



Mr. YOGESH JAIN (39 /M)

UHID : AHIL.0000828127

AHC No : AHILAH183280

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. YOGESH JAIN

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 66701830

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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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Address :

Date : 24/12/2022



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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Chief Complaints

For Annual health checkup
NECK PAIN SINCE 4 DAYS

Present Known illness

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



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



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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
- Post detection (3 Weeks) - No
- 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 - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No



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Chews tobacco - No
Physical activity - Mild



Family history

Father - has expired
Mother - alive
Brothers - 1
Sisters - 1
Diabetes - mother
Hypertension - mother
Coronary artery disease - none
Cancer - mother
Type - Breast

Physical Examination



General

General appearance - normal
Build - normal
Height - 176
Weight - 95
BMI - 30.67
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 68
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



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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	25	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
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)	15.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.2	%	●	40-50
RBC COUNT (Impedance)	5.06	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	87.4	fl	●	80-100
MCH(Calculated)	30.43	pg	●	27-32
MCHC(Calculated)	34.8	%	●	31-36
RDW(Calculated)	12.9	%	●	11.5-14.5
WBC Count (Impedance)	6170	/cu mm	●	4000-11000

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

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Test Name	Result	Unit	Level	Range
Neutrophils	46	%	●	40-75
Lymphocytes	42 *	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	06	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	316800	/cu mm	●	150000-450000
MPV (Calculated)	7.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	04	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	42	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	113	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	25	U/L	●	> 1 year Male : <40
Total Bilirubin	0.561	mg/dL	●	0.300-1.200
Direct Bilirubin	0.203	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.358

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	0.89	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	30	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	94	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)	131	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)

5.2

%



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.

102.54

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.23	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.23	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.74	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.74	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.49		●	2.20-4.20
Globulin-Serum/Plasma	2.49		●	2.20-4.20
A/G ratio	1.9		●	1.00-2.00
A/G ratio	1.9		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.28	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	123	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	2.02	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)	9	mg/dL	●	6-20
UREA - SERUM / PLASMA	20	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	226 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	140	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	43 *	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)	177 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	28		●	< 40 mg/dl
C/H RATIO	5 *		●	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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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

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Executive Summary



BODY WEIGHT 95 KG, IDEAL BODY 58-71 KG

DYSLIPIDEMIA

ECG - NORMAL

ECHO - - CONCENTRIC LVH

- NORMAL LV SYSTOLIC FUNCTION, LVEF 60%

- REDUCED LV COMPLIANCE

- NO PAH , RVSP: 24 MMHG

TMT — TEST IS NEGATIVE , EXERCISE TIME 6:17 ,WORKLOAD 7.4 METS

USG ABDOMEN - GRADE I FATTY LIVER, LEFT RENAL SIMPLE CYST

X-RAY - NORMAL

VISION – DRY EYE DISEASE

Wellness Prescription

Advice On Diet :-



BALANCED DIET

LOW FAT DIET

Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION

PRACTICE YOGA AND MEDITATION

MAINTAIN WEIGHT BETWEEN 58-71 KG

Consultant

Dr. Shashikant Nigam
24/12/2022

Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

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 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.

OPHTHALMIC EXAMINATION RECORDS

Name : Mr. Yogesh Jain M/39
UHID : 828127

Date : 24.12.22

Distance Vision : unaided
Right Eye - 6/6P }
Left Eye - 6/6 } Best 6/6

No visual symps / diseases

Near Vision :
Right Eye : } NG
Left Eye : }

APLN.TN - Right Eye (N) Left Eye - (N) mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - MGD / DET WTM

