

### Mr. VYOM GUPTA (36 /M)

UHID

AHIL.0000794626

AHC No

AHILAH203577

Date

04/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

### Namaste Mr. VYOM GUPTA,

Thank you for choosing Apollo ProHealth, India's first Al-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

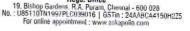
Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on vour personal, medical, and family history and detailed multi-organ evaluation of your body through iagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- Al powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations





We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.

Scan the QR code to download the Apollo 247 App



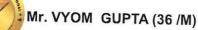


You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via <a href="www.apollo247.com">www.apollo247.com</a> or through the Apollo 24\*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

tay Healthy and happy! © Apollo ProHealth Care team

**Disclaimer:** The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.





Date Address: A 301 SHREEJI 78 MOTERA 380005, AHMEDABAD, AHMEDABAD, GUJARAT, IND

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

UHID

: AHIL.0000794626

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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

:

### Drug Allergy

NO KNOWN ALLERGY

:04/04/2023



### 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

**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?

Allergies

- Nil

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Date

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- Yes

2020

Post detection (3

- No

Weeks)

Hospitalization for

- No

Covid 19



### Surgical history

Open reduction and

- 2013

internal fixation

Others

- LIPOMA REMOVAL- 1995



#### Personal history

Ethnicity

- Indian Asian

Marital status

Married

No. of children

Male

Diet

Vegetarian

Alcohol

does not consume alcohol

**Smoking** 

No

Chews tobacco

No

Physical activity

Mild



#### Family history

Father

alive

Mother

alive

**Brothers** 

Diabetes

mother

Hypertension

mother

Coronary artery

none

disease

Cancer

None

Thyroid/other

- father

endocrine disorder

### Physical Examination



#### General

General appearance

- normal

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Pallor - No

Oedema - no

Cardiovascular system

Heart rate (Per minute) - 107

Rhythm - Regular

Systolic(mm of Hg) - 126

Diastolic(mm of Hg) - 94 Heart sounds

Respiratory system

Breath sounds - Normal vesicular breath sounds

- S1S2+

🖒 Abdomen

Organomegaly - No **Tenderness** - No

Printed By:

MUKTA S ADALTI

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# Organization is Accredited by Joint Committee 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	30	mL						
Specific Gravity	1.025							
Colour:	Pale-Yellow							
Transparency:	Slightly Turbid							
Hq	6							
Protein:	Trace							
Sugar:	Nil							
Blood:	Negative							
Ketone	Absent							
Bile Pigments:	Absent							
Urobilinogen	Nil	E.U./dL						
Nitrite	Negative							
Pus Cells	Occassional			0-5				
RBC	Nil	/hpf		0-5/hpf				
Epithelial Cells	Occassional			- 0,1,1,0				
Casts:	Absent							
Crystals:	Absent							

### **COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.1	gm%		13.0-17.0
Packed cell volume(Calculated)	46.1	%		40-50
RBC COUNT (Impedance)	5.39	Million/ul		4.5-5.9
MCV (From RBC Histogram)	85.6	fl		80-100
MCH(Calculated)	28.03	pg		27-32
MCHC(Calculated)	32.8	%		31-36
RDW(Calculated)	14.4	%		11.5-14.5
WBC Count (Impedance)	5205	/cu mm		4000-11000

Within Normal Range



Borderline High/Low



Out of Range









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Organization is Accredited			Control of the Contro	MOUNT
om Committee trophils	56	%	40-75	HOSPITA
Lymphocytes	37	%	20-40	
Monocytes	06	%	2-10	
Eosinophils	01	%	01-06	
Basophils	00	%	0-1	
Platelet Count (Impedance)	339900	/cu mm	150000-450000	
MPV (Calculated)	7.8	fl	7-11	
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	03	mm/1st hr	0-15	

### **URINE GLUCOSE(FASTING)**

Urine Glucose (Post Prandial)

Test Name	Result	Unit	Level	Range	

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:	O Positive			

### LFT (LIVER FUNCTION TEST)

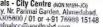
Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow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

