



**Mrs. POORVI THAKUR (34 /F)**

UHID : ASHB.0000043899

AHC No : BPLAH9405

Date : 03/08/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS  
CHECK FEMALE

**Dear Mrs. POORVI THAKUR**

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

**In this personalized health report, you will find your**

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

**Apollo ProHealth encompasses the following processes:**

**Personalized Health Risk Assessment (pHRA):** Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

**Health Mentor:** We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

**ProHealth App:** You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

**Follow- Up Consultation:**

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

***Disclaimer:*** *The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.*

Name : Mrs. POORVI THAKUR (34 /F)

Date : 03/08/2024

Address : F 605, D 4, LEELA ATULYAM SALAIYA, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. GOPAL BATNI

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MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK  
FEMALE

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### Chief Complaints

For Annual health checkup

No specific complaints

### Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia



### Drug Allergy

:03/08/2024



### Systemic Review

**Cardiovascular system** : Chest pain - no; Breathing difficulty - no; Swelling of feet - no

**Respiratory system** : - Nil Significant

**Oral and dental** : - Nil Significant

**Gastrointestinal system** : Appetite - normal; Abdominal pain - no; Bowel habits - regular

**Genitourinary system** : Frequency - normal; Dysuria/burning micturition - no; Urgency - no

**Gynaec history** : Last menstrual period - 23/02/24.; Periods - irregular; Vaginal discharge - clear; No of Children - 02; Last child birth - 2018; No of deliveries - 01; Deliveries - LSCS; Delivery details - TWINS BOTH LSCS

**Central nervous system** : - Nil Significant

**Eyes** : Vision - normal; Glasses - no

**ENT** : - Normal hearing

**Musculoskeletal system** :

**Spine and joints**

Calf(bilateral) - pain

**Skin** : - Nil Significant

**Weight** : - has gained weight without effort; Number of kgs - 3 KG GAIN IN 6 MONTHS

**General symptoms** : - Nil Significant



**Present medications :** - Nil



**Past medical history**

Covid 19 - Yes  
- 2021  
Post detection (3 Weeks) - No  
Hospitalization for Covid 19 - No  
Oxygen support - No  
Asthma - 2018



**Surgical history**

Caesarian section - 2018

**Immunization history**

- Covid Dose1,Covid Dose2,Precaution Dose



**Personal history**

Ethnicity - Indian Asian  
Marital status - Married  
No. of children - 02  
Female - 02  
Male - 00  
Occupation - house wife  
Diet - Mixed Diet  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Mild  
- home exercise



**Family history**

Father - has expired  
Aged - 60  
Cause - diabetes mellitus  
Mother - alive

Aged - 60  
 Brothers - 01  
 Sisters - 02  
 Diabetes - father,mother  
 Coronary artery disease - none  
 Cancer - None  
 Thyroid/other endocrine disorder - sister

**Physical Examination**



**General**

General appearance - normal  
 Build - normal  
 Height - 148  
 Weight - 65.4  
 BMI - 29.86  
 Pallor - No  
 Oedema - no  
 SpO2 - 99



**Head and ENT**

- No significant finding



**Oral and Dental**

- No significant finding



**Cardiovascular system**

Heart rate (Per minute) - 77  
 Rhythm - Regular  
 - B.P. Sitting  
 Systolic(mm of Hg) - 109  
 Diastolic(mm of Hg) - 68  
 Heart sounds - S1S2+

**Respiratory system**

Breath sounds - Normal vesicular breath sounds



**Abdomen**

Organomegaly - No

Tenderness - No

**Gynaec findings**

Gynaec checkup done by - Dr Anupa Lokwani

Family history - NONE

Marital status - married

No of Children - 2

Deliveries - LSCS

Periods - irregular

L M P - FEBRUARY 2024

Breast examination - NORMAL

P/A - SOFT

P/S - CERVIX NORMAL

Pap smear - Taken

Advice : - SERUM BETA HCG. TVS FOR ENDOMETRIAL THICKNESS. REVIEW WITH THESE REPORTS.

**Ophthalmology consultation**

Ophthalmology consultation done by - Dr.Siddhartha Malaiya

Ophthalmology findings - BE A/s wnl  
Treatment  
BE e/d Soha 3 times/day for 1 month

**ENT consultation**

ENT consultation done by - Dr Ankit Mishra

**Dental consultation**

Dental findings - dr varun kumar  
o/e impacted 38  
stain calculus  
t/a scaling

**URINE ROUTINE (CUE)**

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Specific Gravity	1.005		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			
Bilirubin:	Nil			
RBC	Nil			
Pus Cells	2-4	/hpf		0.0 - 5.0/HPF
Epithelial Cells	10-12	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Present			
Casts:	Absent			ABSENT
Crystals:	Absent			