Both Eye Posterior Segment Examinations - (photophobic) Disc (N) AR not seen

[Signature]
Doctor's Signature

Ophthalmologist Name

AHMROP028V1

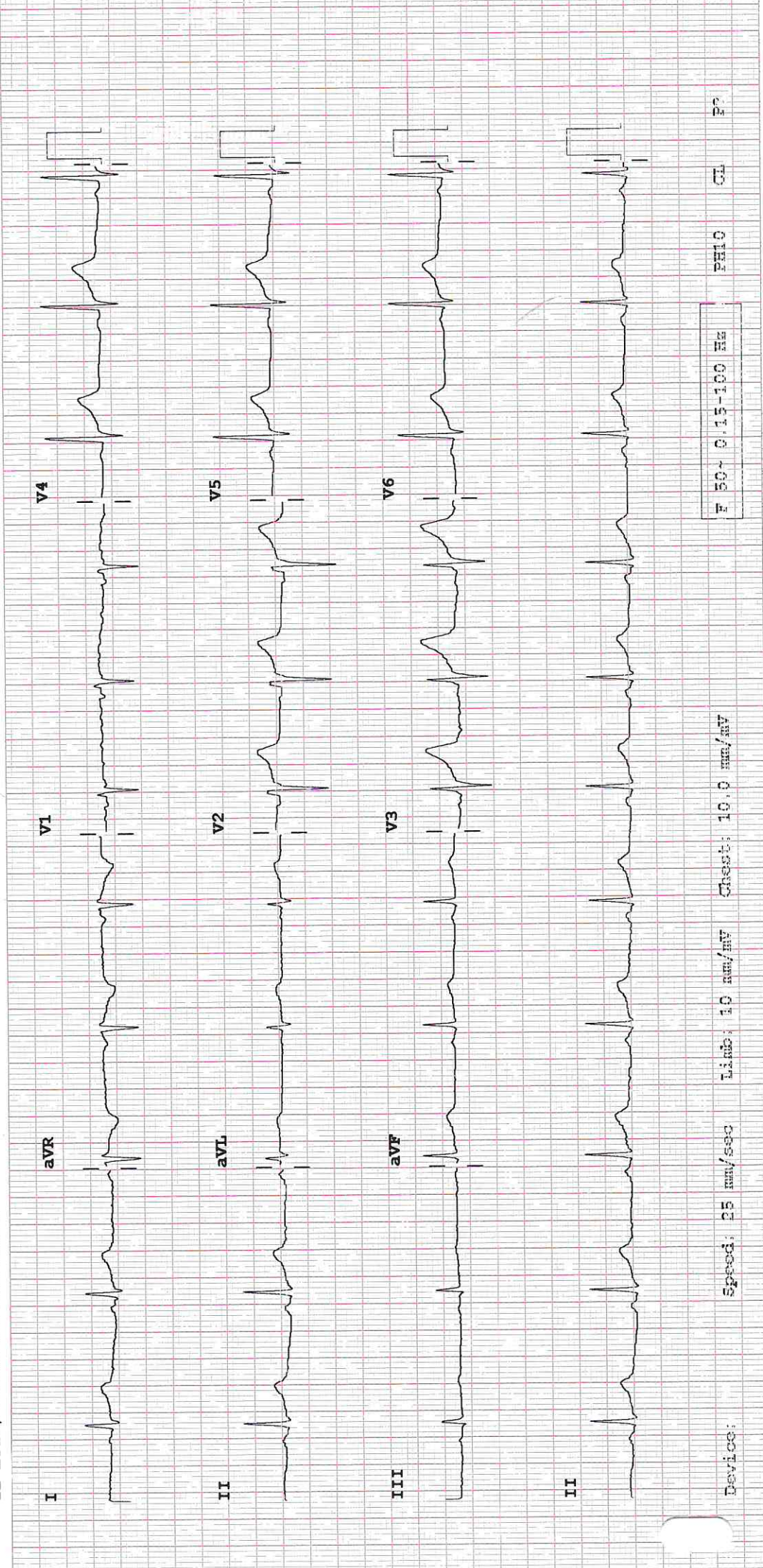
{
Htop
Oupol-elo at night
Optive eld 3 tpd } 1 mth
RA 1 mth

Rate 65

PR 134
QRSD 100
QT 437
QTc 455

--AXIS--
P 54
QRS 49
T 38

12 Lead; Standard Placement



E 50~ 0.15-100 Hz

Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

PH10 CL P2


Device:



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. YOGESH JAIN | Male | 39Yr 6Mth 23Days
UHID : AHIL.0000828127 **Patient Location:** AHC
Patient Identifier: AHILAH183280 
DRN : 122147936 **Completed on :** 24-DEC-2022 10:34
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

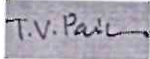
FINDINGS :

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 ---



TIRTH VINAYKUMAR PARIKH

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UHID : AHIL.0000828127 **Patient Location:** AHC
Patient Identifier: AHILAH183280 
DRN : 222066928 **Completed on :** 24-DEC-2022 11:25
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform hyperechoic 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.

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

Spleen measures 9 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.

Approximately 16 x 15 mm sized simple cyst is seen in upper pole 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 is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

Left renal simple cyst.

Printed on : 26-Dec-2022 11:41

Printed By : 153182

Reported By : 717876

Page 1 of 2

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For online appointment : www.askapollo.com
 Keep the records carefully and bring them along during your next visit to our Hospital

ID: 000828127

Total Exercise time: 6:17

25.0 mm/s

Visit MEDIWHEEL

39years
176cm

Asian
95kg

Male

Max HR: 170bpm
Max BP: 140/90
Reason for Termination: Patient fatigue

93% of max predicted 181bpm
Maximum workload: 7.4METS

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT MODERATE WORKLOAD
NORMAL HEYMODYNAMIC RESPONSE
NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED
NO GALLOP / MURMUR AT PEAK EXERCISE
TEST TERMINATED DUE TO PATIENT FATIGUE AND THR ACHIEVED
MODERATE EFFORT TOLERANCE

Referred by: DR.SUBIR GHOSH, MHC
Test ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	1:15	***	***	1.0	92	120/70	110
	STANDING	0:16	0.8	0.0	1.0	93	120/70	112
EXERCISE	STAGE 1	3:00	1.7	10.0	4.6	132	124/70	164
	STAGE 2	3:00	2.5	12.0	7.0	162	130/80	211
	STAGE 3	0:17	3.4	14.0	7.4	170	130/80	221
RECOVERY	RECOVERY	3:24	***	***	1.0	111	120/70	133