



Mr. BRIJESH ARYA (31 /M)

UHID : AHIL.0000817379

AHC No : AHILAH175712

Date : 18/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. BRIJESH ARYA

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

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**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 : Mr. BRIJESH ARYA (31 /M)

Address :  
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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 18/11/2022



UHID : AHIL.0000817379

AHC No : AHILAH175712



### Chief Complaints

For Annual health checkup

No specific complaints

### Present Known illness

Others : - SPONDYLOSIS SINCE 1 YEAR



### Drug Allergy

NO KNOWN ALLERGY :18/11/2022



### 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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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 - Yes

- 2022, 2021

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 - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Sedentary



### Family history



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Father - alive  
 Aged - 60  
 Mother - alive  
 Aged - 58  
 Sisters - 1  
 Hypertension - father  
 Coronary artery disease - none  
 Cancer - mother  
 Type - Vocal cord

### Physical Examination



#### General

General appearance - normal  
 Build - normal  
 Height - 173  
 Weight - 52  
 BMI - 17.37  
 Pallor - No  
 Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 64  
 Rhythm - Regular  
 - B.P. Supine  
 Systolic(mm of Hg) - 120  
 Diastolic(mm of Hg) - 83  
 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	1.005			
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	1-2 /h.p.f			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)	13.2	gm%	●	13.0-17.0
Packed cell volume(Calculated)	39.7 *	%	●	40-50
RBC COUNT (Impedance)	5	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	79.4 *	fl	●	80-100
MCH(Calculated)	26.43 *	pg	●	27-32
MCHC(Calculated)	33.3	%	●	31-36
RDW(Calculated)	13.1	%	●	11.5-14.5
WBC Count (Impedance)	5644	/cu mm	●	4000-11000

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Neutrophils	55	%	●	40-75
Lymphocytes	35	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	270400	/cu mm	●	150000-450000
MPV (Calculated)	7.1	fl	●	7-11
RBC:	Normocytic Normochromic cells			
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)	Nil			

**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:	O 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	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	82	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	21	U/L	●	> 1 year Male : <40
Total Bilirubin	0.665	mg/dL	●	0.300-1.200

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Direct Bilirubin	0.186	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.479	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	0.94	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	13	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)	128	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)

5.3

%



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.

105.41

### LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.64	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.64	g/dL		6.00-8.00
ALBUMIN - SERUM	5.16	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.16	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	1.6	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	121	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	1.71	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	4.3	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)	13	mg/dL	●	6-20
UREA - SERUM / PLASMA	28	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	233 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	98	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	61	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)	168 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High
VLDL CHOLESTEROL	20		●	< 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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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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### Executive Summary



BODY WEIGHT 52 KG, IDEAL BODY 56-68 KG

DYSLIPIDEMIA

ECG - NORMAL

ECHO - - NORMAL LV SYSTOLIC FUNCTION, LVEF 60%

- NORMAL LV COMPLIANCE

- MILD MITRAL VALVE PROLAPSE +

- MILD PAH , RVSP: 35 MMHG

- TRIVIAL MR, NO AR, MILD TR

USG ABDOMEN - LEFT RENAL SMALL SIMPLE CYST, 1X1 CM SIZED LIVER HEMANGIOMA IN SEGMENT VI

X-RAY - NORMAL

VISION- NORMAL

DENTAL- AS PER DOCTOR'S 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 56-68 KG

*Coselle Pandey*

Printed By : MUKTA S ADALTI

*Shashikant Nigam*  
**Dr. SHASHIKANT NIGAM**

AHC Physician / Consultant Internal Medicine

**Dr. Shashikant Nigam**

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

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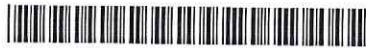
Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.



