

Mr. SANJAY	R/	AJAK (41 /M)			
UHID	:	ASHB.0000035426			
AHC No	:	BPLAH8052			
Date	:	27/04/2024			
MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE					

# Dear Mr. SANJAY RAJAK

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 <u>https://www.apollo247.com/specialties</u> 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. SANJAY RAJA	K (41 /I	VI)	Date	:	27/04/2024
Address : 233, KRISHAK NAG	iAR, K/	AROND, BHOPAL, BHOPAL, MADHYA P	RADESH,	, IN	DIA
Examined by : Dr. AKHIL KU	MAR T	IWARI	UHID	:	ASHB.0000035426
MEDIWHEEL FULL BODY ANN	IUAL P	LUS ABOVE 50 MALE	AHC No	:	BPLAH8052
Chief Complaints					
For corporate health checku No specific complaints	ıp				
Present Known illness					
5		nellitus, Hypertension, Dyslipidemia, Thy oke, Asthma, COPD, Cancer, Impaired G		ler,	, Heart
Drug Allergy					
NO KNOWN ALLERGY		:27/04/2024			
Systemic Review	V				
Cardiovascular system	:	Chest pain - no; Breathing difficulty - no	D		
Respiratory system	:	- Nil Significant			
Oral and dental	:	- Nil Significant			
Gastrointestinal system	:	Appetite - normal; Bowel habits - regula	ar		
Genitourinary system	:	Frequency - normal; Dysuria/burning m	icturition -	nc	o; Urgency - no
Central nervous system	:	- Nil Significant			
Eyes	•	- Nil Significant			
ENT	:	- Nil Significant			
Musculoskeletal system Spine and joints - Nil Significant	:				

Skin:- Nil SignificantWeight:- stableGeneral symptoms:- Nil SignificantThe present medications:- Nil

Past medical history

Past medical history - nil significant

#### Name: Mr. SANJAY RAJAK UHID : ASHB.0000035426 Date : 27/04/2024 MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE AHC No: BPLAH8052 Covid 19 - No **Surgical history** Surgical history - Nil Immunization history - Covid Dose1, Covid Dose2 Personal history Ethnicity - Indian Asian Marital status - Married - 2 No. of children Profession - government employee Diet - Mixed Diet Alcohol - consumes alcohol occasionally Frequency - occasional Smoking - No Chews tobacco - No Physical activity - Mild Family history Father - alive - 62 Aged - alive Mother Aged - 58 Brothers - 0 Sisters - 4 Hypertension - father Coronary artery - father disease Cancer - None **Physical Examination** General General appearance - normal Build - normal

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Date :	27/04/2024
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# C MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE AHC No: BPLAH8052 Height - 164 Weight - 70.9 BMI - 26.36 Pallor - No Oedema - no SpO2 - 98 Head and ENT - No significant finding **Oral and Dental** - No significant finding Cardiovascular system Heart rate (Per minute) - 73 Rhythm - Regular Systolic(mm of Hg) - 127 Diastolic(mm of Hg) - 86 - 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**

# MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE

AHC No: BPLAH8052

- No significant finding

Psychological Assessment	
Psychological assessment	- Normal
Dental consultation	
Dental findings	- Dr Varun O/E
stain	-
calculusT/A	-
oral prophylaxis	-

