

Dear Mr. SANJAY SOLANKI

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

**Apollo Hospitals International Limited**  
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.  
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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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The Emergency Specialist



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Name : Mr. SANJAY SOLANKI (41 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

Date : 05/12/2022



UHID : AHIL.0000822383

AHC No : AHILAH179219



### Chief Complaints

For Annual health checkup  
No specific complaints

### Present Known illness

Diabetes mellitus : - Known; Since - 1 YEAR; Medication - regular; - NOT REMEMBER

Thyroid disease : Since - 1 YEAR; Medication - regular; - NOT REMEMBER



### Drug Allergy

NO KNOWN ALLERGY :05/12/2022



### 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

Covid 19 - No

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

Male - 1

Diet - Vegetarian

Alcohol - consumes alcohol occasionally

Smoking - Yes

Type - Cigarette

Frequency - occasional



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Chews tobacco - No

Physical activity - Moderate



### Family history

Father - alive

Aged - 64

Mother - has expired

Brothers - 1

Sisters - 1

Diabetes - father

Hypertension - father

Coronary artery disease - none

Cancer - None

### Physical Examination



#### General

General appearance - normal

Build - normal

Height - 173

Weight - 79.7

BMI - 26.63

Pallor - No

Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 70

Rhythm - Regular

Systolic(mm of Hg) - 120

Diastolic(mm of Hg) - 80

Heart sounds - S1S2+

#### Respiratory system

Breath sounds - Normal vesicular breath sounds



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### 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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	+			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
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)	14.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	42.5	%	●	40-50
RBC COUNT (Impedance)	5.08	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	83.8	fl	●	80-100
MCH(Calculated)	28.36	pg	●	27-32
MCHC(Calculated)	33.9	%	●	31-36
RDW(Calculated)	13.3	%	●	11.5-14.5
WBC Count (Impedance)	7013	/cu mm	●	4000-11000

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

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Test Name	Result	Unit	Level	Range
Neutrophils	41	%	●	40-75
Lymphocytes	49 *	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	386600	/cu mm	●	150000-450000
MPV (Calculated)	7.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	6	mm/1st hr	●	0-15

**URINE GLUCOSE(FASTING)**

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	+			

**URINE GLUCOSE(POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	++			

**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	28	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	92	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	21	U/L	●	> 1 year Male : <40
Total Bilirubin	0.385	mg/dL	●	0.300-1.200
Direct Bilirubin	0.168	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.217

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	0.78	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	34	U/L		Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	186 *	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)	363 *	mg/dL		70-140

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

Test Name	Result	Unit	Level	Range
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Within Normal Range    Borderline High/Low    Out of Range

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Glycosylated Hemoglobin (HbA1c)

9.6 \*

%



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.

228.82

### 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	7.62	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.62	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.64	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.64	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.98		●	2.20-4.20
Globulin-Serum/Plasma	2.98		●	2.20-4.20
A/G ratio	1.56		●	1.00-2.00
A/G ratio	1.56		●	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	117	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	6.71 *	µIU/mL	●	14-120 years : 0.27 - 4.20



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	5.2	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

**PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM**

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	0.809	ng/mL	●	0.000-4.000

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	21	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	215 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	287 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	40 *	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)	144 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High =>190 : Very High

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WLDL CHOLESTEROL	57 *	●	< 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.

**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECHO/TMT

EKG

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### Executive Summary



- .BODY WEIGHT 79.7 KG, IDEAL BODY WEIGHT 56-68 KG
- .KNOWN CASE OF DIABETES AND THYROID DISEASE
- .DYSLIPIDEMIA
- .ECG - NORMAL
- .TMT — TEST IS NEGATIVE , EXERCISE TIME 9:16 ,WORKLOAD 10.5 METS
- .USG ABDOMEN -GRADE II FATTY CHANGES OF LIVER
- .CHEST X-RAY - 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 56-68 KG

### Follow-up and Review Plan



- PERIODIC BP MONITORING

*Consults Regularly*



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

*Signature*

Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam  
MBBS, MD (Gen. Med.)  
Consultant in Internal Medicine


Note :- The Health Check-up examinations and routine investigations have been performed 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. SANJAY SOLANKI | Male | 41Yr 1Mth 24Days  
**UHID :** AHIL.0000822383      **Patient Location:** AHC  
**Patient Identifier:** AHILAH179219        
**DRN :** 222062727      **Completed on :** 05-DEC-2022 09:53  
**Ref Doctor :** DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### FINDINGS :

Liver appears normal in size and shows grade II fatty changes. No evidence of focal pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in caliber. 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 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 measures normal in size and echopattern.

#### IMPRESSION :

Grade II fatty changes in liver.

