

# smart Health Report

An Insightful Health Analytics Report  
for Easier Understanding



Prepared For

Name

Gender

Patient ID  
-----Age  
-- Your Health Summary

Understand Your Health At A Glance  
Your Personalized Health Summary is Now Available.

## Your Health at a Glance – A Personalized Journey

### Report Sections

- 1 Body Summary**  
A visual snapshot of your overall health, simple and easy to understand
- 2 Quick Health Highlights**  
Your health scores and a single view of all abnormal results for quick attention
- 3 Lab Report Overview**  
Understand at a glance which tests are normal and which are abnormal
- 4 Comparative Health Insights**  
See what has improved and what needs attention
- 5 Personalized Health Advisory**  
Actionable insights and expert guidance tailored just for you
- 6 Doctor's Reference Report**  
Complete lab results with interpretations to share with your healthcare provider

### How to Read This Report

This comprehensive health report provides detailed insights into your test results. Each section offers different perspectives on your health status, from visual summaries to detailed analysis and personalized recommendations.

Name

Gender

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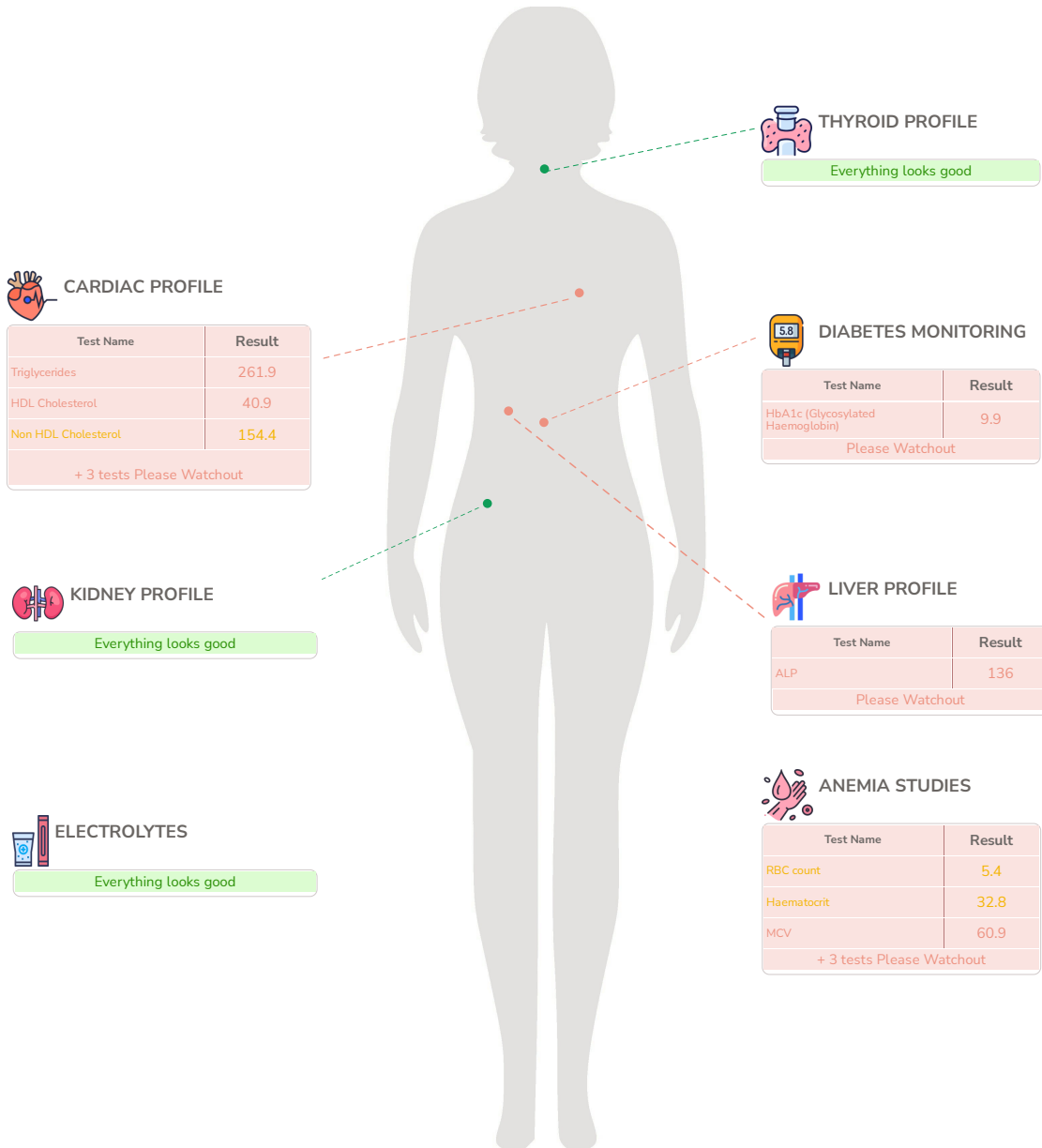
Age

## Your Health Summary

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● All In Range    ● Borderline    ● Out Of Range

## Health Summary



**Note:** This section offers a quick snapshot of selected parameters. For all parameters and detailed analysis with clinical interpretation, please refer to the following pages

Name Gender

Patient ID Age

### Your Health Summary

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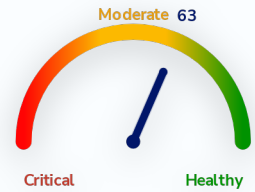
## Quick Health Summary

### Personal Insights - Health Score

# 63

Overall, most parameters are within normal ranges, indicating a generally balanced health status. The profiles for Polycythemia, Anemia, and Cardiac Health may affect your energy levels and cardiovascular well-being, so consider regular monitoring and discussing any concerns with your healthcare provider. To support your health, aim for a balanced diet rich in fruits, vegetables, and whole grains, and incorporate activities like walking or gentle yoga into your routine. Routine check-ups and timely consultations can help maintain your well-being; remember, small consistent changes can lead to meaningful improvements.

