

Mr. YATHISH C (28 /M)

UHID : AHIL.0000823998

AHC No : AHILAH180444

Date : 10/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. YATHISH C

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



Organization is Accredited  
by Joint Commission International



**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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**Apollo Hospitals International Limited**  
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.  
Phone : +91 79 66701800 | Fax No. : +91 79 66701843  
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**Apollo Hospitals - City Centre** (NON MACH-CC)  
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**Regd. Office**  
19, Bishop Gardens, R.A. Puram, Chennai - 600 028  
CIN No. : U85110TN1997PLC039016 | GSTin : 24AABCA4150H225  
For online appointment : www.askapollo.com

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Keep the records carefully and bring them along during your next visit to our Hospital





Name : Mr. YATHISH C (28 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 10/12/2022



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### 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



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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 - Single
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate

**Family history**

- Father - alive
- Aged - 61
- Mother - alive
- Aged - 52
- Sisters - 2
- Coronary artery disease - none
- Cancer - None



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### Physical Examination



#### General

General appearance - normal  
 Build - normal  
 Height - 170  
 Weight - 77.4  
 BMI - 26.78  
 Pallor - No  
 Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 88  
 Rhythm - Regular  
 - B.P. Supine  
 Systolic(mm of Hg) - 142  
 Diastolic(mm of Hg) - 86  
 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	30	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	7			
Protein :	Nil			
Sugar:	Nil			
Blood:	Nil			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	normal			
Nitrite	Nil			
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)	16.5	gm%	●	13.0-17.0
Packed cell volume(Calculated)	48.3	%	●	40-50
RBC COUNT (Impedance)	6.14 *	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	78.7 *	fl	●	80-100
MCH(Calculated)	26.81 *	pg	●	27-32
MCHC(Calculated)	34.1	%	●	31-36
RDW(Calculated)	14.1	%	●	11.5-14.5
WBC Count (Impedance)	7094	/cu mm	●	4000-11000

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

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Glycosylated Hemoglobin (HbA1c)

5.3

%



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.

105.41

### 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	8.37 *	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.37 *	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.5 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.5 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.87		●	2.20-4.20
Globulin-Serum/Plasma	2.87		●	2.20-4.20
A/G ratio	1.92		●	1.00-2.00
A/G ratio	1.92		●	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	142	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	2.84	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range

10.12.2022 9:42:28

Apollo Hospit  
Bhat  
Gandhinagar

Local  
FC  
Order Number  
Indication  
Medication 1  
Medication 2  
Medication 3