**COMPLETE BLOOD COUNT(CBC) WITH ESR**

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	12.1	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	36.4	%	●	35.5-44.9
RBC Count	4.18	Million/ul	●	4.00-5.20
MCV-	87.0	fl	●	80-100
MCH-	28.9	pg	●	27-32
MCHC-	33.2	g/dL	●	32-36
RDW	18.1 *	%	●	12.2-16.1
TLC COUNT	7.68	10 <sup>3</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	63	%	●	40-80
Lymphocytes	32	%	●	20-40

● Within Normal Range    ● Borderline High/Low    ● Out of Range

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Monocytes	4	%	●	2-10
Eosinophils	1	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	359	10 <sup>3</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	7.6	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	38 *	mm/1st hr	●	0-20

**BLOOD GROUPING AND TYPING (ABO and Rh)**

Test Name	Result	Unit	Level	Range
ABO Group:	AB			
Rh (D) Type:	Positive			

**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	100	mg/dL	●	70-100

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	129	mg/dL	●	70-140

**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.7 *	%	●	4.0-5.6

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Total Cholesterol	174	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	49	mg/dL	●	>40

● Within Normal Range    ● Borderline High/Low    ● Out of Range



LDL Cholesterol (Direct LDL)	121 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	105	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	21		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.6		●	3.5-5.0

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.6	g/dL	●	6.6-8.3
Albumin - Serum	4.6	g/dL	●	3.5-5.2
GLOBULIN	3.0	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.6		●	0.9-2.0
AST (SGOT)	27	U/L	●	< 35
ALT(SGPT) - SERUM	32	U/L	●	<35
BILIRUBIN TOTAL	0.6	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.4	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	53	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	18	U/L	●	0-38

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.42 *	mg/dL	●	0.55-1.02



Within Normal Range



Borderline High/Low



Out of Range

**URIC ACID - SERUM / PLASMA**

Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.8	mg/dL	●	2.6-6.0

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.5	mg/dL		Female: <50yrs 7.01-18.7 mg/dl Female:>50yrs 9.81-20.1 mg/dl

**THYROID PACKAGE**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.71	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	9.59	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	4.6	µIU/mL	●	0.35-5.50

**ECG**

-WNL

**TMT/2D ECHO**

-No RWMA at rest  
-Normal LV Systolic Function (LVEF 60%)

**ULTRASOUND - WHOLE ABDOMEN**

IMPRESSION:- Sonography Study Reveals:-

- No significant abnormality detected.
- ADV:- Clinical Correlation.

**Investigations Not Done / Not Yet Reported****Histopathology**

PAP SMEAR /CERVICAL SMEAR

**X Ray**

X-RAY CHEST PA

● Within Normal Range    ● Borderline High/Low    ● Out of Range

### Executive Summary



OVERWEIGHT

### Wellness Prescription

#### Advice On Diet :-



LOW FAT,LOW SUGAR DIET.

#### Advice On Physical Activity :-



40-60 MIN OF WORKOUT DAILY

### Follow-up and Review Plan



6 MTHS



Scan the QR code  
in AskApollo App  
to book your  
follow-up  
appointments and  
investigations

Printed By : Gopal Batni

**Dr.GOPAL BATNI**

AHC Physician / Consultant Internal Medicine

**Note :-** The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.

### AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
High Risk	5	3

Your likelihood of developing cardiovascular disease in the next ten years is 1.6 times higher than the people of your age and gender

The AICVD risk score developed by Apollo Hospitals is a novel artificial intelligence-based risk scoring system that predicts your risk of having Coronary Artery Disease (CAD) related events in the next ten years. This scoring system uses Indian data and has been validated by multiple national and international institutions. This risk score is more than 92% accurate and has been compiled based on your physical parameters, heart health attributes, lifestyle and medical history. **Note:** The risk category is determined through the ratio between guest score and acceptable score at multiple decimal points. The outputs are shown in whole numbers.

**Based on your AICVD risk score you are advised the following:**

- Follow the guidance and education on **lifestyle and dietary management provided through the ProHealth program. Maintain a healthy BMI (<25). Avoid tobacco in any form and if you are a smoker, stop smoking.**
- Continue with **medications** for high blood pressure, diabetes, or dyslipidemia, if advised by your physician. Maintain HbA1c <7% (<53mmol/mol), blood pressure <140/90mmHg.
- Follow your physician’s advice regarding **follow up tests, consults and annual health assessment**
- **It is recommended that you visit your physician every 3 months** if you have:
  - o Uncontrolled high blood pressure
  - o Diabetes
  - o Dyslipidemia
  - o Coronary heart disease
- You will be referred to a **cardiologist**.

**DISCLAIMER**

1. This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
2. This risk score and clinical algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician 's or cardiologist's discretion.
3. To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the AICVD risk score without any intervention from their side .
5. By usage of the AICVD risk score, it is deemed that the beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.

**The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515**