



Ms. POOJA RAUT (40 /F)

UHID : AHIL.0000828119

AHC No : AHILAH183265

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE



Dear Ms. POOJA RAUT

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

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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 : Ms. POOJA RAUT (40 /F)

Date : 24/12/2022



Address :

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Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000828119

MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

AHC No : AHILAH183265



Chief Complaints

For Annual health checkup
No specific complaints

Present Known illness

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



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

ENT : - Nil Significant



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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

- Appendicectomy - 6 YEARS BEFORE
- Caesarian section - 2009



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Female - 2
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history



Name Ms. POOJA RAUT

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MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

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Father - alive
 Mother - alive
 Brothers - 1
 Sisters - 4
 Hypertension - father,mother
 Coronary artery disease - none
 Cancer - father
 Type - Throat

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 156
 Weight - 75.3
 BMI - 30.94
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 67
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 128
 Diastolic(mm of Hg) - 90
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

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APOLLO HOSPITALSOrganization is Accredited
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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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	12	gm%	●	12-16
Packed cell volume(Calculated)	36.1	%	●	36-46
RBC COUNT (Impedance)	4.23	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	85.2	fl	●	80-100
MCH(Calculated)	28.32	pg	●	27-32
MCHC(Calculated)	33.3	%	●	31-36
RDW(Calculated)	13.7	%	●	11.5-14.5
WBC Count (Impedance)	6250	/cu mm	●	4000-11000



Within Normal Range



Borderline High/Low



Out of Range

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Neutrophils	50	%	●	40-75
Lymphocytes	41 *	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	150000	/cu mm	●	150000-450000
MPV (Calculated)	13 *	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
WBC:	Lymphocytosis noted			
Platelets:	Adequate on the smear			
Parasite	No Parasites Seen			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	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:	B 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	20	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	77	U/L	●	Adult(Female): 35 - 104

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



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Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	20	U/L	●	>1 year Female : <32
Total Bilirubin	0.42	mg/dL	●	0.300-1.200
Direct Bilirubin	0.15	mg/dL	●	Upto 0.3 mg/dL
Indirect Bilirubin	0.27	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	0.65	mg/dL	●	Adult Female: 0.5 - 1.2

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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)	95	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)	107	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)

5.4

%



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.

108.28

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.31	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.31	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.62	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.62	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.69		●	2.20-4.20
Globulin-Serum/Plasma	2.69		●	2.20-4.20
A/G ratio	1.72		●	1.00-2.00
A/G ratio	1.72		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.89	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	99.07	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	2.28	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	4.7	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	18	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	171	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	81	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	54 *	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)	108	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	16		●	< 40 mg/dl
C/H RATIO	3		●	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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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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Executive Summary



- .BODY WEIGHT 75.3 KG,DEAL BODY WEIGHT 46-55 KG
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - POST CHOLECYSTECTOMY STATUS
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .MAMMOGRAPHY - BIRADS- I0

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 46-55 KG

Printed By : MUKTA S ADALTI


Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382426, 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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CARDIOLOGY

Patient Details : Ms. POOJA RAUT | Female | 40Yr 11Mth 23Days
UHID : AHIL.0000828119 **Patient Location:** AHC
Patient Identifier: AHILAH183265 
DRN : 5622097913 **Completed on :** 24-DEC-2022 14:54
Ref Doctor : DR. SHASHIKANT NIGAM

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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Ms. POOJA RAUT

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AHILAH183265

ECHO/TMT

PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS

	MITRAL
Peak Velocity m/sc.	.

