



**EYEGASSES PRESCRIPTION**

AHIL.0000799032  
 Mr. BRIJESH  
 KUMAR

39 Year(s) / Male

UHID : .....

Patient Name : .....



	Sphere	Cylinder	Axis	Vision	Sphere	Cylinder	Axis	Vision
Distance	-6.00	-1.75	65	6/6	-6.00	-1.00	115	6/6
Near								

Remark (if any) :

Dr. Jagriti Sinha  
 MS (Ophthalmology)  
 Jt. Consultant, Gandhinagar  
 Apollo Hospitals International Ltd., Gandhinagar  
 (M.D.A. Regd. No. : G-618172)

Signature  
 Date & Time

Apollo Hospitals International Ltd., Plot 1A, Bhat GIDC Estate, Gandhinagar-382428 Phone : (079) 66701800

AHMROP0016V1

Mr. BRIJESH KUMAR (39 /M)

UHID : AHIL.0000799032

AHC No : AHILAH163669

Date : 12/09/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. BRIJESH KUMAR

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 and support you with any queries that you may have or advice you need.

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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 : Mr. BRIJESH KUMAR (39 /M)

Address :  
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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 12/09/2022



UHID : AHIL.0000799032

AHC No : AHILAH163669



### Chief Complaints

For Annual health checkup  
Alternating bowel habits, Incomplete evacuation of bowels  
Knee pain, LEFT- 2 MONTHS

### Present Known illness

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



### Drug Allergy

NO KNOWN ALLERGY :12/09/2022



### 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 - Sedentary



### Family history

Father - alive

Mother - has expired

Brothers - 3

Sisters - 5

Hypertension - father, sisters, brother

Coronary artery disease - none

Cancer - mother

Type - Not Known

### Physical Examination



#### General

General appearance - normal

Build - normal

Height - 176

Weight - 74

BMI - 23.89

Pallor - No

Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 82

Rhythm - Regular

Systolic(mm of Hg) - 167

Diastolic(mm of Hg) - 110

- B.P. Sitting

Heart sounds - S1S2+

#### Respiratory system

Breath sounds - Normal vesicular breath sounds



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**Abdomen**

Organomegaly - No

Tenderness - No

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### STOOL ROUTINE

Stool test involves the collection and analysis of fecal matter to diagnose the presence or absence of a medical condition. One of the most common stool tests, the fecal occult blood test can be used to diagnose many conditions that cause bleeding in the gastrointestinal system including colorectal cancer or stomach cancer. Parasitic diseases like worm can be diagnosed by examining stools under a microscope for the presence of worm larvae or eggs. Some bacterial diseases can be detected with a stool culture. Viruses such as rotavirus can also be found in stools.

Test Name	Result	Unit	Level	Range
Colour:	Brown			
Consistency :	Semi Solid			
Mucus:	Absent			
Blood:	Negative			
Reaction	Acidic			
Occult Blood	Negative			
Reducing Substances	-			
Pus:	Occasional			2-3
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Nil			
Yeast Cells	Nil			
Vegetable Matter	Present			
Neutral Fat	Absent			
Starch Granules	Absent			
Trophozoite	Absent			
Ova:	Absent			
Cysts:	Absent			

### 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	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	7			

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

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Protein:	Nil		
Sugar:	Nil		
Blood:	Negative		
Ketone	Absent		
Bile Pigments:	Absent		
Urobilinogen	Nil	E.U./dL	
Nitrite	Negative		
Pus Cells	Occassional		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)	14.2	gm%	●	13.0-17.0
Packed cell volume(Calculated)	42.4	%	●	40-50
RBC COUNT (Impedance)	5.21	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	81.4	fl	●	80-100
MCH(Calculated)	27.27	pg	●	27-32
MCHC(Calculated)	33.5	%	●	31-36
RDW(Calculated)	13.6	%	●	11.5-14.5
WBC Count (Impedance)	6087	/cu mm	●	4000-11000
Neutrophils	64	%	●	40-75
Lymphocytes	27	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	167300	/cu mm	●	150000-450000
MPV (Calculated)	9.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	mm/1st hr	●	0-15

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**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	19	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	109	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	17	U/L	●	> 1 year Male : <40
Total Bilirubin	0.517	mg/dL	●	0.300-1.200
Direct Bilirubin	0.187	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.33	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
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**CREATININE - SERUM / PLASMA** 0.79 mg/dL ● Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	14	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)	109	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.0	%	●	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. 96.80

**LFT (LIVER FUNCTION TEST)**

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.66	g/dL	●	6.00-8.00

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.66	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	2.66		●	2.20-4.20
Globulin-Serum/Plasma	2.66		●	2.20-4.20
A/G ratio	1.88		●	1.00-2.00
A/G ratio	1.88		●	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	96	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	1.17	µIU/mL	●	14-120 years : 0.27 - 4.20

### 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	4.9	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
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Total Cholesterol	164	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	75	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	46 *	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)	106	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	15		●	< 40 mg/dl
C/H RATIO	4		●	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.

