

Ms. ASHWINI KARE (31 /F)

UHID : AHIL.0000828177

AHC No : AHILAH183320

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Ms. ASHWINI KARE

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  
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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 : Ms. ASHWINI KARE (31 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 24/12/2022



UHID : AHIL.0000828177

AHC No : AHILAH183320



### 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

:24/12/2022



### 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
- Past medical history - nil significant
- Covid 19 - Yes
- 2020
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No



### Surgical history

- Caesarian section - 2020



### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Male - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No



The Emergency Specialist  
Saving time. Saving lives.



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Physical activity - Mild



### Family history

Father - alive

Mother - alive

Brothers - 2

Diabetes - father

Coronary artery disease - none

Cancer - None

### Physical Examination



#### General

General appearance - normal

Build - normal

Height - 149

Weight - 65.4

BMI - 29.46

Pallor - No

Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 79

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 150

Diastolic(mm of Hg) - 90

Heart sounds - S1S2+

#### Respiratory system

Breath sounds - Normal vesicular breath sounds



#### Abdomen

Organomegaly - No

Tenderness - No

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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	30	mL		
Specific Gravity	1.020			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	1+			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	2-4 /h.p.f	/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)	10.5 *	gm%	●	12-16
Packed cell volume(Calculated)	34.4 *	%	●	36-46
RBC COUNT (Impedance)	4.95	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	69.5 *	fl	●	80-100
MCH(Calculated)	21.32 *	pg	●	27-32
MCHC(Calculated)	30.7 *	%	●	31-36
RDW(Calculated)	19 *	%	●	11.5-14.5
WBC Count (Impedance)	7929	/cu mm	●	4000-11000

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



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Neutrophils	60	%	●	40-75
Lymphocytes	34	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	474200 *	/cu mm	●	150000-450000
MPV (Calculated)	7.9	fl	●	7-11
RBC:	Anemia			
RBC::	Anisocytosis (+)-Hypochromia (+)-Microcytes (+)			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	10	mm/1st hr	●	0-20
SUGGEST :	S. Iron Profile is indicated.			

**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:	A 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	12	U/L	●	0-35

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Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM/PLASMA	111 *	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	16	U/L	●	>1 year Female : <32
Total Bilirubin	0.277 *	mg/dL	●	0.300-1.200
Direct Bilirubin	0.103	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.174	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)**

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
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	11	U/L	●	Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	115 *	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)	113	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	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	7.76	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.76	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.89	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.89	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.87		●	2.20-4.20
Globulin-Serum/Plasma	2.87		●	2.20-4.20
A/G ratio	1.7		●	1.00-2.00
A/G ratio	1.7		●	1.00-2.00

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

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.01	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	109.6	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	2.97	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

### BUN (BLOOD UREA NITROGEN)

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

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	195	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	185 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	45 *	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)	136 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	37		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

### CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Cytology

Ref No:

CY 2051/22

Brief Clinical History:

LMP: 18.12.2022

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



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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

**SPECIMEN TYPE:**

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Ashwini 828177'.

**SPECIMEN ADEQUACY:**

Satisfactory for evaluation with endocervical cells.

**INTERPRETATION/RESULT:**

\*

Negative for intraepithelial lesion or malignancy associated with reactive cellular changes and inflammation

**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.

**ECHO/TMT**

**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

EKG



Within Normal Range



Borderline High/Low



Out of Range





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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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### Executive Summary



- .BODY WEIGHT 65.4 KG,DEAL BODY WEIGHT 42-51 KG
- .PRE - DIABETIC
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN -NORMAL
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .PAP - NEGATIVE FOR INTRAEPITHELIAL LESION OR MALIGNANCY

### 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 42-51 KG

### Follow-up and Review Plan



- CHECK FBS AND PPBS ONCE IN A MONTH
- CHECK HBA1C NOW AND ONCE IN 3 MONTH
- CHECK LIPID PROFILE EVBVERY 6 MONTHS

*Adv to Dr. Shashikant Nigam*  
*for Annual Consultation*  
*29/11/2022*



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

Printed By : MUKTA S ADALTI

Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam

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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Report Status:Final  
DEPARTMENT OF CYTOLOGY



Name : Ms. ASHWINI KARE  
UHID : AHIL.0000828177 / AHILAH183320 Age : 31Yr Gender : Female  
Lab No : AHIL01.H2202229 LRN : 1557924 W/BNo/RefNo : AHC  
Ref Doctor : DR. SHASHIKANT NIGAM



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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Ref No:

CY 2051/22

Brief Clinical History:

LMP: 18.12.2022

SPECIMEN TYPE:

Conventional

Cervical smear

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\* END OF REPORT \*

Dr.MANASI PRADIP TRIVEDI  
MD PATHOLOGY

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### CARDIOLOGY

**Patient Details** : Ms. ASHWINI KARE | Female | 31Yr 11Mth 0Days  
**UHID** : AHIL.0000828177 **Patient Location:** AHC  
**Patient Identifier:** AHILAH183320   
**DRN** : 5622098030 **Completed on :** 24-DEC-2022 17:28  
**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.  
 No MR, No AR, No PR, No TR.  
 No PAH.  
 No clots/ vegetation/ effusion.

#### MEASUREMENTS (mm) ::

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Ms. ASHWINI KARE

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ECHO/TMT

	LVID diastole
Measurements (mm)	

**IMPRESSION**

--- END OF THE REPORT ---

*Signature*

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Ms. ASHWINI KARE | Female | 31Yr 11Mth 0Days  
**UHID** : AHIL.0000828177 **Patient Location:** AHC  
**Patient Identifier:** AHILAH183320   
**DRN** : 222066921 **Completed on :** 24-DEC-2022 12:41  
**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 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.

