

Dear Mr. ADITYA SHUKLA

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

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

**Apollo Hospitals International Limited**  
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**Name** : Mr. ADITYA SHUKLA (32 /M)

**Date** : 24/12/2022



**Address** :

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**Examined by** : Dr. SHASHIKANT NIGAM

**UHID** : AHIL.000082815

**MEDIWHEEL-FULL BODY CHK-BELOW40-MALE**

**AHC No** : AHILAH183315



### Chief Complaints

For Annual health checkup  
No specific complaints

### Present Known illness

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



### Drug Allergy

NO KNOWN ALLERGY :24/12/2022



### Systemic Review

**Cardiovascular system** : - Nil Significant

**Respiratory system** : - Nil Significant

**Oral and dental** : - Nil Significant

**Genitourinary system** : - Nil Significant

**Gynaec history** : - Nil Significant

**Central nervous system** : - Nil Significant

**Eyes** : - Nil Significant

**ENT** : - Nil Significant





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APOLLO HOSPITALS

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**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
- 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
- Diet - Vegetarian
- Alcohol - consumes alcohol occasionally
- Smoking - Yes
- Type - Cigarette
- Frequency - occasional
- Chews tobacco - No
- Physical activity - Mild

 **Family history**

- Father - alive
- Mother - alive



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- Brothers - 1
- Sisters - 3
- Diabetes - father,mother
- Hypertension - father,mother
- Coronary artery disease - none
- Cancer - None
- Thyroid/other endocrine disorder - mother

### Physical Examination



#### General

- General appearance - normal
- Build - normal
- Height - 176
- Weight - 97.2
- BMI - 31.38
- Pallor - No
- Oedema - no



#### Cardiovascular system

- Heart rate (Per minute) - 114
- Rhythm - Regular
- B.P. Supine
- Systolic(mm of Hg) - 148
- Diastolic(mm of Hg) - 103
- Heart sounds - S1S2+

#### Respiratory system

- Breath sounds - Normal vesicular breath sounds



#### Abdomen

- Organomegaly - No
- Tenderness - No

Printed By : MUKTA S ADALTI



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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	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5			
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	Occasional			
Casts:	Absent			
Crystals:	Absent			

**COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.9	%	●	40-50
RBC COUNT (Impedance)	5.07	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	88.4	fl	●	80-100
MCH(Calculated)	30.43	pg	●	27-32
MCHC(Calculated)	34.4	%	●	31-36
RDW(Calculated)	12.7	%	●	11.5-14.5
WBC Count (Impedance)	5463	/cu mm	●	4000-11000

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

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Neutrophils	50	%	●	40-75
Lymphocytes	40	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	236300	/cu mm	●	150000-450000
MPV (Calculated)	8.1	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	08	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	63 *	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	108	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	52 *	U/L	●	> 1 year Male : <40
Total Bilirubin	0.447	mg/dL	●	0.300-1.200
Direct Bilirubin	0.168	mg/dL	●	Upto 0.3 mg/dl

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





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Indirect Bilirubin

0.279

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	0.97	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	62	U/L		Male : 10 - 71 Female : 6 - 42

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	101 *	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)	138	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)

6.1 \*

%



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. 128.37

### 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	7.55	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.55	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.06	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.06	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.49		●	2.20-4.20
Globulin-Serum/Plasma	2.49		●	2.20-4.20
A/G ratio	2.03 *		●	1.00-2.00
A/G ratio	2.03 *		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.63	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	128.6	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	4.14	μIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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Date 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No. APICAH18331



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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	6.6	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	195	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	148	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	35 *	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)	149 *	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	6 *		●	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



Name Mr. ADITYA SHUKLA

UHID : AHIL.0000828159

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECHO/TMT

EKG

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Date 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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### Executive Summary



- .BODY WEIGHT 97.2 KG,DEAL BODY WEIGHT 58-71 KG
- .PRE - DIABETIC
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 8:47 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE – 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 58-71 KG

### Follow-up and Review Plan



- CHECK FBS AND PPBS ONCE IN A MONTH
- CHECK HBA1C NOW AND ONCE IN 3 MONTH
- CHECK LIPID PROFILE EVERY 6 MONTHS



Scan the QR code  
in AskApollo App  
to book your  
follow-up  
appointments and  
investigations

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-382022, 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. ADITYA SHUKLA | Male | 32Yr 2Mth 17Days  
**UHID** : AHIL.0000828159 **Patient Location:** AHC  
**Patient Identifier:** AHILAH183315   
**DRN** : 122147978 **Completed on :** 24-DEC-2022 11:18  
**Ref Doctor** : DR. SHASHIKANT NIGAM

**X-RAY CHEST PA**

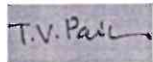
**FINDINGS :**

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** : Mr. ADITYA SHUKLA | Male | 32Yr 2Mth 17Days  
**UHID** : AHIL.0000828159 **Patient Location:** AHC  
**Patient Identifier:** AHILAH183315   
**DRN** : 222066950 **Completed on :** 24-DEC-2022 13:01  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### FINDINGS :

Liver appears normal in size and shows uniform bright echotexture. No evidence of focal 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.

Visualized Head, and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 12 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 measures 16 cc , is normal in size and echopattern.

#### IMPRESSION :

Grade I fatty liver.