*Note - Higher scores tentatively indicate better health status*



### Summary of Key Health Indicators

Total Parameters Tested	Borderline Results	Out Of Range Results
90	7	11

### Health Status by Body System

Profile	Total	Borderline	Out of Range	Key Results
Anemia Studies	8	3	3	<ul style="list-style-type: none"> <li>● MCV (60.9)</li> <li>● MCH (18)</li> <li>● RDW-CV (18.4)</li> <li>● RBC count (5.4)</li> <li>● Haematocrit (32.8)</li> <li>● MCHC (29.5)</li> </ul>
Cardiac Profile	9	3	3	<ul style="list-style-type: none"> <li>● Triglycerides (261.9)</li> <li>● HDL Cholesterol (40.9)</li> <li>● VLDL (52.38)</li> <li>● Non - HDL Cholesterol (154.4)</li> <li>● LDL Cholesterol (102.02)</li> <li>● HDL : LDL ratio (0.4)</li> </ul>
Inflammation	1	0	1	<ul style="list-style-type: none"> <li>● ESR (34)</li> </ul>
Iron	1	0	1	<ul style="list-style-type: none"> <li>● Iron (23.1)</li> </ul>

Profile	Total	Borderline	Out of Range	Key Results
Blood Disorder	17	1	1	<ul style="list-style-type: none"> <li>● Abs. Basophil Count (0)</li> <li>● Haemoglobin (9.7)</li> </ul>
Diabetes Monitoring	4	0	1	<ul style="list-style-type: none"> <li>● HbA1c (Glycosylated Haemoglobin) (9.9)</li> </ul>
Liver Profile	14	0	1	<ul style="list-style-type: none"> <li>● ALP (136)</li> </ul>
Thyroid Profile	3	0	0	All In Range
Infectious Diseases	6	0	0	All In Range
Kidney Profile	12	0	0	All In Range
Electrolytes	4	0	0	All In Range
Urinalysis	11	0	0	All In Range

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## Report Summary ● In Range ● Borderline ● Out Of Range ● No color - Reference range not available

### INFLAMMATION

Test Name	Result <small>unit</small>	Range
<span style="color: red;">●</span> ESR - Erythrocyte Sedimentation Rate	<b>34</b> mm/hr	< 12

### THYROID PROFILE

Test Name	Result <small>unit</small>	Range
<span style="color: green;">●</span> Triiodothyronine (T3)	105 ng/dL	80 - 200
<span style="color: green;">●</span> Total Thyroxine (T4)	6.7 µg/dL	5.1 - 14.1
<span style="color: green;">●</span> Thyroid Stimulating Hormone (Ultrasensitive)	3.3 mIU/L	0.27 - 4.2

### IRON

Test Name	Result <small>unit</small>	Range
<span style="color: red;">●</span> Iron	<b>23.1</b> µg/dL	33 - 193

### BLOOD DISORDER

Test Name	Result <small>unit</small>	Range
<span style="color: orange;">●</span> Hemoglobin	<b>9.7</b> g/dL	12 - 15
<span style="color: green;">●</span> TLC	5.8 $10^3/\mu\text{l}$	4 - 10
<span style="color: green;">●</span> Neutrophils	62 %	40 - 80
<span style="color: green;">●</span> Lymphocytes	32 %	20 - 40
<span style="color: green;">●</span> Monocytes	4 %	2 - 10
<span style="color: green;">●</span> Eosinophils	2 %	1 - 6
<span style="color: green;">●</span> Basophils	0 %	< 2
<span style="color: green;">●</span> Neutrophils.	3.6 $10^3/\mu\text{l}$	2 - 7
<span style="color: green;">●</span> Lymphocytes.	1.86 $10^3/\mu\text{l}$	1 - 3
<span style="color: green;">●</span> Monocytes.	0.23 $10^3/\mu\text{l}$	0.2 - 1
<span style="color: green;">●</span> Eosinophils.	0.12 $10^3/\mu\text{l}$	0.02 - 0.5
<span style="color: red;">●</span> Basophils.	<b>0</b> $10^3/\mu\text{l}$	0.02 - 0.5
<span style="color: green;">●</span> Platelet Count	289 $10^3/\mu\text{l}$	150 - 410
<span style="color: green;">●</span> Mean Platelet Volume (MPV)	10.4 fL	9.3 - 12.1
<span style="color: green;">●</span> PDW	14.7 fL	8.3 - 25
<span style="color: green;">●</span> P-LCR	32 %	18 - 50
<span style="color: green;">●</span> P-LCC	93 $10^9/L$	44 - 140

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Report Summary ● In Range ● Borderline ● Out Of Range No color - Reference range not available

ANEMIA STUDIES

Test Name	Result unit	Range
<span style="color: orange;">●</span> RBC Count	5.4 $10^6/\mu\text{L}$	3.8 - 4.8
<span style="color: orange;">●</span> PCV	32.8 %	36 - 46
<span style="color: red;">●</span> MCV	60.9 fl	83 - 101
<span style="color: red;">●</span> MCH	18 pg	27 - 32
<span style="color: orange;">●</span> MCHC	29.5 g/dL	31.5 - 34.5
<span style="color: red;">●</span> RDW (CV)	18.4 %	11.6 - 14
<span style="color: green;">●</span> RDW-SD	40.3 fl	35.1 - 43.9
Mentzer Index	11.28 %	

