerel, basa or tuna into your weekly meals.
- ✓ It's advisable to consume one whole egg on a regular basis.
- ✗ Avoid consuming red meat (including mutton, lamb, beef, pork, etc.).
- ✗ Make sure the meat is completely cooked. Avoid consuming raw or undercooked meats.



Your Diet Dos & Don'ts continued...

General Advice



- ✓ It's fine to nibble between meals if you're hungry, but choose nutritious options like a fruit bowl, sprouts salad, or nuts.
- ✓ Consume a minimum of 8-10 glasses of water daily, as long as your doctor approves.
- ✓ Utilize healthy cooking techniques like steaming, boiling, roasting, stewing, and poaching.
- ✓ Maintain a gap of at least 2 hours between your last meal and bedtime.
- ✓ Be mindful of your food consumption, stop eating when you feel full, and avoid overeating.
- ✓ Include clear soups, unsweetened lemon juice, and seasonings like pepper, mint, garlic, and curry leaves in your diet.
- ✓ Consume cooked foods within 4-6 hrs of preparation. If left at room temperature, reheat thoroughly before consuming.
- ✓ Earthen pots & pans are the safest cookware followed by stainless steel.
- ✓ Use Teflon coated pots & pans carefully. Follow cleaning and usage instructions strictly and discard pans when the coating is worn out or damaged.
- ✗ Avoid the consumption of sweets, as they tend to be high in both fats and sugar.
- ✗ Avoid snacks such as candy, French fries, instant noodles, ice cream, and soft drinks as they are high in calories and can lead to obesity as well as interfere with hunger and the consumption of nutritional foods.
- ✗ If you consume alcohol, consider avoiding its intake.
- ✗ Avoid packaged foods since they include a lot of preservatives, salt/sodium, trans fats, added sugars, artificial sweeteners, and additives.
- ✗ Don't use reheated oils and fats.
- ✗ Restrict intake of HFSS (foods high in Fats, Sugar & Salt) and UPF (Ultra processed foods) like sauces, cheeses, jams, biscuits, cookies, cakes, pastries etc as they are low in fibre and micro nutrients and also are high in calories.
- ✗ Avoid processed foods such as instant noodles, ready-to-eat meals, namkeens, ketchup, mustard sauce, chilli sauce, chips etc.

Your Next Steps

Doctor Consultation

In view of the reports, please consult:

DOCTOR

CONDITION

General Physician High Cholesterol, Elevated Sugar



Physical Activity Advice

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

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



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

Nutrition Advice

Please follow a diet that is:

Cholesterol lowering | Low Sugar Diet

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



Additional Advice



- Regularly follow up with your doctor as controlling sugar is an ongoing process.
- Avoid gaining weight, eating sweets, limit stress and sleep adequately.
- Consume cholesterol lowering medicines if recommended by the doctor.
- Your blood sugars are in prediabetic ranges. If you are not a diabetic already then it is possible to reverse your blood sugar numbers to normal with diet and exercise. Consult your doctor who can help you do it.

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



Additional Tests

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

- Apo A1, Apo B
- Lipoprotein(a)

Your Clinical Data

Color Guidance

Group colors show the health of your organ/profile. The colors 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
GLUCOSE - FASTING	105	mg/dl	70-100	
GLUCOSE - 2 HOUR POST PRANDIAL	122	mg/dl	70-140	
HBA1C (GLYCATED HB)	5.9	%	< 5.7	

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
ALKALINE PHOSPHATASE	53	U/L	50 -116	
BILIRUBIN TOTAL	0.8	mg/dl	0.2 - 1.2	
BILIRUBIN DIRECT	0.2	mg/dl	0 - 0.5	
AST(SGOT)	20	U/L	11 - 34	
ALT(SGPT)	19	U/L	0 - 45	
TOTAL PROTEIN	7.6	g/dL	6.5 - 8.3	
ALBUMIN	4.8	g/dL	3.5 - 5.2	
GLOBULIN	2.8	g/dL	2.8 - 4.3	
A/G RATIO	1.7	-	0.9-2	
AST/ALT Ratio	1.1	-	-	

KIDNEY FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
CALCIUM	9.0	mg/dl	8.4 - 10.2	
URIC ACID	6.8	mg/dl	3.5 - 7.7	
CREATININE	1.01	mg/dl	0.6 - 1.3	
UREA	27	mg/dl	13 - 43	

Your Clinical Data continued...

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
TOTAL COUNT WBC	5700	Cell/Cumm	4000 - 10000	●
NEUTROPHIL	54	%	40 - 70	●
LYMPHOCYTE	32	%	20 - 40	●
MONOCYTE	10	%	2 - 10	●
EOSINOPHIL	3	%	1 - 6	●
BASOPHIL	1	%	0 - 1	●
ABSOLUTE NEUTROPHIL COUNT	3070	Cell/Cumm	2000 - 7000	●
ABSOLUTE LYMPHOCYTE COUNT	1780	Cell/Cumm	1000-3000	●
ABSOLUTE MONOCYTE COUNT	600	Cell/Cumm	200 - 1000	●
ABSOLUTE BASOPHIL COUNT	57	Cell/Cumm	0 - 100	●
ABSOLUTE EOSINOPHIL COUNT	190	Cell/Cumm	20 - 500	●
RBC COUNT	5.02	millionCells/cu mm	4.5 -5.5	●
HAEMOGLOBIN(HB)	14.9	g/dL	13 - 17	●
HAEMATOCRIT/PCV	43	%	40 - 50	●
MCV	85	fL	80 - 96	●
MCH	29	pg	27 - 32	●
MCHC	34	g/dL	31.5 - 34.5	●
RDW-SD	42.9	fL	39 - 46	●
RDW-CV	13.60	%	12.0 - 14.0	●
MPV	12.80	fL	7.44 - 10.26	◆
PLATELET COUNT	1.68	Lakhs/cu mm	1.5 - 4.1	●
ESR	11	mm/hr	0 -20	●

