

Booking ID : 469146911

Dummy Patient

Female, 69 Years

Health Profile

Name



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About Report

Here are the sections that explain what to expect from this report



1 Summary

This section summarizes your key test results and important health details. It provides a clear overview of your critical parameters and any areas that may need attention for improvement.



2 Historical Charts

These charts illustrate how your health has changed over time, showing the trends of key health measures based on your previous tests. Reviewing these helps you understand your health ups and downs.



3 Lab Test Results

This part provides a detailed overview of your test results, including the tests performed, ideal outcomes, and how your results compare, with key points highlighted.



4 Recommendation

Here, you'll find suggestions for improving your diet and lifestyle, along with tips for maintaining good health and recommendations for consultations.

Disclaimer

- Copyright protects this report, reproduction, distribution, or transmission without permission is prohibited.
- CrelioHealth is not liable for damages, consult your doctor before taking action.
- The analysis is based on blood data.
- Recommendations might not be suitable for individuals under 18 or pregnant women.
- The report provides comprehensive information but does not replace medical advice.
- Take precautions for allergies or sensitivities.

ANALYSIS
SummaryDummy Patient
Booking ID : 469146911

Congratulations

for getting a health check done. This is the first step towards taking control of your health

84%**Health Score**

8 out of 51 parameter exceeds the limit

*Calculated from test report***All Parameters**

Below are all the parameters that were tested in this report

Fasting Glucose

20.38 ng/mL

Need Attention**Vitamin D**

20.38 ng/mL

Need Attention**Vitamin B12**

87 pg/mL

Within Range

ANALYSIS

Summary

Dummy Patient
Booking ID : 469146911

All Parameters

Below are all the parameters that were tested in this report



Glucose Fasting

Fasting blood glucose measures the level of glucose (sugar) in the blood after an individual has not eaten for at least 8 hours. It is an essential test for diagnosing and monitoring diabetes and other metabolic disorders.

Test Value

20.38 mg/dl

Normal Value

70 - 106 mg/dl



Vitamin D

Vitamin D is a fat-soluble vitamin essential for maintaining healthy bones and teeth, supporting immune system function, brain health, and overall well-being. It is measured through a blood test, usually in the form of 25-hydroxyvitamin D [25(OH)D], which is the main circulating form of vitamin D in the body.

Test Value

20.38 pg/mL

Normal Value

30 - 100 mg/dl



Vitamin B12

Vitamin B12 is an essential water-soluble vitamin found in animal products like meat, fish, dairy, and eggs, and is crucial for red blood cell formation, neurological function, and DNA synthesis. It requires a protein called intrinsic factor for absorption in the stomach.

Test Value

273 pg/mL

Normal Value

211 - 911 pg/mL

ANALYSIS
Patient Trend

Dummy Patient
Booking ID : 469146911

All Parameters
Below are all the parameters that were tested in this report



Patient Name	: Dummy Patient	Patient ID / Billing ID	:
Age / Sex	: 69 years / Female	Specimen Collected at	:
Ref. Doctor	:	Sample Collected On	:
Ref. Client Name	:	Billed On	:
Sample ID	:	Reported On	:

Test Name	Observed Value	Unit	Biological Reference Interval	Method
GLUCOSE FASTING				
Glucose Fasting (Plasma)	104	mg/dl	74 - 106	Hexokinase

Interpretation :
Fasting Blood Sugar more than 126 mg/dl on more than one occasion can indicate Diabetes Mellitus.

