

Ms. PATNI PAYAL BEN SHAILESH KUMAR (22/F)

UHID

AHIL.0000822443

AHC No

AHILAH179266

Date

05/12/2022

Apollo HOSPITALS

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Ms. PATNI PAYAL BEN SHAILESH KUMAR

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







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







: Ms. PATNI PAYAL BEN SHAILESH KUMAR (22 /F)

Date

UHID

: AHIL.0000822443

AHC No : AHILAH179266



Chief Complaints

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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

:05/12/2022



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

Page 3 of 13







- Nil Significant

Musculoskeletal system

Spine and joints

- Nil Significant

Skin

- Nil Significant

General symptoms

- Nil Significant



Past medical history

Do you have any

- No

allergies? Allergies

- Nil

Past medical history

- nil significant

Covid 19

- No

Post detection (3

- No

Weeks)

Hospitalization for

- No

Covid 19

Oxygen support

- No



Surgical history

Others

- BARTHLIAN CYST REMOVAL BEFORE 8-9 MONTHS



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

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Father alive

Aged 54

Mother alive

Aged 42

Brothers

Sisters

Diabetes father

Coronary artery

- none

disease

Cancer - None

Physical Examination



General

General appearance - normal

Build - normal

Height - 156

Weight - 55.5

BMI - 22.81

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 68

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 100

Diastolic(mm of Hg) - 67

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

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Name Ms. PATNI PAYAL BEN SHAILESH KUN UHID : AHIL.0000822443 MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date AHC No

Organizati Organomegaly

- No

Tenderness

- No

Printed By:

MUKTA S ADALTI

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Organization is Accredited by Joint Commission ORINE 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:	Slightly Turbid			
Hq	5.5			
Protein:	Nil			
Sugar:	Nil			
Blood:	2+			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	10-12 /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)	10.8 *	gm%	•	12-16
Packed cell volume(Calculated)	34.9 *	%		36-46
RBC COUNT (Impedance)	4.72	Million/ul		3.8-5.2
MCV (From RBC Histogram)	74 *	fl		80-100
MCH(Calculated)	22.96 *	pg		27-32
MCHC(Calculated)	31	%		31-36
RDW(Calculated)	15.4 *	%		11.5-14.5
WBC Count (Impedance)	9508	/cu mm		4000-11000

Within Normal Range

Borderline High/Low

Out of Range

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Name Ms. PATNI PAYAL BEN SHAILESH KUN UHID : AHIL.0000822443 MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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AHC No

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ion is A marked the company of the c	52	%		40-75	HOS
Lymphocytes	31	%		20-40	
Monocytes	07	%		2-10	
Eosinophils	10 *	%		01-06	
Basophils	00	%		0-1	
Platelet Count (Impedance)	287000	/cu mm		150000-450000	
MPV (Calculated)	9	fl		7-11	
WBC:	Eosinophilia	noted			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic– electronic)	14	mm/1st hr	•	0-20	
URINE GLUCOSE(FASTING)					

URINE GLUCUSE(FASTING)

Test Name Result Range Unit Level

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.

Within Normal Range	Borderline H	ligh/Low	Out o	of Range
	¥			
Total Bilirubin	0.275 *	mg/dL	•	0.300-1.200
AST (SGOT) - SERUM	17	U/L		>1 year Female : <32
ALKALINE PHOSPHATASE - SERUM/PLASMA	68	U/L	•	Adult(Female): 35 - 104
ALT(SGPT) - SERUM / PLASMA	13	U/L	•	0-35
Test Name	Result	Unit	Level	Range
	August August San			

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Name Ms. PATNI PAYAL BEN SHAILESH KUN UHID : AHIL.0000822443

Date AHC No

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE Organization is Accordited by Joint Commission Diffects Billirubin HOSPITALS 0 115 mg/dL Upto 0.3 mg/dl Indirect Bilirubin

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 Range Result Unit Level

0.16

CREATININE - SERUM / PLASMA 0.61 mg/dL Adult Female: 0.5 - 1.2

LFT (LIVER FUNCTION TEST)

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Test Name Result Level Range

GGTP: GAMMA GLUTAMYL 15 U/L Male: 10 - 71 TRANSPEPTIDASE - SERUM Female: 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name Result Unit Level Range

Glucose - Plasma (Fasting) 99 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) 109 mq/dL 70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range

> Within Normal Range Borderline High/Low

Page 9 of 13

Out of Range



%

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

Range

Estimated Average Glucose.