**CARDIOLOGY**

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range



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### Executive Summary



- .BODY WEIGHT 74 KG,DEAL BODY WEIGHT 58-71 KG
- BP- 167/110
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 6:57 ,WORKLOAD 8.4 METS
- .USG ABDOMEN - NORMAL
- .CHEST X-RAY - NORMAL
- .VISION – NORMAL

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET

#### Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MONITES FOR WEIGHT REDUCTION  
PRACTICE YOGA AND MEDITATION  
MAINTAIN WEIGHT BETWEEN 58-71 KG

### Follow-up and Review Plan



PERIODIC BP MONITORING



Scan the QR code  
in AskApollo App  
to book your  
follow-up  
appointments and  
investigations

*Conseled by*

*Dr. Shashikant Nigam*

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.






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### Radiology

**Patient Details :** Mr. BRIJESH KUMAR | Male | 39Yr 7Mth 6Days  
**UHID :** AHIL.0000799032      **Patient Location:** AHC  
**Patient Identifier:** AHILAH163669        
**DRN :** 222046032      **Completed on :** 12-SEP-2022 10:55  
**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 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 10.0 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 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.

Prostate (volume 21 cc) and is normal in size and echopattern.

#### IMPRESSION :-

Normal study.

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Mr. BRIJESH KUMAR

AHIL.0000799032

AHILAH163669

**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

A. A PATEL

Dr. ALPESH A PATEL

DNB Resident

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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details :** Mr. BRIJESH KUMAR | Male | 39Yr 7Mth 6Days  
**UHID :** AHIL.0000799032      **Patient Location:** AHC  
**Patient Identifier:** AHILAH163669        
**DRN :** 122102217      **Completed on :** 12-SEP-2022 13:03  
**Ref Doctor :** DR. SHASHIKANT NIGAM

### X-RAY CHEST PA

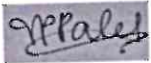
#### FINDINGS :

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 ---



DR. VAIBHAVI PATEL

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**OP1**

AHIL.0000799032

Name :

Mr. BRIJESH  
KUMAR

UHID :

39 Year(s) / Male



**EXAMINATION RECORDS**

Date :

12/9/22

Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

N 6

Left Eye :

N 6

Refresh tear  
eye drop  
bd (BE)  
x 1 month  
↓  
od x 2-3  
month

APLN.TN – Right Eye

14

Left Eye –

16

mmHg

Both Eye – Colour Vision

Normal

Both Eye – Anterior Segment Examinations –

WNL

Both Eye Posterior Segment Examinations –

WNL

*Jagriti*

**Dr. Jagriti Sinha**  
MS (Ophthalmology)  
Jr. Consultant

Apollo Hospitals International Ltd., Gandhinagar,  
Gujarat-382428, INDIA. Regd. No. G-88512

Doctor's Signature

Ophthalmologist Name



77 bpm  
/ - mmHg

12-09-2022 10:14:53  
A Hospital  
Bhat  
Gandinagar

Location:  
Room:  
Number:  
Indication:  
Medication 1:  
Medication 2:  
Medication 3:

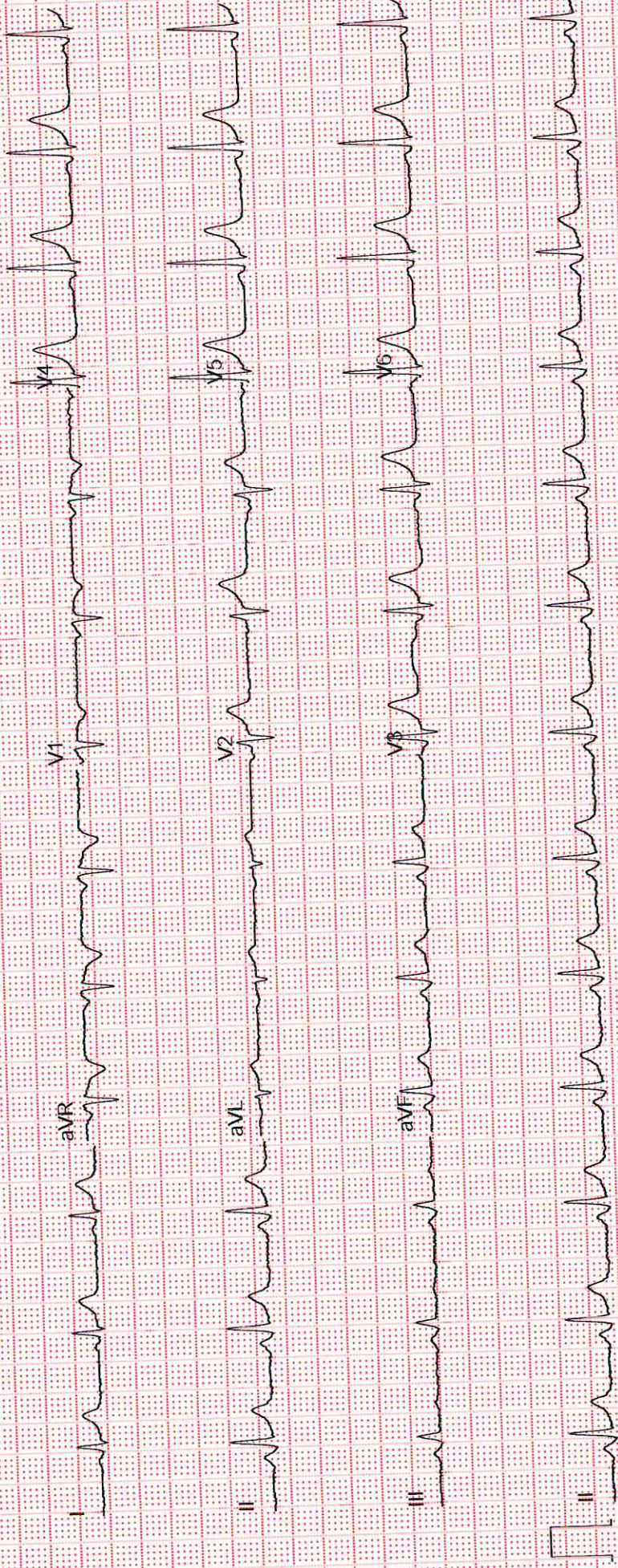
Technician:  
Ordering Ph:  
Referring Ph:  
Attending Ph:

Mr. Brijesh, Kumar  
ID: 799032

39 Years  
Male

Normal sinus rhythm  
Normal ECG

QRS 74 ms  
QT/QTc/Baz 334 / 377 ms  
PR 130 ms  
P 114 ms  
RR/PP 780 / 779 ms  
P / QRS / T 69 / 63 / 47 degrees







# OUT PATIENT RECORD

Place Label Here  
If label not available, write Pt, Name, UHID, Age, Sex

Name: Brijesh UHID: \_\_\_\_\_ Age & Sex: \_\_\_\_\_ Date: 12-9-23  
 Nutritional History: Normal / Obese / Thin / Cachectic Functional: Independent / Need Assistance / Dependent  
 Psychological History: Normal / Anxious / Depressed Psychosocial: Nil / Smoking / Tobacco / Alcohol [Social / Excess]  
 Clinical Notes: Occupation: \_\_\_\_\_

ref  
ses ds

### Diagnosis/Provisional Diagnosis:

Allergies:  No known allergies  If Yes mention:

Patient's Management (Mention drug name, dose, frequency and specific instructions, if any):

Cap Seabuck — (30)  
 T. Hairvita + — (30)  
 Foligain solution — (1)  
 scalp.  
 cream (1) m & T (night)  
 ear. cream (1) Rest 5 days (night)  
 ear. shampoo — (1) [Signature]  
 Episept  
 N. ...  
 ... oirt

### Follow-up Advice/Plan:

(1) visit

Consultant Name & Signature



ID: 000799032

Visit: MEDIWHEEL

39years  
170cm

Asian  
74kg

Male

BRUCE Total Exercise time: 6:57

Max HR: 163bpm 90% of max predicted 181bpm

Max BP: 160/90 Maximum workload: 8.4METs

Reason for Termination: THR ACHIEVED.

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 THR ACHIEVED  
MODERATE EFFORT TOLERANCE.

