

Dear [REDACTED]

Congratulations for getting a health check done. Here is your comprehensive smart report for taking control of your health.

Name : [REDACTED]

Gender/Age: [REDACTED]

Bill ID: [REDACTED]

Package: ISWARYAM-DIAMOND - MHC

Date of test: 04-05-2024

Personalised Smart Report

INCLUDES

1. Total Health Picture
2. Tests that need your attention
3. Historical Trend Chart
4. Your Next Steps



36+ Years of Trust



Trusted by Doctors



Honest & Transparent



Present in 12+ States



2.5 Cr + customers

YOUR HEALTH PICTURE



YOUR HEALTH SCORE



Based on your test results



Thyroid Function

• Concern



Diabetes

• Concern



Complete Hemogram

• Concern



Liver Function

• Concern



Vitamin D

• Concern



Cholesterol Profile

• Concern



Kidney Function

• Everything looks good



Vitamin B12

• Everything looks good



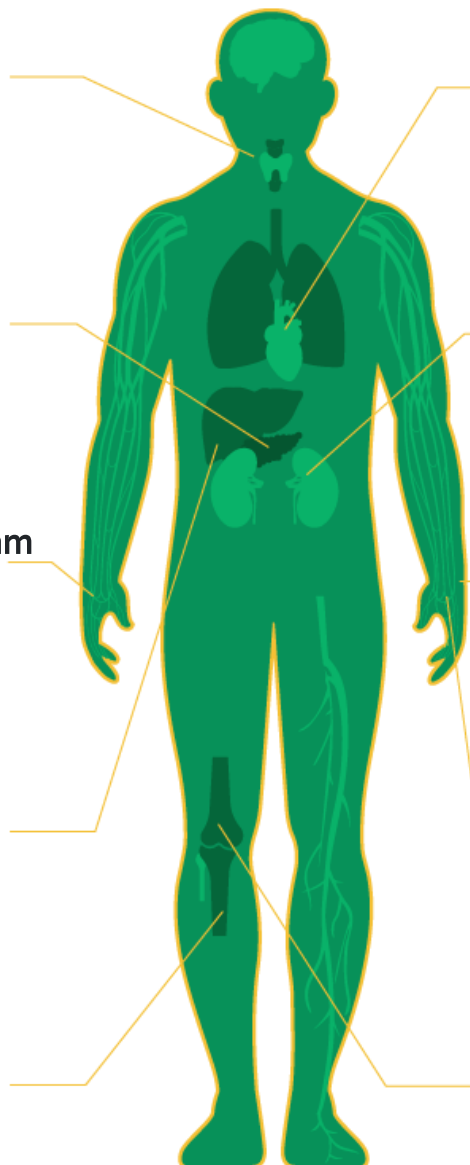
Iron Studies

• Everything looks good



Bone Health

• Everything looks good



TESTS THAT NEED YOUR ATTENTION



CHOLESTEROL

Cholesterol is a type of fat that is found in all cells in the body. It is made by the liver. Cholesterol is needed for many body functions, including production of some hormones

Impact on health

Increased cholesterol levels can build up in your arteries and increase the risk of heart disease and stroke. Conditions which can increase cholesterol are high dietary intake of saturated fat, obesity, physical inactivity, smoking, family history, medications like steroids.

Suggestions to improve

Eating a healthy diet (avoiding fried foods, excess oil. include lots of vegetables, taking healthy unsaturated fatty food like fish, nuts, avocado). Exercising regularly, Not taking food atleast 90 minutes before sleeping and Stopping smoking.

Your Result

 **261.0** mg/dl

(Significantly increased)

Reference Range

0 - 200 mg/dl

Eosinophils

Eosinophils are a type of white blood cell that helps fight parasites and allergic reactions. They release histamine, which causes inflammation.

Impact on health

Increased eosinophil levels can indicate any underlying allergies (asthma, eczema etc), parasitic infections, or some auto immune disorders.

