

Mr. URVILKUMAR PRAKASHCHANDRA DARJI (35 /M)

UHID

AHIL.0000495700

AHC No

AHILAH175283

Date

16/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. URVILKUMAR PRAKASHCHANDRA 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







Proffealth 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







: Mr. URVILKUMAR PRAKASHCHANDRA DARJI (35 /M)

Date

: 16/11/2022 AR, GANDHIO HOSPITALS

Address: PLOT NO 9/2 SECTOR 4-A GANDHINAGAR GANDHINAGAR, GANDHI NAGAR

NAGAR, GUJARAT, INDIA

UHID

: AHIL.0000495700

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH175283



Chief Complaints

Examined by : Dr. SHASHIKANT NIGAM

For Annual health checkup Fissured tongue, Tongue ulcers

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY

:10/01/2019



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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Nil Significant

Musculoskeletal system

Spine and joints

- Nil Significant

Skin

: - Nil Significant

General symptoms

Š

- Nil Significant

1 = 0

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

- LASIK IN BOTH EYES- 2014



Personal history

Ethnicity

- Indian Asian

Marital status

- Married

No. of children

- 1

Male

. .

Profession

- corporate employed

Diet

Vegetarian

Alcohol

- does not consume alcohol

Smoking

No

Chews tobacco

- No

Page 4 of 13







Conganization is Actalinysical activity

- Sedentary



Family history

Father

alive

Aged

68

Mother

alive

Aged

65

Sisters

Diabetes

- father

Coronary artery

father

disease

Cancer

- None

Physical Examination



General

General appearance

- normal

Build

- normal

Height

- 178

Weight

- 76.4

BMI

- 24,11

Pallor

- No

Oedema

- no



Cardiovascular system

Heart rate (Per minute)

- 60

Rhythm

- Regular

- B.P. Supine

Systolic(mm of Hg)

- 110

Diastolic(mm of Hg)

- 72

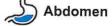
Heart sounds

- S1S2+

Respiratory system

Breath sounds

- Normal vesicular breath sounds



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Name: Mr. URVILKUMAR PRAKASHCHANDR/ UHID : AHIL.0000495700 MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Organization is 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
			20101	rtarige
Volume	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
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		2	
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.1	gm%		13.0-17.0
Packed cell volume(Calculated)	45.3	%		40-50
RBC COUNT (Impedance)	4.92	Million/ul		4.5-5.9
MCV (From RBC Histogram)	92	fI		80-100
MCH(Calculated)	30.65	pg		27-32
MCHC(Calculated)	33.3	%		31-36
RDW(Calculated)	15.3 *	%		11.5-14.5
WBC Count (Impedance)	5367	/cu mm		4000-11000

Within Normal Range

Borderline High/Low



Out of Range





Names Mr. URVILKUMAR PRAKASHCHANDR/ UHID : AHIL.0000495700 MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



ALITY AND						
Organization is A by Joint Commission	Meutrophils	52	%		40-75	HOSPITALS
	Lymphocytes	41 *	%		20-40	
	Monocytes	04	%		2-10	7
	Eosinophils	03	%		01-06	
	Basophils	00	%		0-1	
	Platelet Count (Impedance)	336500	/cu mm		150000-450000	
	MPV (Calculated)	6.8 *	fl		7-11	
	ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic– electronic)	04	mm/1st hr		0-15	
	URINE GLUCOSE(FASTING)					
\frown	Test Name	Result	Unit	Level	Range	
	Urine Glucose (Post Prandial)	Nil				
	URINE GLUCOSE(POST PRANDIAL)	2				
	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: A 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	40	U/L		0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	77	U/L		Adult(Male): 40 - 129
AST (SGOT) - SERUM	31	U/L		> 1 year Male : <40
Total Bilirubin	0.688	mg/dL		0.300-1.200
Direct Bilirubin	0.134	mg/dL		Upto 0.3 mg/dl
Within Normal Range	Borderline Hi	gh/Low	Out	of Range

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Organization is According to Bilirubin

0.554

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

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

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

34

U/L

Male : 10 - 71

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)

75

mg/dL

70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name

Result

Unit

Level

Range

Within Normal Range



Borderline High/Low



Out of Range

Page 9 of 13

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Organization is Accredily Cosylated Hemoglobin (HbA1c)

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

119.76

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.

