

Dear Mr. RAUSHAN RATNAM

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

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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Name : Mr. RAUSHAN RATNAM (31 /M)

Date : 17/11/2022



Address : FLAT NO 24,I BLOCK, AARUSH ICON FLATS,MEHSANA, OTHER, MEHASANA,
GUJARAT, INDIA

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000817097

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH175551



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

:17/11/2022



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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APOLLO HOSPITALS

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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
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - consumes alcohol occasionally
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history



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Father - alive
 Aged - 60
 Mother - alive
 Aged - 49
 Sisters - 1
 Coronary artery disease - none
 Cancer - None

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 157
 Weight - 65.6
 BMI - 26.61
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 86
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 140
 Diastolic(mm of Hg) - 90
 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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STOOL ROUTINE

Stool test involves the collection and analysis of fecal matter to diagnose the presence or absence of a medical condition. One of the most common stool tests, the fecal occult blood test can be used to diagnose many conditions that cause bleeding in the gastrointestinal system including colorectal cancer or stomach cancer. Parasitic diseases like worm can be diagnosed by examining stools under a microscope for the presence of worm larvae or eggs. Some bacterial diseases can be detected with a stool culture. Viruses such as rotavirus can also be found in stools.

Test Name	Result	Unit	Level	Range
Colour:	Brown			
Consistency :	Semi Solid			
Mucus:	Absent			
Blood:	Negative			
Reaction	Acidic			
Occult Blood	Negative			
Pus:	1-2 /h.p.f			2-3
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Absent			
Yeast Cells	Absent			
Vegetable Matter	Present			
Neutral Fat	Absent			
Starch Granules	Absent			
Trophozoite	Absent			
Ova:	Absent			
Cysts:	Absent			

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			

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



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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)	14.9	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.3	%	●	40-50
RBC COUNT (Impedance)	5.27	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	84.1	fl	●	80-100
MCH(Calculated)	28.2	pg	●	27-32
MCHC(Calculated)	33.5	%	●	31-36
RDW(Calculated)	14.1	%	●	11.5-14.5
WBC Count (Impedance)	7814	/cu mm	●	4000-11000
Neutrophils	63	%	●	40-75
Lymphocytes	25	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	05	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	218300	/cu mm	●	150000-450000
MPV (Calculated)	10	fl	●	7-11

URINE GLUCOSE(FASTING)

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

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



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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	66 *	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	75	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	38	U/L	●	> 1 year Male : <40
Total Bilirubin	0.788	mg/dL	●	0.300-1.200
Direct Bilirubin	0.297	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.491	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	0.8	mg/dL	●	Adult Male: 0.6 - 1.3

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



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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	37	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	94	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)	124	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	4.7	%	●	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. 88.19

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	7.36	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.36	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.72	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.72	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.64		●	2.20-4.20

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

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Globulin-Serum/Plasma	2.64	●	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	1.9	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	94	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	7.04 *	µIU/mL	●	14-120 years : 0.27 - 4.20

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	6.7	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	16	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	166	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	119	mg/dL	●	0-150

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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)	101	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	24		●	< 40 mg/dl
C/H RATIO	4		●	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.

ECHO/TMT

CARDIOLOGY
ECG

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

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No. AHILAH17555



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Executive Summary



BODY WEIGHT 65.6 KG, IDEAL BODY 46-56 KG
SUBCLINICAL HYPOTHYROIDISM
ECG - NORMAL
ECHO - NORMAL
USG ABDOMEN - GRADE I FATTY LIVER
X-RAY - NORMAL
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 46-56 KG

Follow-up and Review Plan



CHECK ANTI TPO ANTIBODIES



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
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar
Gujarat-382428, INDIA. Regd. No.: G-2186


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. RAUSHAN RATNAM | Male | 31Yr 8Mth 13Days
UHID : AHIL.0000817097 **Patient Location:** AHC
Patient Identifier: AHILAH175551 
DRN : 122130128 **Completed on :** 17-NOV-2022 10:30
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

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. RAUSHAN RATNAM | Male | 31Yr 8Mth 13Days
UHID : AHIL.0000817097 **Patient Location:** AHC
Patient Identifier: AHILAH175551 
DRN : 222059455 **Completed on :** 17-NOV-2022 10:30
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows grade I fatty changes. 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 11 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 :

Grade I fatty liver

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Mr. RAUSHAN RATNAM

AHIL.0000817097

AHILAH175551

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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CARDIOLOGY

Patient Details : Mr. RAUSHAN RATNAM | Male | 31Yr 8Mth 13Days
UHID : AHIL.0000817097 **Patient Location:** AHC
Patient Identifier: AHILAH175551 
DRN : 5622085206 **Completed on :** 17-NOV-2022 12:22
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, Trivial TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole	LVID systole	IVSd/ LVPW	LA Size	AO (Root)
Measurements (mm)	38	22	9/10	30	25

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Mr. RAUSHAN RATNAM

AHIL.0000817097

AHILAH175551

ECHO/TMT

PULSED,HPRF,CW AND COLOUR DOPPLER PARAMETERS

	MITRAL	AORTIC	PULMONAR Y
Peak Velocity m/sc.	E: 0.95/A: 0.71	1.24	0.64
Peak PR. Gradient mm.Hg.		6.16	1.64

IMPRESSION

— END OF THE REPORT —

DR SAMEER DANI MD.DM

Interventional Cardiologist

DR. CHIRAG PRAHLADBHAI PATEL

MBBS., PGDCC

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Reported By : 717723

Page 2 of 2

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For online appointment : www.askapollo.com
Keep the records carefully and bring them along during your next visit to our Hospital

Saving time. Saving lives.

