

Patient Name : Ms.SHOBHANA C
Age/Gender : 23 Y 11 M 3 D /F
UHID/MR No : APJ1.0036751062
Visit ID : DG30OPV10540
Ref Doctor : Dr.SELF
IP/OP NO :

Collected : 28/Jul/2026 05:49AM
Received : 28/Jul/2026 01:05PM
Reported : 28/Jul/2026 02:00PM
Status : Final Report
Client Name : APOLLO 24X7
Center location : 600002,Chennai

DEPARTMENT OF HAEMATOLOGY

Test Name	Result	Unit	Bio. Ref. Interval	Method
COMPLETE BLOOD COUNT (CBC) , WHOLE BLOOD EDTA				
HAEMOGLOBIN	12.2	gm%	12-15	Cyanide-free SLS Hemoglobin
PCV	39.80	%	40-50	Cumulative pulse height detection method
RBC COUNT	4.18	Million/ul	4.5-5.5	Impedance
MCV	95.2	fL	83-101	(Pulse height (derived from RBC histogram))
MCH	29.2	pg	27-32	Calculated
MCHC	30.7	g/dL	31.5-34.5	Calculated
R.D.W	14.5	%	11.6-14	Derived from RBC histogram
TOTAL LEUCOCYTE COUNT (TLC)	9,270	cells/cu.mm	4000-10000	Fluorescence Flow Cytometry
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	47.2	%	40-80	Fluorescence flow cytometry / Microscopy
LYMPHOCYTES	41.6	%	20-40	Fluorescence flow cytometry / Microscopy
EOSINOPHILS	4.5	%	1-6	Fluorescence flow cytometry / Microscopy
MONOCYTES	6.3	%	2-10	Fluorescence flow cytometry / Microscopy
BASOPHILS	0.4	%	0-2	Fluorescence flow cytometry / Microscopy
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	4375	Cells/cu.mm	2000-7000	Fluorescence Flow Cytometry
LYMPHOCYTES	3856	Cells/cu.mm	1000-3000	Fluorescence Flow Cytometry
EOSINOPHILS	417	Cells/cu.mm	20-500	Fluorescence Flow Cytometry
MONOCYTES	584	Cells/cu.mm	200-1000	Fluorescence Flow Cytometry

Page 1 of 7



Dr.Mamta Soni
MBBS, MD (Pathology)
Senior Consultant & HOD Hematology
Chief of Laboratory Service,CRL

SIN No:HA11689910

This sample has been processed at Central Reference Laboratory, Apollo Health and Lifestyle Limited, Shafee Mohammed Road,Chennai-600006

(CIN - U85110TG2000PLC115819)

Corporate Office: 7-1-617/A, 7th Floor, Imperial Towers, Ameerpet, Hyderabad-500016, Telangana

Ph No: 040-4904 7777 | www.apollohl.com | Email ID:enquiry@apollohl.com



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DEPARTMENT OF HAEMATOLOGY

BASOPHILS	37	Cells/cu.mm	0-100	Fluorescence Flow Cytometry
PLATELET COUNT	253000	cells/cu.mm	150000-410000	Impedance
MPV	9.5	Fl	8.1-13.9	Calculated




Dr.Mamta Soni
MBBS, MD (Pathology)
Senior Consultant & HOD Hematology
Chief of Laboratory Service,CRL

Page 2 of 7



SIN No:HA11689910

This sample has been processed at Central Reference Laboratory, Sunny Side Services, 8/11 Shafee Mohammed Road, Chennai-600006

(CIN - U85110TG2000PLC115819)

Corporate Office: 7-1-617/A, 7th Floor, Imperial Towers, Ameerpet, Hyderabad-500016, Telangana

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DEPARTMENT OF BIOCHEMISTRY

Test Name	Result	Unit	Bio. Ref. Interval	Method
GLUCOSE, RANDOM , SODIUM FLUORIDE PLASMA (R)	95	mg/dL	70 - 140	Glucose oxidase



Page 3 of 7


Dr. Danalakshmi.S
M.D (Biochemistry)
Senior consultant Biochemistry



SIN No:BI33661285

This sample has been processed at Central Reference Laboratory , Sunny Side Services,8/17 Shafee Mohammed Road,Chennai-600006

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UHID/MR No : APJ1.0036751062
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IP/OP NO :

Collected : 28/Jul/2026 05:49AM
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Status : Final Report
Client Name : APOLLO 24X7
Center location : 600002,Chennai

DEPARTMENT OF BIOCHEMISTRY

APOLLO VITAMIN CHECK - BASIC

Test Name	Result	Unit	Bio. Ref. Interval	Method
CALCIUM , SERUM	9.00	mg/dL	8.6-10	5-Nitro-5-methyl-BAPTA