Test Name

125.50

Result

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.

Level

PROTEIN TOTAL - SERUM / PLASMA	7.77	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.77	g/dL		6.00-8.00
ALBUMIN - SERUM	4.57	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.57	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.2			2.20-4.20
Globulin-Serum/Plasma	3.2		•	2.20-4.20
A/G ratio	1.43			1.00-2.00
A/G ratio	1.43			1.00-2.00
THYROID PROFILE (T3,T4 AND TSH	<u>1)</u>			
Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.0	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	128	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	1.76	μIU/mL		14-120 years : 0.27 - 4.20
Within Normal Range	Borderline H	igh/Low	Out o	of Range

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Organization is According 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	4.0	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	27	mg/dL		15 - 50
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Total Cholesterol	169	mg/dl	•	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	59	mg/dL		0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	47 *	mg/dL	8	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	116	mg/dL	•	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	12			< 40 mg/dl
C/H RATIO CONVENTIONAL PAP SMEAR /CERVI Cytology	4 CAL SMEAR		•	0-4.5
Ref No:				
CY 1907/22				
Brief Clinical History:				
LMP: 27.11.2022				

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Borderline High/Low

Within Normal Range

Out of Range







Organization is Accredited by Joint Commission SPEGIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Payalben 822443'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation without endocervical cells.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy.

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

ECG

Within Normal Range

Borderline High/Low

Out of Range





HOSPITALS

Organization is Accredited by Joint Commission Server Summary



BODY WEIGHT 55.5 KG, IDEAL BODY 46-55 KG
IMPAIRED GLUCOSE TOLERANCE
HEMATURIA
ECG - NORMAL
ECHO - NORMAL
USG ABDOMEN - NORMAL
X-RAY - NORMAL
VISION - NORMAL

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 46-55 KG

Printed By : MUKTA S ADALTI

Dr.SHA\$HIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam MBBS, MD (Gen. Med.) Consultant in the finde Apollo Hespitals Info

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 :

Ms. PATNI PAYAL BEN SHAILESH KUMAR | Female | 22Yr 9Mth 17Days

UHID

AHIL.0000822443

Patient Location:

Patient Identifier:

AHILAH179266

DRN

5622091489

Completed on:

05-DEC-2022 13:09

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, RVSP: 22 mm Hg.

No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole	LVID systole	IVSd / LVPW	LA Size	AO (Ruot)
	15 15 15 15 15 15				.1
Measurements (mm)	42	26	10/9	27	24

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Ms. PATNI PAYAI	. BEN SHAILESH KUMA	AHIL.0000822443	AHILAH179266
		ECHO/TMT	
PULSED,HPRF,C	W AND COLOUR DOPI	PLER PARAMETERS	
	MITRAL AORTIC PUT	MONAR	
Peak Velocity m/sc.	E: 0.82/A: 1.30 0.70		
	0.60	,	
IMPRESSION			
9			
w.	END	OF THE REPORT	
Maz			
DR SAMEER DANI	MD.DM	DR. CHIRAG PRA	HLADBHAI PATEL
Interventional Cardiol	ogist	MBBS., PGDCC	

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details:

Ms. PATNI PAYAL BEN SHAILESH KUMAR | Female | 22Yr 9Mth 17Days

UHID

AHIL.0000822443

Patient Location: AHC

Patient Identifier:

AHILAH179266

DRN

122139154

Completed on:

05-DEC-2022 10:42

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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Radiology

Patient Details:

Ms. PATNI PAYAL BEN SHAILESH KUMAR | Female | 22Yr 9Mth 17Days

UHID

AHIL.0000822443

Patient Location: AHC

Patient Identifier:

AHILAH179266

DRN

222062704

Completed on:

05-DEC-2022 10:42

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 7.9 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.