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
TOTAL CHOLESTEROL	183	mg/dl	< 200	●
HDL CHOLESTEROL	40	mg/dl	40-60	●
LDL CHOLESTEROL	131	mg/dl	< 100	◆
TRIGLYCERIDES	120	mg/dl	< 150	●
TOTAL CHOLESTEROL / HDL	4.5	-	1 - 4.5	

Your Clinical Data continued...

THYROID PROFILE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
TSH	3.86	μIU/ml	0.35 - 4.94	

INFECTIOUS DISEASE PANEL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
HBsAg	0.22	S/CO	0 - 1.0 S/CO - NON REACTIVE > 1.0 S/CO - REACTIVE	

ELECTROLYTES

TEST NAME	RESULT	UNIT	RANGE	LEVEL
SODIUM	135	mmol/L	136 - 145	
POTASSIUM	3.9	mmol/L	3.5 - 5.1	
INORGANIC PHOSPHOROUS	3.5	mg/dl	2.3 - 4.7	

CANCER MARKERS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
TOTAL PSA	0.651	ng/ml	0 - 4.0	

URINALYSIS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
RBC	NIL	/HPF	1 - 2	
URINE PH	6.0	-	5 - 8	
SPECIFIC GRAVITY	1.002	-	1 - 1.03	
URINE GLUCOSE	NEGATIVE	-	Negative ~ <20 Trace ~ 50 1+ ~ 100 2+ ~ 250 3+ ~ 500 4+ ~ >1000	
KETONE BODIES	NEGATIVE	-	Negative ~ <2 1+ ~ 10 2+ ~ 30 3+ ~ 80	

Your Clinical Data continued...

URINALYSIS

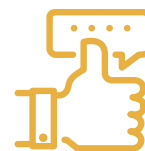
TEST NAME	RESULT	UNIT	RANGE	LEVEL
URINE PROTEIN	NEGATIVE	-	Negative ~ <10 Trace ~ 15 1+ ~ 30 2+ ~ 100 3+ ~ 300 4+ ~ >500	
BILIRUBIN	NEGATIVE	-	Negative ~ < 0.05 1+ ~ 0.5 2+ ~1.0 3+ ~ 2.0	
UROBILINOGEN	NORMAL	-	Negative ~ < 1.0 1+ ~ 2.0 2+ ~ 4.0 3+ ~ 8.0 4+ ~ 12.0	
NITRITE	NEGATIVE	-	Negative	
LEUCOCYTES	NEGATIVE	cells/ul	Negative ~ <12 1+ ~ 25 2+ ~ 75 3+ ~ 500	
CAST	NIL	/HPF	-	
CRYSTALS	NIL	/HPF	-	
EPITHELIAL CELLS	NIL	/HPF	-	
PUS	0 - 1	/HPF	-	
COLOUR	PALE YELLOW	-	-	
Appearance	CLEAR	-	-	
BACTERIA	NIL	/HPF	-	
YEAST LIKE CELLS	NIL	-	-	
BLOOD	NEGATIVE	-	-	

OTHER TESTS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
RA FACTOR (RF)	< 15.0	IU/mL	< 30 NORMAL 30 - 50 WEAKLY POSITIVE > 50 POSITIVE	

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: [Click Here](#)

References (Updated on: Nov, 2025)

Title	Description	Source Link
1. Blood Glucose	Standard Treatment Guidelines - Govt of India - Diabetes-Mellitus Guidelines by American Diabetes Association. RSSDI Clinical Practice Recommendations 2022	https://main.icmr.nic.in http://www.diabetes.org https://www.rssdi.in
2. Blood Cholesterol	NCEP ATP III Cholesterol Guidelines: Third Report of the National Cholesterol Education Program (NCEP).Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults (Adult TreatmentPanel III). NIH Publication No. 01-3305 May 2001.	https://www.nhlbi.nih.gov
3. Blood Tests For Kidney Functions	Evidence-based clinical practice guidelines in kidney disease	https://www.kidney-international.org
4. Blood Tests for Liver Functions	ACG Clinical Guideline AASLD practice guidelines developed by a panel of experts	https://acgcdn.gi.org https://www.aasld.org
5. Blood Tests For Thyroid Functions	American Thyroid Association	https://www.thyroid.org
6. Blood Tests For Hematology Functions	Harrison's Principles of Internal Medicine-2 volume set Chapter 60: Disorders of Granulocytes and Monocytes, Chapter 111: Disorders of Platelets and Vessel Wall	-
7. General Reference	Clinical Biochemistry and Laboratory Medicine	https://labtestsonline.org.uk
8. Nutrition	National Health Portal Of India Nutrition Committee of the American Heart Association American Heart Association Nutrition for prevention of CVD Dietary guidelines for common conditions	https://main.icmr.nic.in https://www.ahajournals.org https://www.heart.org https://www.heart.org/nutrition https://idaindia.com