Suggestions to improve

If you have a high eosinophil count, your doctor may recommend an allergy panel blood test to rule out any underlying allergies and try to correct it

Your Result

 **8.20** %

(Mildly increased)

Reference Range

1 - 6 %

GAMMA GT

Gamma-glutamyl transferase (GGT) is an enzyme found in many tissues in the body, including the liver, pancreas, kidneys, and small intestine. It is involved in the metabolism of amino acids and other substances.

Impact on health

Mild increase can be due to smoking or alcohol intake. Significantly Increased GGT levels can be due to liver disease, bile duct obstruction, drugs like acetaminophen, heparin, oral contraceptives

Suggestions to improve

The treatment for significantly increased GGT levels depends on the underlying cause. Quitting smoking and alcohol intake.

Your Result



115.0 U/L

(Significantly increased)

Reference Range

0 - 55 U/L

HbA1c

HbA1c is a measure of your average blood sugar levels over the past 3 months. It is used to diagnose and monitor diabetes.

Impact on health

Increased HbA1c levels can indicate prediabetes or diabetes and rarely due to underlying anemia or kidney or liver disease. Symptoms include loss of weight without trying, frequent urination, increased thirst, tiredness, itchy skin

Suggestions to improve

Low carbohydrate diet (Take less rice, wheat, bread. Avoid sugary products) and include more vegetables, nuts, berries, yoghurt, chicken, fish. At least 14 hours of fasting between dinner and breakfast (water, black coffee & black tea without sugar can be taken during fasting). Medications / insulin may be needed for uncontrolled diabetes.

Your Result



5.7 %

(Mildly increased)

Reference Range

4.5 - 5.6 %

LDL CHOLESTEROL

LDL cholesterol, also known as low-density lipoprotein or 'bad' cholesterol, carries cholesterol from the liver to the rest of the body.

Impact on health

Increased LDL cholesterol can build up in the arteries and is a major risk factor for heart disease and stroke. Conditions which can increase LDL levels are high dietary intake of saturated fat, obesity, physical inactivity, smoking, family history, medications like steroids.

Suggestions to improve

Eating a healthy diet (avoiding fried foods, excess oil. include lots of vegetables, taking healthy unsaturated fatty food like fish, nuts, avocado). Exercising regularly, Not taking food at least 90 minutes before sleeping and Stopping smoking.

Your Result



227 mg/dl

(Significantly increased)

Reference Range

0 - 100 mg/dl

Total-T4 (Thyroxine T4)

A thyroid hormone that helps regulate your body's metabolism. Low levels of T4 can lead to hypothyroidism, a condition in which your metabolism slows down.

Impact on health

Increased T4 levels can indicate hyperthyroidism which causes weight loss, heat intolerance, irritability, anxiety, hairloss, hand tremors, irregular menstrual periods in women etc

Suggestions to improve

Food to avoid - excess iodised salt, fish, egg yolks. Your doctor may prescribe you medications to regulate your thyroid hormones and treat the underlying cause.

Your Result



10.6 ug/dL

(Mildly increased)

Reference Range

4.6 - 10.5 ug/dL

Vitamin D Total 25(OH)

Vitamin D is a nutrient that the body needs for many important functions, including keeping bones strong and healthy. It is also involved in the immune system, muscle function, and cell growth.

Impact on health

Decreased vitamin D levels can be due to old age, inadequate sunlight exposure, obesity or rarely kidney diseases. Symptoms of vitamin D deficiency include fatigue, bone pain, muscle weakness, depression, poor sleep etc

Suggestions to improve

Increasing direct sunlight exposure during early morning or late evenings. Taking food rich in Vitamin D - Oranges, yoghurt, spinach, almonds, egg yolk, fish. Taking Vitamin D supplements.