IMPRESSION

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--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. POOJA RAUT | Female | 40Yr 11Mth 23Days
UHID : AHIL.0000828119 **Patient Location:** AHC
Patient Identifier: AHILAH183265 
DRN : 122147883 **Completed on :** 24-DEC-2022 10:27
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

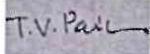
FINDINGS :

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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RADIOLOGY

Patient Details : Ms. POOJA RAUT | Female | 40Yr 11Mth 23Days
UHID : AHIL.0000828119 **Patient Location:** AHC
Patient Identifier: AHILAH183265 
DRN : 1322019831 **Completed on :** 24-DEC-2022 11:13
Ref Doctor : DR. SHASHIKANT NIGAM

MAMMOGRAPHY BOTH BREAST

FINDINGS :

Breast composition :-

C. Heterogenously dense parenchyma obscuring optimum mammography evaluation.

Both breasts show normal architecture of parenchyma, with glandular and fibrofatty elements.

No evidence of obvious focal lesion seen.

No evidence of any pleomorphic microcalcification.

No evidence of skin thickening or nipple retraction seen.

Retromammary area is normal.

Axillary tail region appear normal.

Nodes with preserved hilum noted in right axillary region.

IMPRESSION :

No significant abnormality.

(BIRADS-0)

However in dense breast correlation with USG or previous study suggested.

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Ms. POOJA RAUT

AHIL.0000828119

AHILAH183265

MAMMOGRAPHY BOTH BREAST

--- END OF THE REPORT ---

N. Nikita

Dr. NIKITA PANDYA

Consultant Radiologist

Printed on : 26-Dec-2022 12:36

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. POOJA RAUT | Female | 40Yr 11Mth 23Days
UHID : AHIL.0000828119 **Patient Location:** AHC
Patient Identifier: AHILAH183265 
DRN : 222066804 **Completed on :** 24-DEC-2022 12:05
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 is not seen in view of history of cholecystectomy.

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. Pelviccalyceal 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.

Endometrial thickness is 4.5 mm.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal.

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal/pelvic mass is seen.

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Ms. POOJA RAUT

AHIL.0000828119

AHILAH183265

USG WHOLE ABDOMEN

IMPRESSION :

Post cholecystectomy status.

Rest normal study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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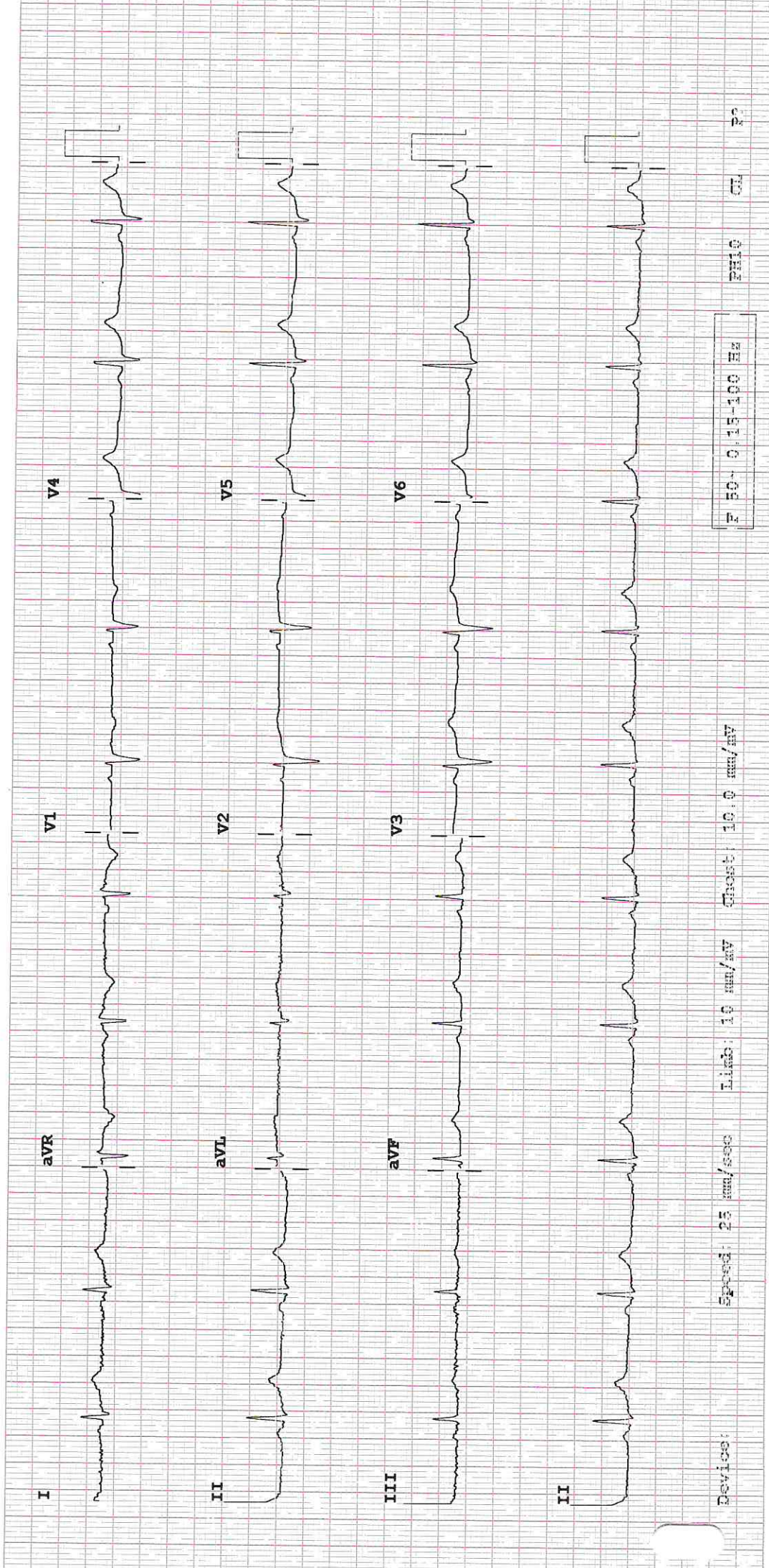
Rate 61

