



Mr. AKASH NEEL (37 /M)

UHID : ASHB.0000031569

AHC No : BPLAH7105

Date : 09/03/2024

MEDIWHEEL FULL BODY HEALTH PLUS BELOW
40 ADVANCED-MALE

Dear Mr. AKASH NEEL

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. AKASH NEEL (37 /M)

Date : 09/03/2024

Address : H NO 08, STREET NO 3, CJHOWKI IMAMBADA, BHOPAL, BHOPAL, MADHYA
PRADESH, INDIA

Examined by : Dr. PROMISE JAIN

UHID : ASHB.0000031569

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Chief Complaints

For corporate health checkup

No specific complaints

Present Known illness

No history of - Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke,
Asthma, COPD, Cancer, Impaired Glycemia

Diabetes mellitus - type 2; Since - 2016; Medication - regular



Drug Allergy

NO KNOWN ALLERGY

:09/03/2024



Systemic Review

Cardiovascular system : Chest pain - on and off; Character - atypical; Breathing difficulty - no

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Dyspepsia - yes; Nature - intermittent; Symptoms -
acidity; Bowel habits - regular, constipation; Rectal bleeding - no

Genitourinary system : Frequency - increased; Dysuria/burning micturition - no; Urgency - no

Central nervous system : - Nil Significant

Eyes : Vision - normal with glasses; Glasses - yes; Glasses for - refractive error

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints
- Nil Significant

Skin : - Nil Significant

Weight : - stable

General symptoms : - Nil Significant



Present medications : - Tab Glimiperide 1mg 2BD
Tab Metformin 500 2 BD



Past medical history

Past medical history - nil significant
Covid 19 - No



Surgical history

Surgical history - Nil

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 2
Female - 1
Male - 1
Profession - government employee
Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - Not Anymore
Physical activity - Mild



Family history

Father - has expired
Aged - 71
Cause - not known
Mother - has expired
Aged - 70+
Cause - not known
Brothers - 6
Sisters - 2
Diabetes - father,brother

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Coronary artery disease - none
Cancer - None

Physical Examination



General

General appearance - normal
Build - normal
Height - 170
Weight - 63.7
BMI - 22.04
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 87
Rhythm - Regular
Systolic(mm of Hg) - 145
Diastolic(mm of Hg) - 100
- B.P. Sitting
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Appearance - Normal
Organomegaly - No
Tenderness - No



Central nervous system

- No neurological deficit



Skin

- No significant finding

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Musculo Skeletal System

- No significant finding

Psychological Assessment

Psychological assessment - Normal

Printed By : NEELAM JAIN

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COMPLETE BLOOD COUNT(CBC) WITH ESR

| Test Name | Result | Unit | Level | Range |
|--------------------------------------|--------|----------------------------------|-------|-----------|
| HAEMOGLOBIN | 14.9 | g/dL | ● | 13.0-17.0 |
| Packed cell volume (Calculated) | 41.6 | % | ● | 38.3-48.6 |
| RBC Count | 5.05 | Million/ul | ● | 4.50-5.90 |
| MCV- | 82.3 | fl | ● | 80-100 |
| MCH- | 29.5 | pg | ● | 27-32 |
| MCHC- | 35.8 | g/dL | ● | 32-36 |
| RDW | 15.4 * | % | ● | 11.8-14.5 |
| TLC COUNT | 6.21 | 10 ⁹ /mm ³ | ● | 4.0-11.0 |
| Neutrophils | 58 | % | ● | 40-80 |
| Lymphocytes | 31 | % | ● | 20-40 |
| Monocytes | 6 | % | ● | 2-10 |
| Eosinophils | 5 | % | ● | 1-6 |
| Basophils | 0 | % | ● | 0-2 |
| Platelet Count | 291.9 | 10 ⁹ /mm ³ | ● | 150-450 |
| Mean Platelet Volume | 7.77 | fl | ● | 6.5-12.0 |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 18 * | 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 | 1.015 | | ● | 1.005 - 1.025 |
| Colour: | Pale-Yellow | | | |
| Transparency: | Clear | | | |
| pH | Acidic | | | |
| Protein : | Nil | | | |
| Sugar: | 3+ | | | |
| Ketone | Nil | | | |

● Within Normal Range

● Borderline High/Low

● Out of Range

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| | | | |
|------------------|--------|------|---------------|
| Bilirubin: | Nil | | |
| 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: | AB | | | |
| Rh (D) Type: | Positive | | | |

GLUCOSE - SERUM / PLASMA (FASTING)

| Test Name | Result | Unit | Level | Range |
|----------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Fasting) | 264 * | mg/dL | ● | 70-100 |

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

| Test Name | Result | Unit | Level | Range |
|----------------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Post prandial) | 376 * | mg/dL | ● | 70-140 |

LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|------------------------------|--------|-------|-------|---|
| Total Cholesterol | 220 * | mg/dL | ● | Desirable: <200 Borderline High: 200–239 High >240 |
| HDL Cholesterol | 45 | mg/dL | ● | >40 |
| LDL Cholesterol (Direct LDL) | 171 * | mg/dL | ● | Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190 |