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### CARDIOLOGY

**Patient Details :** Mr. BRIJESH ARYA | Male | 31Yr 5Mth 8Days  
**UHID :** AHIL.0000817379      **Patient Location:** AHC  
**Patient Identifier:** AHILAH175712        
**DRN :** 5622085523      **Completed on :** 19-NOV-2022 09:24  
**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.  
 Mild Mitral valve prolapse +.  
 Other cardiac valves are structurally normal.  
 IAS/ IVS intact.  
 Trivial MR, No AR, Mild TR.  
 Mild PAH, RVSP: 35 mm Hg.  
 No clots/ vegetation/ effusion.

DRAFT

**MEASUREMENTS (mm) ::**



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**ECHO/TMT**

	LVID diastole	LVID systole	IVSd / LVPW	LA Size	AO (Root)
Measurements (mm)	38	26	9/10	21	32

**PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS**

	MITRAL	AORTIC	PULMONARY
Peak Velocity m/sc.	E:0.87/0.49	1	0.79
Peak PR. Gradient mm.Hg.		4	2.48

**IMPRESSION**

— END OF THE REPORT —

DR SAMEER DANI MD.DM

Interventional Cardiologist

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details :** Mr. BRIJESH ARYA | Male | 31Yr 5Mth 7Days  
**UHID :** AHIL.0000817379      **Patient Location:** AHC  
**Patient Identifier:** AHILAH175712        
**DRN :** 222059597      **Completed on :** 18-NOV-2022 09:33  
**Ref Doctor :** DR. SHASHIKANT NIGAM

**USG WHOLE ABDOMEN**

**FINDINGS :**

Liver appears normal in size. Approx 1 x 1 cm sized hemangioma noted in segment VI.  
 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.

Approx 1 x 1 cm sized simple cyst noted at mid pole of left kidney.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi.

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**

Left renal small simple cyst.

1 x 1 cm sized Liver hemangioma in segment VI.







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**USG WHOLE ABDOMEN**

— END OF THE REPORT —

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details** : Mr. BRIJESH ARYA | Male | 31Yr 5Mth 7Days  
**UHID** : AHIL.0000817379      **Patient Location:** AHC  
**Patient Identifier:** AHILAH175712        
**DRN** : 122130534      **Completed on :** 18-NOV-2022 09:23  
**Ref Doctor** : DR. SHASHIKANT NIGAM

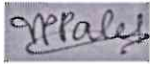
**X-RAY CHEST PA**

**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





AHIL.0000817379  
 Mr. BRIJESH ARYA  
 31 Year(s) / Male  
 D,

**DENTISTRY**

Name : ..... Date : 18/1/22 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
Lips :				CROSSBITE		
Cheeks :				Hypoplasia		
Tongue :				Impaction		
Floor of the mouth :				Non-vital		
Palate :				Fracture		
Tonsillar Area : <u>NA</u>				Abcess		
Any other :				Ulcers		
				Caries		
				Missing Teeth		
				Supernumerary		
				Others - <u>under 2 6t</u>		