	· the response to	deadnent.		
Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	60 *	U/L		0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	117	U/L		Adult(Male): 40 - 129
AST (SGOT) - SERUM	66 *	U/L		> 1 year Male : <40
Total Bilirubin	0.464	mg/dL		0.300-1.200
Direct Bilirubin	0.143	mg/dL		Upto 0.3 mg/dl
Within Normal Range	Borderline H	igh/Low	Out	of Range

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

Apollo Hospitals International Limited
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E-mail: info⊚apolloahd.com | www.ahmedabad apollohospitals.com









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Organization is According by Joint Commissing the major Billirubin

Test Name

0.321

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

>= 126 : Diabetes Mellitus

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	1.01	mg/dL		Adult Male: 0.6 - 1.3

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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	36	U/L		Male : 10 - 71 Female : 6 - 42

Recult

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

	Result	UIII	Level	Range
Glucose - Plasma (Fasting)	97	mg/dL	•	70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance

Ilmis

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	87	mg/dL		70-140

### GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Unit	Level	Range
	Unit	Unit Level

Within Normal Range

Borderline High/Low

Out of Range

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organizatio Granization (HbA1c)

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.

125.50

### 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

the extent of known liver damage, and follow	w the response t	o treatment.		
Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	8.01 *	g/dL	•	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.01 *	g/dL		6.00-8.00
ALBUMIN - SERUM	4.76	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.76	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.25			2.20-4.20
Globulin-Serum/Plasma	3.25			2.20-4.20
A/G ratio	1.46		•	1.00-2.00
A/G ratio	1.46			1.00-2.00
THYROID PROFILE (T3,T4 AND TS)	<u>-1)</u>			
Test Name	Result	Unit	Level	Range

rest name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.6	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	85	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	1.94	μIU/mL		14-120 years : 0.27 - 4.20

Within Normal Range

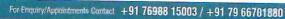


Borderline High/Low



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	6.3	mg/dL		Male : 3.4-7.0 Female : 2.4-5.7
BUN (BLOOD UREA NITROGEN)				1 cmale . 2,4-3.7
Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	13	mg/dL		6-20
UREA - SERUM / PLASMA	28	mg/dL		15 - 50
LIPID PROFILE - SERUM			8	
Test Name	Result	Unit	Level	Range
Total Cholesterol	168	mg/dl	•	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	92	mg/dL		0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	45 *	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)	121	mg/dL		100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	18			< 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.







Out of Range

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Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

**ECG** 

Within Normal Range



Borderline High/Low



Out of Range

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Date AHC No:

## Executive Summary



.BODY WEIGHT 71.6 KG, IDEAL BODY WEIGHT 56-67 KG

.IMPAIRED GLUCOSE TOLERANCE

.ECG - MINIMAL VOLATGE LVH / MORMAL

. TMT — TEST IS NEGATIVE , EXERCISE TIME 7:02 ,WORKLOAD 8.6 METS

.USG ABDOMEN - LEFT RENAL CALYCEAL CALCULUS

.CHEST X-RAY - NORMAL

.VISION - NORMAL

.DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



**BALANCED 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 56-67 KG

Printed By : MUKTA S ADALTI

Dr.SHASHIKANT NIGAM

AHC Physician woons utant Internal Medicine MBBS, MD (Gen.

Consultant Internal Medicine Apollo Hospitals International Ltd., Gandhinegar, Gujarat-382428, INDIA. Regd. No.: G-21961

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.

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### **RADIOLOGY**

Patient Details: Mr. VYOM GUPTA | Male | 36Yr 0Mth 17Days

**UHID** AHIL.0000794626

**Patient Location:** AHC

Patient Identifier: AHILAH203577

DRN

123044563

Completed on:

04-APR-2023 11:35

**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 ---

AKSHAY SHARMA

Medical Officer

Printed on:

05-Apr-2023 11:51

Printed By: 153182

Reported By: 717876

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### DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. VYOM GUPTA | Male | 36Yr 0Mth 17Days

UHID : AHIL.0000794626 Patient Location: AHC

Patient Identifier: AHILAH203577

DRN : 223019038 Completed on: 04-APR-2023 12:44

Ref Doctor : DR. SHASHIKANT NIGAM

### **USG WHOLE ABDOMEN**

#### FINDINGS:

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse 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 6.7 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 on right side. Pelvicalyceal system on both sides appear normal.

