

Namaste Mr. AMANDEEP SINGH,

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



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via 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

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.

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

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Name : Mr. AMANDEEP SINGH (30 /M)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 30/03/2023



UHID : AHIL.0000856656

AHC No : AHILAH202439



Chief Complaints

For Annual health checkup
No specific complaints



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?
Covid 19 - No
Jaundice - YES
Tuberculosis - YES



Surgical history

Surgical history - Nil



Name Mr. AMANDEEP SINGH

UHID : AHIL.0000856656

Date : 30/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No. AHIL/AH202439



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Personal history

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



Family history

- Father - has expired
- Aged - 30
- Mother - alive
- Aged - 59
- Sisters - 1
- Diabetes - mother
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 177.5
- Weight - 103
- BMI - 32.69
- Pallor - No
- Oedema - no



Cardiovascular system



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Heart rate (Per minute) - 88

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 124

Diastolic(mm of Hg) - 68

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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Name: Mr. AMANDEEP SINGH

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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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	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			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	gm%	●	13.0-17.0
Packed cell volume(Calculated)	38.9 *	%	●	40-50
RBC COUNT (Impedance)	4.51	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	86.2	fl	●	80-100
MCH(Calculated)	28.74	pg	●	27-32
MCHC(Calculated)	33.3	%	●	31-36
RDW(Calculated)	14.9 *	%	●	11.5-14.5
WBC Count (Impedance)	6244	/cu mm	●	4000-11000

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

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Neutrophils	39 *	%	●	40-75
Lymphocytes	48 *	%	●	20-40
Monocytes	9	%	●	2-10
Eosinophils	4	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	295000	/cu mm	●	150000-450000
MPV (Calculated)	8.1	fl	●	7-11
WBC:	Lymphocytosis noted			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	12	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:	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.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	30	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	92	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	21	U/L	●	> 1 year Male : <40
Total Bilirubin	0.885	mg/dL	●	0.300-1.200

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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Direct Bilirubin	0.29	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.6	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	1.03	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	28	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	117 *	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)	166 *	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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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Glycosylated Hemoglobin (HbA1c)

6.1 *

%



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.

128.37

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.77	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.77	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.00	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.00	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.8		●	2.20-4.20
Globulin-Serum/Plasma	2.8		●	2.20-4.20
A/G ratio	2.00		●	1.00-2.00
A/G ratio	2.00		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - 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	118	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	2.97	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	7.0	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	157	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	300 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	26 *	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)	94	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	60 *		●	< 40 mg/dl
C/H RATIO	6 *		●	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

AHC No AHILAH202439



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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

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

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Date : 30/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No. AHILAH202439



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Executive Summary



- .BODY WEIGHT 103 KG,DEAL BODY WEIGHT 60-72 KG
- .PRE-DIABETIC
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 6:37 ,WORKLOAD 7.9 METS
- .USG ABDOMEN - GRADE II FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE -RED GREEN DEFICIENCY
- .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 60-72 KG

Follow-up and Review Plan



- FBS and PPBS ONCE IN 30 DAYS
- HBA1C (GLYCOSYLATED HAEMOGLOBIN) 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

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-21061

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.



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RADIOLOGY

Patient Details : Mr. AMANDEEP SINGH | Male | 30Yr 5Mth 28Days
UHID : AHIL.0000856656 **Patient Location:** AHC
Patient Identifier: AHILAH202439 
DRN : 223017935 **Completed on :** 30-MAR-2023 09:42
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 12.0 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 appears 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 23 cc is normal in size and echopattern.

IMPRESSION :

Grade II fatty liver.

No any other significant abnormality.

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Reported By : 717876

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Mr. AMANDEEP SINGH

AHIL.0000856656

AHILAH202439

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

S. S. Parmar

SIDDHARTH S PARMAR

Medical Officer

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RADIOLOGY

Patient Details : Mr. AMANDEEP SINGH | Male | 30Yr 5Mth 28Days
UHID : AHIL.0000856656 **Patient Location:** AHC
Patient Identifier: AHILAH202439 
DRN : 123041752 **Completed on :** 30-MAR-2023 09:32
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

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DENTISTRY

Name :

