



Mr. SURAJ NAIR (29 /M)

UHID : AHIL.0000850144

AHC No : AHILAH198034

Date : 11/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. SURAJ NAIR,

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

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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.



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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 : Mr. SURAJ NAIR (29 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 11/03/2023



UHID : AHIL.0000850144

AHC No : AHILAH198034



### Chief Complaints

For Annual health checkup  
No specific complaints



### 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
- Do you have any drug allergies? - No
- Covid 19 - Yes
- Hospitalization for Covid 19 - Yes



### Surgical history

- Surgical history - Nil



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### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



### Family history

- Father - alive
- Aged - 55
- Mother - alive
- Aged - 51
- Brothers - 1
- Coronary artery disease - none
- Cancer - None

## Physical Examination



### General

- General appearance - normal
- Build - normal
- Height - 173
- Weight - 70.6
- BMI - 23.59
- Pallor - No
- Oedema - no



### Cardiovascular system

- Heart rate (Per minute) - 79
- Rhythm - Regular
- B.P. Supine



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Systolic(mm of Hg) - 130  
 Diastolic(mm of Hg) - 84  
 Heart sounds - S1S2+

**Respiratory system**

Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No  
 Tenderness - No

Printed By : MUKTA S ADALTI

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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	1.010			
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	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)	15.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.9	%	●	40-50
RBC COUNT (Impedance)	5.67	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	79.2 *	fl	●	80-100
MCH(Calculated)	27.24	pg	●	27-32
MCHC(Calculated)	34.4	%	●	31-36
RDW(Calculated)	13.3	%	●	11.5-14.5
WBC Count (Impedance)	7298	/cu mm	●	4000-11000

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

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Test Name	Result	Unit	Level	Range
Neutrophils	60	%	●	40-75
Lymphocytes	32	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	284100	/cu mm	●	150000-450000
MPV (Calculated)	8.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	04	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:	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	9	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	70	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	15	U/L	●	> 1 year Male : <40
Total Bilirubin	0.399	mg/dL	●	0.300-1.200
Direct Bilirubin	0.169	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.23

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	0.74	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	17	U/L		Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	91	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)	76	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)

5.0

%



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.

96.80

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.98	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.98	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.05	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.05	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.93		●	2.20-4.20
Globulin-Serum/Plasma	2.93		●	2.20-4.20
A/G ratio	1.72		●	1.00-2.00
A/G ratio	1.72		●	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	114	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	1.66	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	5.8	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	19	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	170	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	125	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	36 *	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)	119	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High
VLDL CHOLESTEROL	25		●	< 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

EKG



**Within Normal Range**



**Borderline High/Low**



**Out of Range**

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### Executive Summary



- .BODY WEIGHT 70.6 KG,DEAL BODY WEIGHT 56-68 KG
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY DETECTED
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL

### Wellness Prescription

#### Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

#### Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 56-68 KG

Printed By : MUKTA S ADALTI

*Dr. Shashikant Nigam*  
**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. Reg. No. G2144


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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### Radiology

**Patient Details :** Mr. SURAJ NAIR | Male | 29Yr 3Mth 2Days  
**UHID :** AHIL.0000850144 **Patient Location:** AHC  
**Patient Identifier:** AHILAH198034   
**DRN :** 223013807 **Completed on :** 11-MAR-2023 13:27  
**Ref Doctor :** Dr. AHC DOCTOR

### 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.  
 pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 9.1 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 is normal in size and echopattern.

#### IMPRESSION :

NO ABNORMALITY DETECTED.

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Printed By : 153182

Reported By : 717876

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Mr. SURAJ NAIR

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AHILAH198034

**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

A. A. PATEL

Dr. ALPESH A PATEL

DNB Resident

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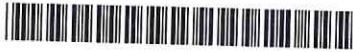
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## CARDIOLOGY

**Patient Details** : Mr. SURAJ NAIR | Male | 29Yr 3Mth 2Days  
**UHID** : AHIL.0000850144 **Patient Location:** AHC  
**Patient Identifier:** AHILAH198034   
**DRN** : 5623023871 **Completed on :** 11-MAR-2023 17:25  
**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) ::

	LVID diastole
Measurements (mm)	.

