

Mr. ASHVINKUMAR RATHOD (39 /M)

UHID : AHIL.0000815575

AHC No : AHILAH174584

Date : 12/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. ASHVINKUMAR RATHOD

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. ASHVINKUMAR RATHOD (39 /M)

Date : 12/11/2022

Address :

Examined by : Dr. DUSHYANT BALAT
MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

UHID : AHIL.0000815575

AHC No : AHILAH174584



Chief Complaints

For Annual health checkup
GASTRIC PROBLEM



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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

UHID : AHIL.0000815575

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General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - No
Do you have any drug allergies? - No
Covid 19 - Yes
Hospitalization for Covid 19 - No



Surgical history

Surgical history - Nil



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 2
Female - 1
Male - 1
Profession - corporate employed
Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Moderate



Family history

Father - alive
Aged - 63
Mother - alive
Aged - 60
Sisters - 3
Diabetes - mother



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Date : 12/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH174584

Hypertension - mother
 Coronary artery disease - none
 Cancer - None

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 161
 Weight - 72.4
 BMI - 27.93
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 73
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 134
 Diastolic(mm of Hg) - 90
 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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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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.9	gm%	●	13.0-17.0
Packed cell volume(Calculated)	41.7	%	●	40-50
RBC COUNT (Impedance)	4.88	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	85.4	fl	●	80-100
MCH(Calculated)	28.53	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	13.9	%	●	11.5-14.5
WBC Count (Impedance)	7249	/cu mm	●	4000-11000

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



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Neutrophils	67	%	●	40-75
Lymphocytes	23	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	3	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	302400	/cu mm	●	150000-450000
MPV (Calculated)	9.1	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	06	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:	A 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	24	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	75	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	18	U/L	●	> 1 year Male : <40
Total Bilirubin	0.377	mg/dL	●	0.300-1.200
Direct Bilirubin	0.135	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin	0.242	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
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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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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	51	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	92	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)	125	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)	5.5	%	●	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. 111.15

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	7.14	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.14	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.7	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.7	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.44		●	2.20-4.20
Globulin-Serum/Plasma	2.44		●	2.20-4.20
A/G ratio	1.93		●	1.00-2.00
A/G ratio	1.93		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOETHYRONINE - SERUM	2.1	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	105	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	2.23	µIU/mL	●	14-120 years : 0.27 - 4.20

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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	4.8	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	17	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	203 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	160 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	46 *	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)	144 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	32		●	< 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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AHC No : AHILAH174584

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG

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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Executive Summary



- .BODY WEIGHT 72.4 KG,DEAL BODY WEIGHT 49-59 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - NORMAL
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET

Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 49-59 KG

Follow-up and Review Plan



- CHECK LIPID PROFILE EVERY 6 MONTHS



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

Printed By : MUKTA S A TATI

*See
21/11/2022*

Dr.DUSHYANT BALAT

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

Note :- The Health Check-up examinations and routine investigations may 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. ASHVINKUMAR RATHOD | Male | 39Yr 0Mth 21Days

UHID : AHIL.0000815575

Patient Location: AHC

Patient Identifier: AHILAH174584



DRN : 222058439

Completed on : 12-NOV-2022 13:23

Ref Doctor : Dr. AHC DOCTOR

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.

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

Spleen measures 8 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 normal in size and echopattern.

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Mr. ASHVINKUMAR RATHOD

AHIL.0000815575

AHILAH174584

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

Dr. HARSH S VYAS

DNB Resident

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Radiology

Patient Details : Mr. MEGHRAJSINGH RAJPUROHIT | Male | 40Yr 2Mth 30Days

UHID : AHIL.0000815656

Patient Location: AHC

Patient Identifier: AHILAH174622



DRN : 122128012

Completed on : 12-NOV-2022 11:02

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 ---

Dr. HARSH S VYAS

DNB Resident

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CARDIOLOGY

Patient Details : Mr. ASHVINKUMAR RATHOD | Male | 39Yr 0Mth 21Days
UHID : AHIL.0000815575 **Patient Location:** AHC
Patient Identifier: AHILAH174584 
DRN : 5622083578 **Completed on :** 12-NOV-2022 13:55
Ref Doctor : Dr. AHC DOCTOR

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) ::

	LVID diastole
Measurements (mm)	

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Mr. ASHVINKUMAR RATHOD

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AHILAH174584

ECHO/TMT

IMPRESSION

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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OPTH/

AHIL.00200815575
Mr. ASHVIN KUMAR
RATHOD
39 Year(s) / M male

VISION RECORDS

Date : 12/11/22

Name :

UHID :



Distance Vision :

Right Eye - 6/6

Left Eye - 6/6

(aided)

Near Vision :

Right Eye : N6

Left Eye : N8

APLN.TN - Right Eye 16

Left Eye - 14 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

wm

Both Eye Posterior Segment Examinations -

wm

Doctor's Signature

Dr. Jay Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd., Gandhinagar,
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Ophthalmologist Name

39 Years Male Apollo Hospital Bhat Gandhinagar

Order Number: Indication: Medication 1, Medication 2, Medication 3

Normal sinus rhythm Normal ECG

QRS: 88 ms QT/QTcBaz: 356/389 ms PR: 118 ms P: 98 ms RR/PP: 834/833 ms P/QRS/IT: 39/59/28 degrees

Technician: Ordering Ph., Referring Ph., Attending Ph.

