



Mr. SHAINKEE VERMA (32 /M)

UHID : AHIL.0000828227

AHC No : AHILAH183333

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. SHAINKEE VERMA

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

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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**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

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Name : Mr. SHAINKEE VERMA (32 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 24/12/2022



UHID : AHIL.0000828227

AHC No : AHILAH183333



### Chief Complaints

For Annual health checkup

No specific complaints

### Present Known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease



### Drug Allergy

NO KNOWN ALLERGY

:24/12/2022



### Systemic Review

Cardiovascular system : - Nil Significant

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : - Nil Significant

Genitourinary system : - Nil Significant

Gynaec history : - Nil Significant

Central nervous system : - Nil Significant

Eyes : - Nil Significant



Name: Mr. SHAINKEE VERMA

UHID : AHIL.0000828227

Date : 24/12/2022

AHC No : AHILAH183533

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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ENT : - Nil Significant

Musculoskeletal system :

Spine and joints

- Nil Significant

Skin : - Nil Significant

General symptoms : - Nil Significant



Past medical history

- Do you have any allergies? - No
- Allergies - Nil
- Past medical history - nil significant
- Covid 19 - Yes
- 2021, 2022
- Hospitalization for Covid 19 - No
- Oxygen support - No



Surgical history

Surgical history - Nil



Personal history

- Ethnicity - Indian Asian
- Marital status - Single
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Active



Family history





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**MEDIWHEEL-FULL BODY CHK-BELOW40-MALE**

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- Father - has expired
- Mother - alive
- Brothers - 1
- Sisters - 1
- Coronary artery disease - none
- Cancer - father
- Type - Oral

**Physical Examination**



**General**

- General appearance - normal
- Build - normal
- Height - 164
- Weight - 88.3
- BMI - 32.83
- Pallor - No
- Oedema - no



**Cardiovascular system**

- Heart rate (Per minute) - 68
- Rhythm - Regular
- B.P. Supine
- Systolic(mm of Hg) - 169
- Diastolic(mm of Hg) - 116
- Heart sounds - S1S2+

**Respiratory system**

- Breath sounds - Normal vesicular breath sounds



**Abdomen**

- Organomegaly - No
- Tenderness - No

Printed By : MUKTA S ADALTI



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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### URINE FOR ROUTINE EXAMINATION

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
Volume	25	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	6-8 /h.p.f			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

### COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	14.2	gm%	●	13.0-17.0
Packed cell volume(Calculated)	42.5	%	●	40-50
RBC COUNT (Impedance)	4.84	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	87.8	fl	●	80-100
MCH(Calculated)	29.35	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	13.9	%	●	11.5-14.5
WBC Count (Impedance)	5702	/cu mm	●	4000-11000

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

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Neutrophils	60	%	●	40-75
Lymphocytes	31	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	211500	/cu mm	●	150000-450000
MPV (Calculated)	10	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	08	mm/1st hr	●	0-15

**URINE GLUCOSE(FASTING)**

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

**URINE GLUCOSE(POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

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

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	B Positive			

**LFT (LIVER FUNCTION TEST)**

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	58 *	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	120	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	35	U/L	●	> 1 year Male : <40
Total Bilirubin	0.492	mg/dL	●	0.300-1.200
Direct Bilirubin	0.154	mg/dL	●	Upto 0.3 mg/dl

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH183383



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Indirect Bilirubin

0.338

mg/dL



1 Day ≤5.1 mg/dL  
2 Days ≤7.2 mg/dL  
3-5 Days ≤10.3 mg/dL  
6-7 Days ≤8.4 mg/dL  
8-9 Days ≤6.5 mg/dL  
10-11 Days ≤4.6 mg/dL  
12-13 Days ≤2.7 mg/dL  
14 Days - 9 Years 0.2-0.8 mg/dL  
10-19 Years 0.2-1.1 mg/dL  
≥20 Years 0.2-1.2 mg/dL

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.66	mg/dL		Adult Male: 0.6 - 1.3

**LFT (LIVER FUNCTION TEST)**

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	22	U/L		Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	100	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance ≥ 126 : Diabetes Mellitus

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	91	mg/dL		70-140

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

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





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Glycosylated Hemoglobin (HbA1c)

5.8 \*

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus  
<7.0 : Well Controlled Diabetes  
7.1 – 8.0 : Unsatisfactory Control  
> 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