Your Result



28.00 ng/ml

(Mildly decreased)

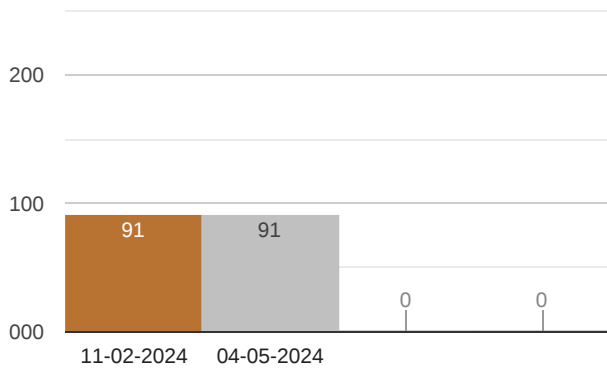
Reference Range

30 - 100 ng/ml

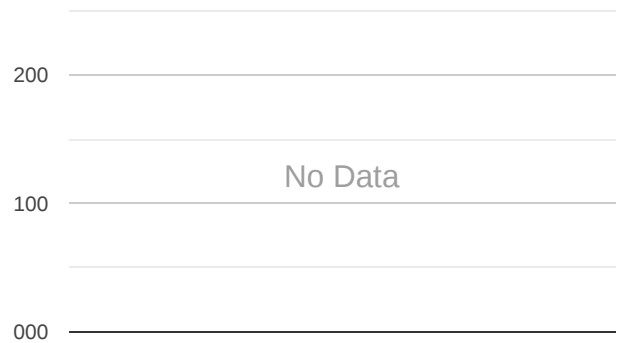
HISTORICAL TREND CHART



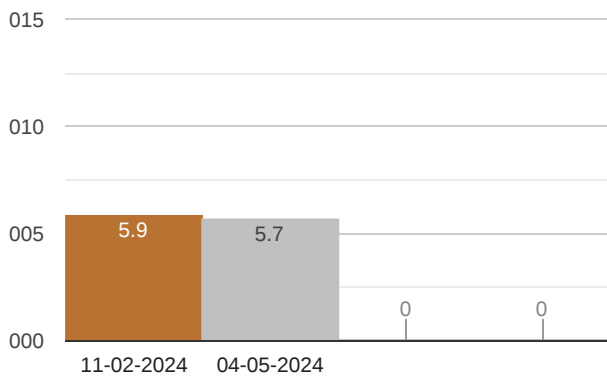
Fasting Sugar - (74 - 100 mg/dl)



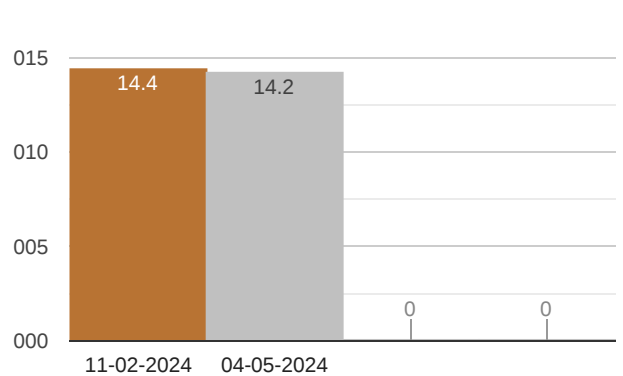
Post Prandial Sugar - (50 - 250 mg/dl)



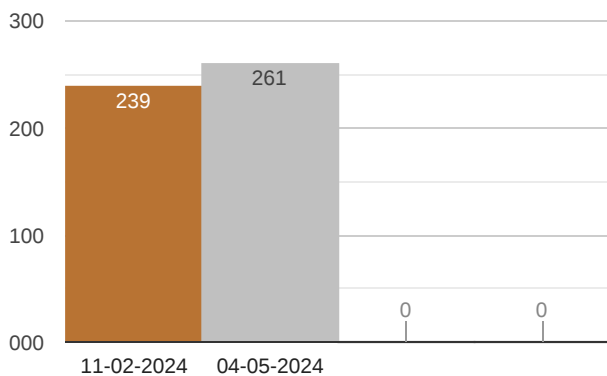
HbA1c - (4.5 - 5.6 %)