INFECTIOUS DISEASES

Test Name	Result unit	Range
<span style="color: green;">●</span> PCT	0.3 %	0.17 - 0.32
Deposit	Absent	
Leucocyte esterase	Positive(++)	
Pus Cells (WBCs)	50-55 /hpf	
Yeast Cells	Absent	
Protozoa	Absent	

DIABETES MONITORING

Test Name	Result unit	Range
<span style="color: red;">●</span> Glycosylated Hemoglobin (HbA1c)	9.9 %	< 5.6
Estimated Average Glucose	237.43 mg/dL	
<span style="color: green;">●</span> Glucose Fasting	94 mg/dL	70 - 100
Urine Glucose (sugar)	Negative	

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### LIVER PROFILE

Test Name	Result <small>unit</small>	Range
<span style="color: green;">●</span> Bilirubin Total	0.4 mg/dL	< 1.2
<span style="color: green;">●</span> Bilirubin Direct	0.1 mg/dL	< 0.5
<span style="color: green;">●</span> Bilirubin Indirect	0.3 mg/dL	0.1 - 1
<span style="color: green;">●</span> SGOT/AST	16.4 U/L	5 - 40
<span style="color: green;">●</span> SGPT/ALT	15.1 U/L	< 41
SGOT/SGPT Ratio	1.09 %	
<span style="color: red;">●</span> Alkaline Phosphatase	<b>136</b> U/L	35 - 104
<span style="color: green;">●</span> Total Protein	7.8 g/dL	6 - 7.8
<span style="color: green;">●</span> Albumin	4.4 g/dL	3.5 - 5.2
<span style="color: green;">●</span> Globulin	3.4 g/dL	2.3 - 3.5
<span style="color: green;">●</span> Albumin :Globulin Ratio	1.29	1 - 2.1
<span style="color: green;">●</span> Gamma Glutamyl Transferase (GGT)	15 U/L	5 - 40
Bilirubin Urine	Negative	
Urobilinogen	Normal	

### KIDNEY PROFILE

Test Name	Result <small>unit</small>	Range
<span style="color: green;">●</span> Blood Urea	17.6 mg/dL	16.6 - 48.5
<span style="color: green;">●</span> Bun	8.22 mg/dL	6 - 20
<span style="color: green;">●</span> Creatinine	0.5 mg/dL	0.5 - 0.9
eGFR (CKD-EPI)	114.17 mL/min/1.73 sq m	
<span style="color: green;">●</span> Bun/Creatinine Ratio	16.44	12 - 20
<span style="color: green;">●</span> Urea / Creatinine Ratio	35.2	25.68 - 42.8
<span style="color: green;">●</span> Uric Acid	3.9 mg/dL	2.4 - 5.7
<span style="color: green;">●</span> Calcium Serum	9.9 mg/dL	8.6 - 10
Urine Protein (Albumin)	Negative	
Blood	Negative	
Crystals	Absent	
Cast	Absent	

### ELECTROLYTE PROFILE

Test Name	Result <small>unit</small>	Range
<span style="color: green;">●</span> Phosphorus	4.2 mg/dL	2.5 - 4.5
<span style="color: green;">●</span> Sodium	143 mmol/L	136 - 145
<span style="color: green;">●</span> Potassium	4.5 mmol/L	3.5 - 5.1
<span style="color: green;">●</span> Chloride	103.4 mmol/L	98 - 107

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## Report Summary ● In Range ● Borderline ● Out Of Range ● No color - Reference range not available

### CARDIAC PROFILE

Test Name	Result unit	Range
<span style="color: green;">●</span> Total Cholesterol	195.3 mg/dL	< 200
<span style="color: red;">●</span> Triglycerides	<b>261.9</b> mg/dL	< 150
<span style="color: red;">●</span> HDL Cholesterol	<b>40.9</b> mg/dL	55 - 80
<span style="color: orange;">●</span> Non HDL Cholesterol	<b>154.4</b> mg/dL	< 130
<span style="color: orange;">●</span> LDL Cholesterol	<b>102.02</b> mg/dL	30 - 100
<span style="color: red;">●</span> V.L.D.L Cholesterol	<b>52.38</b> mg/dL	< 30
<span style="color: green;">●</span> Chol/HDL Ratio	4.78 Ratio	3.5 - 5
<span style="color: orange;">●</span> HDL/ LDL Ratio	<b>0.4</b> Ratio	0.5 - 3
LDL/HDL Ratio	2.49 Ratio	

### URINALYSIS

Test Name	Result unit	Range
Volume	20 ml	
Colour	Pale yellow	
Transparency	Clear	
<span style="color: green;">●</span> Reaction (pH)	6.0	4.5 - 8
<span style="color: green;">●</span> Specific Gravity	1.015	1.01 - 1.03
Urine Ketones (Acetone)	Negative	
Nitrite	Negative	
Epithelial Cells	8-10 /hpf	
Red blood Cells	Absent /hpf	
Amorphous deposits	Absent	
Bacteria	Absent	

Name Gender

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## Comparative Health Summary

● In Range    
 ● Borderline    
 ● Out Of Range

### Personal Health Score Change

Your health score is **63/100** (12-03-2026)

Summary of Key Improvements / Declines	Outcome
Total parameters improved	<span style="color: green;">0 of 1</span> parameters tested earlier
New Out of range parameters detected	<span style="color: red;">0 new issues</span>

### Parameter-Wise Comparison

Parameter	Current <small>12-03-2026</small>	Previous	Range	Value Change	Trend
Glycosylated Hemoglobin (HbA1c)	<span style="color: red;">●</span> 9.9	<span style="color: red;">●</span> 9.4 <small>28-06-2025</small>	0-5.6 %	+0.5	<span style="color: red;">Still out of range</span>

Name

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Age

 **Your Health Summary**

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## Health Advisory

● In Range    ● Borderline (BL)    ● Out Of Range



### Inflammation

Inflammation is the body's immune system's response to an injury, surgery, or irritation. This natural defense process acts by removing injurious stimuli and initiating the healing process. Inflammation can be chronic (such as arthritis) or acute (like in case of trauma).

