

Dear Mr. GAUTAM MAKWANA

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** : Mr. GAUTAM MAKWANA (32 /M)

**Date** : 24/09/2022



**Address** : 36 KANTAM RESIDENCY RAILWAY EAST KALOL, GANDHI NAGAR, GANDHI NAGAR,  
GUJARAT, INDIA

**Examined by** : Dr. SHASHIKANT NIGAM

**UHID** : AHIL.0000802633

**MEDIWHEEL-FULL BODY CHK-BELOW40-MALE**

**AHC No** : AHILAH165904



### Chief Complaints

For Annual health checkup

No specific complaints

### Present Known illness

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



### Drug Allergy

NO KNOWN ALLERGY

:24/09/2022



### 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 - No
- 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 - 1
- Male - 1
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



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### Family history

- Father - has expired
- Aged - 59
- Mother - alive
- Aged - 50
- Brothers - 1
- Coronary artery disease - none
- Cancer - father
- Type - LUNG

### Physical Examination



#### General

- General appearance - normal
- Build - normal
- Height - 165.8
- Weight - 84.4
- BMI - 30.7
- Pallor - No
- Oedema - no



#### Cardiovascular system

- Heart rate (Per minute) - 68
- 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



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Organizational structure  
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Tenderness

- No

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Organization 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	30	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
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	Occasional			
Casts:	Absent			
Crystals:	Absent			

**COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.6	gm%	●	13.0-17.0
Packed cell volume(Calculated)	41.1	%	●	40-50
RBC COUNT (Impedance)	4.79	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	85.8	fl	●	80-100
MCH(Calculated)	28.5	pg	●	27-32
MCHC(Calculated)	33.2	%	●	31-36
RDW(Calculated)	13.7	%	●	11.5-14.5
WBC Count (Impedance)	5041	/cu mm	●	4000-11000



Within Normal Range



Borderline High/Low



Out of Range

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Neutrophils	37 *	%	●	40-75
Lymphocytes	55 *	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	268800	/cu mm	●	150000-450000
MPV (Calculated)	9.8	fl	●	7-11
RBC:	Normocytic Normochromic cells			
WBC:	Lymphocytosis noted			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	mm/1st hr	●	0-15

**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	42	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	116	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	27	U/L	●	> 1 year Male : <40

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Total Bilirubin	0.453	mg/dL	●	0.300-1.200
Direct Bilirubin	0.164	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.289	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	0.94	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	27	U/L	●	Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	99	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)	121	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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Glycosylated Hemoglobin (HbA1c)

5.8 \*

%



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.

119.76

### 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	7.81	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.81	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.01	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.01	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.8		●	2.20-4.20
Globulin-Serum/Plasma	2.8		●	2.20-4.20
A/G ratio	1.79		●	1.00-2.00
A/G ratio	1.79		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.4	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	129	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	0.92	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range

**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	5.3	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)	12	mg/dL	●	6-20
UREA - SERUM / PLASMA	26	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	194	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	116	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	43 *	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)	134 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High
VLDL CHOLESTEROL	23		●	< 40 mg/dl
C/H RATIO	5 *		●	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.

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**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECHO/TMT

ECG

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### Executive Summary



BODY WEIGHT 84.4 KG ,IDEAL BODY 52-63 KG  
 IMPAIRED GLUCOSE TOLERANCE  
 DYSLIPIDEMIA  
 ECG - NORMAL  
 TMT — TEST IS NEGATIVE , EXERCISE TIME 8:31 ,WORKLOAD 10.1 METS  
 USG ABDOMEN - GRADE I FATTY LIVER  
 X-RAY - NORMAL  
 ENT - NORMAL  
 VISION – NORMAL  
 DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET  
 LOW FAT DIET  
 LOW CARBOHYDRATE 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** : Mr. GAUTAM MAKWANA | Male | 32Yr 10Mth 17Days  
**UHID** : AHIL.0000802633 **Patient Location:** AHC  
**Patient Identifier:** AHILAH165904   
**DRN** : 222048848 **Completed on :** 24-SEP-2022 11:27  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### FINDINGS :

Liver appears normal in size and shows uniform hyperechoic echotexture. No evidence of focal 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 7.7 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.

Prostate is normal in size and echopattern.

#### IMPRESSION :

Grade I fatty liver.

Rest normal study.

