



Mrs. NEHA JAIDKA (35 /F)

UHID : ASHB.0000034493

AHC No : BPLAH7891

Date : 13/04/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS
CHECK FEMALE

Dear Mrs. NEHA JAIDKA

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 : Mrs. NEHA JAIDKA (35 /F)

Date : 13/04/2024

Address : 96 COMFORT LUSH GREEN, NEAR NEW JAIL, AIRPORT ROAD, BHOPAL, BHOPAL,
MADHYA PRADESH, INDIA

Examined by : Dr. PROMISE JAIN

UHID : ASHB.0000034493

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK
FEMALE

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Chief Complaints

For corporate health checkup

No specific complaints

Present Known illness

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

Others - Gestational Hypothyroidism 2021



Drug Allergy

NO KNOWN ALLERGY

:13/04/2024



Systemic Review

Cardiovascular system : Chest pain - no; Breathing difficulty - no

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Bowel habits - regular

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

Gynaec history : Last menstrual period - 7-4-24; Pregnant - No; Periods - regular; No of Children - 1; No of deliveries - 1; Deliveries - LSCS

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 : - Nil



Past medical history

Past medical history - nil significant

Covid 19 - Yes

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No



Surgical history

Caesarian section - 1

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Profession - government employee

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



Family history

Father - has expired

Aged - 70

- Lung infection and Fibrosis

Mother - alive

Aged - 65

Brothers - 1

Sisters - 0

Diabetes - uncle

Coronary artery disease - uncle

Cancer - uncle
 Type - Prostate

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 160
 Weight - 68
 BMI - 26.56
 Pallor - No
 Oedema - no



Head and ENT

Ear - Wax



Cardiovascular system

Heart rate (Per minute) - 84
 Rhythm - Regular
 Systolic(mm of Hg) - 116
 Diastolic(mm of Hg) - 78
 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



Musculo Skeletal System

- No significant finding

Psychological Assessment

Psychological assessment - Normal

ENT consultation

ENT consultation done by - Dr Ankit Mishra

ENT findings - Rx Soliwax ear drop three times a day 3 days

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 | 1.010 | | ● | 1.005 - 1.025 |
| Colour: | Pale-Yellow | | | |
| Transparency: | Clear | | | |
| pH | Acidic | | | |
| Protein : | Nil | | | |
| Sugar: | Nil | | | |
| Ketone | Nil | | | |
| Bilirubin: | Nil | | | |
| RBC | Nil | | | |
| Pus Cells | 1-2 | /hpf | | 0.0 - 5.0/HPF |
| Epithelial Cells | 8-10 | /hpf | | <20 |
| Yeast Cells | Absent | | | |
| Bacteria: | Absent | | | |
| Casts: | Absent | | | ABSENT |
| Crystals: | Absent | | | |

COMPLETE BLOOD COUNT(CBC) WITH ESR

| Test Name | Result | Unit | Level | Range |
|---------------------------------|--------|----------------------------------|-------|--------------|
| HAEMOGLOBIN | 11.8 * | g/dL | ● | 12.0 to 15.1 |
| Packed cell volume (Calculated) | 34.4 * | % | ● | 35.5-44.9 |
| RBC Count | 5.38 * | Million/ul | ● | 4.00-5.20 |
| MCV- | 64.0 * | fl | ● | 80-100 |
| MCH- | 21.9 * | pg | ● | 27-32 |
| MCHC- | 34.3 | g/dL | ● | 32-36 |
| RDW | 20.6 * | % | ● | 12.2-16.1 |
| TLC COUNT | 7.02 | 10 ³ /mm ³ | ● | 4.0-11.0 |
| Neutrophils | 57 | % | ● | 40-80 |
| Lymphocytes | 32 | % | ● | 20-40 |

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

| | | | | |
|--------------------------------------|-------|----------------------------------|---|----------|
| Monocytes | 6 | % | ● | 2-10 |
| Eosinophils | 5 | % | ● | 1-6 |
| Basophils | 0 | % | ● | 0-2 |
| Platelet Count | 344.7 | 10 ³ /mm ³ | ● | 150-450 |
| Mean Platelet Volume | 8.9 | fl | ● | 6.5-12.0 |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 25 * | mm/1st hr | ● | 0-20 |

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) | 95 | mg/dL | ● | 70-100 |

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

| Test Name | Result | Unit | Level | Range |
|----------------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Post prandial) | 97 | 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 | 193 | mg/dL | ● | Desirable: <200 Borderline High: 200–239 High >240 |
| HDL Cholesterol | 41 | mg/dL | ● | >40 |



Within Normal Range



Borderline High/Low



Out of Range

| | | | | |
|--|-------|-------|---|---|
| LDL Cholesterol (Direct LDL) | 131 * | mg/dL | ● | Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190 |
| Triglycerides - Serum | 160 * | mg/dL | ● | Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500 |
| VLDL CHOLESTEROL - SERUM | 32 * | | ● | 15-30 |
| Total Cholesterol / HDL Cholesterol Ratio (Calculated) | 4.7 | | ● | 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 | 4.4 | g/dL | ● | 3.5-5.2 |
| GLOBULIN | 3.1 | g/dL | ● | 2.6-4.6 |
| ALBUMIN AND GLOBULIN RATIO | 1.4 | | ● | 0.9-2.0 |
| AST (SGOT) | 17 | U/L | ● | < 35 |
| ALT(SGPT) - SERUM | 13 | U/L | ● | <35 |
| 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 | 72 | U/L | ● | 30-120 |
| GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 14 | U/L | ● | 0-38 |

CREATININE - SERUM / PLASMA

| Test Name | Result | Unit | Level | Range |
|-----------------------------|--------|-------|-------|-----------|
| CREATININE - SERUM / PLASMA | 0.61 | mg/dL | ● | 0.55-1.02 |

● 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 | 5.2 | mg/dL | ● | 2.6-6.0 |

BUN (BLOOD UREA NITROGEN)

| Test Name | Result | Unit | Level | Range |
|---------------------------|--------|-------|-------|---|
| BUN (BLOOD UREA NITROGEN) | 9.4 | 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 | 1.42 | ng/ml | ● | 0.60-1.81 |
| TOTAL T4: THYROXINE - SERUM | 9.34 | µg/dL | ● | 5.01 - 12.45 |
| TSH: Thyroid Stimulating Hormone | 1.62 | µIU/mL | ● | 0.35-5.50 |

ECG

-WNL

TMT/2D ECHO

-No RWMA at Rest
-Normal LV Systolic Dysfunction (LVEF 60%)

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- Few small GB polyps.
- Seedling uterine fibroid.

ADV:- Clinical Correlation.

X-RAY CHEST PA

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

Thanks for Ref

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

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Investigations Not Done / Not Yet Reported

Histopathology

PAP SMEAR /CERVICAL SMEAR



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



Overweight

Wellness Prescription

Advice On Diet :-



Low calorie, low sugar, low fat diet

Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

Follow-up and Review Plan



Weight reduction



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.