Page 4 of 7

S. Danalakshmi
Dr. Danalakshmi.S
M.D (Biochemistry)
Senior consultant Biochemistry



SIN No:BM01260304

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DEPARTMENT OF IMMUNOLOGY

Test Name	Result	Unit	Bio. Ref. Interval	Method
THYROID PROFILE TOTAL (T3, T4, TSH) , SERUM				
TRI-iodothyronine (T3, TOTAL)	101	ng/dL	84.6-202	ECLIA
THYROXINE (T4, TOTAL)	6.49	µg/dL	5.12-14.06	ECLIA
TSH (Ultrasensitive/4thGen)	5.780	µIU/mL	0.270-4.20	ECLIA

Comment:

For pregnant females	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

- TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) & its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
- TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
- Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active. Isolated low T3 is often noticed in elderly
- Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	T3	T4	FT4	Possible Suggested Conditions correlating with pattern
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Treatment.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism
Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes
High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma

Page 5 of 7


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DEPARTMENT OF IMMUNOLOGY

APOLLO VITAMIN CHECK - BASIC

Test Name	Result	Unit	Bio. Ref. Interval	Method
VITAMIN D (25 - OH VITAMIN D) , SERUM	6.3	ng/mL	30-100	ECLIA

Comment:

BIOLOGICAL REFERENCE RANGES

VITAMIN D STATUS	VITAMIN D 25 HYDROXY (ng/mL)
DEFICIENCY	<10
INSUFFICIENCY	10 – 30
SUFFICIENCY	30 – 100
TOXICITY	>100

The biological function of Vitamin D is to maintain normal levels of calcium and phosphorus absorption. 25-Hydroxy vitamin D is the storage form of vitamin D. Vitamin D assists in maintaining bone health by facilitating calcium absorption. Vitamin D deficiency can also cause osteomalacia, which frequently affects elderly patients.

Vitamin D Total levels are composed of two components namely 25-Hydroxy Vitamin D2 and 25-Hydroxy Vitamin D3 both of which are converted into active forms. Vitamin D2 level corresponds with the exogenous dietary intake of Vitamin D rich foods as well as supplements. Vitamin D3 level corresponds with endogenous production as well as exogenous diet and supplements.

Vitamin D from sunshine on the skin or from dietary intake is converted predominantly by the liver into 25-hydroxy vitamin D, which has a long half-life and is stored in the adipose tissue. The metabolically active form of vitamin D, 1,25-di-hydroxy vitamin D, which has a short life, is then synthesized in the kidney as needed from circulating 25-hydroxy vitamin D. The reference interval of greater than 30 ng/mL is a target value established by the Endocrine Society.

Decreased Levels:- Inadequate exposure to sunlight, Dietary deficiency, Vitamin D malabsorption, Severe Hepatocellular disease., Drugs like Anticonvulsants, Nephrotic syndrome.

Increased levels:- Vitamin D intoxication.

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DEPARTMENT OF IMMUNOLOGY

APOLLO VITAMIN CHECK - BASIC

Test Name	Result	Unit	Bio. Ref. Interval	Method
VITAMIN B12 , SERUM	144	pg/mL	197-771	ECLIA

Comment:

Population based data reflecting exact scenario of vitamin B12 levels in Indian population is still evolving, however, different studies reporting a deficiency in adults, pregnant women and children ranging from 16% to 77% with average of about 47%. This high incidence is attributed to vegetarian food habits of large majority of Indian population.

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. B12 levels in the range of 150 to 190 pg/ml may not be associated with any clinical manifestations, while B12 levels below 100 pg/ml are often associated with clinical symptoms. However, for an individual based on other co-morbid conditions or other nutritional deficiency (especially folate) the manifestations can vary accordingly.

If clinical symptoms suggest deficiency, measurement of active vitamin B12, MMA and homocysteine should be considered as further workup.

*** End Of Report ***

Page 7 of 7

S. Danalakshmi
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TERMS AND CONDITIONS GOVERNING THIS REPORT

1. Reported results are for information and interpretation of the referring doctor or such other medical professionals, who understand reporting units, reference ranges and limitation of technologies. Laboratories not be responsible for any interpretation whatsoever
2. This is computer generated medical diagnostics report that has been validated by an Authorized Medical Practitioner/Doctor. The report does not need physical signature.
3. Partial reproduction of this report is not valid and should not be resorted to draw any conclusion.
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5. Results delays may occur due to unforeseen circumstances such as non-availability of kits, equipment breakdown, natural calamities, IT downtime, logistic delays or any other unavoidable event. For certain tests based on analyte stability, criticality of results and in the interest of patient for having appropriate medical diagnosis, the same test may be outsourced to other accredited laboratory.
6. It is presumed that the tests performed are, on the specimen / sample being to the patient named or identified and the verifications of particulars have been confirmed by the patient or his / her representative at the point of generation of said specimen
7. The reported results are restricted to the given specimen only. Results may vary from lab to lab and from time to time for the same parameter for the same patient (within subject biological variation).
8. The patient details along with their results in certain cases like notifiable diseases and as per local regulatory requirements will be communicated to the assigned regulatory bodies
9. The patient samples can be used as part of internal quality control, test verification, data analysis purposes within the testing scope of the laboratory.
10. This report is not valid for medico legal purposes. It is performed to facilitate medical diagnosis only