73 bpm  
--/-- mmHg

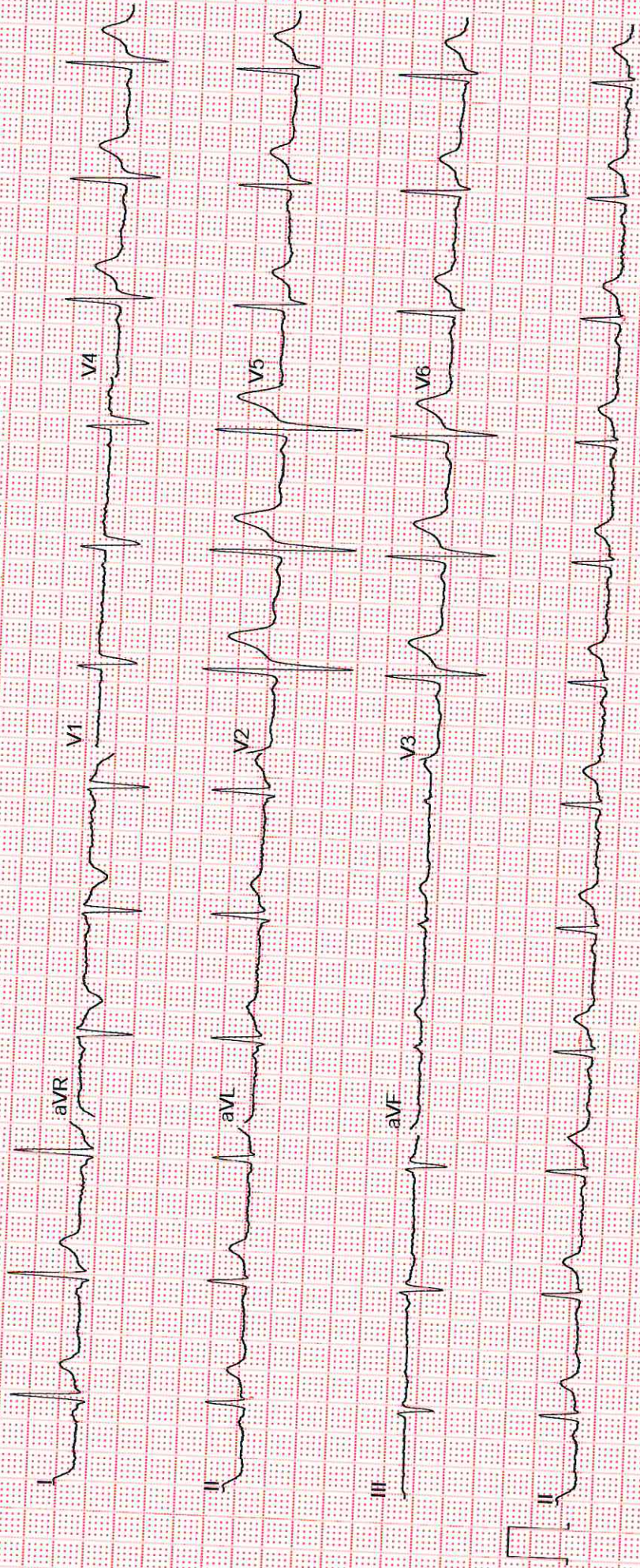
Male

28 Years

QRS  
QT / QTcBaz 98 ms  
PR 372 / 409 ms  
p 128 ms  
RR / PP 818 / 821 ms  
P / QRS / T 24 / 17 / 20 degrees

Normal sinus rhythm  
Minimal voltage criteria for LVH, may be normal variant  
Borderline ECG

Technician  
Ordering Ph  
Referring Ph  
Attending Ph







**OPHTHALMIC EXAMINATION RECORDS**

Name :

Yathish C

Date :

10.12.22

UHID :

823998 - M/28

Distance Vision :

unaided

No visual complaints/diseases

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

unaided

Right Eye :

7 NB

Left Eye :

APLN.TN - Right Eye

Left Eye

-mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

(No syms)

Both Eye Posterior Segment Examinations -

(undilated)

