

**Dear Mr. AKASHKUMAR DARJI**

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



Name : Mr. AKASHKUMAR DARJI (26 /M)

Address : DEHGAM, GANDHINAGAR, GANDHI NAGAR, GUJARAT, INDIA

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 08/10/2022



UHID : AHIL.0000806344

AHC No : AHILAH168211



### Chief Complaints

For Annual health checkup

Nausea

### Present Known illness

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



### Drug Allergy

NO KNOWN ALLERGY

:08/10/2022



### 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



### Surgical history

Surgical history - Nil



### Personal history

Ethnicity - Indian Asian

Marital status - Single

Profession - corporate employed

Diet - Mixed Diet

Alcohol - consumes alcohol occasionally

Smoking - No

Chews tobacco - No

Physical activity - Moderate



### Family history

Father - alive



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Aged - 56  
 Mother - alive  
 Aged - 51  
 Sisters - 1  
 Hypertension - mother  
 Coronary artery disease - none  
 Cancer - None

### Physical Examination



#### General

General appearance - normal  
 Build - normal  
 Height - 167  
 Weight - 63.3  
 BMI - 22.7  
 Pallor - No  
 Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 85  
 Rhythm - Regular  
 Systolic(mm of Hg) - 120  
 Diastolic(mm of Hg) - 76  
 - B.P. Sitting  
 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.

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include Volume (25 mL), Specific Gravity (1.010), Colour (Pale-Yellow), Transparency (Clear), pH (6.5), Protein (Nil), Sugar (Nil), Blood (Negative), Ketone (Nil), Bile Pigments (Nil), 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

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include Hemoglobin (16.7 gm%), Packed cell volume (46.8 %), RBC COUNT (5.14 Million/ul), MCV (90.9 fl), MCH (32.42 \* pg), MCHC (35.7 %), RDW (12.9 %), WBC Count (6287 /cu mm).

Legend: Green dot = Within Normal Range, Yellow dot = Borderline High/Low, Red dot = Out of Range





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Neutrophils	52	%	●	40-75
Lymphocytes	38	%	●	20-40
Monocytes	09	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	215600	/cu mm	●	150000-450000
MPV (Calculated)	7.2	fl	●	7-11
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:	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	18	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	64	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	14	U/L	●	> 1 year Male : <40
Total Bilirubin	0.603	mg/dL	●	0.300-1.200
Direct Bilirubin	0.223	mg/dL	●	Upto 0.3 mg/dl

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

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Indirect Bilirubin	0.38	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
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**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.85	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPETIDASE - SERUM	32	U/L	●	Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	76	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)	103	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)

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	7.65	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.65	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.17	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.17	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.48		●	2.20-4.20
Globulin-Serum/Plasma	2.48		●	2.20-4.20
A/G ratio	2.08 *		●	1.00-2.00
A/G ratio	2.08 *		●	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	123	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	2.75	μIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range

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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	6.2	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)	9	mg/dL	●	6-20
UREA - SERUM / PLASMA	19	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	211 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	149	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	51 *	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)	147 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	30		●	< 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.

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



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**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECHO/TMT

ECG

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

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Keep the records carefully and bring them along during your next visit to our Hospital



Name : Mr. AKASHKUMAR DARJI

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Date : 08/10/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH168211



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### Executive Summary



BODY WEIGHT 63.3 KG, IDEAL BODY 52-63 KG  
DYSLIPIDEMIA  
ECG - NORMAL  
TMT — TEST IS NEGATIVE , EXERCISE TIME 7:42 ,WORKLOAD 9.6 METS  
USG ABDOMEN - NORMAL STUDY  
X-RAY - NORMAL  
VISION – NORMAL  
DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET  
LOW FAT 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*  
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. AKASHKUMAR DARJI | Male | 26Yr 4Mth 7Days  
**UHID** : AHIL.0000806344 **Patient Location:** AHC  
**Patient Identifier:** AHILAH168211   
**DRN** : 222051370 **Completed on :** 08-OCT-2022 11:39  
**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 9 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 :

Normal Study.