Rate 89

PR 132

QRSD 82

QT 357

QTc 435

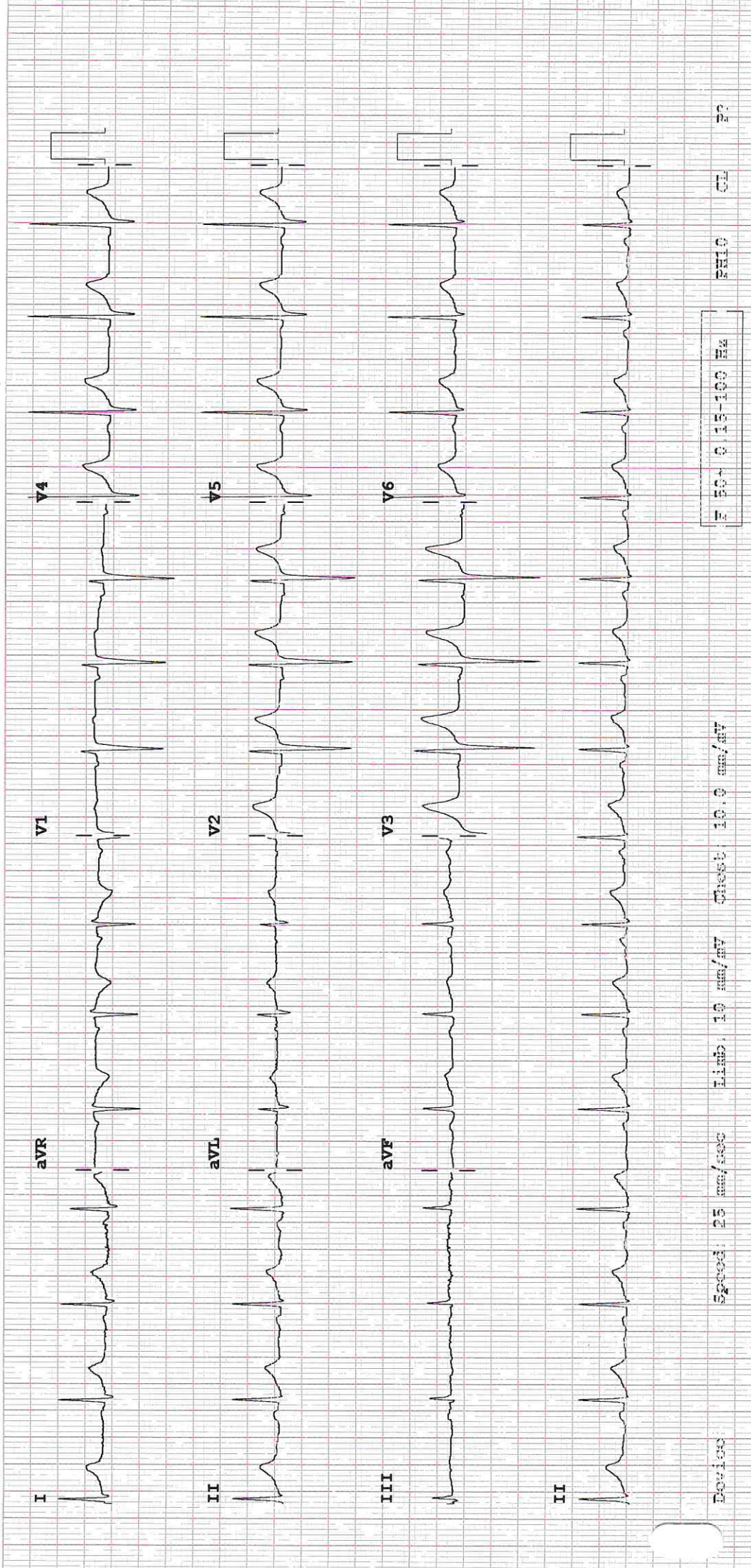
--AXIS--

P 58

QRS 51

T 30

12 Lead; Standard Placement



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

E 50~ 0.15-100 Hz

PR10 CL PR

AHIL.0000817097
Mr. RAUSHAN
RATNAM
31 Year(s) / Male



DENTISTRY

Name : Date : 17/11/22 Unit No. :
 Occupation : Ref. Physician :
 Age : Sex : Male Female 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	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : <u>KFA</u> Any other :	Gingivitis <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> Calculus <input type="checkbox"/> <input checked="" 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"/>	Hypoplasia Impaction - <u>8/5</u> Non-vital <u>8/5</u> Fracture Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Pain in 4 cuspids

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy
Common cold and coughs since 1st Feb - 23 Nov



OPHTH.

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Mr. RAUSHAN
RATNAM

31 Year(s) / Male



VISION RECORDS

Name :

UHID :

Date :

17/11/22

Distance Vision :

Right Eye -

6/6

Left Eye -

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 –

WNL

Both Eye Posterior Segment Examinations –

WNL

Jy
Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd., Gurgaon
Gurgaon-122028, INDIA. Regd. No.: G-68732

Doctor's Signature

Ophthalmologist Name