Rx Dilc @  
FR

Doctor's Signature

Ophthalmologist Name

17:000023958

Visit: MEDIWHEEL

28 years  
170cm

Asian  
77kg

Male

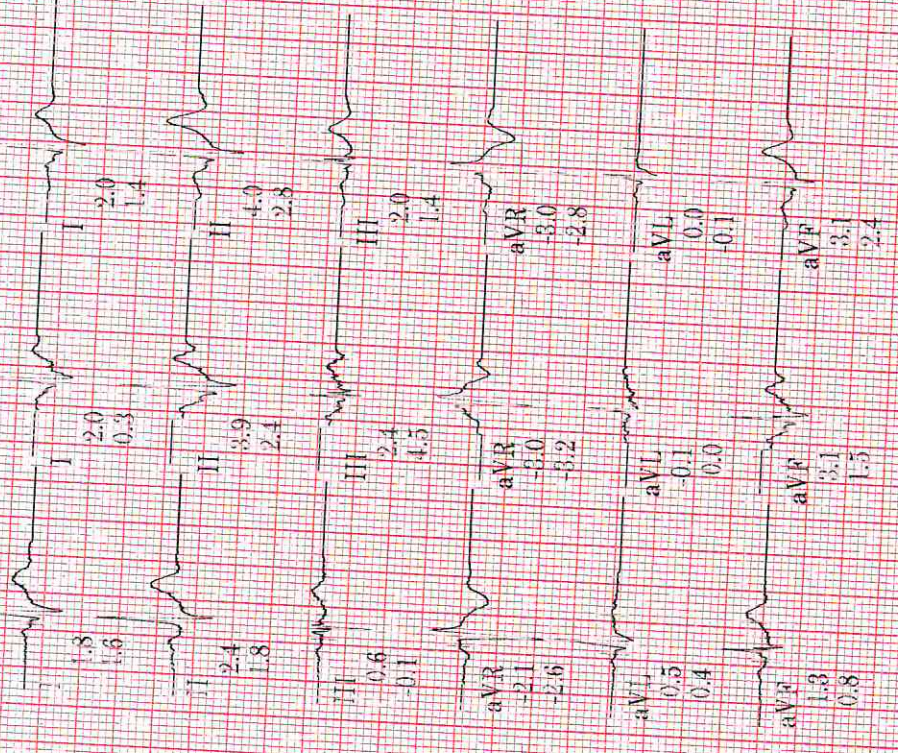
25.0 mm/s  
10.0 mm/mV  
100hz

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

BASELINE EXERCISE  
0:00  
114bpm  
BP: 130/80

PEAK EXERCISE  
6:21  
177bpm  
BP: 140/90

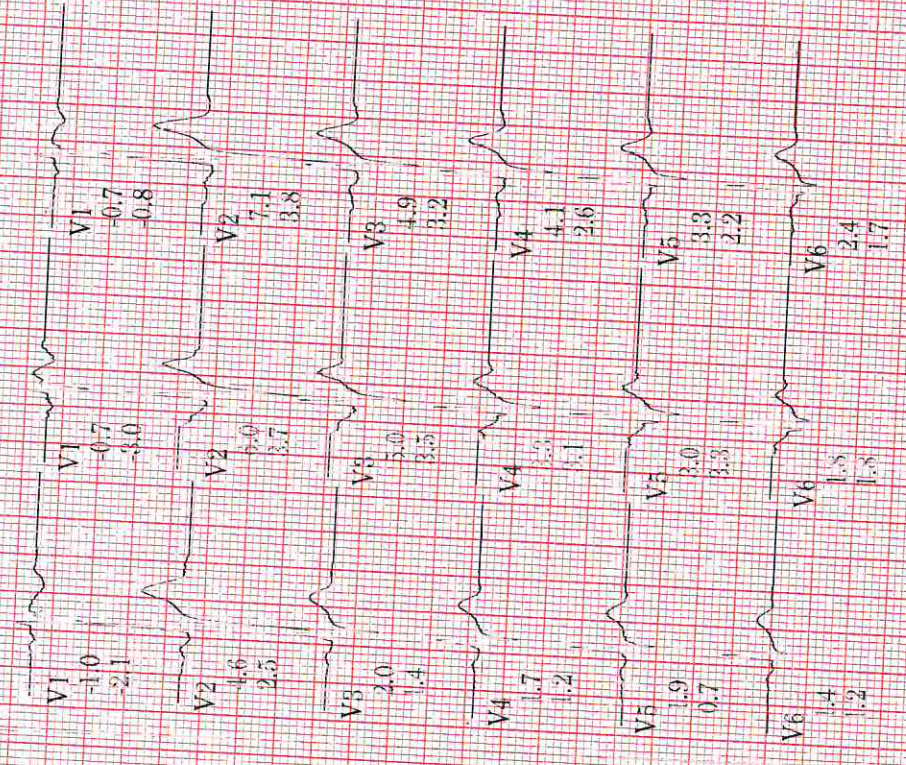
TEST END RECOVERY  
3:36  
125bpm  
BP: 130/80



BASELINE EXERCISE  
0:00  
114bpm  
BP: 130/80

PEAK EXERCISE  
6:21  
177bpm  
BP: 140/90

TEST END RECOVERY  
3:36  
125bpm  
BP: 130/80



Total Exercise time: 6:21  
Max HR: 177bpm 92% of max predicted 192bpm  
Max EP: 140/90  
Maximum workload: 7.5 METS

Reason for Termination: THR ACHIEVED.  
Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT MODERATE WORKLOAD  
NORMAL HEYMO-DYNAMIC RESPONSE  
NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED  
NO GALLOP / MURMUR AT PEAK EXERCISE  
TEST TERMINATED DUE TO THR ACHIEVED  
MODERATE EFFORT TOLERANCE.

Technician: FALGUNI VIHOL

Unconfirmed  
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Lead  
ST(mm)