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Page 1 of 2

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Mr. SANJAY SOLANKI

AHIL.0000822383

AHILAH179219

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

Dr. HARSH S VYAS

DNB Resident

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details** : Mr. SANJAY SOLANKI | Male | 41Yr 1Mth 24Days  
**UHID** : AHIL.0000822383 **Patient Location:** AHC  
**Patient Identifier:** AHILAH179219   
**DRN** : 122139058 **Completed on :** 05-DEC-2022 09:32  
**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 ---

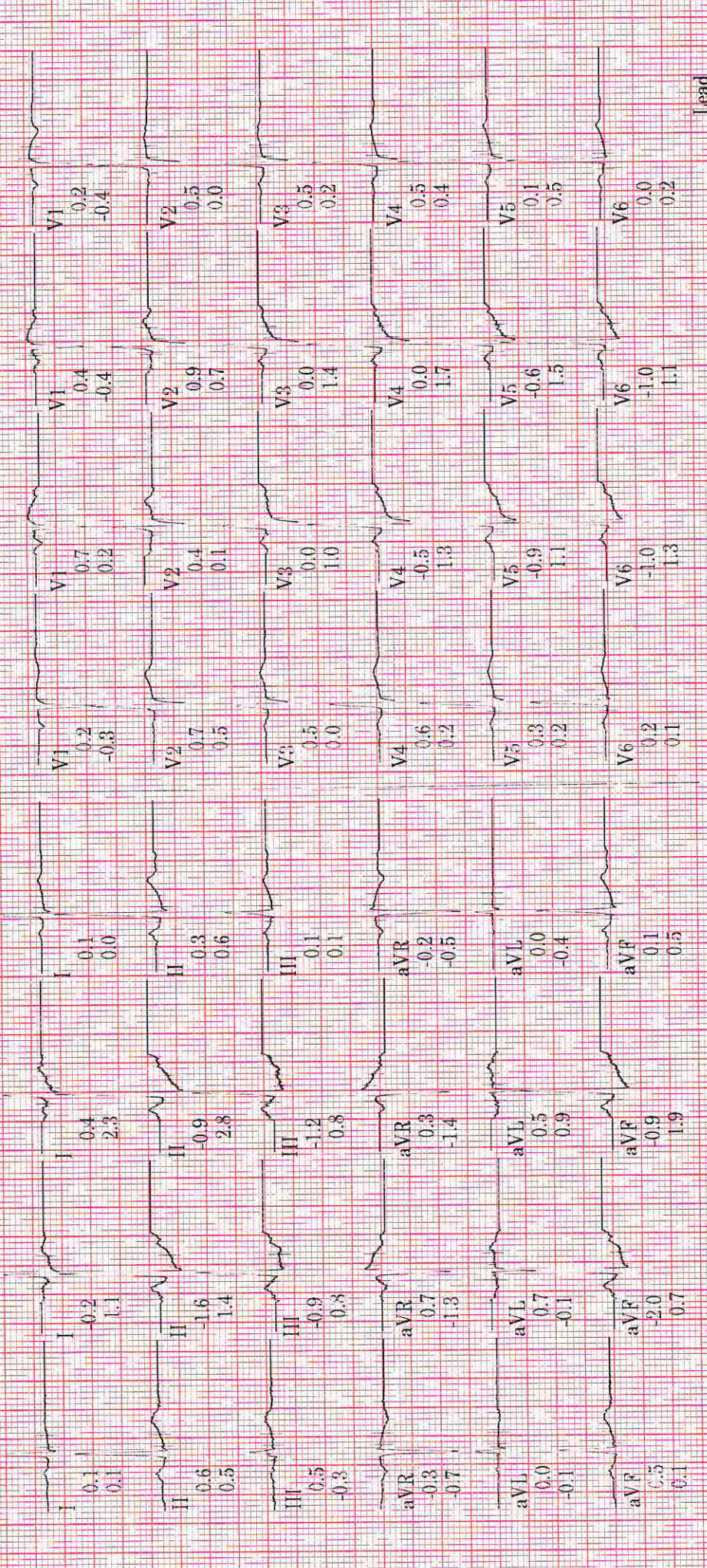
DR. VAIBHAVI PATEL



ID: 000822388  
 Visit: MEDIWHEEL  
 5-Dec-2022  
 13:05:25  
 4 years  
 173cm  
 Asian  
 79kg  
 Male  
 Referred by: DR.SAMEER DANI, MHC  
 Test ind:

BRUCE  
 Max HR: 158bpm 88% of max predicted 179bpm  
 Max BP: 140/90  
 Reason for Termination: THR ACHIEVED.  
 Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD  
 NORMAL HEYMODYNAMIC RESPONSE  
 NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED  
 NO GALLOP // MURMUR AT PEAK EXERCISE  
 TEST TERMINATED DUE TO THR ACHIEVED  
 GOOD EFFORT TOLERANCE.