END OF REPORT



**Dr. Doctor One
Designation**



**Dr. Doctor Two
Designation**



**Dr. Doctor Three
Designation**

Patient Name : Dummy Patient

Age / Sex : 69 years / Female

Ref. Doctor :

Ref. Client Name :

Sample ID :

Patient ID / Billing ID :

Specimen Collected at :

Sample Collected On :

Billed On :

Reported On :

Test Name	Observed Value	Unit	Biological Reference Interval	Method
Vitamin D Total-25 Hydroxy (Serum)	45.09	ng/mL	Deficiency : < 10 Insufficiency : 10–30 Sufficiency : 30–100 Toxicity : >100	CLIA

Interpretation :

- Vitamin D is a fat soluble vitamin and exists in two main forms as cholecalciferol (vitamin D3) which is synthesized in skin from 7-dehydrocholesterol in response to sunlight exposure and Ergocalciferol (vitamin D2) present mainly in dietary sources. Both cholecalciferol are converted to 25 (OH) vitamin D in liver.
- Testing for 25 (OH) vitamin D is recommended as it is the best indicator of vitamin D nutritional status as obtained from sunlight exposure and dietary intake. For diagnosis of vitamin D deficiency it is recommended to have clinical correlation with serum 25 (OH) vitamin D, serum calcium, serum PTH and serum alkaline phosphatase.
- During monitoring of oral vitamin D therapy-suggested testing of serum 25(OH) vitamin D is after 12 weeks or 6 months of treatment. However, the required dosage of vitamin D supplements and time to achieve sufficient vitamin D levels show significant seasonal (especially winter) & individual variability depending on age, body fat, sun exposure, physical activity, genetic factors (especially variable vitamin D receptor response), associated liver or renal disease, malabsorption syndromes and calcium or magnesium deficiency influencing the vitamin D metabolism vitamin D toxicity is known but very rare. Kindly correlate clinically, repeat with fresh sample if indicated. Vitamin D is essential for the formation and maintenance of strong, healthy bones.

Vitamin B12 Cyanocobalamin (Serum)	273	pg/mL	211 - 911	CLIA
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Interpretation:

Decreased serum B12 level causes macrocytic anemia and pancytopenia. Vit. B12 levels are decreased in megaloblastic anemia, gastrectomy, peripheral neuropathies, chronic alcoholism and treated epilepsy. Dietary sources of vitamin B12 are meat, eggs, milk and milk products.

****END OF REPORT****

Patient Name	: Dummy Patient	Patient ID / Billing ID	:
Age / Sex	: 69 years / Female	Specimen Collected at	:
Ref. Doctor	:	Sample Collected On	:
Ref. Client Name	:	Billed On	:
Sample ID	:	Reported On	:



Dr. Doctor One
Designation



Dr. Doctor Two
Designation



Dr. Doctor Three
Designation

ADVISORY

Recommendations

Dummy Patient
Booking ID : 432143211

**Nutritional Advice**

- Do's: Maintain a balanced diet with whole grains, dairy, fruits, vegetables, and healthy fats. Include calcium-rich foods and nuts. Eat fruits like apples, berries, and melons.
- Don'ts: Limit sugar intake, avoid high cholesterol and calorie-dense foods, and reduce caffeine intake. Avoid saturated fats and oily foods.

**Suggested Lifestyle**

- Do's: Maintain ideal weight and have regular exposure to sunlight.
- Don'ts: Avoid long gaps in meals, strenuous exercises, smoking, alcohol, and long periods of inactivity.

**Physical Activity**

- Engage in physical activity for at least 30 minutes a day, 3-4 days a week. Options include walking, jogging, sports, stretching, yoga, and light weight lifting.
- Choose activities that you enjoy and can easily incorporate into your routine. Always consult with a healthcare professional before starting any new exercise regimen, especially if you have any existing health conditions.

**Stress Management**

- Manage stress with sufficient sleep, meditation, positive attitude, humor, travel, social interaction, and hobbies.
- By incorporating these practices into your daily life, you can effectively manage stress and improve your overall quality of life.

Your Health, Our Priority

At our diagnostics lab, we understand how important your health is. That's why we offer a wide range of accurate and reliable testing services to help you stay on top of your well-being. Our state-of-the-art facilities and highly trained professionals ensure that you receive the best care possible.

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Health Awareness Matters

Regular check-ups are crucial for early detection and prevention of health issues. By prioritizing your health today, you pave the way for a healthier tomorrow.

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