Referred by: DR.SAMEER DANI, MHC

Test ind:

BASELINE EXERCISE 0:00 85bpm BP: 130/80

MAX ST EXERCISE 6:51 162bpm

PEAK EXERCISE 6:57 163bpm BP: 140/84

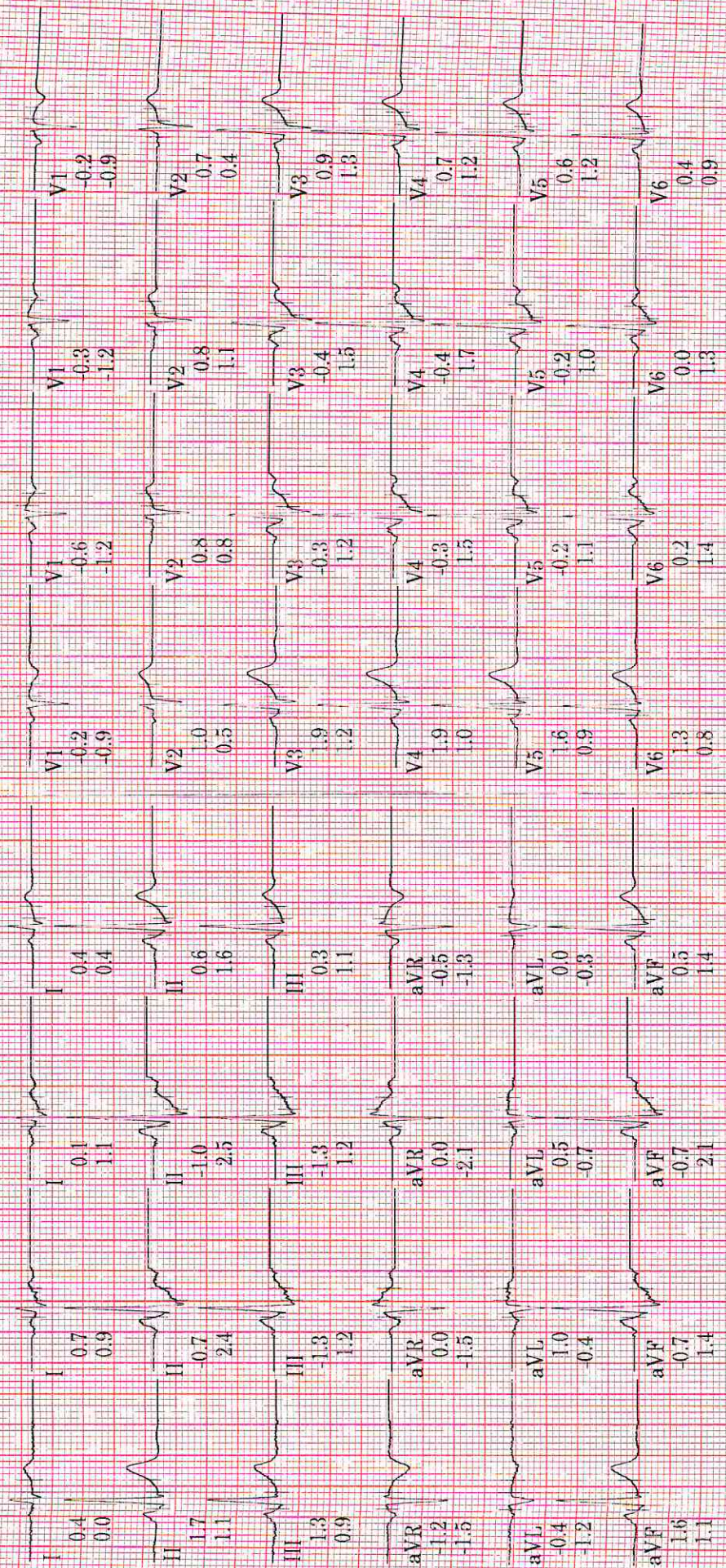
TEST END RECOVERY 3:23 103bpm

BASELINE EXERCISE 0:00 85bpm BP: 130/80

MAX ST EXERCISE 6:51 162bpm

PEAK EXERCISE 6:57 163bpm BP: 140/84

TEST END RECOVERY 3:23 103bpm



Technician: FALCUNI VIHOL

APOLLO HOSPITALS INTERNATIONAL LIMITED  
Unconfirmed

MAC55 010B

Lead ST(mm) Slope(mV/s)