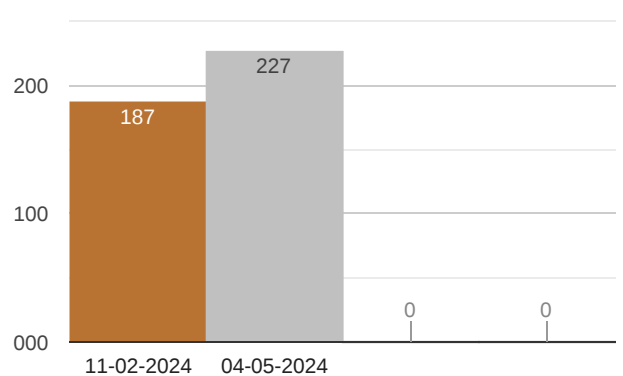
Hemoglobin - (13 - 17 g/dl)



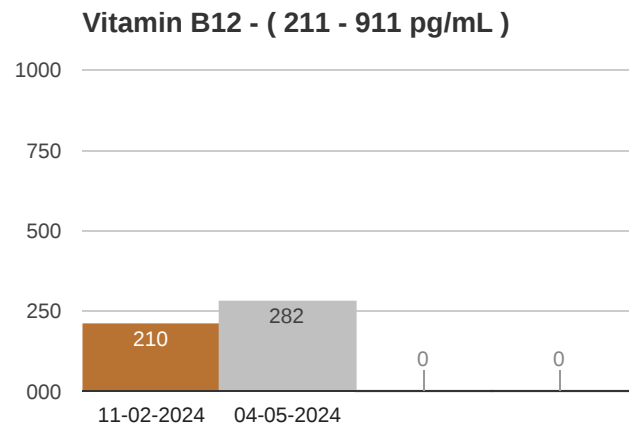
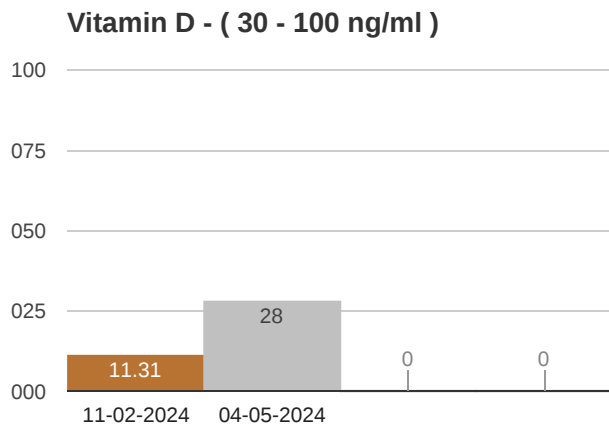
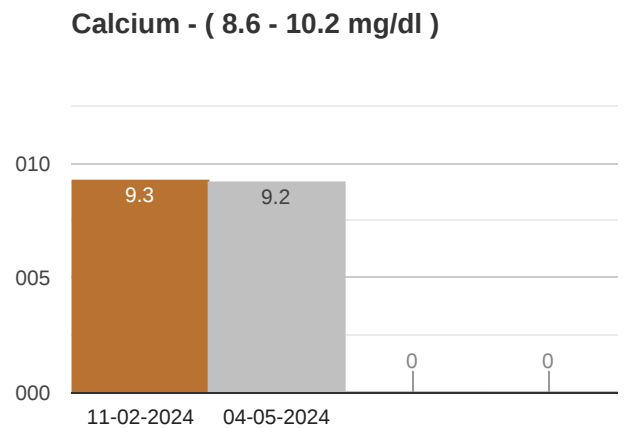
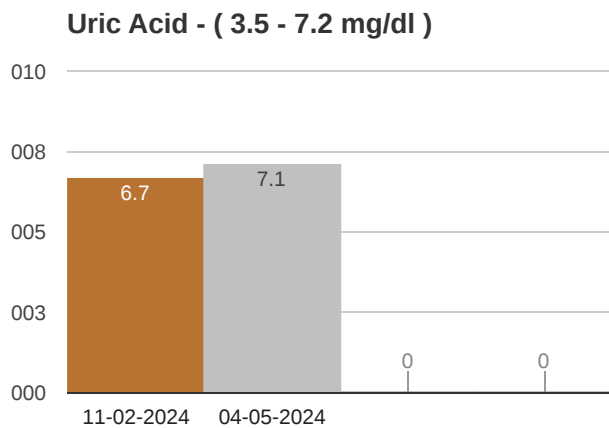
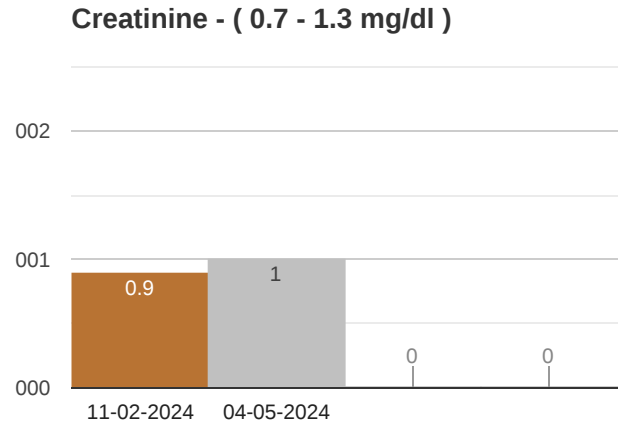
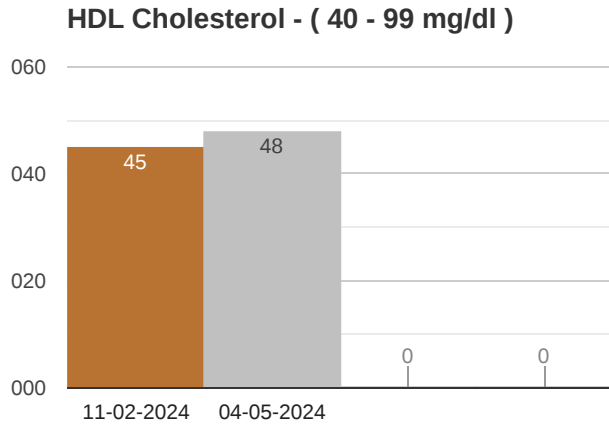
Cholesterol - (0 - 200 mg/dl)