Printed on : 10-Oct-2022 9:47

Printed By : 153182

Reported By : 717876

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Mr. AKASHKUMAR DARJI

AHIL.0000806344

AHILAH168211

**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details** : Mr. AKASHKUMAR DARJI | Male | 26Yr 4Mth 7Days  
**UHID** : AHIL.0000806344 **Patient Location:** AHC  
**Patient Identifier:** AHILAH168211   
**DRN** : 122113660 **Completed on :** 08-OCT-2022 11:39  
**Ref Doctor** : DR. SHASHIKANT NIGAM

**X-RAY CHEST PA**

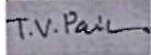
**FINDINGS :**

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





AHIL.0000806344

Mr. AKASHKUMAR  
DARJI

26 Year(s) / Male



### DENTISTRY

Name : .....

Date : 08/10/22 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
- |   |                                 |                                       |
|---|---------------------------------|---------------------------------------|
| <input checked="" type="checkbox"/> Once        | <input type="checkbox"/> Twice  | <input type="checkbox"/> Occasionally |
| <input checked="" type="checkbox"/> Brush       | <input type="checkbox"/> Finger | <input type="checkbox"/> Stick        |
| <input checked="" type="checkbox"/> Tooth Paste | <input type="checkbox"/> Powder | <input type="checkbox"/> 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
Lips :							
Cheeks :							
Tongue :							
Floor of the mouth :							
Palate :							
Tonsillar Area :							
Any other :							
Gingivitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Calculus	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Recession	<input checked="" 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							
Non-vital							
Fracture							
Abcess							
Ulcers							
Caries							
Missing Teeth							
Supernumerary							
Others							

PRESENT COMPLAINT : Reactive dentistry

PRE-MEDICAL HISTORY:  DM  HTN  Thyroid  Acidity  Pregnancy  Anticoagulant  Under Drug Therapy