Rest normal study.

Printed on : 26-Dec-2022 12:32

Printed By : 153182

Reported By : 717876

Page 1 of 2

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Mr. Aditya, Shukla  
ID: 824159  
32 Years

24.12.20 12:08:34  
Apollo Hos,  
Bhat,  
Gardnagar

Location:  
P. No.  
Order No.  
Indication:  
Medication 1:  
Medication 2:  
Medication 3:

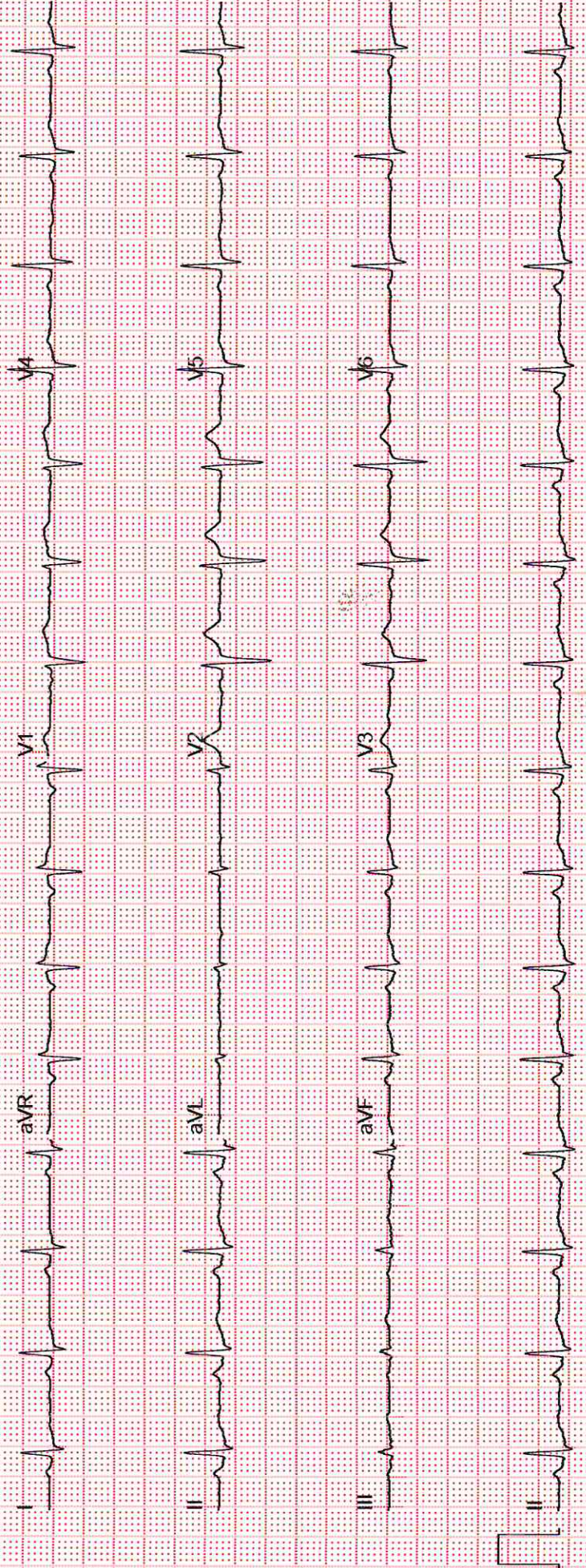
90 bpm  
/ = mmHg

Male

Normal sinus rhythm  
Normal ECG

QRS  
QT/QTc/Baz 344 / 420 ms  
PR 148 ms  
P 106 ms  
RR/PP 662 / 666 ms  
P/QRS/T 47 / 65 / 80 degrees

Technician:  
Ordering Ph:  
Referring Ph:  
Attending Ph:







AHIL.0000828159

Mr. ADITYA SHUKLA

OP7

32 Year(s) / Male

**NATION RECORDS**

Name :



Date :

24/12/22

UHID :

Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

(Unaided)

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

14

Left Eye -

16

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

Doctor's Signature

AHMROP028V1

Ophthalmologist Name

Dr. Jagriti Sinha  
M.B.B.S., D.M.O. (Ophth.)  
Senior Consultant  
Apoll Hospital  
Sector - 11, Gurgaon  
Haryana - 122002



ID: 000828159  
 Visit: MEDIWHEEL  
 24-Dec-2022 14:11:27  
 32years 176cm  
 Astan 97kg  
 Male  
 Referred by: DR.SUBIR GHOSH, MHC  
 Test ind:

BRUCE  
 Max HR: 186bpm 98% of max predicted 188bpm  
 Max EP: 146/90  
 Reason for Termination: Patient fatigue  
 Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD TACHYCARDIA RESPONSE AND NORMAL HEYMODYNAMIC RESPONSE NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED NO GALLOP / MURMUR AT PEAK EXERCISE TEST TERMINATED DUE TO PATIENT FATIGUE AND THR ACHIEVED GOOD EFFORT TOLERANCE.

Total Exercise time: 8:47  
 25.0 mm/s  
 10.0 mm/mV  
 100hz  
 10. IMETS  
 Maximum workload:  
 PEAK EXERCISE 8:47 5:05  
 186bpm 128bpm  
 BP: 140/90 BP: 130/80

