

**Namaste Ms. NIRU MISHRA,**

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 24\*7 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](http://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](mailto: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.

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**Name** : Ms. NIRU MISHRA (31 /F)

**Address** :

**Examined by** : Dr. SHASHIKANT NIGAM

**MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE**

**Date** : 25/03/2023



**UHID** : AHIL.0000854897

**AHC No** : AHILAH201478



### Chief Complaints

For Annual health checkup

No specific complaints

### Present Known illness

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



### 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 allergies? - No

Allergies - Nil

Past medical history - nil significant

Covid 19 - Yes

- 2021



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Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No

Oxygen support - No



Surgical history

Surgical history - Nil



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Profession - corporate employed

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



Family history

Father - alive

Mother - alive

Brothers - 2

Sisters - 2

Coronary artery disease - none

Cancer - None

Physical Examination



General

General appearance - normal

Build - normal

Height - 157.3

Weight - 58.3

BMI - 23.56



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Pallor - No

Oedema - no

Cardiovascular system

Heart rate (Per minute) - 64

Rhythm - Regular

Systolic(mm of Hg) - 110

Diastolic(mm of Hg) - 70

- B.P. Sitting

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Organomegaly - No

Tenderness - No

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**MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE**

**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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occassional			0-5
RBC	Nil	/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)	11.7 *	gm%	●	12-16
Packed cell volume(Calculated)	35.4 *	%	●	36-46
RBC COUNT (Impedance)	3.97	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	89.1	fl	●	80-100
MCH(Calculated)	29.58	pg	●	27-32
MCHC(Calculated)	33.2	%	●	31-36
RDW(Calculated)	15.3 *	%	●	11.5-14.5
WBC Count (Impedance)	4823	/cu mm	●	4000-11000

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



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Neutrophils	64	%	●	40-75
Lymphocytes	27	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	160000	/cu mm	●	150000-450000
MPV (Calculated)	12.2 *	fl	●	7-11
Platelets:	Few giant platelets noted.			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	12	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:	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	34	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	91	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	25	U/L	●	>1 year Female : <32
Total Bilirubin	0.835	mg/dL	●	0.300-1.200

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



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Direct Bilirubin	0.303 *	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.532	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	0.6	mg/dL	●	Adult Female: 0.5 - 1.2

**LFT (LIVER FUNCTION TEST)**

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	9	U/L	●	Male : 10 - 71 Female : 6 - 42

**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	82	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)	86	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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





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UHID : AHIL.0000854897

Date : 25/03/2023

AHC No. AHILAH201478

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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Glycosylated Hemoglobin (HbA1c)

4.1

%



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.

70.97

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.

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include PROTEIN TOTAL - SERUM / PLASMA, ALBUMIN - SERUM, Globulin-Serum/Plasma, and A/G ratio.

THYROID PROFILE (T3,T4 AND TSH)

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include TOTAL T3: TRI IODOTHYRONINE - SERUM, TOTAL T4: THYROXINE - SERUM, and TSH: THYROID STIMULATING HORMONE - SERUM.



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	4.5	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)	9	mg/dL	●	6-20
UREA - SERUM / PLASMA	20	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	105	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	84	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	47 *	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)	55	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High
VLDL CHOLESTEROL	17		●	< 40 mg/dl
C/H RATIO	2		●	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.

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



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Lung fields shows prominent bronchovascular markings.

Cardio thoracic ratio is normal.

Both costophrenic angles are clear.

Domes of diaphragm are well delineated.

Bony thorax shows no significant abnormality.

**ECHO/TMT**

**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**Histopathology**

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

**CARDIOLOGY**

ECG

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



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### Executive Summary



- .BODY WEIGHT 58.3 KG, IDEAL BODY WEIGHT 47-57 KG
- .ECG - NORMAL
- .ECHO - - NORMAL LV SYSTOLIC FUNCTION, LVEF 60%
  - NORMAL LV COMPLIANCE
  - BORDERLINE PAH , RVSP: 35 MMHG. MILD TR
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - Lung fields shows prominent bronchovascular markings
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET

#### Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION  
 PRACTICE YOGA AND MEDITATION  
 MAINTAIN WEIGHT BETWEEN 47-57 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 - Gandhinagar  
 Gujarat-382428. Phone 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.