NA



Unknown

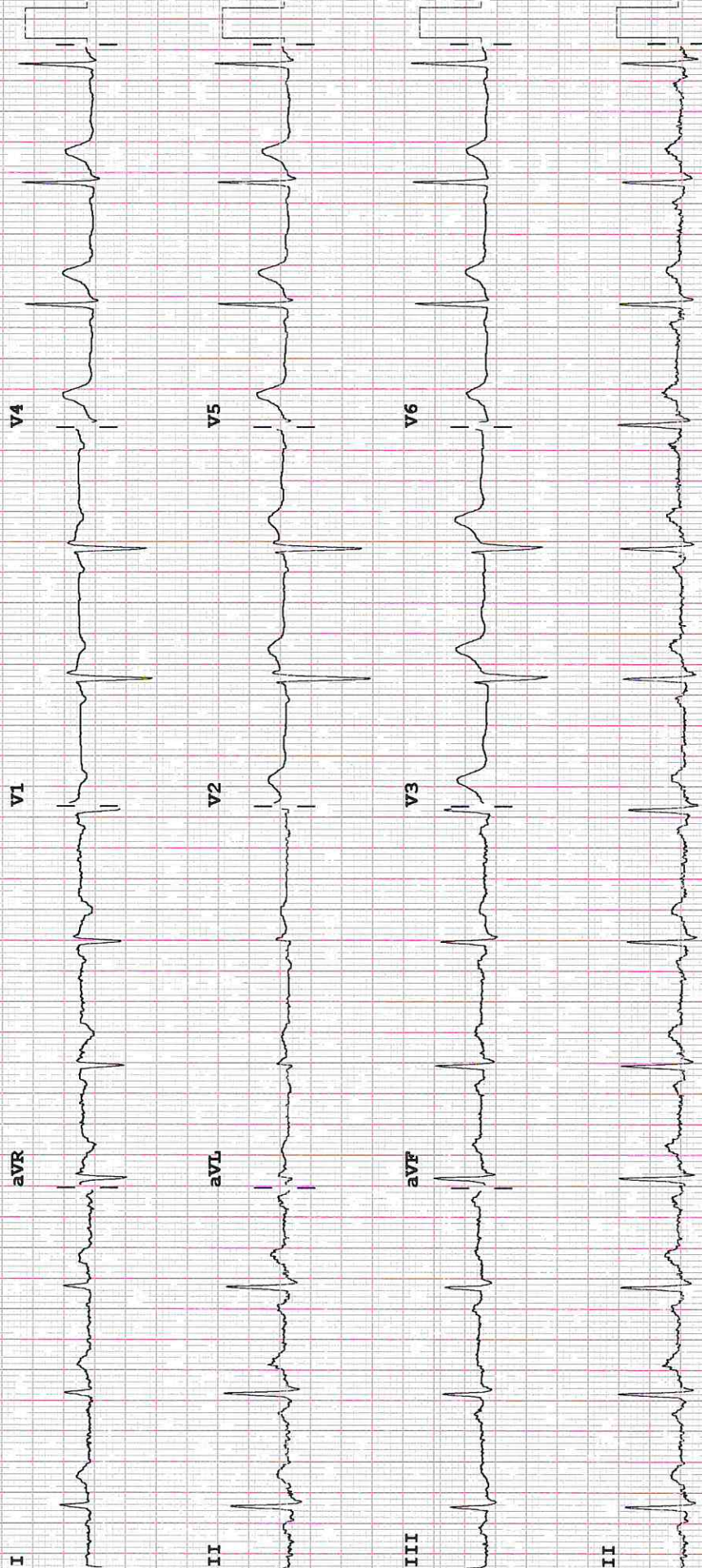
Rate 77

PR 154  
QRSD 96  
QT 341  
QTc 386

--AXIS--

P 71  
QRS 55  
T 38

12 Lead; Standard Placement



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10 0 mm/mV

F 50~ 0.15-100 Hz

PH10 CL P?

ID: 000806344

Visit: MEDIWHEEL

26years  
167cm

Asian  
63kg

Male

Total Exercise time: 7:42

Max HR: 168bpm 86% of max predicted 194bpm  
Max BP: 130/80  
Maximum workload: 9.6METS

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.

Referred by: DR.SUBIR GHOSH, MHC  
Test ind:

BASELINE EXERCISE	MAX ST RECOVERY	PEAK EXERCISE	TEST END RECOVERY	BASELINE EXERCISE	MAX ST RECOVERY	PEAK EXERCISE	TEST END RECOVERY
80bpm BP: 120/70	169bpm BP: 130/80	168bpm BP: 130/80	118bpm BP: 110/70	80bpm BP: 120/70	169bpm BP: 130/80	168bpm BP: 130/80	118bpm BP: 110/70
I 0.9 0.1	I 1.2 0.2	I 1.0 0.6	I 1.2 0.8	V1 -0.4 -1.1	V1 -0.5 -0.2	V1 -0.4 -0.5	V1 -1.2 -1.3
II 1.4 0.8	II 0.7 2.6	II 1.1 3.0	II 2.5 1.9	V2 1.8 0.4	V2 1.9 0.8	V2 1.9 1.2	V2 2.1 0.4
III 0.3 0.2	III -0.5 0.6	III 0.2 0.9	III 1.0 0.8	V3 1.9 1.1	V3 3.4 3.4	V3 3.8 2.9	V3 3.9 1.9
aVR -1.2 -1.2	aVR -1.3 -1.5	aVR -1.2 -1.1	aVR -1.7 -1.5	V4 1.7 0.9	V4 2.2 3.9	V4 2.4 3.6	V4 2.7 1.7
aVL 0.3 -0.3	aVL 0.8 -0.5	aVL 0.8 -0.4	aVL 0.1 -0.4	V5 1.5 0.9	V5 1.3 2.1	V5 1.3 2.0	V5 1.7 1.5
aVF 0.8 0.5	aVF 0.5 2.3	aVF 0.5 2.1	aVF 1.9 1.4	V6 1.2 0.6	V6 0.8 1.0	V6 0.8 1.3	V6 1.2 1.3