ECHO/TMT

**IMPRESSION**

— END OF THE REPORT —



DR SUBIR GHOSH MD.DM

Interventional Cardiologist






Organization is Accredited  
by Joint Commission International



## RADIOLOGY

**Patient Details** : Mr. SURAJ NAIR | Male | 29Yr 3Mth 2Days  
**UHID** : AHIL.0000850144 **Patient Location:** AHC  
**Patient Identifier:** AHILAH198034   
**DRN** : 123032132 **Completed on :** 11-MAR-2023 12:13  
**Ref Doctor** : Dr. AHC DOCTOR

### 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 —



RAJVEERSINH P CHAVDA

Medical Officer

Printed on: 12-Mar-2023 11:36

Printed By: 153182

Reported By: 717876

Page 1 of 1

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**OPHTHA**

AHIL.0000850144

**ION RECORDS**

Name : Mr. SURAJ  
NAIR

Date :

11/3/23

UHID :

29 Year(s) / Male



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

= glasses

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

11

Left Eye -

12

mmHg

Both Eye - Colour Vision

WNL

Both Eye - Anterior Segment Examinations

NAD

Both Eye Posterior Segment Examinations -

NAD

Pt is fit from outside

and can do his

glits

Doctor's Signature

Ophthalmologist Name

Rate 75

AHIL.0000850144

Mr. SURAJ  
NAIR

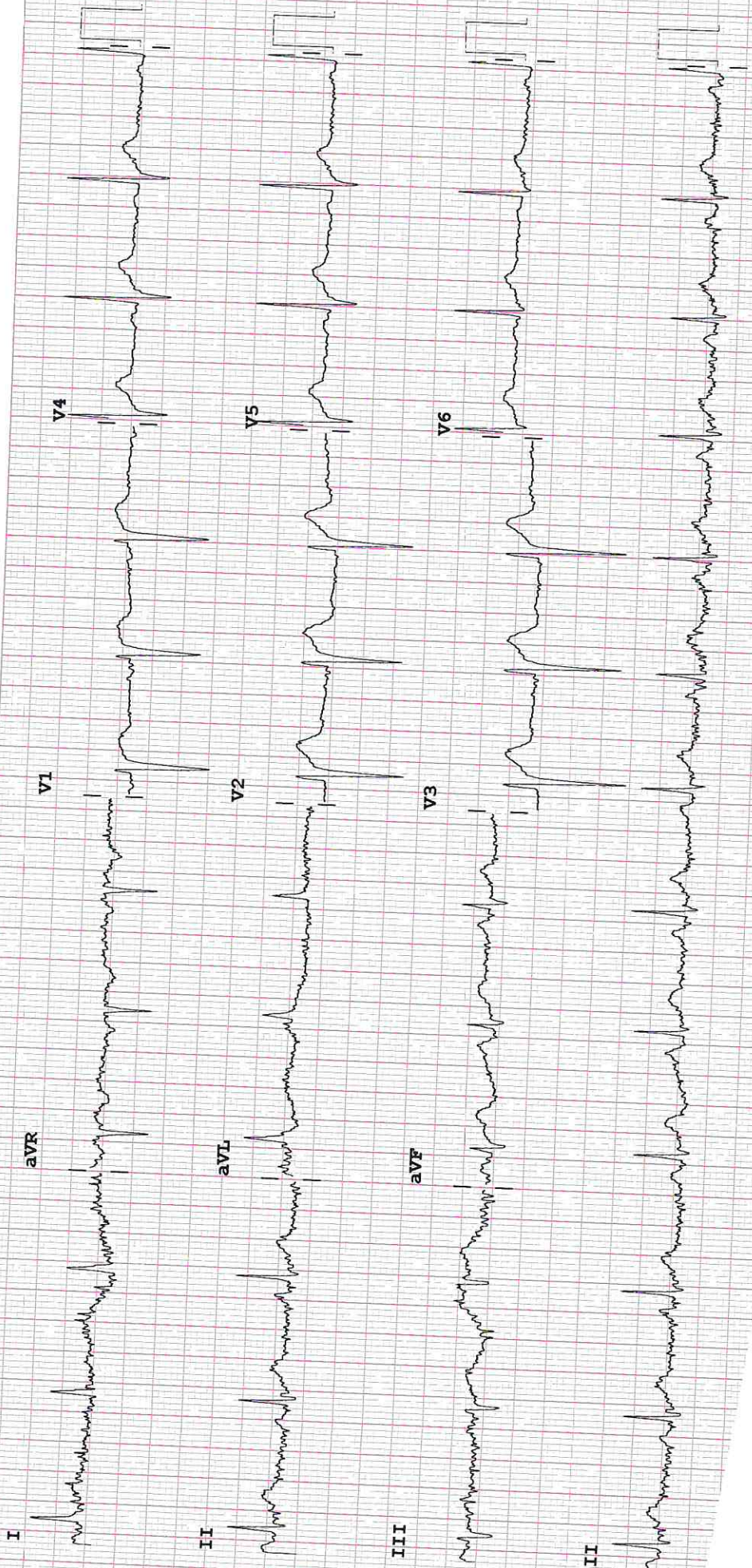
29 Year(s) / Male



--AXIS--

P 78  
QRS 17  
T 67

12 Lead; Standard Placement



Time: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10 CL P?