



Mrs. PRAGYA PATHAK (38 /F)

UHID : ASHB.0000032276

AHC No : BPLAH7320

Date : 16/03/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS
CHECK FEMALE

Dear Mrs. PRAGYA PATHAK

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.*

Name : Mrs. PRAGYA PATHAK (38 /F)

Date : 16/03/2024

Address : 101 SARASWATI SAHEJ SANGAM APTT, LALGHATI, BHOPAL, BHOPAL, MADHYA
PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK
FEMALE

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Chief Complaints

For Annual health checkup
CHEST PAIN ON AND OFF
BREATHING DIFFICULTY ON AND OFF

Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Stroke,
Asthma, COPD, Cancer, Impaired Glycemia
Congenital heart disease - Atrial septal defect; Year - 2019; - On regular follow up; Medication - regular



Drug Allergy

NO KNOWN ALLERGY :16/03/2024



Systemic Review

Cardiovascular system : Chest pain - on and off; Character - burning; Breathing difficulty - yes;
Exacerbated by - mild exertion; Swelling of feet - no

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Abdominal pain - no; Bowel habits - regular

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

Gynaec history : Last menstrual period - 14/03/24; Pregnant - No; Periods - regular; Vaginal
discharge - clear; No of Children - 02; Last child birth - 2020; No of
deliveries - 02; Deliveries - normal vaginal delivery, LSCS; Delivery details -
2016 NORMAL DELIVERY AND 2020 LSCS; Menopause - no

Central nervous system : Head ache - on and off; Site of pain - frontal

Eyes : Vision - normal; Glasses - no

ENT : - Normal hearing


Musculoskeletal system :

Spine and joints
- Nil Significant

Skin : - Nil Significant

Weight : - stable


General symptoms : - Nil Significant

 Present medications : - TAB MECIITENT
TAB TADALAFIL
TAB NINDEV
TAB MYSEPT S

 Past medical history

Covid 19 - No

Tuberculosis - 2015 ON ATT MEDICINES

 Surgical history

Caesarian section - 2020

Others - LEFT HEART CATHETARIZATION 2023

Immunization history

- Covid Dose1,Covid Dose2

 Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 02

Female - 02

Male - 00

Profession - government employee

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild

 Family history

Father - alive

Aged - 64

Mother - alive

Aged - 62

Brothers - 01
 Sisters - 02
 Coronary artery disease - none
 Cancer - mother
 Type - Breast

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 152
 Weight - 71.3
 BMI - 30.86
 Pallor - No
 Oedema - no



Head and ENT

- No significant finding



Oral and Dental

- No significant finding



Cardiovascular system

Heart rate (Per minute) - 88
 Rhythm - Regular
 Systolic(mm of Hg) - 92
 Diastolic(mm of Hg) - 63
 - B.P. Sitting
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

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Tenderness - No

Ophthalmology consultation

Ophthalmology consultation done by - Dr.Siddhartha Malaiya

Ophthalmology findings - BE A/s wnl
BE Central fundus: Disc N CDR 0.3, FR +
Treatment
BE e/d

Addwet 4 times/day for 1 month -

ENT consultation

ENT consultation done by - Dr Ankit Mishra

Printed By : NEELAM JAIN

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	10.9 *	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	32.5 *	%	●	35.5-44.9
RBC Count	4.44	Million/ul	●	4.00-5.20
MCV-	73.2 *	fl	●	80-100
MCH-	24.5 *	pg	●	27-32
MCHC-	33.5	g/dL	●	32-36
RDW	20.1 *	%	●	12.2-16.1
TLC COUNT	5.09	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	61	%	●	40-80
Lymphocytes	25	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	8 *	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	199.4	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	9.3	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	24 *	mm/1st hr	●	0-20

BLOOD GROUPING AND TYPING (ABO and Rh)

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

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	92	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	134	mg/dL	●	70-140

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

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.3	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	165	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	49	mg/dL	●	>40
LDL Cholesterol (Direct LDL)	129 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	110	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	22		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.4 *		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	8.1	g/dL	●	6.6-8.3
Albumin - Serum	4.0	g/dL	●	3.5-5.2
GLOBULIN	4.1	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.0		●	0.9-2.0
AST (SGOT)	24	U/L	●	< 35
ALT(SGPT) - SERUM	13	U/L	●	<35

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

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	78	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	16	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.65	mg/dL	●	0.55-1.02

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	5.4	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.1	mg/dL		Female: <50yrs 7.01-18.7 mg/dl Female:>50yrs 9.81-20.1 mg/dl

THYROID PACKAGE

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.41	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	12.15	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	3.23	µIU/mL	●	0.35-5.50

ECG

-Sinus Tachycardia
-Otherwise Normal

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

TMT/2D ECHO

- CHD
- OS-ASD : 17mm with Left to Right Shunt
- Trivial TR (RVSP : 18mmHg) & No PAH
- Normal Chambers Dimension
- No RWMA at rest
- Normal LV Systolic Function (LVEF : 60%)
- Normal RV Function (TAPSE : 26mm)
- IVC : Normal & Collapsing Well
- No LA/ LV Clot
- No Pericardial Effusion

Investigations Not Done / Not Yet Reported

Haematology

URINE ROUTINE (CUE)

Histopathology

PAP SMEAR /CERVICAL SMEAR

Ultrasound Radiology

ULTRASOUND - WHOLE ABDOMEN

X Ray

X-RAY CHEST PA



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



CHD- ASO.
SYSTEMIC SCLEROSIS
PAH
ILD
ANEMIA

Wellness Prescription

Advice On Diet :-



BALANCED DIET

Advice On Physical Activity :-



REGULAR EXERCISE

Medications

MEDS AS ADVISED BY RHEUMATOLOGIST

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
RHEUMATOLOGY	ARUN TIWARI	1 Month(s)	

Dr.AKHIL KUMAR TIWARI

Printed By : Akhil Kumar Tiwari

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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Dr.AKHIL KUMAR TIWARI

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
High Risk	11	3

Your likelihood of developing cardiovascular disease in the next ten years is 1.6 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 3 months** if you have:
 - o Uncontrolled high blood pressure
 - o Diabetes
 - o Dyslipidemia
 - o Coronary heart disease
- You will be referred to a **cardiologist**.

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