PR 131
QRS 98
QT 417
QTc 420

--AXIS--

P 56
QRS 64
T 39

12 Lead; Standard Placement



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

Device: F 50-015-100 H

PH10 CL P=



Place Label Here

If label not available, write Pt, Name, IP No/UHD, Age, Sex, Date, Name of Treating Physician

OBSTETRICS & GYNAECOLOGY - AHC

Name : ... AHIL.0000828119
 Occupatic Ms. POOJA RAUT
 Age : 40 Year(s) / Female ale

Date : 24/12/22 Unit No. :
 Ref. Physician : Dr. Navadana Sene
 Copies to :



GYNAEC CHECK UP

Chief Complaint:

None. P₂₊₀

Children: 2, (♂, ♀)

Weight:

Deliveries: 2 FTND, 2 LSCS

BP:

Last Child: Mch/11 years / LSCS

Breasts: Normal

Abortions: None

Periods: Regular $\frac{3-}{25-28}$ days

PAP Smear: Not taken.

LMP: 20/12/22

Previous Medical H/O: None.

Menopause: -

PH/O: HTN.

G. Condition: Fit

Previous Surgical H/O:

P/A: Soft

Cap. Cholecystectomy x 6 years ago

S/E: -

P/V: Uterus: Anterior Normal size.

P/R: -

Impression: -

Navadana Sene

Doctor Signature
Date & Time

24/12/22

12:27 PM

OPHTHALMIC EXAMINATION RECORDS

Name : Pooja Raut
UHID : 828119 A/40

Date : 24.12.22

Distance Vision :

Right Eye - 6/9 }
Left Eye - 6/9 } B/D 6/6 P.