 Dr. Danalakshmi.S
 M.D (Biochemistry)
 Senior consultant Biochemistry



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Smart Health Report

Helping you understand
your health better

Curated for
Shobhana C

Uhid
APJ1.0036751062

Curated Date
28-07-2026



Contents	Page no.
Overall Health Summary	<u>1</u> ↗
Your body systems	<u>2</u> ↗
Body systems in detail	
Blood Health	<u>3</u> ↗
Bone & Muscle	<u>7</u> ↗
Vitamins	<u>10</u> ↗
Hormone Health	<u>13</u> ↗
Skin & Hair	<u>17</u> ↗
Kidney Health	<u>21</u> ↗
Blood Glucose	<u>24</u> ↗
Parameters in detail	<u>27</u> ↗
Self-Care Tips	<u>37</u> ↗

Dear Shobhana C,

You've just completed your Complete Blood Count (Cbc), Thyroid Profile Total (T3, T4, Tsh), 25-hydroxy Vitamin D (D2+D3), Calcium - Serum, Vitamin B12 etc tests, and we've updated your health summary with the latest insights. Regular check-ins like this help you stay informed and confident about your health—great job taking this step.

OVERALL HEALTH SUMMARY

Focusing on your thyroid, vitamin, and blood health.

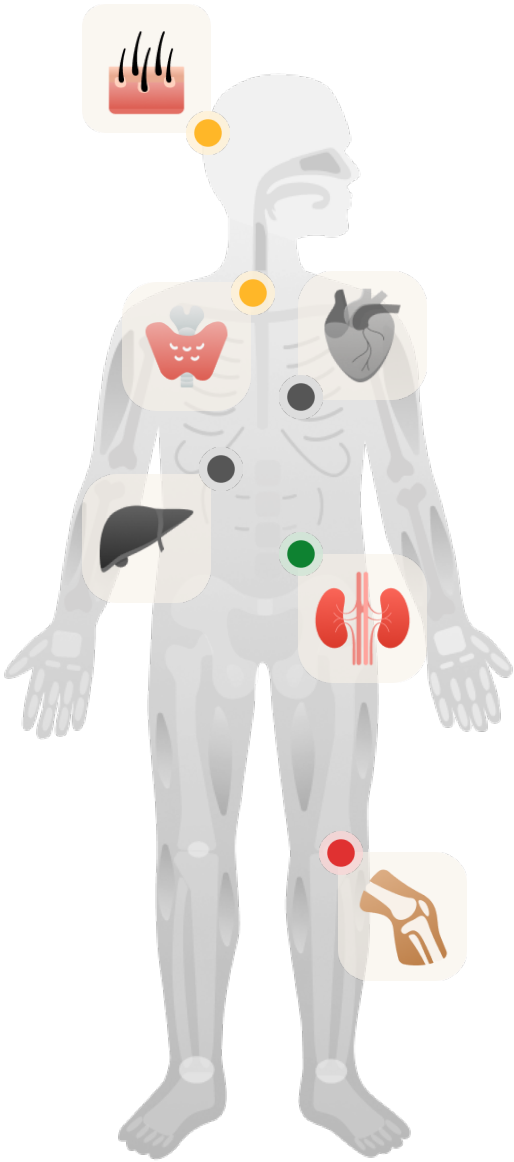
Your recent lab results provide a snapshot of your health, highlighting areas for attention and proactive care.

Key insights from your tests include:

- Your **Thyroid Stimulating Hormone (TSH)** is elevated, suggesting your thyroid gland might be underactive. This is an important area to discuss with your doctor for further evaluation.
- You have low levels of both **Vitamin B12** and **Vitamin D**. These vitamins are crucial for energy, nerve function, bone health, and immunity. Addressing these deficiencies can significantly improve your overall well-being.
- Your **red blood cell count**, **MCHC**, and **PCV** are slightly low, with an elevated **RDW-CV**, which could indicate a mild form of anemia. This is often linked to nutritional factors, such as the low Vitamin B12 noted.
- Your **lymphocyte count** is slightly elevated. Other parameters are being monitored for overall stability.