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| | | | | |
|---|-------|-------|---|--|
| Triglycerides - Serum | 394 * | mg/dL | ● | Normal <150 Borderline high 150–199 High 200–499 Very high: ≥ 500 |
| VLDL CHOLESTEROL - SERUM | 79 * | | ● | 15-30 |
| Total Cholesterol / HDL Cholesterol Ratio (Calculated) | 4.8 | | ● | 3.5-5.0 |

LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|--|--------|-------|-------|---------|
| Protein Total - Serum | 7.5 | g/dL | ● | 6.6-8.3 |
| Albumin - Serum | 4.8 | g/dL | ● | 3.5-5.2 |
| GLOBULIN | 2.7 | g/dL | ● | 2.6-4.6 |
| ALBUMIN AND GLOBULIN RATIO | 1.8 | | ● | 0.9-2.0 |
| AST (SGOT) | 26 | U/L | ● | < 50 |
| ALT(SGPT) - SERUM | 45 | U/L | ● | <50 |
| BILIRUBIN TOTAL | 0.5 | mg/dL | ● | 0.3–1.2 |
| BILIRUBIN CONJUGATED (DIRECT) | 0.1 | mg/dL | ● | <0.2 |
| BILIRUBIN UNCONJUGATED (INDIRECT) | 0.4 | mg/dL | ● | 0.1-1.2 |
| Alkaline Phosphatase - Serum | 84 | U/L | ● | 30-120 |
| GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 126 * | U/L | ● | 0 - 55 |

CREATININE - SERUM / PLASMA

| Test Name | Result | Unit | Level | Range |
|-----------------------------|--------|-------|-------|-------------|
| CREATININE - SERUM / PLASMA | 0.59 * | mg/dL | ● | 0.72 - 1.18 |

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.

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| Test Name | Result | Unit | Level | Range |
|-------------------|--------|-------|-------|---------|
| Uric Acid - Serum | 3.5 | mg/dL | ● | 3.5-7.2 |

BUN (BLOOD UREA NITROGEN)

| Test Name | Result | Unit | Level | Range |
|---------------------------|--------|-------|-------|---|
| BUN (BLOOD UREA NITROGEN) | 9.6 | 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 | 1.52 | ng/ml | ● | 0.60-1.81 |
| TOTAL T4: THYROXINE - SERUM | 11.91 | µg/dL | ● | 5.01 - 12.45 |
| TSH: Thyroid Stimulating Hormone | 5.19 | µIU/mL | ● | 0.35-5.50 |

X-RAY CHEST PA

IMP:- RADIOGRAPHIC IMAGE REVEALS:-
Normal findings are seen.

Thanks for Ref

CARDIOLOGY

TMT/2D ECHO

Ultrasound Radiology

ULTRASOUND - WHOLE ABDOMEN

CARDIOLOGY

ECG

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

Executive Summary



Diabetes mellitus - uncontrolled
Elevated blood pressure - Hypertension to be ruled out
hypertriglyceridemia -

Wellness Prescription

Advice On Diet :-



Diabetic diet
Low salt diet

Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

Other Lifestyle Changes & Recommendations :-

MORNING WALK

Medications

TAB. DAPATURN-SM 10/100/500 1 OD BBF
TAB. AMARYL MV2 1 BD BEFORE LUNCH, BEFORE DINNER
TAG. TONACT -TG 1 HS
FOR 1 MONTH
SMBG AT HOME

Follow-up and Review Plan



Regular Diabetology follow up with regular blood sugar monitoring
Periodic blood pressure monitoring



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

Dr.PROMISE JAIN

AHC Physician / Consultant Internal Medicine

Printed By : Promise Jain

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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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Dr.PROMISE JAIN

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

| RISK STATUS | YOUR SCORE | ACCEPTABLE SCORE |
|---------------|------------|------------------|
| Moderate Risk | 5 | 4 |

Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of your age and gender

The AICVD risk score developed by Apollo Hospitals is a novel artificial intelligence-based risk scoring system that predicts your risk of having Coronary Artery Disease (CAD) related events in the next ten years. This scoring system uses Indian data and has been validated by multiple national and international institutions. This risk score is more than 92% accurate and has been compiled based on your physical parameters, heart health attributes, lifestyle and medical history. **Note:** The risk category is determined through the ratio between guest score and acceptable score at multiple decimal points. The outputs are shown in whole numbers.

Based on your AICVD risk score you are advised the following:

- Follow the guidance and education on **lifestyle and dietary management provided through the ProHealth program. Maintain a healthy BMI (<25). Avoid tobacco in any form and if you are a smoker, stop smoking.**
- Continue with **medications** for high blood pressure, diabetes, or dyslipidemia, if advised by your physician. Maintain HbA1c <7% (<53mmol/mol), blood pressure <140/90mmHg.
- Follow your physician’s advice regarding **follow up tests, consults and annual health assessment**
- **It is recommended that you visit your physician every 6 months** if you have:
 - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

DISCLAIMER

1. This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
2. This risk score and clinical algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician’s or cardiologist’s discretion.
3. To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the AICVD risk score without any intervention from their side.
5. By usage of the AICVD risk score, it is deemed that the beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.

The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515