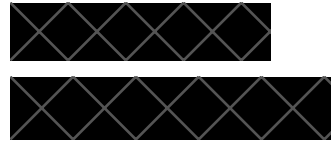
LDL Cholesterol - (0 - 100 mg/dl)



HISTORICAL TREND CHART



YOUR NEXT STEPS



FOLLOW UP OF ABNORMAL TESTS

Please check your weight and blood pressure on regular basis.

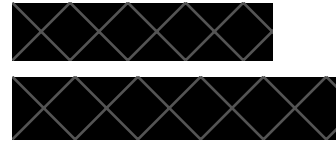
Your doctor knows best - please seek his/her advice for the follow up tests.

After 6 weeks	<ul style="list-style-type: none"> Cholesterol LDL Cholesterol
After 3 months	<ul style="list-style-type: none"> Eosinophils Gamma glutamyl transferase (GGT) HbA1c Total-T4 (thyroxine t4)
After 6 months	<ul style="list-style-type: none"> Vitamin D3

DISCLAIMER

- The recommendations and analysis might not be applicable for pregnant women, individuals less than 18 years of age and individual with life-threatening diseases.
- This report and analysis are not intended to replace a doctor consultation. It is recommended that you consult your doctor for report interpretation & further steps.
- The analysis is based only on the blood, urine and other tests which were part of the preventive health check-up screening package taken by you. It is strongly recommended to take the required precautions for any food allergies or intolerances.

YOUR NEXT STEPS



General health tips:

- Avoid taking food or water atleast 90 mins before going to sleep
- Don't drink coffee or tea after 4 PM in the evening
- A daily walk for 45 mins and sleep of 7-8 hours goes a long way in reducing stress
- Consume at least 8 glasses (2 liters) of water daily for overall well-being.
- Include a mix of fruits, vegetables, lean proteins, and whole grains in your diet for essential nutrients.
- Dedicate time daily to mindfulness or relaxation techniques like deep breathing, meditation, or yoga to reduce stress and enhance mental well-being.

Take control of your Health

Yearly Preventive Health Checkups

Help screen for diseases at an early stage

Regular monitoring of pre-existing health conditions and, reducing complications

Suggest paths to improve your lifestyle



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