Dear Mr. ABHISHEK VISHWAKARMA

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 : **Mr. ABHISHEK VISHWAKARMA (34 /M)**   **Date** : **31/03/2024**

Address : **KATRA HILLS BAGHMUGLIYA BHOPAL, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA**

Examined by : **Dr. AKHIL KUMAR TIWARI**   **UHID** : **ASHB.0000033476**

MEDIWHEEL FULL BODY HEALTH PLUS BELOW 40 ADVANCED-MALE   **AHC No** : **BPLAH7694**

Chief Complaints

For corporate health checkup
No specific complaints

Present Known illness

No history of	- Hypertension, Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia
Diabetes mellitus	- type 2; Since - 2020; Medication - regular
Dyslipidaemia	Since - 6month; Medication - stopped with medical advice

Drug Allergy

NO KNOWN ALLERGY   :01/04/2024

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
Central nervous system	:	Head ache - on and off
Eyes	:	- Nil Significant
ENT	:	- Nil Significant
Musculoskeletal system	:	
Spine and joints		
Back (lower) - pain		
Skin	:	- Nil Significant
Weight	:	- stable
General symptoms	:	General symptoms - tiredness, weakness
Present medications	:	- names not known

Past medical history

Past medical history	-	nil significant
Covid 19	-	Yes
Post detection (3 Weeks)	-	No
Hospitalization for Covid 19	-	No
Oxygen support	-	No

Surgical history

Surgical history	-	Nil

Immunization history

	-	Covid Dose1,Covid Dose2

Personal history

Ethnicity	-	Indian Asian
Marital status	-	Married
No. of children	-	1
Profession	-	government employee
Diet	-	Mixed Diet
Alcohol	-	does not consume alcohol
Smoking	-	Yes
Frequency	-	occasional
Chews tobacco	-	No
Physical activity	-	Mild

Family history

Father	-	alive
Aged	-	67
Mother	-	alive
Aged	-	62
Brothers	-	3
Sisters	-	0
Diabetes	-	father
Hypertension	-	mother

Coronary artery disease	-	none
Cancer	-	None

Physical Examination

General

General appearance	-	normal
Build	-	normal
Height	-	183
Weight	-	85.3
BMI	-	25.47
Pallor	-	No
Oedema	-	no

Head and ENT

- No significant finding

Oral and Dental

- No significant finding

Cardiovascular system

Heart rate (Per minute)	-	84
Rhythm	-	Regular
Systolic(mm of Hg)	-	121
Diastolic(mm of Hg)	-	80
	-	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

Musculo Skeletal System

- No significant finding

Psychological Assessment

Psychological assessment   - Normal

ENT consultation

ENT consultation done by   - Dr Ankit Mishra

Dental consultation

Dental findings   - Dr. Anjali Pandey
O/E Dental caries with respect to 27,46

Stains & calculusT/Adv   - Restorations with 27,46

Oral prophylaxis   -

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	14.3	g/dL	🟢	13.0-17.0
Packed cell volume (Calculated)	42.3	%	🟢	38.3-48.6
RBC Count	5.18	Million/ul	🟢	4.50-5.90
MCV-	81.7	fl	🟢	80-100
MCH-	27.6	pg	🟢	27-32
MCHC-	33.8	g/dL	🟢	32-36
RDW	14.6 *	%	🔴	11.8-14.5
TLC COUNT	8.15	10³/mm³	🟢	4.0-11.0
Neutrophils	59	%	🟢	40-80
Lymphocytes	25	%	🟢	20-40
Monocytes	6	%	🟢	2-10
Eosinophils	10 *	%	🔴	1-6
Basophils	0	%	🟢	0-2
Platelet Count	217.3	10³/mm³	🟢	150-450
Mean Platelet Volume	12.7 *	fl	🔴	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	30 *	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	1.005		🟢	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	2+			
Ketone	Nil			

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Bilirubin:	Nil			
RBC	Nil			
Pus Cells	1-2	/hpf		0.0 - 5.0/HPF
Epithelial Cells	2-3	/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:	O			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	268 *	mg/dL	🔴	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	340 *	mg/dL	🔴	70-140

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	233 *	mg/dL	🔴	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	49	mg/dL	🟢	>40
LDL Cholesterol (Direct LDL)	164 *	mg/dL	🔴	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Triglycerides - Serum	246 *	mg/dL	🔴	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	49 *		🔴	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	7.0	g/dL	🟢	6.6-8.3
Albumin - Serum	4.4	g/dL	🟢	3.5-5.2
GLOBULIN	2.6	g/dL	🟢	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.7		🟢	0.9-2.0
AST (SGOT)	22	U/L	🟢	< 50
ALT(SGPT) - SERUM	24	U/L	🟢	<50
BILIRUBIN TOTAL	0.7	mg/dL	🟢	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	🟢	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.6	mg/dL	🟢	0.1-1.2
Alkaline Phosphatase - Serum	139 *	U/L	🔴	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	46	U/L	🟢	0 - 55

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.66 *	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.

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	4.4	mg/dL	🟢	3.5-7.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	6.7	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	0.98	ng/ml	🟢	0.60-1.81
TOTAL T4: THYROXINE - SERUM	8.41	µg/dL	🟢	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	2.37	µIU/mL	🟢	0.35-5.50

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-
• Borderline hepatomegaly.

ADV:- Clinical Correlation.

CARDIOLOGY
TMT/2D ECHO
ECG
X Ray
X-RAY CHEST PA

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Executive Summary

DIABETES MELLITUS
DYSLIPIDEMIA

Wellness Prescription

Advice On Diet :-

LOW FAT/CARB DIET

Advice On Physical Activity :-

45-60 MIN O OF CARDIO

Medications

TAB VERFICA DM FORTE 1 DAILY. WITH BREAKFAST
TAB ROZAVEL 20 1 DAILY

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.

Medications

TAB VERFICA DM FORTE 1 DAILY. WITH BREAKFAST
TAB ROZAVEL 20 1 DAILY

Dr.AKHIL KUMAR TIWARI

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
High Risk	8	4

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:
    - Uncontrolled high blood pressure
    - Diabetes
    - Dyslipidemia
    - Coronary heart disease
- You will be referred to a **cardiologist**.

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