Endometrial thickness is 4 mm.

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

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Page 1 of 2

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Ms. ASHWINI KARE

AHIL.0000828177

AHILAH183320

**USG WHOLE ABDOMEN**

No definite evidence of adnexal/pelvic mass is seen.

**IMPRESSION :**

Normal Study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details :** Ms. ASHWINI KARE | Female | 31Yr 11Mth 0Days  
**UHID :** AHIL.0000828177      **Patient Location:** AHC  
**Patient Identifier:** AHILAH183320        
**DRN :** 122147967      **Completed on :** 24-DEC-2022 11:48  
**Ref Doctor :** DR. SHASHIKANT NIGAM

**X-RAY CHEST PA**

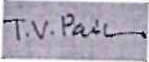
**FINDINGS :**

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

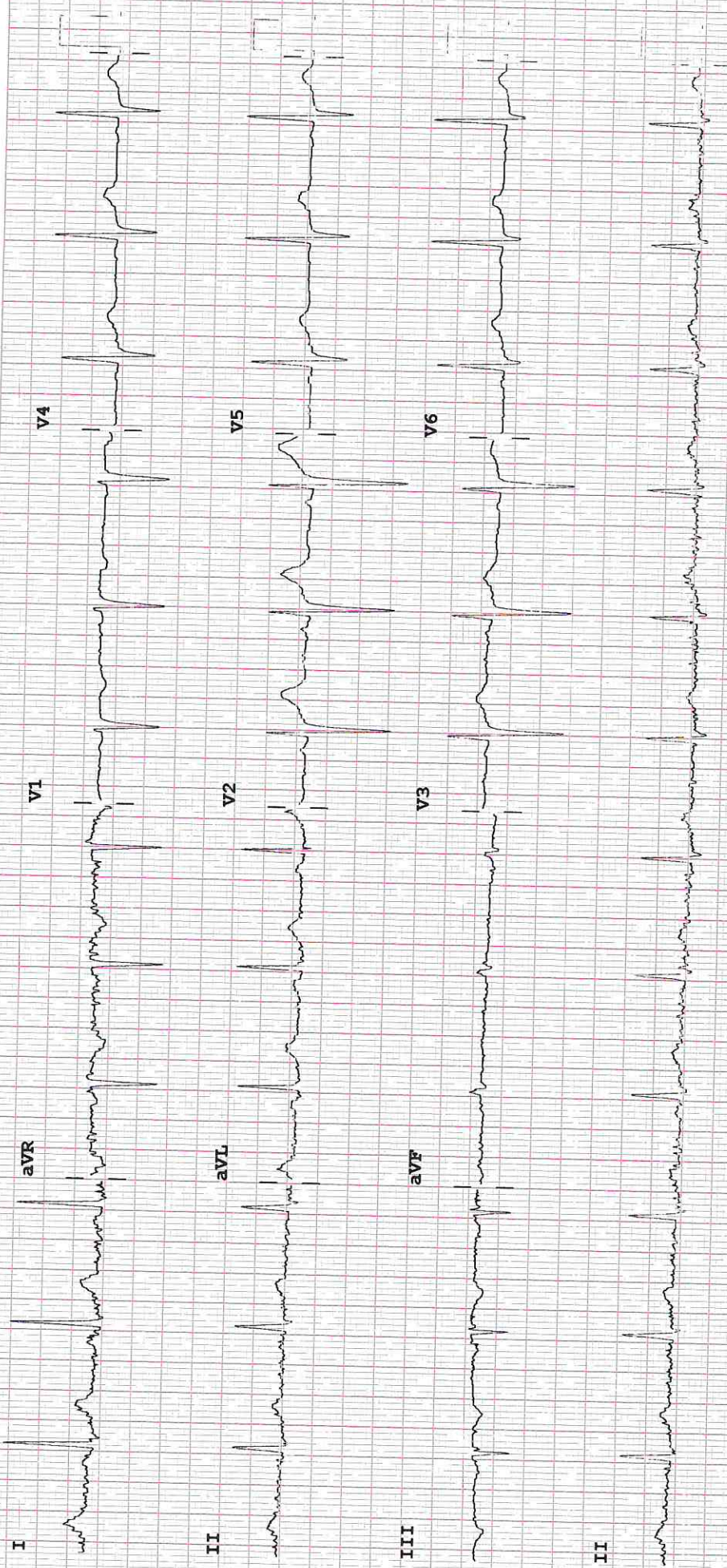


Rate 75  
 PR 129  
 QRSD 94  
 QT 397  
 QTC 444

--AXIS--

P -13  
 QRS 7  
 T -1

12 Lead; Standard Placement



Speed 25 mm/sec Limb 10 mm/mV Chest 10 mm/mV

12-23-22 11:31:03 AM

PH10

71

## OPHTHALMIC EXAMINATION RECORDS

Name : Ms. Ashwini Kare

Date : 24.12.22

UHID : 828177 H/31

Distance Vision : unaided

Right Eye - 6/9

Left Eye - 6/9P

Go Blurred Vision for distance.  
No other symp / syst. illness.

BCVA < -0.5 / -1.0 @ 10° 6/6  
-0.75 @ 180° 6/6

Near Vision :

Right Eye : } NB  
Left Eye : }

Dig.

APLN.TN - Right Eye (N)

Left Eye - (N) mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - DED/Allergic (P)

Both Eye Posterior Segment Examinations - BE Disc (N)  
? Peripapillary AV changes

Doctor's Signature

Ady

BE Iktul plus old - 27d  
Retina / ONH Assessment x (5) days.

Ophthalmologist Name