Total Exercise time: 9:16  
 25.0 mm/s  
 10.0 mm/mV  
 100hz  
 PEAK EXERCISE 9:16 158bpm BP: 130/80  
 MAX ST EXERCISE 7:57 151bpm  
 BASELINE EXERCISE 0:00 81bpm BP: 120/70  
 TEST END RECOVERY 3:55 99bpm BP: 120/70  
 TEST END RECOVERY 3:55 99bpm BP: 120/70



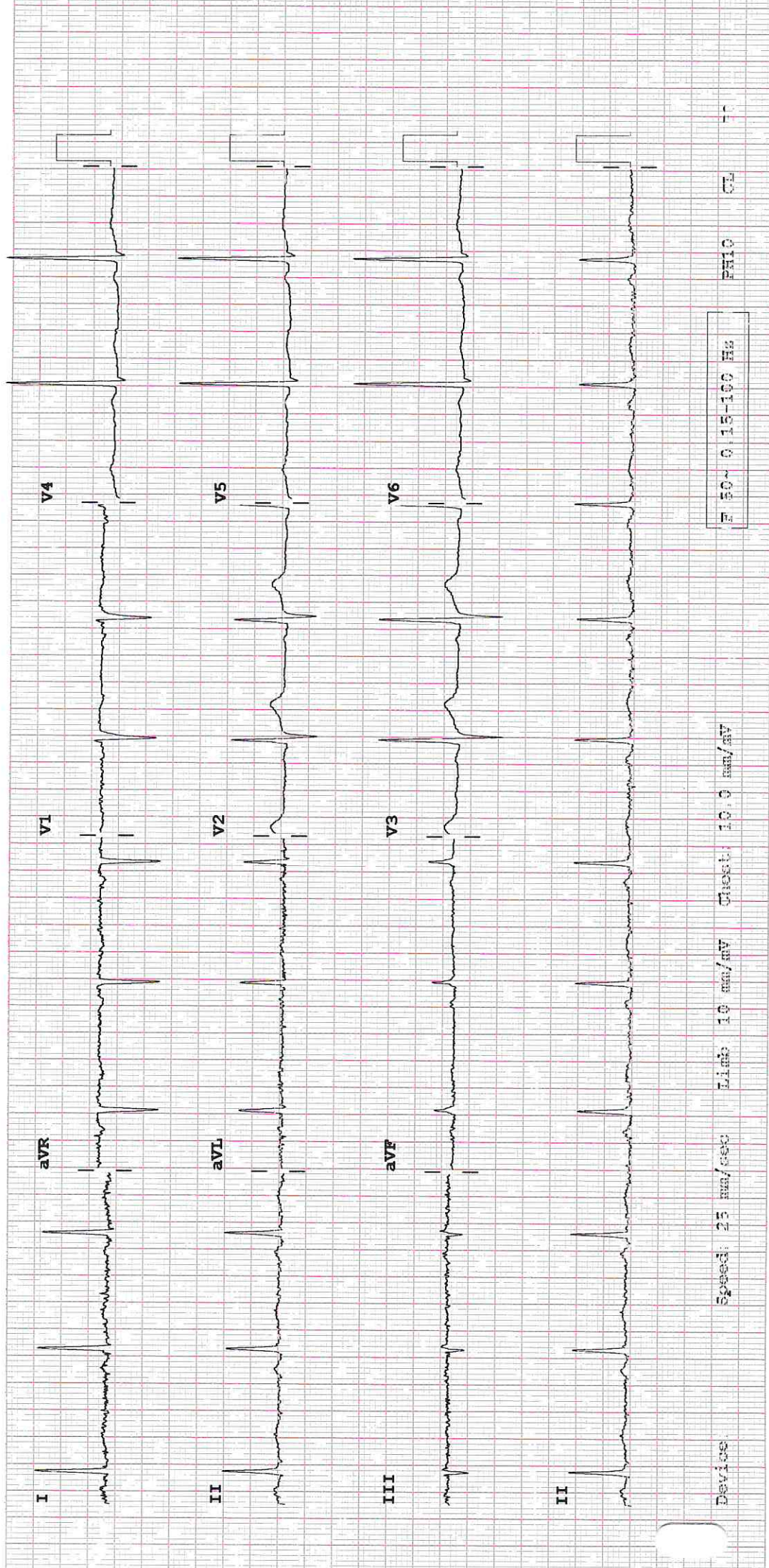
Rate 67

PR 169  
QRSD 92  
QT 423  
QTc 447

--AXIS--

P 97  
QRS 28  
T 40

12 Lead; Standard Placement



Speed: 25 mm/sec Libb 10 mm/mV Chest: 10.0 mm/mV

F 50 ~ 0.15-100 Hz

PH10 CL TC



AHIL.0000822383

Mr. SANJAY SOLANKI

41 Year(s) / Male

**VISION RECORDS**

**OPHTHALMOLOGY**



Name :

Date :

5/12/22

UHID :

Distance Vision :

Right Eye -

6/12  
6/12

(BE) 6/9

Left Eye -

Near Vision :

Right Eye :

N 6

Left Eye :

N 6

APLN.TN - Right Eye

14

Left Eye -

12 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

Doctor's Signature

AHMROP028V1

*Dr. Jagriti Sinha*  
MS (Ophthalmology)  
Jr. Consultant  
Apollo Hospitals International Ltd., Gandhinagar,  
Gujarat-382428, INDIA. Regd. No.: G-68792

Ophthalmologist Name