Go DV for Near

BCVA < 0.35 6/6P
0.35 / 0.5 @ 180° 6/6
Add +1.25 N6

Near Vision :

Right Eye : }
Left Eye : } N6

APLN TN - Right Eye @ Left Eye @ mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - WNV

Both Eye Posterior Segment Examinations -
(undilated) R/E Disc @ Dull FR

Doctor's Signature



Ophthalmologist Name

Ms. POOJA TRIPATHI (31 /F)

UHID : AHIL.0000828158

AHC No : AHILAH183314

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Ms. POOJA TRIPATHI

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

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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 : Ms. POOJA TRIPATHI (31 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 24/12/2022



UHID : AHIL.0000828158

AHC No : AHILAH183314



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

Thyroid disease : - hypothyroidism; Since - 8 YEARS; Medication - regular; - THYRONORM



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



Name Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No. AHILAH183314

APOLLO HOSPITALS

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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
- 2020

Hospitalization for Covid 19 - No

Oxygen support - No



Surgical history

Appendicectomy - 2013



Personal history

Ethnicity - Indian Asian

Marital status - Married

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



Family history

Father - alive



Name Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No. AHILAH183314
APOLLO HOSPITALS

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Mother - alive
 Brothers - 1
 Sisters - 1
 Diabetes - mother
 Hypertension - father,mother
 Coronary artery disease - none
 Cancer - uncle
 Type - Stomach

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 167
 Weight - 67.9
 BMI - 24.35
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 76
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 118
 Diastolic(mm of Hg) - 80
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

Printed By : MUKTA S ADALTI



Name: Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date: 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No: AHILAH183314
HOSPITALS

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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	1-2 /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)	12.6	gm%	●	12-16
Packed cell volume(Calculated)	37.8	%	●	36-46
RBC COUNT (Impedance)	4.21	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	89.8	fl	●	80-100
MCH(Calculated)	30.02	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	13.2	%	●	11.5-14.5
WBC Count (Impedance)	7644	/cu mm	●	4000-11000

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

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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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Neutrophils	55	%	●	40-75
Lymphocytes	34	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	204500	/cu mm	●	150000-450000
MPV (Calculated)	8	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	08	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: 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	21	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	46	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	18	U/L	●	>1 year Female : <32
Total Bilirubin	0.932	mg/dL	●	0.300-1.200
Direct Bilirubin	0.397 *	mg/dL	●	Upto 0.3 mg/dl

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

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Name: Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date: 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No: AHILAH183314
APOLLO HOSPITALS

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Indirect Bilirubin

0.535

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

0.71

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

35

U/L



Male : 10 - 71
Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name

Result

Unit

Level

Range

Glucose - Plasma (Fasting)

96

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)

103

mg/dL



70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name

Result

Unit

Level

Range



Within Normal Range



Borderline High/Low



Out of Range



Name Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date 24/12/2022



AHC No. AHILAH183314

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Glycosylated Hemoglobin (HbA1c)

4.8

%



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. 91.06

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	7.11	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.11	g/dL		6.00-8.00
ALBUMIN - SERUM	4.66	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.66	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.45			2.20-4.20
Globulin-Serum/Plasma	2.45			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	1.8	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	132	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	1.61	µIU/mL		14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



Name Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No. AHILAH183314

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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	3.6	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)	7	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	152	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)	55 *	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	14		●	< 40 mg/dl
C/H RATIO	3		●	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





Name Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No. AHILAH183314



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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECHO/TMT

ECG

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

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Name Ms. POOJA TRIPATHI

UHID : AHIL.0000828158

Date 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No. AHILAH183314



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Executive Summary



- .BODY WEIGHT 67.9 KG,DEAL BODY WEIGHT 52-63 KG
- .H/O THYROID
- .ECG - NON SPECIFIC ST WAVE ABNORMALITY
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 6:16 ,WORKLOAD 7.4 METS
- .USG ABDOMEN - APPROXIMATELY 9.5 MM SIZED SOFT GALL BLADDER CALCULUS
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL

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 52-63 KG

Printed By : MUKTA S ADALTI


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-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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. POOJA TRIPATHI | Female | 31Yr 6Mth 14Days
UHID : AHIL.0000828158 **Patient Location:** AHC
Patient Identifier: AHILAH183314 
DRN : 122147996 **Completed on :** 24-DEC-2022 11:19
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

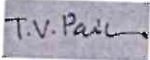
FINDINGS :

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

Printed on : 26-Dec-2022 12:31

Printed By : 153182

Reported By : 717876

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Saving time. Saving lives.