Printed By : KANCHAN PRAJAPATI

Date : 27/04/2024

# MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE

AHC No: BPLAH8052

# COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	15.9	g/dL	•	13.0-17.0
Packed cell volume (Calculated)	44.9	%	٠	38.3-48.6
RBC Count	5.04	Million/ul	٠	4.50-5.90
MCV-	89.1	fl	٠	80-100
MCH-	31.5	pg	•	27-32
MCHC-	35.4	g/dL	٠	32-36
RDW	15.1 *	%	٠	11.8-14.5
TLC COUNT	6.88	10³/mm³	٠	4.0-11.0
Neutrophils	55	%	•	40-80
Lymphocytes	36	%	٠	20-40
Monocytes	6	%	٠	2-10
Eosinophils	3	%	٠	1-6
Basophils	0	%	٠	0-2
Platelet Count	245.2	10³/mm³	٠	150-450
Mean Platelet Volume	9.1	fl	٠	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	2	mm/1st hr	٠	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 Gra	avity	1.010		•	1.005 - 1.025
Colour:		Pale-Yellow			
Transparen	cy:	Clear			
рН		Neutral			
Protein :		Nil			
Sugar:		Nil			
Ketone		Nil			
Bilirubin:		Nil			
	Within Normal Range 🥄 🥚	Borderline H	igh/Low	Out	of Range

DWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE     ALK One : BPLAMA052       BBC     Nil	RBCNilPus Cells0-1Epithelial Cells1-2Yeast CellsAbsentBacteria:AbsentCasts:AbsentCasts:AbsentCrystals:AbsentBLOOD GROUPING AND TYPING (JUC)AbsentTest NameResultABO Group:0Rh (D) Type:PositiveGLUCOSE - SERUM / PLASMA (FASTING)0Glucose - Plasma (Fasting)98GLUCOSE - SERUM / PLASMA (POST PRANE)Test NameResultGlucose - Plasma (Fasting)106GLYCOSYLATED HEMOGLOBIN (HUTC) - WUTest NameResultGLYCOSYLATED HEMOGLOBIN (SL)5.4(HBA1C) - WHOLE BLOOD5.4LIPID PROFILE TEST (PACKAGE)Test NameTest NameResult	/hpf /hpf		<20 ABSENT Range
Pus Cells0-1/hpf0.0 - S.0/HPFEpithelial Cells1-2/hpf-20Yeast CellsAbsent	Pus Cells0-1Epithelial Cells1-2Yeast CellsAbsentBacteria:AbsentCasts:AbsentCrystals:AbsentBLOOD GROUPING AND TYPING (Jobent)AbsentTest NameResultABO Group:0Rh (D) Type:PoistiveGLUCOSE - SERUM / PLASMA (FASTING)NesultTest NameResultGlucose - Plasma (Fasting)98GLUCOSE - SERUM / PLASMA (POST PRAMANesultTest NameResultGlucose - Plasma (Post prandial)106GLYCOSYLATED HEMOGLOBIN (HEXT) - WHS.4ClyCOSYLATED HEMOGLOBIN (S.4)S.4LIPID PROFILE TEST (PACKAGE)S.4Test NameResult	/hpf ( <u>h</u> ) Unit		<20 ABSENT Range
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General of the set of the s	GLUCOSE - SERUM / PLASMA (POST PRANE         Test Name       Result         Glucose - Plasma (Post prandial)       106         GLYCOSYLATED HEMOGLOBIN (HBA1C) - W       Result         Test Name       Result         GLYCOSYLATED HEMOGLOBIN (HBA1C) - W       5.4         LIPID PROFILE TEST (PACKAGE)       Test Name         Test Name       Result			Range
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GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD       5.4       %       4.0-5.6         LIPID PROFILE TEST (PACKAGE)           Test Name       Result       Unit       Level       Range         Total Cholesterol       131       mg/dL       Desirable: <200 Borderline High: 200–239 High >240	GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD5.4LIPID PROFILE TEST (PACKAGE)Test NameResult	HOLE BLOC	<u>DC</u>	
(HBA1C) - WHOLE BLOOD         LIPID PROFILE TEST (PACKAGE)         Test Name       Result       Unit       Level       Range         Total Cholesterol       131       mg/dL	(HBA1C) - WHOLE BLOOD LIPID PROFILE TEST (PACKAGE) Test Name Result	Unit	Level	Range
Test NameResultUnitLevelRangeTotal Cholesterol131mg/dLDesirable: <200 Borderline High: 200–239 High >240	Test Name Result	%	•	4.0-5.6
Total Cholesterol     131     mg/dL     Desirable: <200       Borderline High: 200–239     High >240				
Borderline High: 200–239 High >240	Total Cholesterol 131		Level	Range
HDL Cholesterol 41 mg/dL >40		Unit	•	Borderline High: 200–239
	HDL Cholesterol 41			