**DENTISTRY**

Name : .....  
Occupation : .....  
Age : ..... Sex :  Male  Female

Date : 25/03/2023 Unit No. : .....  
Ref. Physician : .....  
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  Lips : ..... Cheeks : ..... Tongue : ..... Floor of the mouth : ..... Palate : ..... Tonsillar Area : ..... Any other : .....	MILD MOD SEV 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"/>	CLASS I II III CROSSBITE
		Hypoplasia Impaction Non-vital Fracture Abcess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Route check

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

NA

Rate 64

PR 145  
QRSD 88  
QT 389  
QTc 402

--AXIS--

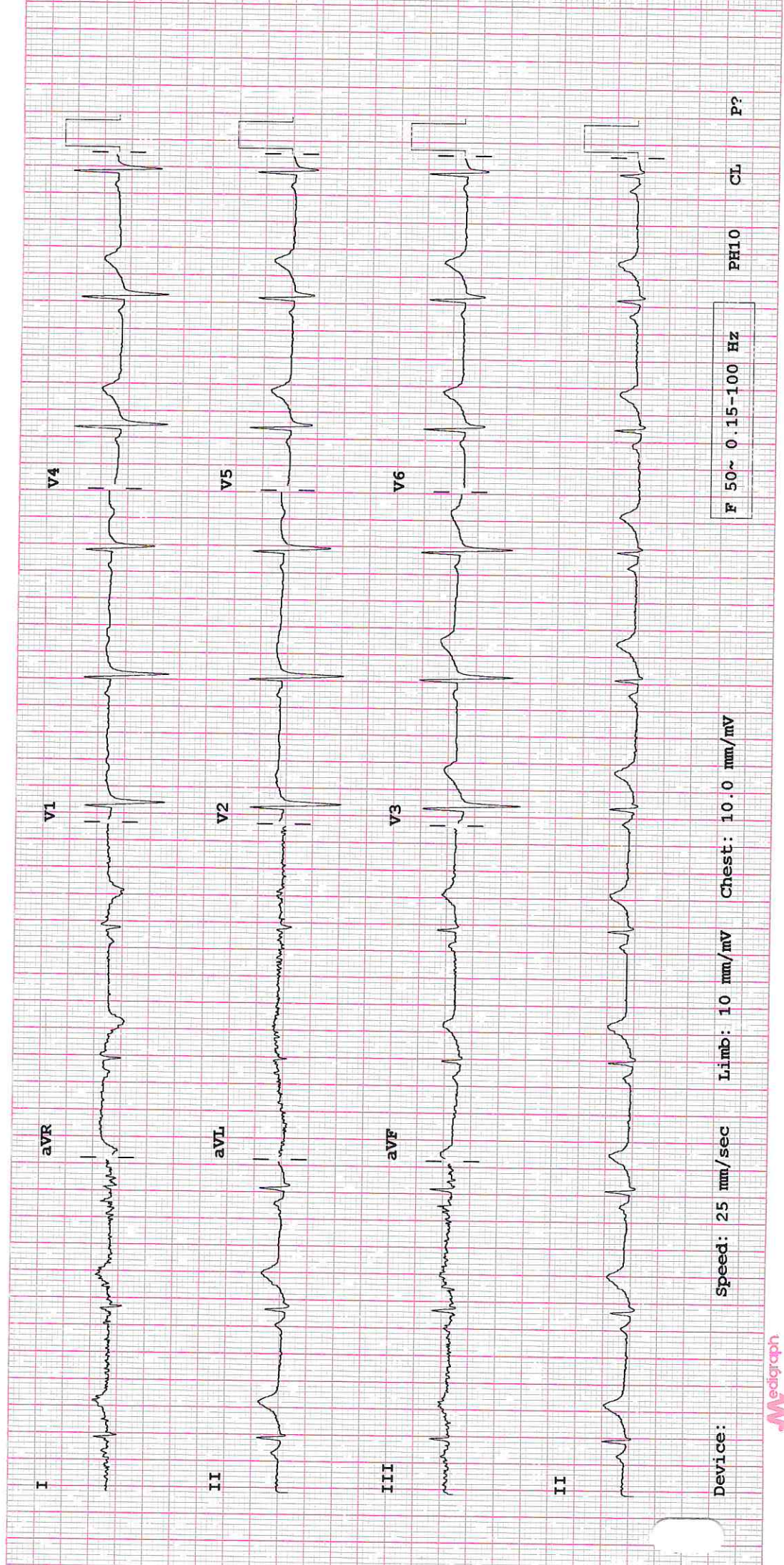
P 62  
QRS 68  
T 51

12 Lead; Standard Placement

AHIL.0000854897

Ms. NIRU  
MISHRA

31 Year(s) / Female



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10

CL


P?



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### CARDIOLOGY

**Patient Details** : Ms. NIRU MISHRA | Female | 31Yr 3Mth 10Days  
**UHID** : AHIL.0000854897 **Patient Location:** AHC  
**Patient Identifier:** AHILAH201478   
**DRN** : 5623029599 **Completed on :** 25-MAR-2023 13:15  
**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.  
 Trivial MR, No AR, No PR, Mild TR.  
 Borderline PAH, RVSP: 35 mm Hg.  
 No clots/ vegetation/ effusion.

#### MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	

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Ms. NIRU MISHRA

AHIL.0000854897

AHILAH201478

ECHO/TMT

**IMPRESSION**

— END OF THE REPORT —

*S Ghosh*

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

*Jitendra C*

Dr. JITENDRA C KARAMCHANDANI

MBBS., PGDCC

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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Ms. NIRU MISHRA | Female | 31Yr 3Mth 10Days  
