



Mr. ASHISH JAIDA (35 /M)

UHID : ASHB.0000034494

AHC No : BPLAH7888

Date : 13/04/2024

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50
MALE

Dear Mr. ASHISH JAIDA

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. ASHISH JAIDA (35 /M)

Date : 13/04/2024

Address : COMFORT LUSH GREEN, AIRPORT ROAD, BHOPAL, BHOPAL, MADHYA PRADESH,
INDIA

Examined by : Dr. PROMISE JAIN

UHID : ASHB.0000034494

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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



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

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
- 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
- Duration of smoking(in years) - 10-12yrs
- Type - Cigarette
- Number - 5-6
- Frequency - daily
- Chews tobacco - No
- Physical activity - Mild



Family history

- Father - has expired
- Aged - 54
- Cause - stroke
- Mother - alive
- Aged - 61
- Brothers - 0
- Sisters - 1
- Diabetes - uncle

- Hypertension - father,uncle
- Coronary artery disease - uncle
- Cancer - paternal grandfather
- Type - Not Known
- CVA - father

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 171
- Weight - 52.4
- BMI - 17.92
- Pallor - No
- Oedema - no



Head and ENT

- No significant finding



Oral and Dental

- No significant finding



Cardiovascular system

- Heart rate (Per minute) - 63
- Rhythm - Regular
- Systolic(mm of Hg) - 100
- Diastolic(mm of Hg) - 66
- 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

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	14.0	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	39.9	%	●	38.3-48.6
RBC Count	4.88	Million/ul	●	4.50-5.90
MCV-	81.7	fl	●	80-100
MCH-	28.7	pg	●	27-32
MCHC-	35.1	g/dL	●	32-36
RDW	15.5 *	%	●	11.8-14.5
TLC COUNT	4.2	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	51	%	●	40-80
Lymphocytes	36	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	6	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	247.1	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	9.0	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	2	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	1.020		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			
Bilirubin:	Nil			

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

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:	B			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	88	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	89	mg/dL	●	70-140

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	123	mg/dL	●	Desirable: <200 Borderline High: 200-239 High >240
HDL Cholesterol	44	mg/dL	●	>40



Within Normal Range



Borderline High/Low



Out of Range

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LDL Cholesterol (Direct LDL)	70	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	45	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	9 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	2.8 *		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.3	g/dL	●	6.6-8.3
Albumin - Serum	4.5	g/dL	●	3.5-5.2
GLOBULIN	2.8	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.6		●	0.9-2.0
AST (SGOT)	17	U/L	●	< 50
ALT(SGPT) - SERUM	12	U/L	●	<50
BILIRUBIN TOTAL	0.8	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.6	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	87	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	10	U/L	●	0 - 55

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.85	mg/dL	●	0.72 - 1.18



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	4.5	mg/dL	●	3.5-7.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	13.5	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	1.1	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	7.5	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	1.87	µIU/mL	●	0.35-5.50

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.9	ng/mL	●	< 4

ECG

-WNL

TMT/2D ECHO

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

ULTRASOUND - WHOLE ABDOMEN

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IMPRESSION:- Sonography Study Reveals:-

- No significant abnormality detected.

ADV:- Clinical Correlation.

DR. KRATI KHANDELWAL
CONSULTANT RADIOLOGIST

X-RAY CHEST PA

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



Underweight

Wellness Prescription

Advice On Diet :-



High protein, High calorie diet

Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

Follow-up and Review Plan



Regular monitoring of weight



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.