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. POOJA TRIPATHI | Female | 31Yr 6Mth 14Days
UHID : AHIL.0000828158 **Patient Location:** AHC
Patient Identifier: AHILAH183314 
DRN : 222066942 **Completed on :** 24-DEC-2022 13:09
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 shows approximately 8.5 mm sized soft calculus with the lumen. 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 9.5 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.

Endometrial thickness is 6 mm.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Ms. POOJA TRIPATHI

AHIL.0000828158

AHILAH183314

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Approximately 9.5 mm sized soft gall bladder calculus.

Rest normal study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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OBS GYNAEC & GYNAECOLOGY - AHC

AHIL.0000828158 Ms. POOJA TRIPATHI 31 Year(s) / Female		Date : 24/12/22	Unit No. :
Name :	Occupation :	Ref. Physician : Dr. Vandana Sinha	Copies to :
Age :			

GYNAEC CHECK UP

Chief Complaint: *None. Pot 2.*
ON IVF Rx

Children: <i>-</i>	Weight:
Deliveries: <i>-</i>	BP:
Last Child: <i>-</i>	Breasts: <i>Normal</i>
Abortions: <i>2 - Spontaneous</i>	PAP Smear: <i>Not taken (She is on her periods)</i>
Periods: <i>Regular 3 days / 28 days</i>	Previous Medical H/O: <i>Hypothyroid on Thyroxin someg 1-0-0</i>
LMP: <i>22/12/22</i>	F/H/O: <i>HTN, DM.</i>
Menopause: <i>-</i>	Previous Surgical H/O: <i>Appendectomy - 2013</i>
G. Condition: <i>Fit</i>	
P/A: <i>Soft</i>	
S/E: <i>-</i>	
P/V: <i>-</i>	
P/R: <i>-</i>	
Impression: <i>-</i>	

Vandana Sinha
 Doctor Signature
 Date & Time
 24/12/22
 1:40 PM.

Ms. Pooja, Tripathi
ID: 826158

31 Years Female

24.12.2022 12:06:02

Apollo Hospital
Bhat
Gandhinagar

Location:

Room:

Order Number:

Indication:

Medication 1:

Medication 2:

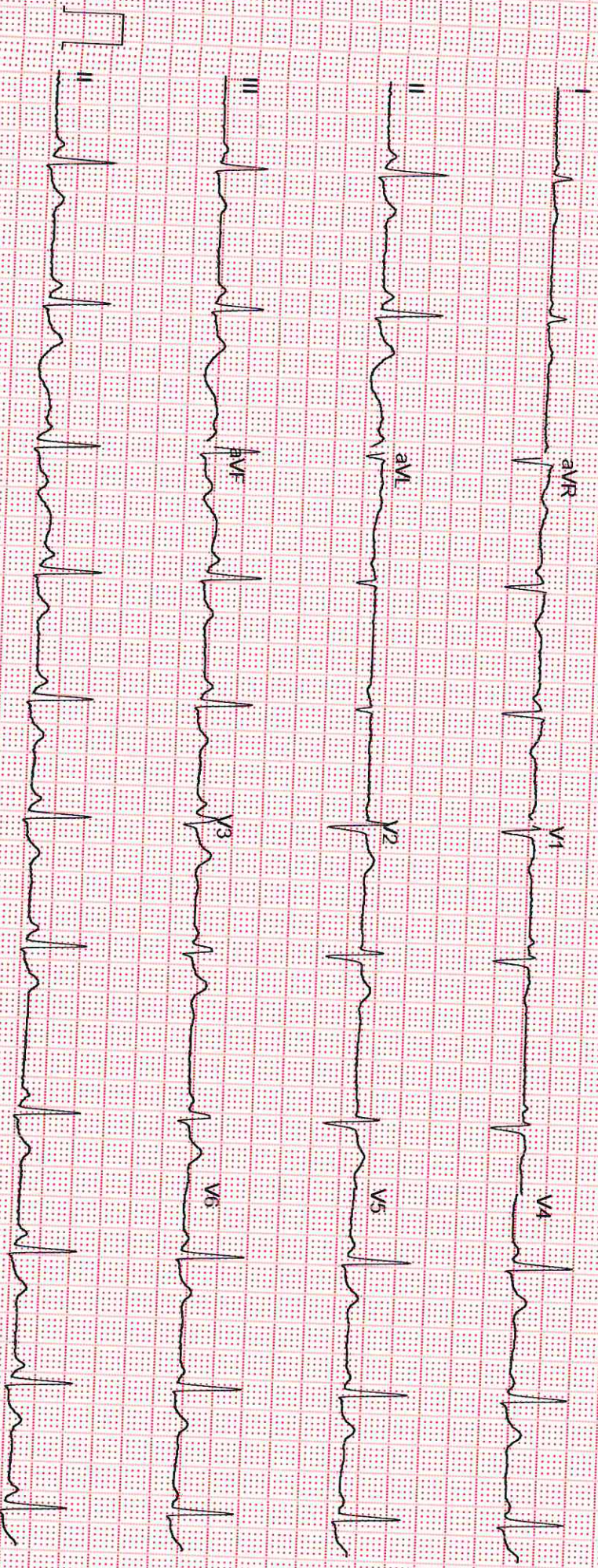
Medication 3:

66 bpm
--/-- mmHg

QRS 84 ms
QT/QTcBaz 386/404 ms
PR 128 ms
P 114 ms
RR/PP 910/909 ms
P/ORS/T 71/74/55 degrees

Normal sinus rhythm with sinus arrhythmia
Nonspecific ST abnormality
Abnormal ECG

Technician:
Ordering Ph:
Referring Ph:
Attending Ph:



GE MAC2000 1 1 12SL™ V241

25 mm/s 10 mm/mV

ADS 0.56 47 60 U7

Unconfirmed

AHIL.0000828158

Ms. POOJA
TRIPATHI

31 Year(s) / Female



N RECORDS

Date:

24/12/22

Name :

UHID :

Distance Vision :

Right Eye -

Left Eye -

6/9
6/9

(BE) 6/6 (P)

- 0.25 @ 10 → 6/6 (P)
- 0.50 → 6/6 (P)
(BE) 6/6

Near Vision :

Right Eye :

Left Eye :

N 6
N 6

APLN.TN - Right Eye

14

Left Eye -

12 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WM

Both Eye Posterior Segment Examinations -

WM

Dr. Jagriti Sinha
Ms (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd. Apollo Eye
Gurgaon-122028, Haryana, India. Regd. No. G-14/12

Doctor's Signature

Ophthalmologist Name

ID: 000828158

Visit: MEDIWHEEL

31 years
167 cm

Asian
67 kg

Female

BRUCE

Total Exercise time: 6:16

Max HR: 172bpm 91% of max predicted 189bpm
Max BP: 130/80
Maximum workload: 7.4 METS

Reason for Termination: Patient fatigue

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:

BASELINE EXERCISE
0:00
91bpm
BP: 110/70

MAX ST RECOVERY
0:04
173bpm
BP: 120/70

PEAK EXERCISE
6:16
172bpm
BP: 120/70

TEST END RECOVERY
3:16
85bpm
BP: 110/70

BASELINE EXERCISE
0:00
91bpm
BP: 110/70

MAX ST RECOVERY
0:04
173bpm
BP: 120/70

PEAK EXERCISE
6:16
172bpm
BP: 120/70

TEST END RECOVERY
3:16
85bpm
BP: 110/70



Technician: FALGUNI VIHOL

Unconfirmed

MAC55-010B

Lead
ST(mm)
Slope(mV/s)