Uterus measures 4.2 x 2.9 x 7.1 cm. Endometrial thickness is 8 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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Ms. PATNI PAYAL BEN SHAILESH KUMA AHIL.0000822443

AHILAH179266

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

--- END OF THE REPORT ---

Dr. HARSH S VYAS

DNB Resident

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If label not available, write Pt, Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

ODSTETNICS & GINAECULO	DGY - AHC
Occupation : PAYAL BEN SHAILESH K 22 Year(s) / Female	Date: SINIzon Unit No.: Ref. Physician: Dr. Namdane Linha Copies to:
Chief Complaint: Nove	25.
Patient on infability t	tocatnent.
Children: Por	Weight:
Deliveries: Now	BP:
Last Child: Nove	
Abortions: Nove	Breasts: Normal
Periods: Regular - 28 days LMP: 27/11/2022	Breasts: Normal PAP Smear: Token.
LMP: 27/11/2022 Menopause: -	Previous Medical H/O:
G. Condition:	FIHIO: DM.
PIA: Soft	Previous Surgical H/O:
S/E:	Bartholin Cystectomy & mon
P/V:	
P/R:	P a
mpression:	M X

Doctor Signature
Date & Time

5 | 12 | 2022

 Rate
 64

 PR
 133

 QRSD
 84

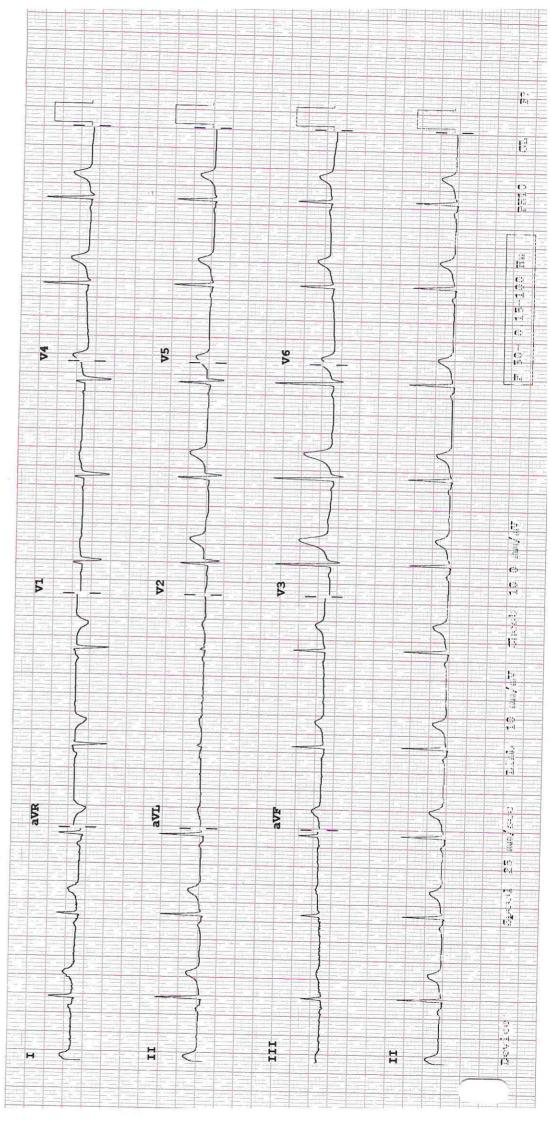
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--AXIS--P QRS 54 T

12 Lead; Standard Placement





OPTHALMIC EXAMINATION RECORDS

Name	. S
IAGILIE	

M8 Patn; Payel Ben

822443

Distance Vision:

Right Eye -

Left Eye -

(BE) 6/6 (P)

Near Vision:

Right Eye: N 6

Left Eye :

APLN.TN - Right Eye

Left Eye-

Both Eye - Colour Vision NO

Both Eye - Anterior Segment Examinations -

Both Eye Posterior Segment Examinations -

Doctor's Signature

AHMROP028V1

Ophthalmologist Name



EYEGLASSES PRESCRIPTION

Patient Name:

RIGHT EYE

20.

WHID: 822443

•	°0 «_
-	100 100 100 100 100 100 100 100 100 100

		201 20						
	Sphere	Cylinder	Axis	Vision	Sphere	Cylinder	Axis	Vision
	1							1
Distance		L	2	/9		10. 12 180	180	9/9
		^ < .						/
100								1
Near								

Remark (if any):

Dr. Jagriti Sinha Mis (Opthalmology) Jr. Consultan Jr. Con

Signature $\mathbb{Z}/\mathcal{U}/\mathcal{U}$

AHMROP0016V1

Apollo Hospitals International Etd., Plot 1A, Bhat GIDC Estate, Gandhinagar-382428 Phone : (079) 66701800