



Mr. KARTHIKEYAN N (30 /M)

UHID : KRR1.0000139897

AHC No : TRYMH40679

Date : 08/10/2022

MEDIWHEEL WHOLE BODY HEALTH CHECK MALE
BELOW 40YRS

Dear Mr. KARTHIKEYAN N

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.*

Note: *You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs*

Name : Mr. KARTHIKEYAN N (30 /M)

Date : 08/10/2022

Address : 285/3, KEELARIYAMPATTI, PETTAVAITHALAI, SRIRANGAM,, TIRUCHIRAPPALLI,
TIRUCHIRAPPALLI, TAMIL NADU, INDIA

Examined by : Dr. AHC DOCTOR TRICHY

UHID : KRR1.0000139897

MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW
40YRS

AHC No : TRYMH40679



Chief Complaints

For general health checkup

Cramps

Present Known illness

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



Systemic Review

Gastrointestinal system : Appetite - normal; Bowel habits - regular

Genitourinary system : Frequency - normal

Central nervous system : Sleep - disturbed

Eyes : Vision - normal

ENT : - Normal hearing



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - Yes
- MAY/2020

Hospitalization for Covid 19 - No



Surgical history

Surgical history - Nil

Immunization history

- Covid Dose2



Personal history

Marital status - Single
Occupation - self employed
Profession - government employee
Diet - Mixed Diet
Alcohol - consumes alcohol
Frequency - occasional
Smoking - No
Chews tobacco - No
Physical activity - Moderate



Family history

Father - alive
Aged - 60 YRS
Mother - alive
Aged - 50 YRS
Hypertension - father
Coronary artery disease - none
Cancer - None

Physical Examination



General

General appearance - normal
Build - normal
Height - 170
Weight - 63
BMI - 21.8

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 84

Rhythm - Regular

- B.P. Sitting

Systolic(mm of Hg) - 130

Diastolic(mm of Hg) - 80

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Appearance - Normal



Central nervous system

- No neurological deficit

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	1.015 *		●	1.016 - 1.026
Colour:	Pale Straw			
Transparency:	Clear			
pH	5.5 *		●	4.6 -8.0
Protein :	Nil			Negative
Sugar:	Nil			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal	E.U./dL		
RBC	Nil	/hpf		0-5
Pus Cells	1-2 /h.p.f			
Epithelial Cells	1-2 /h.p.f			0-5 /HPF
Reaction:	Acidic			
Blood:	Absent			

CBC

Test Name	Result	Unit	Level	Range
Hemoglobin	14.1	gm%	●	13.0-18.0
Packed cell volume(Calculated)	43.2	%	●	40-54
WBC Count	5.3	10 ⁹ /mm ³	●	4-11
Platelet Count	235	10 ⁹ /mm ³	●	150-450
ESR	05	mm/hr	●	0-15
Neutrophils	57	%	●	40-80
Lymphocytes	28	%	●	20-40
Eosinophils	11 *	%	●	01-06
Monocytes	04	%	●	2-10

BLOOD GROUPING AND TYPING (ABO and Rh)

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

Test Name	Result	Unit	Level	Range
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Blood Group	B			
Rh (D) Type:	NEGATIVE			

LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
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ALT(SGPT)	16	U/L	●	Adult Male : < 45
Globulin - Serum:(Calculated)	2.7	g/dL	●	Adult (2.0 - 3.5)
Alkaline Phosphatase - Serum	66	U/L	●	ADULT(MALE) < 129 ADULT(FEMALE) < 104
AST (SGOT)	20	U/L	●	Adult Male: <35
Bilirubin, Total - Serum	0.5	mg/dL		

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
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Total Cholesterol	178	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240
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CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
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Creatinine - Serum	0.9	mg/dL	●	Male: 0.9 - 1.3
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LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
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GGTP: Gamma Glutamyl Transpeptidase	16	U/L	●	Male: < 55
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GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
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Glucose - Serum / Plasma (Fasting)	103 *	mg/dL	●	70 - 100
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GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

Glucose - Serum / Plasma (Post Prandial)	126	mg/dL	●	< 140
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GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.1	%	●	4 - 6 % (NGSP)

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL Cholesterol	49	mg/dL	●	Low: <40 High: >=60
LDL Cholesterol (Direct LDL)	102	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.0	g/dL	●	>2 Year: 6.0 - 8.0
Albumin - Serum	4.3	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2

TOTAL T3 T4 TSH

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	120.96	ng/dL	●	Adults(20-50 Yrs Male): 70 - 204
TOTAL T4: THYROXINE - SERUM	8.4	µg/dL	●	Adults(15-60 Yrs Male): 4.6 - 10.5

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	104	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.6		●	< 4.5

TOTAL T3 T4 TSH

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

TSH is a test that measures the amount of the hormone TSH in the blood . It can tell you if it's overactive (hyperthyroidism) or underactive (hypothyroidism). The test also detect thyroid disorder before you have any symptoms.

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.50	µIU/mL	●	Adults(21 - 54 Years): 0.5 - 5.0

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	16	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

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	5.6	mg/dL	●	Adult Male: 3.5 - 7.2

LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.3	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.4	mg/dL	●	Adult : 6 - 20

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES/HDL CHOLESTROL	2.1			

2D-ECHO WITH COLOUR DOPPLER

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

NO REGIONAL WALL MOTION ABNORMALITY
LEFT VENTRICLE NORMAL IN SIZE
NORMAL LEFT VENTRICULAR FUNCTION
NO LV CLOT
TRIVIAL MITRAL REGURGITATION
TRIVIAL TRICUSPID REGURGITATION
NO PULMONARY ARTERY HYPERTENSION
NO PERICARDIAL EFFUSION
IAS/IVS INTACT

ULTRASOUND - WHOLE ABDOMEN

NO SIGNIFICANT ABNORMALITY DETECTED.

Suggested Clinical Correlation and Further Evaluation.

Please note that this report is a radiological professional opinion. It has to be correlated clinically and interpreted along with other investigations.

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG

X Ray

X-RAY CHEST PA

Executive Summary



Impaired fasting glucose
Oeosinophilia
Lipoma

Wellness Prescription

Advice On Diet :-



Low fat low carbohydrate diet

Follow-up and Review Plan



Repeat FBS/PPBS after 1 month
Surgeon opinion



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

Printed By : Elvis Matthew Gomes

Dr.AHC DOCTOR TRICHY

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.