



Ms. ALKA JAIN (37 /F)

UHID : AHIL.0000828123

AHC No : AHILAH183284

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Dear Ms. ALKA JAIN

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

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Name : Ms. ALKA JAIN (37 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 24/12/2022



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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 :24/12/2022



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



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ENT : - 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
- No. of children - 2
- Female - 1
- Male - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history



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- Father - alive
- Mother - alive
- Brothers - 1
- Sisters - 1
- Diabetes - father
- Hypertension - father
- Coronary artery disease - father
- Cancer - None
- Asthma - mother

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 157
- Weight - 59.2
- BMI - 24.02
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 62
- Rhythm - Regular
- B.P. Supine
- Systolic(mm of Hg) - 120
- Diastolic(mm of Hg) - 80
- 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	25	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
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)	15	gm%	●	12-16
Packed cell volume(Calculated)	44	%	●	36-46
RBC COUNT (Impedance)	4.99	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	88.2	fl	●	80-100
MCH(Calculated)	30.08	pg	●	27-32
MCHC(Calculated)	34.1	%	●	31-36
RDW(Calculated)	12.8	%	●	11.5-14.5
WBC Count (Impedance)	8548	/cu mm	●	4000-11000

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

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Neutrophils	67	%	●	40-75
Lymphocytes	25	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	298700	/cu mm	●	150000-450000
MPV (Calculated)	8.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	06	mm/1st hr	●	0-20

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:	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	21	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	66	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	18	U/L	●	>1 year Female : <32
Total Bilirubin	0.841	mg/dL	●	0.300-1.200
Direct Bilirubin	0.222	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.619

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	0.6	mg/dL		Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	21	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	112 *	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Toleranc ≥= 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	160 *	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)

5.7

%



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.

116.89

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	8.04 *	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.04 *	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.38 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.38 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.66		●	2.20-4.20
Globulin-Serum/Plasma	2.66		●	2.20-4.20
A/G ratio	2.02 *		●	1.00-2.00
A/G ratio	2.02 *		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.78	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	89.81	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	1.53	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	4.9	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)	6	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	219 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	105	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	56 *	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)	158 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	21		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Cytology

Ref No:

CY 2057/22

Brief Clinical History:

LMP: 9.12.2022

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SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Alka 828123'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation with 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



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Executive Summary



BODY WEIGHT 59.2 KG, IDEAL BODY 46-56 KG
 IMPAIRED GLUCOSE TOLERANCE
 DYSLIPIDEMIA
 ECG - NORMAL
 ECHO -NORMAL
 USG ABDOMEN - NORMAL
 X-RAY - NORMAL
 VISION – DRY EYE DISEASE

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 46-56 KG

Carefully Buddy

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.



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CARDIOLOGY

Patient Details : Ms. ALKA JAIN | Female | 37Yr 4Mth 19Days
UHID : AHIL.0000828123 **Patient Location:** AHC
Patient Identifier: AHILAH183284 
DRN : 5622097989 **Completed on :** 24-DEC-2022 12:47
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.
 No MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

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ECHO/TMT

	LVID diastole
Measurements (mm)	.

PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS

	MITRAL
Peak Velocity m/sc.	.

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

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UHID : AHIL.0000828123 **Patient Location:** AHC
Patient Identifier: AHILAH183284 
DRN : 122147924 **Completed on :** 24-DEC-2022 10:22
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

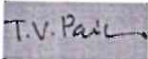
FINDINGS :

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

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. ALKA JAIN | Female | 37Yr 4Mth 19Days
UHID : AHIL.0000828123 **Patient Location:** AHC
Patient Identifier: AHILAH183284 
DRN : 222066879 **Completed on :** 24-DEC-2022 12:25
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.

Endometrial thickness is 13 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. ALKA JAIN

AHIL.0000828123

AHILAH183284

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

NORMAL STUDY.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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Place Label Here
If label not available, write Pt, Name, IP No/UHD, Age, Sex, Date, Name of Treating Physician

OBS

GYNAECOLOGY - AHC

AHIL.0000828123

Name : Ms. ALKA JAIN
Occupation : 37 Year(s) / Female
Age :


Date : 24/12/22 Unit No. :
Ref. Physician : Dr. Vandana Sinha
Copies to :

GYNAEC CHECK UP

Chief Complaint:

None. P2+0

Children: 2, 1 ♀ 1 ♂

Weight:

Deliveries: 2 FTND

BP:

Last Child: Mch / 7 years / FTND

Abortions: None

Breasts: Normal

Periods: Regular 3-4 days / 28-30

PAP Smear: Taken

LMP: 9/12/22

Previous Medical H/O: None

Menopause: -

PH/O: DM, HTN

G. Condition: Fit

Previous Surgical H/O:

P/A: Soft

None

S/E: -

P/V: Uterus: Anteverted Normal Size

P/R: Cervix: Nabothian follicles Seen &

Impression:

Vandana Sinha

Doctor Signature
Date & Time
24/12/22
2:15 PM

OPHTHALMIC EXAMINATION RECORDS

Name : Ms. Alka Jain

Date : 24.12.22

UHID : 828/23

F 37

Distance Vision : unaided

No visual symps/disease.

Right Eye - 6/6

Left Eye - 6/6

Near Vision :

Right Eye : } NG

Left Eye : }

APLN.TN - Right Eye

(N)

Left Eye - (N)

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

BE DED / SUK like
MGT) Supr CCT

Both Eye Posterior Segment Examinations -

(P. photophobic) Disc ! hypoxic
FR not seen

Adv Complete eye assessment.

HWF

Doctor's Signature



AHMROP028V1

(BE)

Optine old 3td

Olopat old 2td

RA 1wk

Ophthalmologist Name

