



**Mr. MAYANK MALVIYA (35 /M)**

UHID : ASHB.0000027825

AHC No : BPLAH6014

Date : 26/01/2024

MEDIWHEEL FULL BODY HEALTH PLUS BELOW  
40 ADVANCED-MALE

**Dear Mr. MAYANK MALVIYA**

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. MAYANK MALVIYA (35 /M)

Date : 26/01/2024

Address : 23 SHIV BHAVAN KAYASTH PURA JUMERATI, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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### Chief Complaints

For Annual health checkup

FREQUENCY OF URINE IN EVERY 30 MIN

Frequency of urination

### 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

:26/01/2024



### Systemic Review

**Cardiovascular system** : Chest pain - no; Breathing difficulty - no; Swelling of feet - no

**Respiratory system** : Cough - dry cough

**Oral and dental** : - Tooth ache, Bleeding gums

**Gastrointestinal system** : Appetite - normal; Abdominal pain - no; Bowel habits - regular

**Genitourinary system** : Frequency - increased; Dysuria/burning micturition - no; Urgency - yes; - SINCE 1 MONTHS; - overflow

**Central nervous system** : - Nil Significant

**Eyes** : Vision - normal; Glasses - no

**ENT** : - Normal hearing

**Musculoskeletal system** :

**Spine and joints**

- Nil Significant

**Skin** : - Nil Significant

**Weight** : - has gained weight without effort; Number of kgs - 6 KG IN ONE YEAR

**General symptoms** : - Nil Significant



**Present medications** : - Nil



### Past medical history

Past medical history - nil significant  
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 - 01  
Female - 01  
Male - 00  
Profession - government employee  
Diet - Mixed Diet  
Alcohol - consumes alcohol occasionally  
Frequency - occasional  
Smoking - No  
Chews tobacco - No  
Chews paan - No  
Physical activity - Mild



### Family history

Father - alive  
Aged - 65  
Mother - alive  
Aged - 60  
- 02  
Brothers - 01  
Sisters - 00  
Diabetes - mother  
Hypertension - father

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Coronary artery disease - none  
 Cancer - None  
 Thyroid/other endocrine disorder - mother

**Physical Examination**



**General**

General appearance - normal  
 Build - normal  
 Height - 169  
 Weight - 75  
 BMI - 26.26  
 Pallor - No  
 Oedema - no



**Head and ENT**

Nose - Deviation of septum to left  
 Throat - Hypertrophied tonsillitis



**Cardiovascular system**

Heart rate (Per minute) - 83  
 Rhythm - Regular  
 Systolic(mm of Hg) - 144  
 Diastolic(mm of Hg) - 99  
 - B.P. Sitting  
 Heart sounds - S1S2+

**Respiratory system**

Breath sounds - Normal vesicular breath sounds



**Abdomen**

Organomegaly - No  
 Tenderness - No

**Ophthalmology consultation**

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Ophthalmology consultation - Dr.Siddhartha Malaiya  
done by  
Ophthalmology findings - BE A/s wnl  
BE Central fundus: Disc N CDR 0.3, FR +  
Treatment  
BE e/d Addwet  
4 times/day for 1 monthBE -  
e/d Lotepred 4 times/day  
for 1 week > 3 times/day -  
for 1 week > 2 times/day  
for 1 week > 1 time/day for  
1 week

Printed By : NEELAM JAIN

**COMPLETE BLOOD COUNT(CBC) WITH ESR**

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	16.6	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	46.4	%	●	38.3-48.6
RBC Count	5.46	Million/ul	●	4.50-5.90
MCV-	84.9	fl	●	80-100
MCH-	30.5	pg	●	27-32
MCHC-	35.9	g/dL	●	32-36
RDW	14.7 *	%	●	11.8-14.5
TLC COUNT	7.21	10 <sup>9</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	60	%	●	40-80
Lymphocytes	31	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	3	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	205.8	10 <sup>9</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	8.7	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	4	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:	Nil			
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:	B			
Rh (D) Type:	Positive			

**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	101 *	mg/dL	●	70-100

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	164 *	mg/dL	●	70-140

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Total Cholesterol	153	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	35 *	mg/dL	●	>40
LDL Cholesterol (Direct LDL)	118 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190

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Triglycerides - Serum	105	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	21		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.4		●	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	4.4	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)	31	U/L	●	< 50
ALT(SGPT) - SERUM	56 *	U/L	●	<50
BILIRUBIN TOTAL	1.1	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.9	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	48	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	38	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.

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Test Name	Result	Unit	Level	Range
Uric Acid - Serum	8.0 *	mg/dL	●	3.5-7.2

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.1	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	1.00	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	12.26	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	2.41	µIU/mL	●	0.35-5.50

**ULTRASOUND - WHOLE ABDOMEN**

IMPRESSION:- Sonography Study Reveals:-

- Grade I fatty liver.

ADV:- Clinical Correlation.

**X-RAY CHEST PA**

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref

**CARDIOLOGY**

TMT/2D ECHO

ECG

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

### Executive Summary



OVER WEIGHT  
FATTY LIVER  
PREDIABETIC  
HYPERTENSION

### Wellness Prescription

#### Advice On Diet :-



LOW FAT/CARB/SALT DIET

#### Advice On Physical Activity :-



REGULAR 30-45 MIN OF CARDIO

### Follow-up and Review Plan



AFTER 2 WEEKS OF BP MONITORING



Scan the QR code  
in AskApollo App  
to book your  
follow-up  
appointments and  
investigations

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.

### AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Moderate Risk	4	4

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.
- 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.
3. To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
4. 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**