Name	**: Mr. KETAN VASANT GANGURDE (33 /M)**	**Date**	**: 02/09/2023**
Address	**: MEDIWHEEL NASHIK, NASHIK, NASHIK, MAHARASHTRA, INDIA**		
Examined by	**:**	**UHID**	**: MHN1.0000151392**
Package	**: MediWheel Full Body Health Checkup Male Below 40 Package**	**AHC No**	**: NSKAH35073**

CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

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

DRUG ALLERGY

NO KNOWN ALLERGY   :02/09/2023

SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Past medical history

Do you have any allergies?	- No
Do you have any drug allergies?	- No
Past medical history	- nil significant
Covid 19	- Yes
	- 2022
Hospitalization for Covid 19	- No
Oxygen support	- No

Surgical history

Surgical history	- Nil

Immunization history

      - Covid Dose1,Covid Dose2

Personal history

Marital status	- Married

No. of children	- 02
Diet	- Mixed Diet
Alcohol	- does not consume alcohol
Smoking	- No
Chews tobacco	- No
Physical activity	- Active

Family history

Diabetes	- father,mother
Coronary artery disease	- none
Cancer	- None

PHYSICAL EXAMINATION

General

General appearance	- normal
Build	- normal
Height	- 164
Weight	- 68
BMI	- 25.28
Pallor	- No
Oedema	- no
Temperature	- 97.2
SpO2	- 98

Cardiovascular system

Heart rate (Per minute)	- 83
Rhythm	- Regular
	- B.P. Supine
Systolic(mm of Hg)	- 110
Diastolic(mm of Hg)	- 70
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds

Abdomen

Organomegaly	- No
Tenderness	- No

C B C WITH ESR (AUTOMATION + STANDARD METHOD)

Test Name	Result	Unit	Level	Range
Hemoglobin	14.3	g/dl	🟢	13.0-18.0
Haematocrit	45.0	%	🟢	39.0-54.0
RBC COUNT	5.79	Million/ul	🟢	4.2-6.5
MCV	77.7	fl	🟢	75.0-95.0
MCH	24.6 *	pg	🔴	26.0-32.0
MCHC	31.7	g/dl	🟢	31.0-36.0
RDW	17.6 *	%	🔴	11-16
Platelet Count(Optical/Impedance)	245	10³/mm³	🟢	140-440
TLC Count	6.62	10³/mm³	🟢	4.0-11.0
Neutrophils	52	%	🟢	45-75
Lymphocytes	38	%	🟢	20-45
Eosinophils	03	%	🟢	1-6
Monocytes	07	%	🟢	1-10
Basophils	00	%	🟢	0-1
ERYTHROCYTE SEDIMENTATION RATE (ESR)	03	mm/1st hr	🟢	0-10

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
ABO Group:	A			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	31	U/L	🟢	30-65
ALBUMIN - SERUM	4.4	g/dL	🟢	3.5-5
GLOBULIN - SERUM: (Calculated)	3.4	g/dL	🟢	1.8-3.6
ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated)	1.3		🟢	1.1-1.8

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM/PLASMA	64	U/L	🟢	0-100
AST (SGOT) - SERUM	24	U/L	🟢	15-37
BILIRUBIN, TOTAL - SERUM	1.0	mg/dL	🟢	0.0-1.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	194	mg/dL	🟢	0-200

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.9	mg/dL	🟢	0.8-1.3

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	38	U/L	🟢	0-50

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	94	mg/dL	🟢	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (POST PRANDIAL)	96	mg/dL	🟢	70-140

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA	42	mg/dL	🟢	40-60
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	4.6 *		🔴	0.0-4.5

🟢 Within Normal Range   🟡 Borderline High/Low   🔴 Out of Range

| LDL Cholesterol (Direct LDL) | 148 | mg/dL | | |

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN, TOTAL - SERUM / PLASMA	7.8	g/dL	🟢	6.4-8.2
PROTEIN, TOTAL - SERUM / PLASMA	7.8	g/dL	🟢	6.4-8.2