**ESR - Erythrocyte Sedimentation Rate: 34<sub>mm/hr</sub>**

● OUT OF RANGE

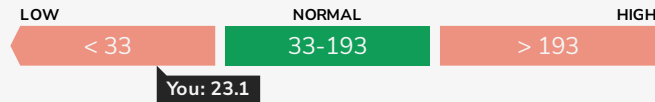


### Iron

Iron is an essential mineral that helps in the formation of hemoglobin, which carries oxygen in the blood. Iron tests are performed to evaluate iron deficiency, anemia, and conditions related to iron overload.

**Iron: 23.1<sub>µg/dL</sub>**

● OUT OF RANGE



### Blood Disorder

Blood disorders affect one or more components of blood such as red blood cells, white blood cells, platelets, or plasma. These tests help in diagnosing conditions like anemia, clotting disorders, infections, and other hematological abnormalities.

**Hemoglobin: 9.7<sub>g/dL</sub>**

● BORDERLINE



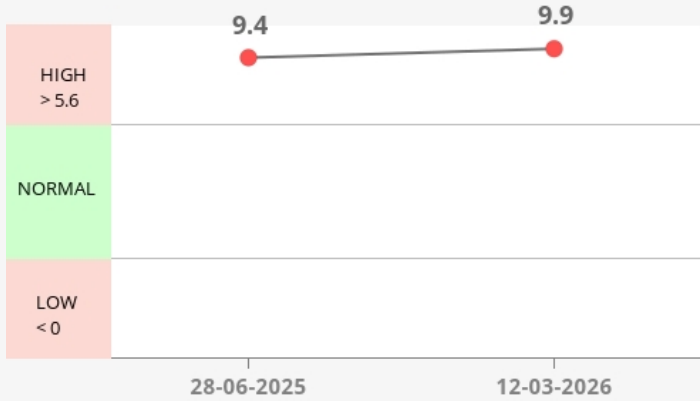


## Diabetes

This panel is used to check how much glucose/sugar there is in your blood. Too much blood glucose might indicate diabetes.

Glycosylated Hemoglobin (HbA1c): 9.9%

● OUT OF RANGE

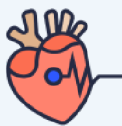
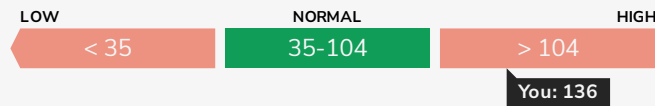


## Liver Profile

One of the main functions of your liver is to make proteins that are secreted in your blood. It also makes enzymes which convert food into energy, and processes old muscles and cells. When your liver is damaged, enzymes leak into your blood and appear in the blood test

Alkaline Phosphatase: 136 U/L

● OUT OF RANGE



## Cardiac Profile

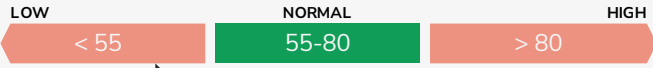
Most people believe they are safe from heart diseases, but in reality, heart diseases are the leading cause of death in the world. There are many different forms of heart disease. Narrowing or blockage of the coronary arteries is the most common cause of heart disease, which are the vessels that supply blood to the heart. This is called coronary artery disease and it occurs slowly over time. It is the main cause of heart attacks.

Triglycerides: 261.9 mg/dL

● OUT OF RANGE



**HDL Cholesterol: 40.9** mg/dL ● **OUT OF RANGE**



You: 40.9

**LDL Cholesterol: 102.02** mg/dL ● **BORDERLINE**



You: 102.02

Patient NAME :		Report STATUS :	
DOB/Age/Gender :		Barcode NO :	
Patient ID / UHID :		Sample Type :	
Referred BY :		Report Date :	
Sample Collected :			
Test Description	Value(s)	Unit(s)	Reference Range

