



Mrs. KABITA DAS (41 /F)

UHID : ASHB.0000004279

AHC No : BPLAH7794

Date : 07/04/2024

MEDIWHEEL FULL BODY ANNUAL PLUS CHECK
ADVANCED-FEMALE

Dear Mrs. KABITA DAS

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. KABITA DAS (41 /F)

Date : 07/04/2024

Address : P8. 203, PRIDE CITY KATARA HILLS, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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Chief Complaints

For corporate health checkup

No specific complaints

Present Known illness

No history of - Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia

Diabetes mellitus - type 2; Since - 2013. POST PREGNANCY; Medication - regular; - T. LINAGLIPTIN 5MG + METFORMIN 1000MG + EMPAGLIFLOZIN 10MG IN MORNING, TAB. GLYREE 2MG HS

Hypertension Since - 2013; Medication - regular; - T. MET-XL 25MG HS

Dyslipidaemia Since - 2013; Medication - regular; - T. ATORVASTATIN 10MG



Systemic Review

Cardiovascular system : - Nil Significant

Respiratory system : - Nil Significant

Gastrointestinal system : - Nil Significant

Genitourinary system : - Nil Significant

Gynaec history : Last menstrual period - 18/03/24; Periods - regular; No of Children - 2; Last child birth - 12 YEARS; No of deliveries - 2; Deliveries - normal vaginal delivery

Central nervous system : - Nil Significant

Eyes : Vision - normal with glasses; Glasses - yes; Glasses for - refractive error

Musculoskeletal system :

Spine and joints

- Nil Significant

Skin : - Nil Significant

Weight : - stable; Number of kgs - 51 KGS



Present medications : - T. LINAGLIPTIN 5MG + METFORMIN 1000MG + EMPAGLIFLOZIN 10MG IN MORNING, TAB. GLYREE 2MG HS
T. MET-XL 25MG HS
T. ATORVAS 10MG HS; Compliance - regular

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Past medical history

- Do you have any allergies? - No
- Covid 19 - No



Surgical history

- Surgical history - Nil

Immunization history

- Covid Dose1,Covid Dose2,Precaution Dose



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history

- Father - has expired
- Aged - 78
- Cause - coronary artery disease
- Mother - alive
- Aged - 85
- Brothers - 1
- Sisters - 4
- Diabetes - sister
- Hypertension - sister
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Height - 158
- Weight - 51
- BMI - 20.43
- Pallor - No
- Oedema - no



Oral and Dental

- No significant finding



Cardiovascular system

- Heart rate (Per minute) - 66
- Rhythm - Regular
- Systolic(mm of Hg) - 127
- Diastolic(mm of Hg) - 83
- B.P. Sitting
- Heart sounds - S1S2+

Respiratory system

- Breath sounds - Normal vesicular breath sounds



Abdomen

- Organomegaly - No
- Tenderness - No

Ophthalmology consultation

- Ophthalmology consultation done by - Dr.SANGEETA BHADRA
- Ophthalmology findings - VN 6/6 WITH GLASSESS
ADV
GLASSES
EYE DROP REFRESH TEAR QID 30 DAYS
ADVISED Dilated fundus every 6 months

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ENT consultation

ENT consultation done by - Dr Ankit Mishra

ENT findings - adv
PTA

Printed By : NEELAM JAIN

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COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	13.8	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	39.9	%	●	35.5-44.9
RBC Count	4.9	Million/ul	●	4.00-5.20
MCV-	81.4	fl	●	80-100
MCH-	28.2	pg	●	27-32
MCHC-	34.7	g/dL	●	32-36
RDW	16.2 *	%	●	12.2-16.1
TLC COUNT	10.77	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	63	%	●	40-80
Lymphocytes	31	%	●	20-40
Monocytes	5	%	●	2-10
Eosinophils	1	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	168.1	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	12.1 *	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	51 *	mm/1st hr	●	0-20

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:	3+			
Ketone	Nil			

● Within Normal Range

● Borderline High/Low

● Out of Range

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Bilirubin:	Nil		
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:	O			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	141 *	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	203 *	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	7.3 *	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	160	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	47	mg/dL	●	>40

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LDL Cholesterol (Direct LDL)	100	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	108	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	4.6	g/dL	●	3.5-5.2
GLOBULIN	3.5	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.3		●	0.9-2.0
AST (SGOT)	17	U/L	●	< 35
ALT(SGPT) - SERUM	16	U/L	●	<35
BILIRUBIN TOTAL	0.7	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.5	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	62	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	15	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.56	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	3.5	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	15.1	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	1.12	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	12.44	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	2.77	µIU/mL	●	0.35-5.50

Investigations Not Done / Not Yet Reported

Histopathology

PAP SMEAR /CERVICAL SMEAR

X Ray

MAMMOGRAPHY

CARDIOLOGY

TMT/2D ECHO

Ultrasound Radiology

ULTRASOUND - WHOLE ABDOMEN

CARDIOLOGY

ECG

X Ray

X-RAY CHEST PA

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

Executive Summary



DIABETES MELLITUS
DYSLIPIDEMIA
GB STONE

Wellness Prescription

Advice On Diet :-



LOW FAT/CARB DIET

Advice On Physical Activity :-



REGULAR EXERCISE

Medications

TAB VERIFICA DM FORTE 1 DAILY
TAB GLYREE MV 2 1 DAILY
TAB ROSUVA 10 1 DAILY
TAB METPROLOL 25 1 DAILY

Printed By : Akhil Kumar Tiwari

Dr.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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