This information is for educational purposes only. Please consult your doctor for personalised advice.

Your body systems — Simplified



Blood Health*



NEEDS ATTENTION

As on 28th Jul, '26



Bone & Muscle



NEEDS ATTENTION

As on 28th Jul, '26



Vitamins*



NEEDS ATTENTION

As on 28th Jul, '26



Hormone Health*



NEEDS MONITORING

As on 28th Jul, '26



Skin & Hair



NEEDS MONITORING

As on 28th Jul, '26



Kidney Health*



IDEAL HEALTH

As on 28th Jul, '26



Blood Glucose*



IDEAL HEALTH

As on 28th Jul, '26

OTHER BODY SYSTEMS



Heart Health

NO DATA FOUND

Data for this organ isn't available yet



GI & Liver Health

NO DATA FOUND

Data for this organ isn't available yet



THIS INSIGHT IS BASED ON INCOMPLETE TEST DATA. SOME KEY PARAMETERS NEEDED TO FULLY ASSESS THIS ORGAN'S HEALTH WERE NOT AVAILABLE.



Blood Health

NEEDS ATTENTION As on 28th Jul, '26

Your MCHC levels need a closer look

Your blood health needs attention as your MCHC is outside the normal range, indicating potential issues with red blood cell health.

- MCHC (Mean Corpuscular HB Concentration) 30.7 g/dL, Outside the normal range; may need medical attention.
- RDW-CV 14.5 %, Slightly outside the ideal range; worth monitoring.
- Absolute Lymphocyte Count (ALC) 3856 Cells/cu.mm, Slightly outside the ideal range; worth monitoring.

NOTE : This information is for educational purposes only. Please consult your doctor for personalised advice.

Here are a few Next Steps for you:

- 1 Ensure a balanced diet rich in iron and B vitamins, found in leafy greens and lean meats, to support healthy red blood cell production.
- 2 Engage in regular, moderate physical activity to support overall blood circulation and health.
- 3 Schedule your Complete Blood Count (CBC) by 2026-09-26 to recheck your MCHC (Mean Corpuscular HB Concentration) levels.

[View recommended tests](#) ↗

 100% Blood Health profile is complete



Blood Health

NEEDS ATTENTION As on 28th Jul, '26

DIRECT TESTS:

Here are the tests that affect this organ function directly. Monitoring these are critical to understanding Blood Health

Blood Counts			● 1 OUT OF RANGE ● 6 BORDERLINE ✓ 12 IN RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE	
MCHC (Mean Corpuscular HB Concentration)	● 30.7 g/dL on 28th Jul, '26	N/A	
RDW-CV	● 14.5 % on 28th Jul, '26	N/A	
Absolute Lymphocyte Count (ALC)	● 3856 Cells/cu.mm on 28th Jul, '26	N/A	
Packed Cell Volume (PCV)	● 39.80 % on 28th Jul, '26	N/A	
Red Blood Cell Count	● 4.18 Million/ul on 28th Jul, '26	N/A	
Lymphocytes	● 41.6 % on 28th Jul, '26	N/A	
Total Leucocytes Count (WBC)	● 9,270 cells/cu.mm on 28th Jul, '26	N/A	
Absolute Basophil Count (ABC)	✓ 37 Cells/cu.mm on 28th Jul, '26	N/A	
Basophils	✓ 0.4 % on 28th Jul, '26	N/A	
Absolute Monocyte Count (AMC)	✓ 584 Cells/cu.mm on 28th Jul, '26	N/A	
Hemoglobin	✓ 12.2 gm% on 28th Jul, '26	N/A	
Platelet Count	✓ 253000 cells/cu.mm on 28th Jul, '26	N/A	
MCH (Mean Corpuscular HB)	✓ 29.2 pg on 28th Jul, '26	N/A	
Absolute Neutrophil Count (ANC)	✓ 4375 Cells/cu.mm on 28th Jul, '26	N/A	
Eosinophils	✓ 4.5 % on 28th Jul, '26	N/A	

Absolute Eosinophil Count (AEC)	✓ 417 Cells/cu.mm on 28th Jul, '26	N/A
Neutrophils	✓ 47.2 % on 28th Jul, '26	N/A
Monocytes	✓ 6.3 % on 28th Jul, '26	N/A
Mean Cell Volume (MCV)	✓ 95.2 fL on 28th Jul, '26	N/A

INDIRECT TESTS FOR AFFECTING YOUR BLOOD HEALTH

Here are a few tests that might be risk markers for your Blood Health

1 Vitamin B12 -Serum

Vitamin B12 deficiency can cause anemia, reducing healthy red blood cell production and impairing oxygen transport, leading to fatigue and weakness.