Date : 30/12/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES : NA

PAIN : Score (0-10) 0 Location : - Character : -

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Route check

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

NA

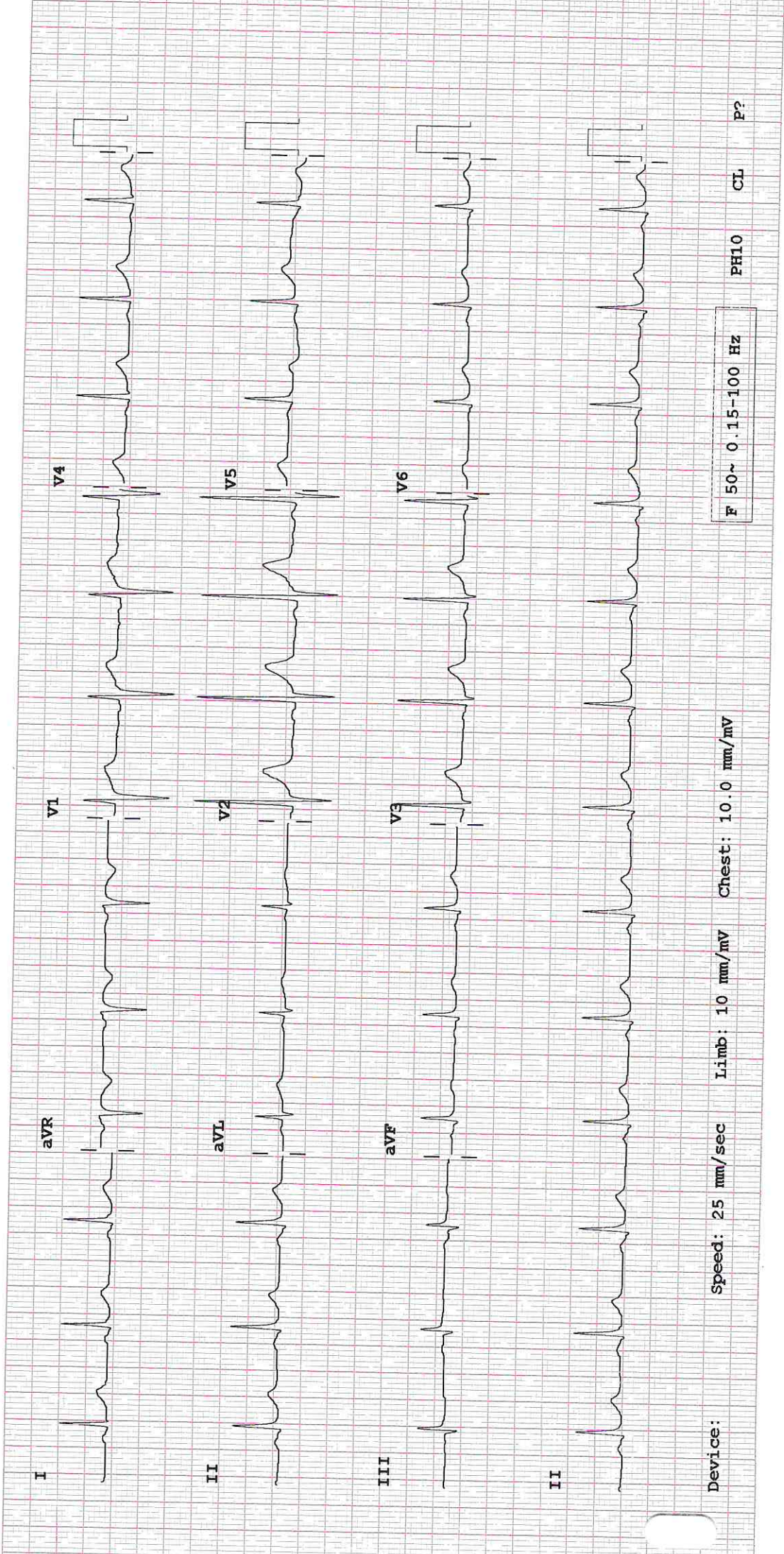
MALE

Rate 79

PR 136
QRS 86
QT 364
QTc 418

--AXIS--
P 32
QRS 36
T 31

12 Lead; Standard Placement



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

F 50~ 0.15-100 Hz

PH10 CL P?

ID: 00086656

BRUCE

Total Exercise time: 6:37

25.0 mm/s

Visit: 30-Mar-2023 11:24:21
30years 177cm 103kg
Asian Male

Max HR: 170bpm 89% of max predicted 190bpm
Max BP: 160/80 Maximum workload: 7.9METS
Reason for Termination: THR ACHIEVED
Comments: TMT IS NEGATIVE FOR INDUCED ISCHEMIA AT MODERATE WORKLOAD WITH NORMAL HEMODYNAMIC RESPONSE WITH GOOD EFFORT TOLERANCE.
TEST TERMINATED DUE TO THR ACHIEVED.

Referred by: DR SAMEER DANI
Test ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	Workload (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
EXERCISE	SUPINE	0:27	** *	*** *	1.0	107		
	STANDING	0:23	0.8	0.0	1.1	109	120/70	131
	STAGE 1	3:00	1.7	10.0	4.6	127		
RECOVERY	STAGE 2	3:00	2.5	12.0	7.0	161	130/80	242
	STAGE 3	0:37	3.4	14.0	7.9	170		
	RECOVERY	3:03	** *	** *	1.0	116	130/80	151

Technician: CHIRAG THAKOR

Unconfirmed

OPHTHALMOLOGY EXAMINATION RECORDS

AHIL.0000856656

Name :

Mr. AMANDEEP
SINGH

Date :

30/3/23

UHID :

30 Year(s) / Male



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

- 2nd eye
- drops

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

12

Left Eye -

13

mmHg

Normal

Both Eye - Colour Vision

No

Red green

deficiency

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Doctor's Signature