PRESENT COMPLAINT : Dental treated H10  
under 2 6t

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

NA

81/3/9  
MR BRIJESH ARYA  
Born 11-Jun-91 31 Years Male

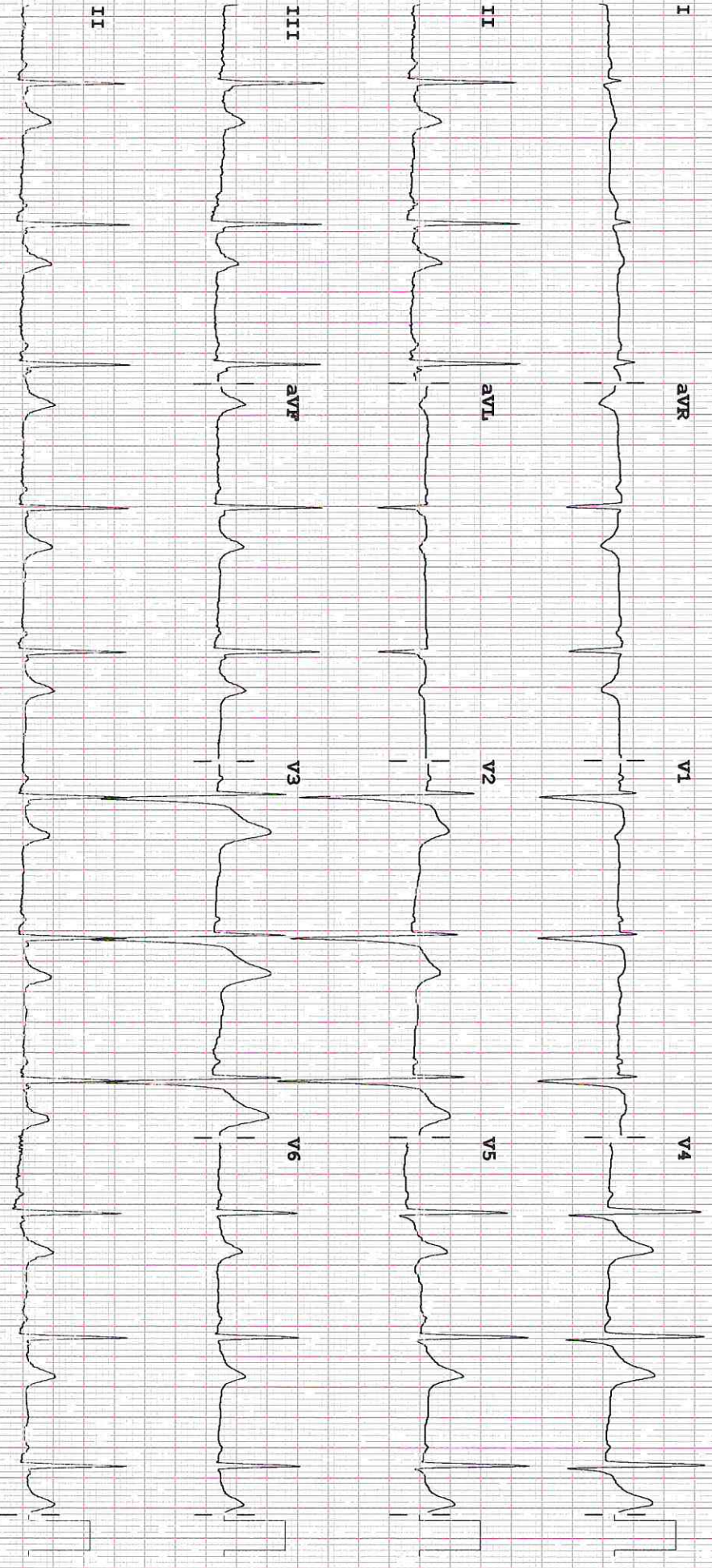
18-NOV-22 9:51:41 AM

Rate 66

PR 130  
QRSD 110  
QT 384  
QTc 403

--AXIS--  
P 34  
QRS 86  
T 73

12 Lead: Standard Placement



Dev: 100

Speed 25 mm/sec

Time 10 mm/4V

Dist 10 mm/4V

F 80-015-100 MA

PH10

QT

77



AHIL.0000817379

Mr. BRIJESH ARYA

31 Year(s) / Male

**ON RECORDS**

**OPHTHAL**

Name :



UHID :

Date : 18/11/22

Distance Vision :

Right Eye - 6/6  
Left Eye - 6/6

Near Vision :

Right Eye : N6  
Left Eye : N6

APLN.TN - Right Eye 16

Left Eye - 12 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

Doctor's Signature

*JS*  
Dr. Jagriti Sinha  
MS (Ophthalmology)  
Jr. Consultant  
Apollo Hospitals International Ltd., Gandhinagar,  
Bangalore-560028, INDIA. Regd. No.: G-68792

Ophthalmologist Name