



**Ms. BHUMIKA DHYANI (33 /F)**

UHID : AHIL.0000870520

AHC No : AHILAH211892

Date : 08/05/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

**Namaste Ms. BHUMIKA DHYANI,**

Thank you for choosing Apollo ProHealth, India's first AI-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 your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic 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
- AI 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 [www.apollo247.com](http://www.apollo247.com) 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](mailto:prohealthcare@apollohospitals.com)

Stay 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.*

Name : Ms. BHUMIKA DHYANI (33 /F)

Date : 08/05/2023

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000870520

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH211892



### Chief Complaints

For Annual health checkup  
No specific complaints

### Present Known illness

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



### 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 - No  
allergies?  
Do you have any drug - No  
allergies?



### Surgical history

Caesarian section - 2016 & 2020

Cholecystectomy - 2010



### 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  
Chews tobacco - No  
Physical activity - Moderate



### Family history

Father - alive  
Aged - 63  
Mother - alive  
Aged - 59  
Diabetes - father  
Hypertension - father,mother  
Coronary artery disease - none  
Cancer - None

## Physical Examination



### General

General appearance - normal  
Build - normal  
Height - 156  
Weight - 66  
BMI - 27.12  
Pallor - No  
Oedema - no



**Cardiovascular system**

Heart rate (Per minute) - 88  
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



**Abdomen**

Organomegaly - No  
Tenderness - No

**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	1.020			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	2-4 /h.p.f			0-5
RBC	Nil	/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)	11.7 *	gm%	●	12-16
Packed cell volume(Calculated)	34.8 *	%	●	36-46
RBC COUNT (Impedance)	4.36	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	79.8 *	fl	●	80-100
MCH(Calculated)	26.9 *	pg	●	27-32
MCHC(Calculated)	33.7	%	●	31-36
RDW(Calculated)	15.3 *	%	●	11.5-14.5
WBC Count (Impedance)	7825	/cu mm	●	4000-11000



Within Normal Range



Borderline High/Low



Out of Range

Neutrophils	70	%	●	40-75
Lymphocytes	21	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	283600	/cu mm	●	150000-450000
MPV (Calculated)	7.9	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
RBC::	Anisocytosis (+)			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	18	mm/1st hr	●	0-20

**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:	AB 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	16	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	147 *	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	17	U/L	●	>1 year Female : <32

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

Total Bilirubin	0.352	mg/dL	●	0.300-1.200
Direct Bilirubin	0.163	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.189	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	0.51	mg/dL	●	Adult Female: 0.5 - 1.2

**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	17	U/L	●	Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	98	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)	126	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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



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)**

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	6.91	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	6.91	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.2	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.2	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.71		●	2.20-4.20
Globulin-Serum/Plasma	2.71		●	2.20-4.20
A/G ratio	1.55		●	1.00-2.00
A/G ratio	1.55		●	1.00-2.00

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

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.9	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	86	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	1.31	μIU/mL	●	14-120 years : 0.27 - 4.20

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

**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	4.5	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	18	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	191	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	72	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	38 *	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)	164 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High
VLDL CHOLESTEROL	14		●	< 40 mg/dl
C/H RATIO	5 *		●	0-4.5

**CONVENTIONAL PAP SMEAR /CERVICAL SMEAR**

Cytology

Ref No:

CY 811/23

Brief Clinical History:

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

Cervix-Normal  
- LMP: 14.4.2023

SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Bhumika 870520'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation with endocervical cells.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy.

**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.

**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range

### Executive Summary



.BODY WEIGHT 66 KG,DEAL BODY WEIGHT 46-55 KG  
.ECG - NORMAL SINUS RHYTHM  
.TMT — TEST IS NEGATIVE,EXERCISE TIME 701 ,WORKLOAD 10.10 METS  
.USG ABDOMEN - GRADE I FATTY LIVER  
.CHEST X-RAY - NORMAL  
.EYE – NORMAL  
.DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET---  
LOW FAT DIET  
LOW CARBOHYDRATE 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 46-55 KG

**Dr.SHASHIKANT NIGAM**

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

**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.