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	113	ng/dL	🟢	Healthy Adults: 69 - 215
TOTAL T4: THYROXINE - SERUM	4.3 *	µg/dL	🔴	Healthy Adults:5.2-12.7

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	115	mg/dL	🟢	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	8.8 *	uIU/mL	🔴	Euthyroid: 0.3 - 4.5 Hypothyroid: 7.1 - >75

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	7.5 *	mg/dL	🔴	3.5-7.2

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.3	mg/dL	🟢	0.0-0.3
BILIRUBIN UNCONJUGATED - SERUM(Calculated)	0.7	mg/dL	🟢	0.0-0.7

CARDIAC STRESS TEST - (TMT)

TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA

ECG

NORMAL ECG

ULTRASOUND - WHOLE ABDOMEN

No significant abnormality is detected.

X-RAY CHEST PA

No significant abnormality is detected.

INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Haematology

STOOL ROUTINE

🟢 Within Normal Range   🟡 Borderline High/Low   🔴 Out of Range

Printed By :

AHC Physician / Consultant Internal Medicine

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.

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Low Risk	2	3

Your cardiovascular disease risk in the next 10 years is within the Normal limits for your age and gender
The AICVD risk score developed by Apollo Hospitals is a novel artificial intelligence -based risk scoring system that predicts your risk of having Coronary Artery Disease (CAD) related events in the next ten years. This scoring system uses Indian data and has been validated by multiple national and international institutions. This risk score is more than 92% accurate and has been compiled based on your physical parameters, heart health attributes, lifestyle and medical history. **Note:** The risk category is determined through the ratio between guest score and acceptable score at multiple decimal points. The outputs are shown in whole numbers.

Based on your AICVD risk score you are advised the following:

- Follow the guidance and education on **lifestyle and dietary management provided through the ProHealth program. Maintain a healthy BMI (<25). Avoid tobacco in any form and if you are a smoker, stop smoking.**
- Continue with **medications** for high blood pressure, diabetes, or dyslipidemia, if advised by your physician. Maintain HbA1c <7% (<53mmol/mol), blood pressure <140/90mmHg.
- Follow your physician's advice regarding **follow up tests, consults and annual health assessment**

DISCLAIMER

1. This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
2. This risk score and clinical algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician 's or cardiologist's discretion.
3. To ensure the information in the report is up to date , accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the AICVD risk score without any intervention from their side .
5. By usage of the AICVD risk score, it is deemed that the beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.

The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515

Apollo Prediabetes Risk Tool

<div style="background:green; border:2px solid black; text-align:center">Low Risk</div>

You are at <u>low risk</u> for developing prediabetes.

The Apollo Hospitals Prediabetes Risk tool is a comprehensive, community-based risk assessment tool for the early diagnosis of prediabetes (before estimation of blood glucose or HbA1C). This tool compiles data based on your physical parameters, lifestyle, and health attributes and assesses whether you have a low, medium or high risk for undiagnosed prediabetes. The tool has been developed based on Indian demographics and has more than 90% accuracy.

ADVICE

- Follow the guidance and education on **dietary and lifestyle management**
- Aim for 30 minutes or more of moderately intense **exercise** (such as brisk walking) most days of the week, for a minimum of 150 minutes (2.5 hours) of total physical activity/week.
- You do not need to be referred to an **endocrinologist or diabetologist** at this time.
- Follow your **physician's guidance** regarding **annual follow-up testing**.

DISCLAIMER

1. This is not a diagnostic tool and it does not guarantee the accuracy of the result and cannot be independently acted upon.
2. This Risk score and Clinical Algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician's or endocrinologist's discretion.
3. To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the Prediabetes Risk Score without any intervention from their side.
5. By usage of Prediabetes Risk Score, it is deemed that beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.
6. The current model doesn't account for:
   - Uncontrolled and Undiagnosed Diabetes
   - Gestational Diabetes
   - Polycystic Ovarian Disease (PCOD)
   - Diabetes currently being managed