## One-Plus-One Fit India Full Body Checkup

### Complete Blood Count (CBC)

RBC Parameters			
Hemoglobin <i>Cyanide-free colorimetry</i>	9.7 L*	g/dL	12.0 - 15.0
RBC Count <i>Electrical impedance</i>	5.4 H*	10 <sup>6</sup> /μl	3.8 - 4.8
PCV <i>Calculated</i>	32.8 L*	%	36 - 46
MCV <i>Direct Measure Impedence</i>	60.9 L*	fl	83 - 101
MCH <i>Calculated</i>	18 L*	pg	27 - 32
MCHC <i>Calculated</i>	29.5 L*	g/dL	31.5 - 34.5
RDW (CV) * <i>Calculated</i>	18.4 H*	%	11.6 - 14.0
RDW-SD * <i>Calculated</i>	40.3	fl	35.1 - 43.9
WBC Parameters *			
TLC <i>Electrical impedance and microscopy</i>	5.8	10 <sup>3</sup> /μl	4 - 10
Differential Leucocyte Count			
Neutrophils <i>Flowcytometry</i>	62	%	40-80
Lymphocytes <i>Flowcytometry</i>	32	%	20-40
Monocytes <i>Flowcytometry</i>	4	%	2-10
Eosinophils <i>Flowcytometry</i>	2	%	1-6
Basophils <i>Flowcytometry</i>	0	%	<2
Absolute Leukocyte Counts *			
Neutrophils. * <i>Calculated</i>	3.6	10 <sup>3</sup> /μl	2 - 7
Lymphocytes. * <i>Calculated</i>	1.86	10 <sup>3</sup> /μl	1 - 3
Monocytes. * <i>Calculated</i>	0.23	10 <sup>3</sup> /μl	0.2 - 1.0
Eosinophils. * <i>Calculated</i>	0.12	10 <sup>3</sup> /μl	0.02 - 0.5
Basophils. * <i>Calculated</i>	0	10 <sup>3</sup> /μl	0.02 - 0.5
Platelet Parameters			
Platelet Count <i>Electrical impedance and microscopy</i>	289	10 <sup>3</sup> /μl	150 - 410

Note :- (H\* - High , L\* - Low ,CL\* - Critical Low,CH\* - Critical High)



Dr. Ravi Rani Mishra  
MD Pathology  
Consultant Pathologist

Patient NAME		Report STATUS :	
DOB/Age/Gender		Barcode NO :	
Patient ID / UHID		Sample Type :	
Referred BY		Report Date :	
Sample Collected			

Test Description	Value(s)	Unit(s)	Reference Range
Mean Platelet Volume (MPV) * <i>Calculated</i>	10.4	fL	9.3 - 12.1
PCT * <i>Calculated</i>	0.3	%	0.17 - 0.32
PDW * <i>Calculated</i>	14.7	fL	8.3 - 25.0
P-LCR * <i>Calculated</i>	32	%	18 - 50
P-LCC * <i>Calculated</i>	93	10 <sup>9</sup> /L	44 - 140
Mentzer Index * <i>Calculated</i>	11.28	%	> 13

**Interpretation:**

CBC provides information about red cells, white cells and platelets. Results are useful in the diagnosis of anemia, infections, leukemias, clotting disorders and many other medical conditions.

Note :- (H\* - High , L\* - Low ,CL\* - Critical Low,CH\* - Critical High)



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Patient NAME	
DOB/Age/Gender	Report STATUS :
Patient ID / UHID	Barcode NO :
Referred BY	Sample Type :
Sample Collected	Report Date :

Test Description	Value(s)	Unit(s)	Reference Range
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### Erythrocyte Sedimentation Rate (ESR)

ESR - Erythrocyte Sedimentation Rate <i>Modified Westergren</i>	<b>34 H*</b>	mm/hr	0 - 12
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**Interpretation:**

ESR is also known as Erythrocyte Sedimentation Rate. An ESR test is used to assess inflammation in the body. Many conditions can cause an abnormal ESR, so an ESR test is typically used with other tests to diagnose and monitor different diseases. An elevated ESR may occur in inflammatory conditions including infection, rheumatoid arthritis, systemic vasculitis, anemia, multiple myeloma, etc. Low levels are typically seen in congestive heart failure, polycythemia, sickle cell anemia, hypo fibrinogenemia, etc.

**Reference-** Dacie and Lewis practical hematology

Note :- (H\* - High, L\* - Low, CL\* - Critical Low, CH\* - Critical High)



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Test Description	Value(s)	Unit(s)	Reference Range
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### HbA1C (Glycosylated Haemoglobin)

Glycosylated Hemoglobin (HbA1c) <i>HPLC</i>	<b>9.9 H*</b>	%	< 5.7
Estimated Average Glucose * <i>Calculated</i>	237.43	mg/dL	Refer Table Below

**Interpretation:**

Interpretation For HbA1c% As per American Diabetes Association (ADA)

Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glyceemic control	Age > 19 years Goal of therapy: < 7.0 Age < 19 years Goal of therapy: <7.5

**Note:**

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled. 2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate

**Comments :**

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glyceemic control as compared to blood and urinary glucose determinations ADA criteria for correlation between HbA1c & Mean plasma glucose levels.

HbA1c(%)	Mean Plasma Glucose (mg/dL)	HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126	12	298
8	183	14	355
10	240	16	413

Note :- (H\* - High , L\* - Low ,CL\* - Critical Low,CH\* - Critical High)



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Sample Collected			

Test Description	Value(s)	Unit(s)	Reference Range
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### Glucose Fasting

Glucose Fasting <i>Hexokinase</i>	94	mg/dL	70 - 100
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**Interpretation:**

Status	Fasting plasma glucose in mg/dL
Normal	70 - 100
Impaired fasting glucose	101 - 125
Diabetes	≥126

**Reference :** American Diabetes Association

**Comment :**

Blood glucose determinations are commonly used as an aid in the diagnosis and treatment of diabetes. Elevated glucose levels (hyperglycemia) may also occur with pancreatic neoplasm, hyperthyroidism, and adrenal cortical hyper function as well as other disorders. Decreased glucose levels (hypoglycemia) may result from excessive insulin therapy, insulinoma, or various liver diseases.

**Note**

1. The diagnosis of Diabetes requires a fasting plasma glucose of  $>$  or  $=$  126 mg/dL or a random / 2 hour plasma glucose value of  $>$  or  $=$  200 mg/dL with symptoms of diabetes mellitus.
2. Very high glucose levels ( $>$ 450 mg/dL in adults) may result in Diabetic Ketoacidosis.