*As on 28th Jul, 2026, **this value was 144 pg/mL out of range***



Bone & Muscle

NEEDS ATTENTION As on 28th Jul, '26

Your Vitamin D levels need boosting

Your bone and muscle health needs attention due to low Vitamin D levels, which are crucial for bone strength and muscle function.

- Vitamin D-25 Hydroxy 6.3 ng/mL, Outside the normal range; may need medical attention.
- Calcium, Serum 9.00 mg/dL, Within the healthy range.

NOTE : This information is for educational purposes only. Please consult your doctor for personalised advice.

Here are a few Next Steps for you:

1 Spend some time outdoors to get natural sunlight exposure, which helps your body produce Vitamin D.

2 Include Vitamin D-rich foods like fatty fish, fortified milk, and cereals in your diet.

3 Schedule your General Health Check by 2027-01-24 to recheck your Vitamin D-25 Hydroxy levels.

[View recommended tests](#) ↗

C 60%

Bone & Muscle assessment is based on partial data

Some key tests are missing or old. Getting these done can provide a more accurate health picture



Bone & Muscle

NEEDS ATTENTION As on 28th Jul, '26

DIRECT TESTS:

Here are the tests that affect this organ function directly. Monitoring these are critical to understanding Bone & Muscle

Minerals			✓ 1 IN RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE	
Calcium, Serum	✓ 9.00 mg/dL on 28th Jul, '26	N/A	
Vitamins			• 1 OUT OF RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE	
Vitamin D-25 Hydroxy	• 6.3 ng/mL on 28th Jul, '26	N/A	

C 60 %

Your Bone and Muscle assessment is based on partial data

Here are the key parameters needed to complete your Bone and Muscle health profile:

- 1
- These critical parameters help us evaluate key risks to your Bone and Muscle from other body systems. We recommend testing them for a complete risk profile.
- Parathyroid Hormone [PTH]

• Phosphorus, Inorganic - Serum



Ready to complete your health picture?

Add all recommended tests to your cart to get an up-to-date health analysis

[Book tests now](#) ↗



Have recent reports from other labs?

Upload your existing reports to complete your health picture without needing new tests

[Upload now](#) ↗



Vitamins

NEEDS ATTENTION As on 28th Jul, '26

Your Vitamin B12 and D are low

Your vitamin levels need attention as both Vitamin B12 and Vitamin D are outside the normal range, which are vital for various bodily functions.

- Vitamin B12 -Serum 144 pg/mL, Outside the normal range; may need medical attention.
- Vitamin D-25 Hydroxy 6.3 ng/mL, Outside the normal range; may need medical attention.
- Calcium, Serum 9.00 mg/dL, Within the healthy range.

NOTE : This information is for educational purposes only. Please consult your doctor for personalised advice.

Here are a few Next Steps for you:

- 1 Ensure a balanced diet with foods rich in B12 (like meat, fish, dairy) and Vitamin D (like fatty fish, fortified foods).
- 2 Regular, moderate physical activity can support overall nutrient absorption and well-being.
- 3 Schedule your General Health Check by 2027-01-24 to recheck your Vitamin B12 -Serum levels.

[View recommended tests](#) ↗

C 60%

Vitamins assessment is based on partial data

Some key tests are missing or old. Getting these done can provide a more accurate health picture



Vitamins

NEEDS ATTENTION As on 28th Jul, '26

DIRECT TESTS:

Here are the tests that affect this organ function directly. Monitoring these are critical to understanding Vitamins

Minerals			✓ 1 IN RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE	
Calcium, Serum	✓ 9.00 mg/dL on 28th Jul, '26	N/A	
Vitamins			• 2 OUT OF RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE	
Vitamin B12 -Serum	• 144 pg/mL on 28th Jul, '26	N/A	
Vitamin D-25 Hydroxy	• 6.3 ng/mL on 28th Jul, '26	N/A	

C 60%

Your Vitamins assessment is based on partial data

Here are the key parameters needed to complete your Vitamins health profile:

1

These essential parameters directly measure your Vitamins's health. We recommend testing them to get a clear and complete picture of its current function

• Serum Zinc

• Serum Iron



Ready to complete your health picture?

Add all recommended tests to your cart to get an up-to-date health analysis

[Book tests now](#) ↗



Have recent reports from other labs?

Upload your existing reports to complete your health picture without needing new tests

[Upload now](#) ↗



Hormone Health

NEEDS MONITORING As on 28th Jul, '26

Your TSH levels need monitoring

Your hormone health needs monitoring as your Thyroid Stimulating Hormone (TSH) is slightly outside the ideal range, which can indicate mild changes in thyroid activity.

