



Mr. SANDEEP KUMAR KATIYAR (45 /M)

UHID : ASHB.0000034024

AHC No : BPLAH7795

Date : 07/04/2024

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50
MALE

Dear Mr. SANDEEP KUMAR KATIYAR

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*

Name : Mr. SANDEEP KUMAR KATIYAR (45 /M)

Date : 07/04/2024

Address : LALGHATI AREA, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. PROMISE JAIN

UHID : ASHB.0000034024

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Chief Complaints

For corporate health checkup
No specific complaints

Present Known illness

No history of - Diabetes mellitus, Dyslipidemia, Thyroid disorder, Heart disease, Stroke,
Asthma, COPD, Cancer, Impaired Glycemia
Hypertension Since - 2-2.5 YEARS; Medication - regular; - T. BENDIPINE 4MG OD



Drug Allergy

NO KNOWN ALLERGY :07/04/2024



Systemic Review

Cardiovascular system : - Nil Significant
Respiratory system : - Nil Significant
Gastrointestinal system : - Nil Significant
Genitourinary system : - Nil Significant
Central nervous system : - Nil Significant
Eyes : Vision - normal with glasses; Glasses - yes; Glasses for - refractive error
Musculoskeletal system :
Spine and joints
 - LEFT ANKLE PAIN ON AND OFF SINCE 5-6 MONTHS. H/O LEFT ANKLE SPRAIN 6 MONTHS BACK.
Weight : - stable; Number of kgs - 93.4



Present medications : - T. BENDIPINE 4MG OD; Compliance - regular



Past medical history

Do you have any - No
allergies?
Covid 19 - Yes
Hospitalization for - No
Covid 19



Surgical history

Surgical history - Nil

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 2
Diet - Vegetarian
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Mild
- level ground walking



Family history

Father - has expired
Aged - 74
Cause - stroke
Mother - alive
Aged - 72
Brothers - 1
Sisters - 3
Diabetes - mother
Coronary artery disease - none
Cancer - None
CVA - father

Physical Examination



General

Height - 170
Weight - 93.4
BMI - 32.32
Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 67
Rhythm - Regular
Systolic(mm of Hg) - 134
Diastolic(mm of Hg) - 84
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Cardiac consultation

Cardiac consultation done by - Dr Gaurav Khandelwal
Cardiac findings - TMT mildly positive
No Cardiac symptoms
Advised
CT Coronary Angiography
Advised Tab Ecosprin AV 75/10 once daily 9 pm

Ophthalmology consultation

Ophthalmology consultation done by - Dr.SANGEETA BHADRA
Ophthalmology findings - routine check up
A/S WNL
adv
e/d refresh tear
glassess

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	14.5	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	40.8	%	●	38.3-48.6
RBC Count	4.61	Million/ul	●	4.50-5.90
MCV-	88.6	fl	●	80-100
MCH-	31.4	pg	●	27-32
MCHC-	35.5	g/dL	●	32-36
RDW	14.4	%	●	11.8-14.5
TLC COUNT	6.81	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	68	%	●	40-80
Lymphocytes	23	%	●	20-40
Monocytes	5	%	●	2-10
Eosinophils	4	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	167.8	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	10.2	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	13	mm/1st hr	●	0-15

URINE ROUTINE (CUE)

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
Specific Gravity	1.030 *		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			
Bilirubin:	Nil			



Within Normal Range



Borderline High/Low



Out of Range

RBC	Nil			
Pus Cells	1-2	/hpf		0.0 - 5.0/HPF
Epithelial Cells	1-2	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Absent			
Casts:	Absent			ABSENT
Crystals:	Absent			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
ABO Group:	B			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	98	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	112	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.5	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	183	mg/dL	●	Desirable: <200 Borderline High: 200-239 High >240
HDL Cholesterol	46	mg/dL	●	>40



Within Normal Range



Borderline High/Low



Out of Range

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LDL Cholesterol (Direct LDL)	121 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	166 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	33 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.0		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.9	g/dL	●	6.6-8.3
Albumin - Serum	4.1	g/dL	●	3.5-5.2
GLOBULIN	2.8	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.5		●	0.9-2.0
AST (SGOT)	34	U/L	●	< 50
ALT(SGPT) - SERUM	45	U/L	●	<50
BILIRUBIN TOTAL	0.6	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.5	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	81	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	24	U/L	●	0 - 55

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.83	mg/dL	●	0.72 - 1.18



Within Normal Range



Borderline High/Low



Out of Range

URIC ACID - SERUM / PLASMA

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	7.9 *	mg/dL	●	3.5-7.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.8	mg/dL		Male: <50yrs 8.87-20.5 mg/dl Male:>50yrs 8.41-25.7 mg/dl

THYROID PACKAGE

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.14	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	11.21	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	1.76	µIU/mL	●	0.35-5.50

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.8	ng/mL	●	< 4

CARDIOLOGY

TMT/2D ECHO

Ultrasound Radiology

ULTRASOUND - WHOLE ABDOMEN

CARDIOLOGY

ECG

X Ray

X-RAY CHEST PA

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

Executive Summary



Systemic Hypertension
MILD TMT POSITIVE
FATTY LIVER

Wellness Prescription

Advice On Diet :-



Low salt diet

Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

Medications

CARDIOLOGIST OPINION
CAP. ENSULE PLUS 1 OD 1 MONTH

Follow-up and Review Plan



Periodic blood pressure monitoring



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

Printed By : Promise Jain

Dr.PROMISE JAIN

AHC Physician / Consultant Internal Medicine

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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Medications

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