



Mrs. SHREYA PATHAK (36 /F)

UHID : ASHB.0000033486

AHC No : BPLAH7704

Date : 31/03/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS
CHECK FEMALE

Dear Mrs. SHREYA 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. SHREYA PATHAK (36 /F)

Date : 31/03/2024

Address : 17 WINDSOR ESTATE -2 CHHUNA BHATI BHOPAL, BHOPAL, BHOPAL, MADHYA
PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

UHID : ASHB.0000033486

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK
FEMALE

AHC No : BPLAH7704



Chief Complaints

For corporate health checkup

Tiredness

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY

:11/04/2024



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 - 20-3-24; Pregnant - No; Periods - regular; Associated with - dysmenorrhoea; No of Children - 2; No of deliveries - 2; 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

Back - pain

Skin : - Nil Significant

Weight : - stable

General symptoms : General symptoms - tiredness, weakness



Present medications : - Nil



Past medical history

- Covid 19 - Yes
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No
- Jaundice - 2012



Surgical history

- Caesarian section - 2
- Others - Abscess Drain 2016 (back), Eye Lasix 2009, Some benign lesion Left inner thigh 2019

Immunization history

- Covid Dose1,Covid Dose2



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Profession - government employee
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Sedentary



Family history

- Father - alive
- Aged - 60
- Mother - alive
- Aged - 58
- Brothers - 2
- Sisters - 0
- Diabetes - uncle,aunt
- Hypertension - father

Coronary artery disease - none
Cancer - None

Physical Examination



General

General appearance - normal
Build - obese
Height - 154
Weight - 76.2
BMI - 32.13
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 87
Rhythm - Regular
Systolic(mm of Hg) - 94
Diastolic(mm of Hg) - 72
- 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

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:	Nil			
Ketone	Nil			
Bilirubin:	Nil			
RBC	Nil			
Pus Cells	2-3	/hpf		0.0 - 5.0/HPF
Epithelial Cells	2-3	/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	10.7 *	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	32.1 *	%	●	35.5-44.9
RBC Count	4.28	Million/ul	●	4.00-5.20
MCV-	74.9 *	fl	●	80-100
MCH-	25.0 *	pg	●	27-32
MCHC-	33.4	g/dL	●	32-36
RDW	18.4 *	%	●	12.2-16.1
TLC COUNT	7.35	10 ³ /mm ³	●	4.0-11.0
Neutrophils	55	%	●	40-80
Lymphocytes	38	%	●	20-40

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

Monocytes	5	%	●	2-10
Eosinophils	2	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	414.5	10 ³ /mm ³	●	150-450
Mean Platelet Volume	8.3	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	73 *	mm/1st hr	●	0-20

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)	92	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	122	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.9 *	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	172	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	52	mg/dL	●	>40



Within Normal Range



Borderline High/Low



Out of Range

LDL Cholesterol (Direct LDL)	109 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	133	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	27		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.3 *		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.2	g/dL	●	6.6-8.3
Albumin - Serum	3.9	g/dL	●	3.5-5.2
GLOBULIN	3.3	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.2		●	0.9-2.0
AST (SGOT)	16	U/L	●	< 35
ALT(SGPT) - SERUM	15	U/L	●	<35
BILIRUBIN TOTAL	0.4	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.3	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	82	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	17	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.58	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	4.2	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.2	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	1.05	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	10.82	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	2.66	µIU/mL	●	0.35-5.50

PAP SMEAR /CERVICAL SMEAR

Histopathology

Lab Ref No:

ASP/348/24

Specimen:

Received two conventional alcohol-fixed smears for cervical cytology. Papanicolaou staining done.

SPECIMEN ADEQUACY:

Satisfactory for evaluation

Microscopic Description:

Smears show superficial and intermediate squamous cells with mild polymorphonuclear infiltrate. Endocervical cell clusters appear normal.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy (NILM)

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

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- No significant abnormality detected.

ADV:- Clinical Correlation.

X-RAY CHEST PA

Right side cervical rib seen.

CARDIOLOGY

TMT/2D ECHO

ECG

Executive Summary



OBESITY
ANEMIA

Wellness Prescription

Advice On Diet :-



GREEN VEG DIET/LOW CAROLI

Advice On Physical Activity :-



REGULAR 30-45 MIN OF CARDO

Medications

TAB FERONIA XT 1 DAILY

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
VITAMIN B12 -SERUM	1 Week(s)		
VITAMIN D TOTAL(25-OH VITD3 AND 25-OH VITD2)	1 Week(s)		

Dr.AKHIL KUMAR TIWARI

AHC Physician / Consultant Internal Medicine

Printed By : Akhil Kumar Tiwari

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.

Name : Mrs. SHREYA PATHAK

UHID : ASHB.0000033486

Date : 31/03/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

AHC No : BPLAH7704

Medications

TAB FERONIA XT 1 DAILY

Dr.AKHIL KUMAR TIWARI

AHC Physician / Consultant Internal Medicine