- Thyroid Stimulating Hormone (TSH), Serum 5.780 μ IU/mL, Slightly outside the ideal range; worth monitoring.
- Tri-Iodothyronine (T3, Total), Serum 101 ng/dL, Within the healthy range.
- Thyroxine (Total T4), Serum 6.49 μ g/dL, Within the healthy range.

NOTE : This information is for educational purposes only. Please consult your doctor for personalised advice.

Here are a few Next Steps for you:

1 Maintain a balanced diet with adequate iodine intake, found in iodized salt and seafood, to support thyroid function.

2 Manage stress through relaxation techniques like meditation or yoga, as stress can impact hormone balance.

3 Schedule your Thyroid Profile by 2027-01-24 to recheck your Thyroid Stimulating Hormone (TSH), Serum levels.

[View recommended tests](#) ↗

17%

Hormone Health assessment is based on partial data

Some key tests are missing or old. Getting these done can provide a more accurate health picture



Hormone Health

NEEDS MONITORING As on 28th Jul, '26

DIRECT TESTS:

Here are the tests that affect this organ function directly. Monitoring these are critical to understanding Hormone Health

Thyroid			1 BORDERLINE	2 IN RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE		
Thyroid Stimulating Hormone (TSH), Serum	5.780 μ IU/mL on 28th Jul, '26	N/A		
Tri-Iodothyronine (T3, Total), Serum	101 ng/dL on 28th Jul, '26	N/A		
Thyroxine (Total T4), Serum	6.49 μ g/dL on 28th Jul, '26	N/A		

INDIRECT TESTS FOR AFFECTING YOUR HORMONE HEALTH

Here are a few tests that might be risk markers for your Hormone Health

1 Vitamin B12 -Serum

Supports nerve and adrenal function, playing a role in stress hormone regulation and energy metabolism.

As on 28th Jul, 2026, **this value was 144 pg/mL out of range**

17%

Your Hormone assessment is based on partial data

Here are the key parameters needed to complete your Hormone health profile:

1

These essential parameters directly measure your Hormone's health. We recommend testing them to get a clear and complete picture of its current function

- Testosterone serum
- Follicular Stimulating Hormone (FSH)
- Free T4 (FT4)
- Free T3 (FT3)
- Prolactin
- Leutinising Hormone (LH)
- Anti Thyroglobulin Antibody
- Parathyroid Hormone [PTH]



Ready to complete your health picture?

Add all recommended tests to your cart to get an up-to-date health analysis

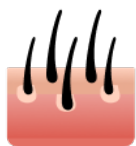
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Have recent reports from other labs?

Upload your existing reports to complete your health picture without needing new tests

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Skin & Hair

NEEDS MONITORING As on 28th Jul, '26

Your WBC count is borderline

Your skin and hair health needs monitoring as your Total Leucocytes Count (WBC) is slightly outside the ideal range, which can sometimes reflect general body health.

- Total Leucocytes Count (WBC) 9,270 cells/cu.mm, Slightly outside the ideal range; worth monitoring.

NOTE : This information is for educational purposes only. Please consult your doctor for personalised advice.

Here are a few Next Steps for you:

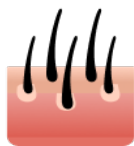
- 1 Ensure adequate hydration by drinking plenty of water throughout the day to support skin health.
- 2 Practice good hygiene and avoid harsh chemicals on your skin and hair to maintain their natural balance.
- 3 Schedule your Complete Blood Count (CBC) now to recheck your Total Leucocytes Count (WBC) levels.

[View recommended tests](#) ↗

75%

Skin & Hair assessment is based on partial data

Some key tests are missing or old. Getting these done can provide a more accurate health picture



Skin & Hair

NEEDS MONITORING As on 28th Jul, '26

DIRECT TESTS:

Here are the tests that affect this organ function directly. Monitoring these are critical to understanding Skin & Hair

Blood Counts		• 1 BORDERLINE
PARAMETER NAME	RECENT VALUE	PAST VALUE
Total Leucocytes Count (WBC)	● 9,270 cells/cu.mm on 28th Jul, '26	N/A

INDIRECT TESTS FOR AFFECTING YOUR SKIN & HAIR

Here are a few tests that might be risk markers for your Skin & Hair

1 Vitamin B12 -Serum

As on 28th Jul, 2026, this value was 144 pg/mL out of range

2 Thyroid Stimulating Hormone (TSH), Serum

High TSH (hypothyroidism) can cause dry skin, brittle hair, and hair loss, while low TSH (hyperthyroidism) may lead to thinning hair and oily skin.