#### Name: Mr. SANJAY RAJAK UHID : ASHB.0000035426 Date : 27/04/2024 MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE AHC No: BPLAH8052 LDL Cholesterol (Direct LDL) 89 mg/dL Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190 Triglycerides - Serum 43 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 3.2 \* 3.5-5.0 (Calculated) LIVER FUNCTION TEST (PACKAGE) **Test Name** Result Unit Level Range Protein Total - Serum 6.6 g/dL 6.6-8.3 Albumin - Serum 4.2 g/dL 3.5-5.2 GLOBULIN 2.4 \* g/dL 2.6-4.6 ALBUMIN AND GLOBULIN RATIO 1.7 0.9-2.0 U/L AST (SGOT) 24 < 50 22 U/L <50 ALT(SGPT) - SERUM **BILIRUBIN TOTAL** 0.6 mg/dL 0.3-1.2 **BILIRUBIN CONJUGATED (DIRECT)** 0.2 mg/dL <0.2 **BILIRUBIN UNCONJUGATED** 0.4 mg/dL 0.1-1.2 (INDIRECT) Alkaline Phosphatase - Serum 79 U/L 30-120 30 U/L GAMMA GLUTAMYL 0 - 55 **TRANSPEPTIDASE - SERUM CREATININE - SERUM / PLASMA Test Name** Result Unit Level Range **CREATININE - SERUM / PLASMA** 1.1 mg/dL 0.72 - 1.18

**Borderline High/Low** 

**Out of Range** 

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Within Normal Range

#### MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE

AHC No: BPLAH8052

#### 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	5.3	mg/dL	٠	3.5-7.2
BUN (BLOOD UREA NITROGEN)				
Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.3	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	1.21	ng/ml	٠	0.60-1.81
TOTAL T4: THYROXINE - SERUM	10.11	µg/dL	٠	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	1.35	µIU/mL	٠	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.

**Borderline High/Low** 

Out of Range

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.5	ng/mL	•	< 4

#### <u>ECG</u>

-WNL

#### TMT/2D ECHO

-2D ECHO

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

Within Normal Range

#### **ULTRASOUND - WHOLE ABDOMEN**

Date : 27/04/2024

### MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE

AHC No: BPLAH8052

IMPRESSION:- Sonography Study Reveals:-

- Mild mucosal wall thickening of distal descending and sigmoid loop in present examination.
- Left hepatic lobe is not well delineated may be due to overlying bowel gaseous artifact or ? significance.

ADV:- Clinical Correlation.

#### X-RAY CHEST PA

IMP:- RADIOGRAPHIC IMAGE REVEALS:-No significant abnormality detected.

Thanks for Ref



Date : 27/04/2024 AHC No : BPLAH8052

# Executive Summary

MEDICALLY AND PHYSICALLY

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. Name: Mr. SANJAY RAJAK

Date : 27/04/2024

### MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE

AHC No: BPLAH8052

# AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Moderate Risk	6	5

# Your likelihood of developing cardiovascular disease in the next ten years is 1.3 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.</li>
- · Follow your physician's advice regarding follow up tests, consults and annual health assessment
- It is recommended that you visit your physician every 6 months if you have:
  - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

#### DISCLAIMER

- 1. This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
- 2. This risk score and clinical algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging,
- treatment or patient education related to lifestyle management is under the physician 's or cardiologist's discretion.
- To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
   Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the AICVD risk score without any intervention from their side.
- 5. By usage of the AICVD risk score, it is deemed that the beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.

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