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Referred BY		Report Date :	
Sample Collected			
Test Description	Value(s)	Unit(s)	Reference Range

### Liver Function Test (LFT)

Bilirubin Total <i>Colorimetric Diazo</i>	0.4	mg/dL	0 - 1.2
Bilirubin Direct <i>DIAZO</i>	0.1	mg/dL	0 - 0.5
Bilirubin Indirect * <i>Calculation (T Bil - D Bil)</i>	0.3	mg/dL	0.1 - 1.0
SGOT/AST <i>IFCC without P5P</i>	16.4	U/L	up to 40
SGPT/ALT <i>IFCC without P5P</i>	15.1	U/L	up to 41
SGOT/SGPT Ratio *	1.09	-	-
Alkaline Phosphatase <i>Para-Nitrophenyl Phosphate</i>	<b>136 H*</b>	U/L	35 - 104
Total Protein <i>Biuret</i>	7.8	g/dL	6.0 - 7.8
Albumin <i>Bromocresol Green (BCG)</i>	4.4	g/dL	3.5 - 5.2
Globulin * <i>Calculation (T.P - Albumin)</i>	3.4	g/dL	2.3 - 3.5
Albumin :Globulin Ratio * <i>Calculation (Albumin/Globulin)</i>	1.29	-	1.0 - 2.1
Gamma Glutamyl Transferase (GGT) * <i>ENZYMATIC</i>	15	U/L	5-40

#### Interpretation:

The liver filters blood, metabolizes nutrients, detoxifies harmful substances, and produces blood clotting proteins. Liver cells contain enzymes that facilitate these functions. When cells are damaged, enzymes leak into the blood, detectable through blood tests.

Key enzymes tested:

- AST (SGOT):** may indicate tissue injury / damage in muscles or liver.
- ALT (SGPT):** Primarily in the liver. Elevated ALT and AST suggest liver damage.
- Alkaline Phosphatase & GGT:** Linked to bile production and flow. Elevated levels may indicate bile flow issues related to the liver, gallbladder, or bile ducts.

Blood proteins, **albumin and globulin**, are essential for growth, development, and health.

- Low protein:** May indicate bleeding, liver disorders, malnutrition, or agammaglobulinemia.
- High protein (Hyperproteinemia):** Often due to dehydration or increased protein production.
- Low albumin:** Caused by poor diet, kidney, or liver disease.
- High albumin:** Usually due to severe dehydration.

Note :- (H\* - High , L\* - Low ,CL\* - Critical Low,CH\* - Critical High)



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MD Pathology  
Consultant Pathologist

Patient NAME	Report STATUS
DOB/Age/Gender	Barcode NO
Patient ID / UHID	Sample Type
Referred BY	Report Date
Sample Collected	

Test Description	Value(s)	Unit(s)	Reference Range
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### Kidney Function Test (KFT)

Blood Urea <i>Urease</i>	17.6	mg/dL	16.6 - 48.5
Bun * <i>Urease</i>	8.22	mg/dL	6 - 20
Creatinine <i>Jaffe</i>	0.5	mg/dL	0.50 - 0.90
eGFR (CKD-EPI) *	114.17	ml/min/1.73 sq m	Normal Or High: >= 90 Mild Or Decrease: 60-89 Mild To Moderate Decrease: 45-59 Mild To Severe Decrease: 30-44 Severe Decrease: 15-29 Kidney Failure: < 15
Bun/Creatinine Ratio * <i>Calculated</i>	16.44		12 - 20
Urea / Creatinine Ratio * <i>Calculated</i>	35.2		25.68- 42.8
Uric Acid <i>Enzymatic colorimetric</i>	3.9	mg/dL	2.4 - 5.7
Calcium Serum <i>BAPTA</i>	9.9	mg/dL	8.6 - 10.0
Phosphorus <i>Molybdate UV</i>	4.2	mg/dL	2.5 - 4.5
Sodium <i>ISE-Indirect</i>	143	mmol/L	136 - 145
Potassium <i>ISE-Indirect</i>	4.5	mmol/L	3.5 - 5.1
Chloride <i>ISE-Indirect</i>	103.4	mmol/L	98 - 107

**Interpretation:**

Kidney function tests is a collective term for a variety of individual tests and procedures that can be done to evaluate how well the kidneys are functioning. Many conditions can affect the ability of the kidneys to carry out their vital functions. Some lead to a rapid (acute) decline in kidney function others lead to a gradual (chronic) decline in function. Both result in a buildup of toxic waste substances done on urine samples, as well as on blood samples. A number of symptoms may indicate a problem with your kidneys. These include : high blood pressure, blood in urine, frequent urges to urinate, difficulty beginning urination, painful urination, swelling in the hands and feet due to a buildup of fluids in the body. A single symptom may not mean something serious. However, when occurring simultaneously, these symptoms suggest that your kidneys are not working properly. Kidney function tests can help determine the reason. Ionized calcium this test if you have signs of kidney or parathyroid disease. The test may also be done to monitor progress and treatment of these diseases."eGFR test is applicable for patients aged 18 years or more."