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**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details** : Mr. GAUTAM MAKWANA | Male | 32Yr 10Mth 17Days  
**UHID** : AHIL.0000802633 **Patient Location:** AHC  
**Patient Identifier:** AHILAH165904   
**DRN** : 122108122 **Completed on :** 24-SEP-2022 10:18  
**Ref Doctor** : DR. SHASHIKANT NIGAM

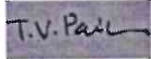
**X-RAY CHEST PA**

**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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ID: 802633

24:09:2022 10:34:00

Location: Room

61 bpm  
/ mmHg

Male

Apollo Hosp  
Bhat  
Gandhinagar

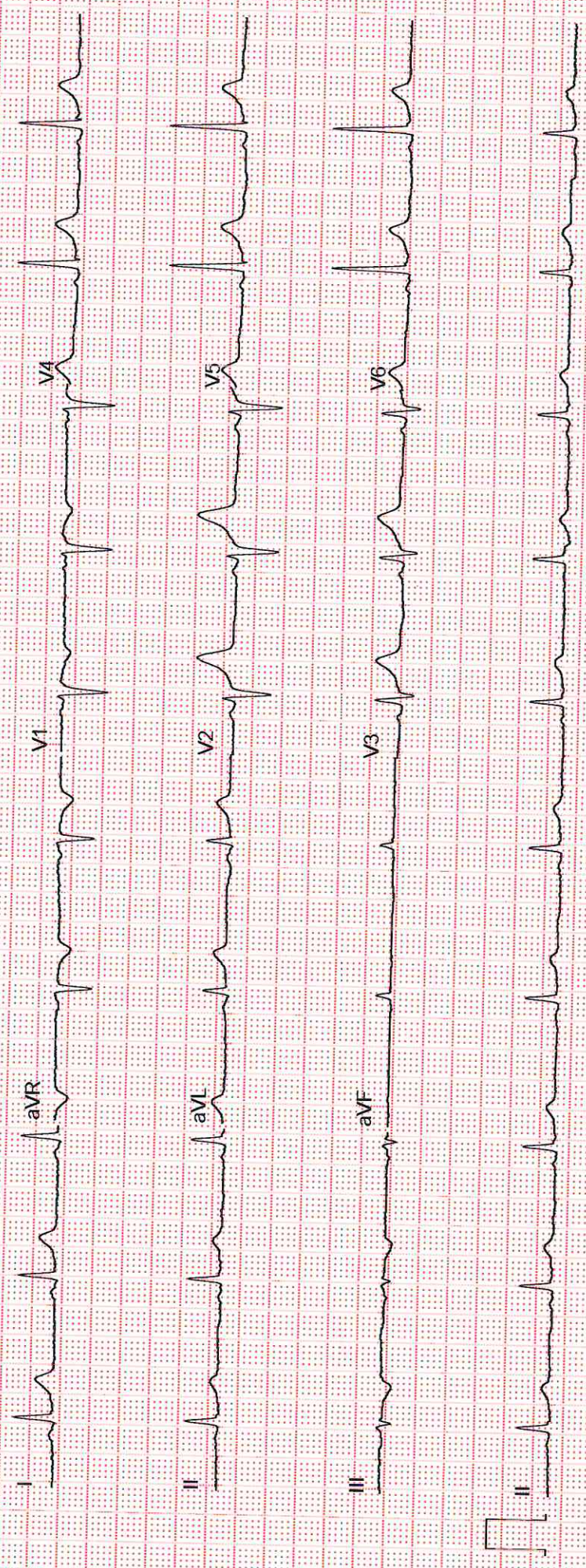
Order Num  
Indica  
Medication 1  
Medication 2  
Medication 3

QRS  
QT / QTcBaz  
PR  
P  
RR / PP  
P / QRS / T

88 ms  
400 / 402 ms  
122 ms  
90 ms  
976 / 983 ms  
-3 / 24 / 5 degrees

Technician  
Ordering Ph  
Referring Ph  
Attending Ph

Normal sinus rhythm  
Normal ECG



## OPHTHALMIC EXAMINATION RECORDS

Name : Mr. Gautam  
UHID : 802633

Date : 24/6/22

Distance Vision :  
Right Eye - 6/6  
Left Eye - 6/6

Near Vision :  
Right Eye : N6  
Left Eye : N6

APLN.TN – Right Eye 14 Left Eye- 16 mmHg

Both Eye – Colour Vision Normal

Both Eye – Anterior Segment Examinations – *wm*

Both Eye Posterior Segment Examinations – *wm*

*Jagriti*  
**Dr. Jagriti Sinha**  
MS (Ophthalmology)  
Jr. Consultant  
Apollo Hospitals International Ltd., Gandhinagar,  
Gurgaon-122002, INDIA. Regd. No. : G-62792

Doctor's Signature

Ophthalmologist Name