**UHID** : AHIL.0000854897 **Patient Location:** AHC  
**Patient Identifier:** AHILAH201478   
**DRN** : 223017033 **Completed on :** 25-MAR-2023 14:07  
**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.

Visualized Head and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 11.0 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.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 7 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Ms. NIRU MISHRA

AHIL.0000854897

AHILAH201478

**USG WHOLE ABDOMEN**

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

NO ABNORMALITY DETECTED.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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Page 2 of 2

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Saving time. Saving lives.

**OBSTETRICS & GYNAECOLOGY - AHC**

AHIL.0000854897			
Name : .....	Ms. NIRU MISHRA	Date : 25/3/23	Unit No. : .....
Occupation : ..	31 Year(s) / Female	Ref. Physician : Dr. Kirby Nagesh	
Age : .....		Copies to : .....	



**GYNAEC CHECK UP**

**Chief Complaint:**

None. P2+0

Children: 1 ♀  
 Deliveries: 1 FTND  
 Last Child: Ach / 2 years / FTND  
 Abortions: None  
 Periods: Regular  $\frac{2}{30-34}$  days  
 LMP: 26/02/23  
 Menopause: -  
 G. Condition: FIT  
 P/A: Soft  
 S/E: -  
 P/V: Uterus: Anterior, 1.5 size  
 Cervix: Healthy looking  
 P/R: -

Weight:  
 BP:  
 Breasts: Normal  
 PAP Smear: Taken  
 Previous Medical H/O:  
 None  
 FH/O: None  
 Previous Surgical H/O:  
 None

**Impression:**

*Kirby*  
 Doctor Signature  
 Date & Time  
 2:14 PM  
 25/3/23

**OPHTHA**

AHIL.0000854897

Ms. NIRU  
MISHRA

Name :

31 Year(s) / Female

UHID :



**ION RECORDS**

Date : 25/3/23

Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

NG

Left Eye :

NG

APLN.TN - Right Eye

12

Left Eye -

14

mmHg

Normal

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Doctor's Signature

Ophthalmologist Name