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Patient NAME		Report STATUS :	
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### Lipid Profile

Total Cholesterol <i>Enzymatic - Cholesterol Oxidase</i>	195.3	mg/dL	<200
Triglycerides <i>Glycerol-3-Phosphate Oxidase-Phenol Amino phenazon</i>	<b>261.9 H*</b>	mg/dL	<150
HDL Cholesterol <i>CHOD/CHER</i>	<b>40.9 L*</b>	mg/dL	>55
Non HDL Cholesterol * <i>Calculated</i>	<b>154.4 H*</b>	mg/dL	<130
LDL Cholesterol <i>Calculated</i>	<b>102.02 H*</b>	mg/dL	<100
V.L.D.L Cholesterol * <i>Calculated</i>	<b>52.38 H*</b>	mg/dL	< 30
Chol/HDL Ratio * <i>Calculated</i>	4.78	Ratio	3.5 - 5.0
HDL/ LDL Ratio * <i>Calculated</i>	<b>0.4 L*</b>	Ratio	0.5 - 3.0
LDL/HDL Ratio * <i>Calculated</i>	2.49	Ratio	-

#### Interpretation:

Lipid level assessments must be made following 9 to 12 hours of fasting, otherwise assay results might lead to erroneous interpretation. NCEP recommends of 3 different samples to be drawn at intervals of 1 week for harmonizing biological variables that might be encountered in single assays.

National Lipid Association Recommendations (NLA-2014)	Total Cholesterol (mg/dL)	Triglyceride (mg/dL)	LDL Cholesterol (mg/dL)	Non HDL Cholesterol (mg/dL)
Optimal	<200	<150	<100	<130
Above Optimal			100-129	130 - 159
Borderline High	200-239	150-199	130-159	160 - 189
High	>=240	200-499	160-189	190 - 219
Very High	-	>=500	>=190	>=220

HDL Cholesterol	
Low	High
<40	>=60

#### Risk Stratification for ASCVD (Atherosclerotic Cardiovascular Disease) by Lipid Association of India.

<b>Risk Category</b>	A. CAD with > 1 feature of high risk group
<b>Extreme risk group</b>	B. CAD with >1 feature of very high risk group of recurrent ACS (within 1 year) despite LDL-C <or = 50 mg/dl or poly vascular disease
<b>Very High Risk</b>	1.Established ASCVD 2.Diabetes with 2 major risk factors of evidence of end organ damage 3. Familial Homozygous Hypercholesterolemia

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Patient NAME	
DOB/Age/Gender	Report STATUS :
Patient ID / UHID	Barcode NO :
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Sample Collected	Report Date :

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<b>High Risk</b>	1. Three major ASCVD risk factors 2. Diabetes with 1 major risk factor or no evidence of end organ damage 3. CHD stage 3B or 4. 4 LDL >190 mg/dl 5. Extreme of a single risk factor 6. Coronary Artery Calcium - CAC > 300 AU 7. Lipoprotein a >= 50 mg/dl 8. Non stenotic carotid plaque		
<b>Moderate Risk</b>	2 major ASCVD risk factors		
<b>Low Risk</b>	0-1 major ASCVD risk factors		
<b>Major ASCVD (Atherosclerotic cardiovascular disease) Risk Factors</b>			
1. Age >=45 years in Males & >= 55 years in Females	3. Current Cigarette smoking or tobacco use		
2. Family history of premature ASCVD	4. High blood pressure		
5. Low HDL			

Newer treatment goals and statin initiation thresholds based on the risk categories proposed by Lipid Association of India in 2020.

Risk Group	Treatment Goals		Consider Drug Therapy	
	LDL-C (mg/dl)	Non-HDL (mg/dl)	LDL-C (mg/dl)	Non-HDL (mg/dl)
Extreme Risk Group Category A	<50 (Optional goal <OR = 30)	<80 (Optional goal <OR = 60)	>OR = 50	>OR = 80
Extreme Risk Group Category B	>OR = 30	>OR = 60	> 30	> 60
Very High Risk	<50	<80	>OR = 50	>OR = 80
High Risk	<70	<100	>OR = 70	>OR = 100
Moderate Risk	<100	<130	>OR = 100	>OR = 130
Low Risk	<100	<130	>OR = 130*	>OR = 160

\* After an adequate non-pharmacological intervention for at least 3 months.

References : Management of Dyslipidaemia for the Prevention of Stroke : Clinical practice Recommendations from the Lipid Association of India. Current Vascular Pharmacology,2022,20,134-155.

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Patient NAME :		Report STATUS
DOB/Age/Gender :		Barcode NO
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### Thyroid Profile Total

Triiodothyronine (T3) ECLIA	105	ng/dL	80 - 200
Total Thyroxine (T4) ECLIA	6.7	µg/dL	5.1- 14.1
Thyroid Stimulating Hormone (Ultrasensitive) ECLIA	3.3	mIU/L	0.27 - 4.20

#### Interpretation:

Pregnancy	Reference Range TSH
1st Trimester	0.1 - 2.5
2nd Trimester	0.2 - 3.0
3rd Trimester	0.3 - 3.0

#### Clinical Use:

1. Diagnose Hypothyroidism & Hyperthyroidism
2. Monitor T4 therapy
3. Measure subnormal TSH levels

**Increased TSH:** Primary hypothyroidism, Subclinical hypothyroidism, TSH-dependent hyperthyroidism, Thyroid hormone resistance

**Decreased TSH:** Graves' disease, Autonomous thyroid hormone secretion, TSH deficiency

Thyroid malfunction (hyper or hypo) affects T3 & T4 levels. Pituitary or hypothalamic issues also influence thyroid activity.

1. **Primary Hypothyroidism:** High TSH levels.
2. **Secondary/Tertiary Hypothyroidism:** Low TSH levels.
3. **Euthyroid Sick Syndrome:** Abnormal thyroid test results due to non-thyroidal illnesses (NTI).