As on 28th Jul, 2026, this value was 5.780 μ IU/mL out of range

3 Vitamin D-25 Hydroxy

As on 28th Jul, 2026, this value was 6.3 ng/mL out of range

 75%

Your Skin and Hair assessment is based on partial data

Here are the key parameters needed to complete your Skin and Hair health profile:

1

These essential parameters directly measure your Skin and Hair's health. We recommend testing them to get a clear and complete picture of its current function

- Testosterone serum



Ready to complete your health picture?

Add all recommended tests to your cart to get an up-to-date health analysis

[Book tests now](#) ↗



Have recent reports from other labs?

Upload your existing reports to complete your health picture without needing new tests

[Upload now](#) ↗



Kidney Health

IDEAL HEALTH As on 28th Jul, '26

Your kidney health looks great

Your kidney health is ideal, with all tested parameters within the healthy range.

- Calcium, Serum 9.00 mg/dL, Within the healthy range.

NOTE : This information is for educational purposes only. Please consult your doctor for personalised advice.

Here are a few Next Steps for you:

- 1 Continue to maintain a balanced diet, limiting processed foods and excessive sodium, to support kidney function.
- 2 Stay well-hydrated by drinking sufficient water throughout the day to help your kidneys function optimally.

4%

Kidney Health assessment is based on partial data

Some key tests are missing or old. Getting these done can provide a more accurate health picture



Kidney Health

IDEAL HEALTH As on 28th Jul, '26

DIRECT TESTS:

Here are the tests that affect this organ function directly. Monitoring these are critical to understanding Kidney Health

Minerals			✓ 1 IN RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE	
Calcium, Serum	✓ 9.00 mg/dL on 28th Jul, '26	N/A	

4%

Your Kidney assessment is based on partial data

Here are the key parameters needed to complete your Kidney health profile:

1

These essential parameters directly measure your Kidney's health. We recommend testing them to get a clear and complete picture of its current function

- Creatinine
- Leukocyte Esterase
- Blood Urea Nitrogen
- Sodium - Serum
- Casts
- Parasites
- Urea
- Potassium - Serum
- Phosphorus, Inorganic - Serum
- Chloride - Serum
- Ketones
- Urine Blood
- Crystals
- Epithelial Cells
- Urine Protein
- Estimated glomerular filtration rate(eGFR)
- Bacteria

2

These critical parameters help us evaluate key risks to your Kidney from other body systems. We recommend testing them for a complete risk profile.

- Estimated Average Glucose (EAG)
- Red Blood Cells
- Hba1C or Glycated Hemoglobin
- Glucose (Urine Sugar)



Ready to complete your health picture?

Add all recommended tests to your cart to get an up-to-date health analysis

[Book tests now](#) ↗



Have recent reports from other labs?

Upload your existing reports to complete your health picture without needing new tests

[Upload now](#) ↗



Blood Glucose

IDEAL HEALTH As on 28th Jul, '26

Your blood sugar is stable

Your blood glucose health is ideal, with your fasting glucose level within the healthy range.

- Glucose, Fasting 95 mg/dL, Within the healthy range.

NOTE : This information is for educational purposes only. Please consult your doctor for personalised advice.

Here are a few Next Steps for you:

- 1 Continue to choose whole grains, lean proteins, and plenty of vegetables to maintain stable blood sugar.
- 2 Maintain a regular exercise routine, as physical activity helps your body use insulin more effectively.

 25%

Blood Glucose assessment is based on partial data

Some key tests are missing or old. Getting these done can provide a more accurate health picture



Blood Glucose

IDEAL HEALTH As on 28th Jul, '26

DIRECT TESTS:

Here are the tests that affect this organ function directly. Monitoring these are critical to understanding Blood Glucose

Sugar			✓ 1 IN RANGE
PARAMETER NAME	RECENT VALUE	PAST VALUE	
Glucose, Fasting	✓ 95 mg/dL on 28th Jul, '26	N/A	

 25 %

Your Blood Glucose assessment is based on partial data

Here are the key parameters needed to complete your Blood Glucose health profile:

1

These essential parameters directly measure your Blood Glucose's health. We recommend testing them to get a clear and complete picture of its current function

- Glucose, Post Prandial (Pp)
- Estimated Average Glucose
- Hba1C or Glycated Hemoglobin (EAG)



Ready to complete your health picture?

Add all recommended tests to your cart to get an up-to-date health analysis

[Book tests now](#) ↗



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[Upload now](#) ↗

Let's understand the
critical markers in
detail that require
your focus



RBC Count

28th Jul, 2026

4.18 Million/ul

BORDERLINE

- This test counts how many red blood cells you have, which carry oxygen to your organs and muscles.
- A slightly low RBC count means you have a few fewer red cells than usual. This may happen after low iron foods, recent illness, or extra fluids. If hemoglobin or PCV are also low, that supports it. Usually not urgent, but repeating helps track.