Approximately 3 mm sized calculus noted in mid calyx of left kidney.

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 10 cm normal in size and echopattern.

IMPRESSION:

Left renal calyceal calculus.

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717876



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Mr. VYOM GUPTA

AHIL.0000794626

AHILAH203577

### **USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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# AHIL.0000794626

Mr. VYOM GUPTA

Name:

36 Year(s) / Male

Date: 4/4/23

UHID:

Distance Vision:

Right Eye -

Left Eye -

616 Eglass

Near Vision:

Right Eye:

196

Left Eye:

N 6

APLN.TN - Right Eye

oth Eye - Colour Vision

Norma

Both Eye - Anterior Segment Examinations -

Norma

Both Eye Posterior Segment Examinations -

AHMROP028V1

Ophthalmologist Name



AHIL.0000794626

Mr. VYOM
GUPTA

36 Year(s) / Male

UHID,

# 

## DENTISTRY

			LAMPACHARIES PER AND
Name :		Date : 04/04/	23 Unit No. :
Occupation :		Ref Physician	
Age : Sex : Male			
- Continue	DENTAL	RECORD	
ALLERGIES: - KIA		IVEOOILD	
PAIN : Score (0-10)	_ocation :	C	haracter :
DENTAL CLEANING HABIT	Once Tv		casionally
F	Brush		**
3,240 8	- " . ' ' '		Any other
DO THE GUMS BLEED WHEN YOU	J BRUSH YOUR TEET!		No
ARE YOUR TEETH SENSITIVE TO	HEAT / COLD?	Yes	
ORAL HYGIENE	* * * .	Good	
ORAL TISSUE EXAMINATION	PERIODONITA	L EXAMINATION	T
NORMAL FINDINGS	LINOBONIA	LEXAMINATION	OCCLUSION
IN DISEASE		MILD MOD SEV	CLASS I II III CROSSBITE
Cheeks	Gingivitis	AUU	Hypoplasia
ongue :	Calculus		Impaction Non-vital
loor of the mouth:	Recession		Fracture
alate :	Periodontal Pockets		Abcess
onsilar Area :	Attrition	H H H	Ulcers
ny other :	Erosion	님 님 님	Caries
	Mobility	닐 빌 빌	Missing Teeth
	IVIOUIILY		Supernumerary
V		. #	Others
RESENT COMPLAINT:	Logar Cle	ectry	
RE-MEDICAL HISTORY: DM	☐ HTN ☐ Thyroid	☐ Acidity ☐ Pregn	nancy
/ROP007V1	MAID-		,

4-Apr-2023	36years Asian 172cm 71kg	Male		X IIK 1846pr X BP 150/90 3800 for Term	n 100% of max matton: Max	Maximum w HR attained	84 bom orkload 8	Max HK 1845cm100% of max predicted 1845cm  Max BP 150/90  Wax BP 150/90  Wax BP 150/90  Waximum workload 8.6METS 100nz  Weason for Termination: Max HR strained for the following forms of the following forms	10.0 mm/r 100hz
	Referred by: DR SAMEER DANI Test ind:		N N N	RMAL HEMO	DYNAMIC RE	SPONSE WI MHR ACHIV	TH GOOD	WI NORMAL HEMODYNAMIC RESPONSE WITH GOOD EFFORT TOLKRANCE TEST TERMINATED DUE TO MHR ACHIVED.	CE. WORK
Dhase Name	Stage	Time in Stage	Speed	Grade	WorkLoad	e j	B B	RPP	
PRETEST		00:20	8.0.1	0.0	2 2 9	(45 C) 11 (45 C)	(mm.Hg) 140/90 140/90	(*100) 161 203	
	STAGE 3	3:00	3 2.5	12.0	© :0 8: -1	1.68	150/90	252	
X ECO V ERY	RECOVERY	3:01	* *	* Y	<b>Q</b>	68	140/90	961	