Unit

Level

PROTEIN TOTAL - SERUM / PLASMA	7.27	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.27	g/dL		6.00-8.00
ALBUMIN - SERUM	4.76	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.76	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.51			2.20-4.20
Globulin-Serum/Plasma	2.51			2.20-4.20
A/G ratio	1.9			1.00-2.00
A/G ratio	1.9			1.00-2.00
THYROID PROFILE (T3,T4 AND TSF	<u>1)</u>			
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	81	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	0.77	μIU/mL		14-120 years : 0.27 - 4.20
Within Normal Range	Borderline H	igh/Low	Out	of Range

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Organization is According by Joint Commission Integrated 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	7.0	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)	8	mg/dL		6-20
UREA - SERUM / PLASMA	17	mg/dL		15 - 50
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Total Cholesterol	163	mg/dl	, •	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	113	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)	113	mg/dL		100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	23			< 40 mg/dl
C/H RATIO	4			0-4.5

USG WHOLE ABDOMEN

Ultrasound of the abdomen helps to look for abnormalities of the abdominal organs like liver, spleen, gall bladder, pancreas, kidneys, uterus, etc.





Borderline High/Low



Out of Range

Page 11 of 13







organization is Accreditiver is normal in size, and measures 15 cm. Liver shows grade-I increased echogenicity. No e/o any focafilesion is noted in liver. Common Bile Duct is normal in caliber. No e/o intra-hepatic biliary radical dilatation is noted. Portal Vein appears normal.

Gall Bladder is distended and appears normal. It shows normal wall thickness with no significant pericholecystic inflammatory changes. Common Bile Duct is normal in caliber. No e/o intra-hepatic biliary radical dilatation is noted.

Visualized pancreas appears normal in size and echogenicity.

The spleen is normal in size and measures 8 cm. No evidence of any focal lesion is noted.

Approx. 13 x 13 mm sized simple cyst noted at upper pole of right kidney.

Right kidney measures 9.5 x 3.9 cm. Left kidney measures 9.3 x 5.6 cm.

No evidence of calculus. Both kidneys are normal in size, position and echogenicity. No evidence of hydronephrosis or mass lesion is noted.

Urinary bladder is distended and appears normal. It shows normal wall thickness. No evidence of calculus, diverticulum or mass lesion is noted. Prostate is normal in size (volume 12 cc). It shows normal echopattern.

Visualised bowel loops appear normal. No evidence of free fluid is noted in abdomen and pelvis. No evidence of significant abdominal lymphadenopathy is noted.

IMPRESSION:-

Grade-I hepatic steatosis. Right renal simple cyst

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

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Organization is Accredited by Joint Commission Exercise Summary



BODY WEIGHT 76.4 KG, IDEAL BODY 60-72 KG

IMPAIRED GLUCOSE TOLERANCE

ECG - NORMAL

ECHO - NORMAL

USG ABDOMEN -GRADE I HEPATIC STEATOSIS, RIGHT RENAL SIMPLE CYST

X-RAY - NORMAL

VISION- NORMAL

DENTAL- AS PER DOCTORS ADVISE

Wellness Prescription

Advice On Diet :-



BALANCED 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 60-72 KG

Conselle Parky

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-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.

Page 13 of 13



	AHIL. 00004 Mr. URVILKUN PRAKASHCHAI Year(s) / Male
Name :	
UHID:	

Distance Vision:

eft Eye -

Rofeesh tear
eye Iroh

As (BE)

Near Vision:

Right Eye: N

Left Eye: N

APLN.TN - Right Eye \ 6 Left Eye-\\8 mmHg

Both Eye - Colour Vision

Both Eye - Anterior Segment Examinations -

Both Eye Posterior Segment Examinations -

Doctor's Signature

Ophthalmologist Name

AHMROP028V1



AHIL.0000495700	
Mr. URVILKUMAD	
PRAKASHCHANDRA DA	R

35 Year(s) / Male



DENTISTRY

				Name of the last o		
Name :		Date :	16/11/22	Unit No. :		
Occupation :		Ref. Phy	/sician :			
Age:Sex:Male	emale	Copies (o:			
	DENTAL RECORD					
ALLERGIES: - NA						
PAIN : Score (0-10)	ation :		Cha	aracter :		
DENTAL CLEANING HABIT ON	ce T	vice	Occa	asionally		
Bru	sh Fi	nger	Stick	Any other		
Too	oth Paste Po	owder	Any	other		
DO THE GUMS BLEED WHEN YOU E	BRUSH YOUR TEET	H? .	Yes	No No		
ARE YOUR TEETH SENSITIVE TO H	EAT / COLD?		Yes t	No		
ORAL HYGIENE			Good	Fair Poor		
	Y		Commenced Commen	basemal basemal		
ORAL TISSUE EXAMINATION	PERIODONT	AL EXAM	NATION	OCCLUSION		
NORMAL FINDINGS IN DISEASE		MILD	MOD SEV	CLASS I II III CROSSBITE		
Lips : ,	Gingivitis	П		Hypoplasia		
Cheeks :	Calculus		HH	Impaction - 8/1		
Tongue :	Recession			Non-vital		
Floor of the mouth:				Fracture		
Palate :	Periodontal Pocket	s		Abcess Ulcers		
Tonsilar Area :	Attrition			Caries —		
Any other :	Erosion			Missing Teeth 7		
	Mobility	П	ПП	Supernumerary		
V		- Description of	beautiful baseased	Others		
PRESENT COMPLAINT:	tu cliq	الدامط		<u>.</u>		
· · · · · · · · · · · · · · · · · · ·						
DDE MEDICAL DIGITADA.	☐ HTN ☐ Thy(coagulant ☐ Unde			nancy		
AHMROP007V1 - N \$70	•			*		





DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Mr. URVILKUMAR PRAKASHCHANDRA DARJI | Male | 35Yr 3Mth 25Da **Patient Details**

UHID AHIL.0000495700 **Patient Location:** AHC

Patient Identifier:

AHILAH175283

DRN

222059193

Completed on:

16-NOV-2022 09:27

Ref Doctor

DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

IMPRESSION:

Liver is normal in size, and measures 15 cm. Liver shows grade-I increased echogenicity. No e/o any focal lesion is noted in liver. Common Bile Duct is normal in caliber. No e/o intra-hepatic biliary radical dilatation is noted. Portal Vein appears normal.

Gall Bladder is distended and appears normal. It shows normal wall thickness with no significant pericholecystic inflammatory changes. Common Bile Duct is normal in caliber. No e/o intra-hepatic biliary radical dilatation is noted.

Visualized pancreas appears normal in size and echogenicity.

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Visualised bowel loops appear normal. No evidence of free fluid is noted in abdomen and pelvis. No evidence of significant abdominal lymphadenopathy is noted.

IMPRESSION:-

Grade-I hepatic steatosis. Right renal simple cyst

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Page 1 of 2 717876









Mr. URVILKUMAR PRAKASHCHANDRA

AHIL.0000495700

AHILAH175283

USG WHOLE ABDOMEN

- END OF THE REPORT -



TIRTH VINAYKUMAR PARIKH

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16-Nov-2022 14:18

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Page 2 of 2

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CARDIOLOGY

Patient Details : Mr. URVILKUMAR PRAKASHCHANDRA DARJI | Male | 35Yr 3Mth 25Da

and the section of

AHIL.0000495700

Patient Location: AHC

Patient Identifier:

AHILAH175283

DRN

UHID

5622084752

Completed on:

16-NOV-2022 13:04

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: 20 mm Hg.

No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

ે• ∘	LVID diastole	LVID systole	IVSd/LVPW	LA Size	AO (Root)
			6		
Measurements (mm)	42	29	10/10	32	30

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Mr. URVILKUMAR PRAKASHCHANDRA

AHIL.0000495700

AHILAH175283

ECHO/TMT

PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS

N _g =	MITRAL	AORTIC	PULMONAR Y
Peak Velocity m/sc.	E: 0.79/A: 0.58	1.39	0.81
Peak PR. Gradient mm.Hg.		7.70	2.64

IMPRESSION

END OF THE REPORT -

DR'SAMEER DANI MD.DM

DR. CHIRAG PRAHLADBHAI PATEL

Interventional Cardiologist

MBBS., PGDCC

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