Reference range

Your result (4.18 Million/ul) is **borderline low**

Inference	Value (mil/μL)
Critical Low	<=2
Out of range Low	2-4
Borderline Low	4-4.2
Ideal (Normal Range)	4.2-5.8



Vitamin D-25

28th Jul, 2026

6.3 ng/mL

OUT OF RANGE

- The Vitamin D-25 Hydroxy Test assesses vitamin D status, which is crucial for calcium metabolism, immune function, and musculoskeletal health. It helps diagnose deficiency, which may lead to weak bones, or toxicity, causing calcium imbalances.
- Low vitamin D may weaken bones; high vitamin D may disrupt calcium balance, affecting nerves, muscles, and immunity.

Reference range

Your result (6.3 ng/mL) is out of range low

Inference	Value (ng/mL)
Out of range Low	<20
Borderline Low	20-30
Ideal (Normal Range)	30-100



WBC

28th Jul, 2026

9,270
cells/cu.mm
BORDERLINE

- This test counts white blood cells, which defend your body against infections and illnesses.
- High WBCs can indicate infection, inflammation, or stress; low levels suggest weakened immunity.

**ALC**

28th Jul, 2026

3856**Cells/cu.mm****BORDERLINE**

- The Absolute Lymphocyte Count (ALC) quantifies lymphocytes, immune cells critical for fighting infections and regulating immunity.
- High ALC suggests viral infections or immune dysfunction; low ALC indicates immune deficiency.



Vitamin B12

28th Jul, 2026

144 pg/mL

OUT OF RANGE

- This test checks vitamin B12 levels, which help keep your blood and nerves healthy.
- Low B12 can cause tiredness, weakness, or tingling in hands/feet. Supplements often help.

Reference range

Your result (144 pg/mL) is **out of range low**

Inference	Value (pg/mL)
Out of range Low	<150
Borderline Low	150-180
Ideal (Normal Range)	180-914



TSH

28th Jul, 2026

5.780 μ IU/mL
BORDERLINE

- TSH test measures thyroid-stimulating hormone to assess thyroid function, which controls metabolism and energy.
- High TSH (hypothyroidism) can cause dry skin, brittle hair, and hair loss, while low TSH (hyperthyroidism) may lead to thinning hair and oily skin.

Reference range

Your result (5.780 μ IU/mL) is **borderline high**

Inference	Value (μ IU/mL)
Out of range High	>10
Borderline High	4.94-10
Ideal (Normal Range)	0.35-4.94



RDW-CV

28th Jul, 2026

14.5 %

BORDERLINE

- This test calculates the percentage variation in red blood cell size, helping detect nutrient deficiencies or blood disorders.
- A slightly high RDW-CV means your red cells are not all the same size. This may happen if your body is adjusting after low iron, folate, or vitamin B12. If hemoglobin or ferritin are also low, that supports it. Often not urgent, but repeating the test is helpful.



MCHC

28th Jul, 2026

30.7 g/dL

OUT OF RANGE

- This test checks how "filled" your red blood cells are with hemoglobin, the protein that carries oxygen.
- High MCHC means hemoglobin concentration inside red cells is higher than expected. This may follow cell changes or dehydration. If MCV is also low, it adds clues. Review helps guide next steps.

Reference range

Your result (30.7 g/dL) is **out of range low**

Inference	Value (g/dL)
Out of range Low	<31
Borderline Low	31-32
Ideal (Normal Range)	32-36



PCV

28th Jul, 2026

39.80 %

BORDERLINE

- The PCV test shows what percentage of your blood is made up of red blood cells, which carry oxygen.
- A slightly low PCV means the proportion of red cells is a bit reduced. This may follow low iron foods, recent illness, or fluid overload. If Hb or MCV are also low, that supports it. Worth repeating to track.



Lymphocytes

28th Jul, 2026

41.6 %

BORDERLINE

- This test checks the percentage of lymphocytes, the cells that fight germs and keep your immune system strong.
- A little high lymphocytes may follow viral recovery or recent vaccination. If total WBC is also raised, that supports it. Often settles naturally, but monitoring helps.

Reference range

Your result (41.6 %) is **borderline high**

Inference	Value (%)
Out of range High	>44
Borderline High	40-44
Ideal (Normal Range)	20-40



General recommendations

- Eat foods that are high in iodine; e.g. iodized salt, eggs, meat, poultry, seafood, dairy products.
- Exercise regularly and keep stress under control.
- If you're overweight, shed those extra kilos.
- Make dietary changes to include foods that are rich in Vitamin B12; e.g. poultry, eggs, meat, dairy products.