119.7

### LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.43	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.43	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.14	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.14	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.29		●	2.20-4.20
Globulin-Serum/Plasma	2.29		●	2.20-4.20
A/G ratio	2.24 *		●	1.00-2.00
A/G ratio	2.24 *		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.63	nmol/L	●	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	116.8	nmol/L	●	Adults(20-100 Yrs ):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	2.3	μIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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### 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	5.7	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

### BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	11	mg/dL	●	6-20
UREA - SERUM / PLASMA	24	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	192	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	175 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	47 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	135 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	35		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

### X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



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ECHO/TMT

Investigations Not Done / Not Yet Reported

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECG

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



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### Executive Summary



- .BODY WEIGHT 88.3 KG,DEAL BODY WEIGHT 50-61 KG
- .PRE - DIABETIC
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL

### Wellness Prescription

#### Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

#### Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 50-61 KG

### Follow-up and Review Plan



- CHECK FBS AND PPBS ONCE IN A MONTH
- CHECK HBA1C NOW AND ONCE IN 3 MONTHS
- CHECK LIPID PROFILE EVERY 6 MONTHS



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

*Consultant body*

*Dr. Shashikant Nigam*  
**Dr.SHASHIKANT NIGAM**

AHC Physician / Consultant Internal Medicine

**Dr. Shashikant Nigam**

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar, Gujarat-382428, INDIA, Regd. No.: G-21961

Printed By : MUKTA S ADALTI


Note :- The Health Check-up examinations and routine investigations 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.



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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Mr. SHAINKEE VERMA | Male | 32Yr 5Mth 15Days  
**UHID** : AHIL.0000828227 **Patient Location:** AHC  
**Patient Identifier:** AHILAH183333   
**DRN** : 122147972 **Completed on :** 24-DEC-2022 13:21  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### X-RAY CHEST PA

#### FINDINGS :

Lung fields are clear.  
 Cardio thoracic ratio is normal.  
 Both costophrenic angles are clear.  
 Domes of diaphragm are well delineated.  
 Bony thorax shows no significant abnormality.

#### IMPRESSION

NORMAL STUDY.

--- END OF THE REPORT ---

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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### CARDIOLOGY

**Patient Details** : Mr. SHAINKEE VERMA | Male | 32Yr 5Mth 15Days  
**UHID** : AHIL.0000828227 **Patient Location:** AHC  
**Patient Identifier:** AHILAH183333   
**DRN** : 5622098037 **Completed on :** 24-DEC-2022 17:27  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### ECHO/TMT

#### FINDINGS :

Normal cardiac chamber dimensions.  
 Normal LV systolic function, LVEF: 60%  
 No Regional wall motion abnormalities at rest.  
 Normal LV compliance.  
 All cardiac valves are structurally normal.  
 IAS/ IVS intact.  
 No MR, No AR, No PR, No TR.  
 No PAH.  
 No clots/ vegetation/ effusion.

#### MEASUREMENTS (mm) ::

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ECHO/TMT

	LVID diastole
Measurements (mm)	.

**IMPRESSION**

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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**Apollo Hospitals International Limited**  
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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Mr. SHAINKEE VERMA | Male | 32Yr 5Mth 15Days  
**UHID** : AHIL.0000828227      **Patient Location:** AHC  
**Patient Identifier:** AHILAH183333        
**DRN** : 222066925      **Completed on :** 24-DEC-2022 13:34  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

**FINDINGS :**

Liver appears normal in size and shows uniform bright echotexture. No evidence of focal pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Visualized Head, and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 9.5 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

No evidence of ascites or lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

Prostate measures 17 cc , is normal in size and echopattern.

**IMPRESSION :**

Grade I fatty liver.

Rest normal study.

Printed on : 26-Dec-2022 12:31

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Reported By : 717876

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Mr. SHAINKEE VERMA

AHIL.0000828227

AHILAH183333

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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AH11LUUUU828227