TBG levels are stable in healthy individuals but may be altered by pregnancy, estrogens, androgens, steroids, or glucocorticoids, causing inaccurate T3 & T4 readings.

TSH	T4	T3	Interpretation
High	Normal	Normal	Mild (subclinical) hypothyroidism
High	Low	Low Or Normal	Hypothyroidism
Low	Normal	Normal	Mild (subclinical) hyperthyroidism
Low	High Or Normal	High Or Normal	Hyperthyroidism
Low	Low Or Normal	Low Or Normal	Nonthyroidal illness; pituitary (secondary) hypothyroidism
Normal	High	High	Thyroid hormone resistance syndrome (a mutation in the thyroid hormone receptor decreases thyroid hormone function)



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**Iron**

Iron <i>FerroZine</i>	<b>23.1 L*</b>	µg/dL	33 - 193
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**Interpretation:**  
Iron is body's essential trace element used for differential diagnosis of anemias, diagnosis of hemochromatosis and hemosiderosis.

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Patient NAME		Report STATUS	
DOB/Age/Gender		Barcode NO	
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Referred BY		Report Date	
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Test Description	Value(s)	Unit(s)	Reference Range

## Urine Routine and Microscopic Examination

Physical Examination *			
Volume * <i>visual</i>	20	ml	-
Colour * <i>visual</i>	Pale yellow	-	Pale yellow
Transparency * <i>visual</i>	Clear	-	Clear
Deposit * <i>visual</i>	Absent	-	Absent
Chemical Examination *			
Reaction (pH) <i>Double Indicator</i>	6.0	-	4.5 - 8.0
Specific Gravity <i>Ion Exchange</i>	1.015	-	1.010 - 1.030
Urine Glucose (sugar) <i>Oxidase / Peroxidase</i>	Negative	-	Negative
Urine Protein (Albumin) <i>Acid / Base Colour Exchange</i>	Negative	-	Negative
Urine Ketones (Acetone) <i>Legals Test</i>	Negative	-	Negative
Blood <i>Peroxidase Hemoglobin</i>	Negative	-	Negative
Leucocyte esterase <i>Enzymatic Reaction</i>	<b>Positive(++) H*</b>	-	Negative
Bilirubin Urine <i>Coupling Reaction</i>	Negative	-	Negative
Nitrite <i>Griless Test</i>	Negative	-	Negative
Urobilinogen <i>Ehrlichs Test</i>	Normal	-	Normal
Microscopic Examination *			
Pus Cells (WBCs) *	<b>50-55 H*</b>	/hpf	0 - 5
Epithelial Cells *	<b>8-10 H*</b>	/hpf	0 - 4
Red blood Cells *	Absent	/hpf	Absent
Crystals *	Absent	-	Absent
Cast *	Absent	-	Absent
Yeast Cells *	Absent	-	Absent
Amorphous deposits *	Absent	-	Absent
Bacteria *	Absent	-	Absent
Protozoa *	Absent	-	Absent
Comment *	RESULT RECHECKED, KINDLY CORRELATE		

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	CLINICALLY.		

**Interpretation:**

**URINALYSIS-** Routine urine analysis assists in screening and diagnosis of various metabolic, urological, kidney and liver disorders.

**Protein:** Elevated proteins can be an early sign of kidney disease. Urinary protein excretion can also be temporarily elevated by strenuous exercise, orthostatic proteinuria, dehydration, urinary tract infections and acute illness with fever

**Glucose:** Uncontrolled diabetes mellitus can lead to presence of glucose in urine. Other causes include pregnancy, hormonal disturbances, liver disease and certain medications.

**Ketones:** Uncontrolled diabetes mellitus can lead to presence of ketones in urine. Ketones can also be seen in starvation, frequent vomiting, pregnancy and strenuous exercise.

**Blood:** Occult blood can occur in urine as intact erythrocytes or haemoglobin, which can occur in various urological, nephrological and bleeding disorders.

**Leukocytes:** An increase in leukocytes is an indication of inflammation in urinary tract or kidneys. Most common cause is bacterial urinary tract infection.

**Nitrite:** Many bacteria give positive results when their number is high. Nitrite concentration during infection increases with length of time the urine specimen is retained in bladder prior to collection.

**pH:** The kidneys play an important role in maintaining acid base balance of the body. Conditions of the body producing acidosis/ alkalosis or ingestion of certain type of food can affect the pH of urine.

**Specific gravity:** Specific gravity gives an indication of how concentrated the urine is. Increased specific gravity is seen in conditions like dehydration, glycosuria and proteinuria while decreased specific gravity is seen in excessive fluid intake, renal failure and diabetes insipidus.

**Bilirubin:** In certain liver diseases such as biliary obstruction or hepatitis, bilirubin gets excreted in urine.

**Urobilinogen:** Positive results are seen in liver diseases like hepatitis and cirrhosis and in cases of haemolytic anaemia.

\*\*\* End Of Report \*\*\*

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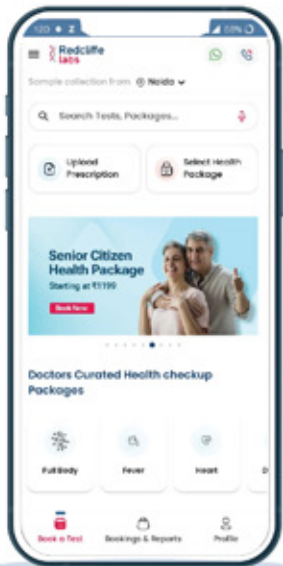
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