MR SHAINKEE V ERMA

24-Dec-22 12:05:50 PM

Born 09-Jul-90 32 Years

Male

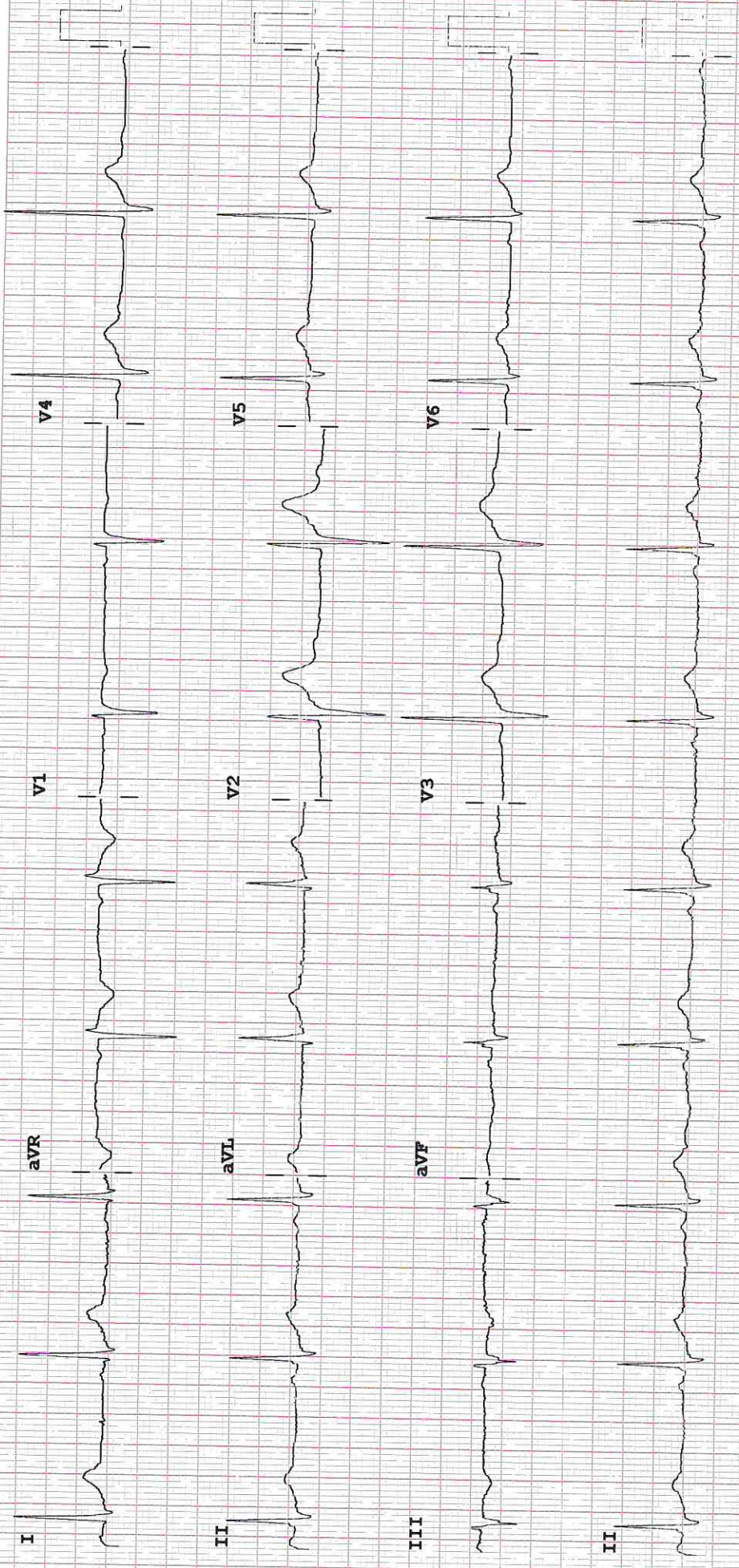
Rate 55

PR 153  
QRSD 107  
QT 426  
QTc 408

--AXIS--

P 54  
QRS 14  
T 10

12 Lead; Standard Placement



Speed 25 mm/sec Limb 10 mm/mV Chest 10 0 mm/mV

P 50 0.15-100 Hz

PH10 CL P

## OPHTHALMIC EXAMINATION RECORDS

Name : Mr. Shankar Venma

Date : 24.12.22

UHID : 828227

M/32

Distance Vision : unaided

Right Eye -

6/9

}

B<sub>10</sub> 6/6P

No visual symps.

Left Eye -

6/9P

Best < -0.5 / -0.5 @ 70 6/6.  
-0.5 6/6

Near Vision : "

Right Eye :

}

N6

Left Eye :

APLN.TN - Right Eye

Left Eye -

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNV

Both Eye Posterior Segment Examinations -

(unaided)

BSE Disc @  
FR not seen

Doctor's Signature

Ophthalmologist Name