



**Mrs. ANJANA KATIYAR (43 /F)**

UHID : ASHB.0000034025

AHC No : BPLAH7796

Date : 07/04/2024

MEDIWHEEL FULL BODY ANNUAL PLUS CHECK  
ADVANCED-FEMALE

**Dear Mrs. ANJANA KATIYAR**

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. ANJANA KATIYAR (43 /F)

Date : 07/04/2024

Address : LALGHATI AREA, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. PROMISE JAIN

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### Chief Complaints

For corporate health checkup

RIGHT SIDED TOOTHACHE ON AND OFF SINCE 4-5 MONTHS

SENSITIVITY WITH COLD

### Present Known illness

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

Thyroid disease - hypothyroidism; Since - 2014; - T. THYRONORM 125 MCG



### Drug Allergy

NO KNOWN ALLERGY

:07/04/2024



### Systemic Review

**Cardiovascular system** : - Nil Significant

**Respiratory system** : - Nil Significant

**Gastrointestinal system** : - Nil Significant

**Genitourinary system** : - Nil Significant

**Gynaec history** : Last menstrual period - 09/03/24, IRREGULAR SINCE 1 YEAR. MENSES EVERY COUPLE MONTHS; Periods - irregular; Associated with - dysmenorrhoea; No of Children - 2; Last child birth - 10 YEARS; No of deliveries - 2; Deliveries - LSCS; Delivery details - LSCS - 2010, 2014

**Central nervous system** : - Nil Significant

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

**Musculoskeletal system** :

**Spine and joints**

- Nil Significant

**Weight** : - has lost weight with effort; Number of kgs - 78.9



**Present medications** : - T. THYRONORM 125 MCG OD; Compliance - regular



**Past medical history**

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- Do you have any allergies? - No
- Covid 19 - Yes
- Hospitalization for Covid 19 - No
- Oxygen support - No



**Surgical history**

- Lower segment caesarean section - 2010, 2014

**Immunization history**

- Covid Dose1, Covid Dose2



**Personal history**

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



**Family history**

- Father - alive
- Aged - 75
- Mother - alive
- Aged - 70
- Brothers - 1
- Sisters - 2
- Diabetes - child
- Hypertension - father
- Coronary artery disease - none
- Cancer - father
- Type - Oral

## Physical Examination



### General

General appearance	- normal
Height	- 167
Weight	- 78.9
BMI	- 28.29
Pallor	- No
Oedema	- no



### Cardiovascular system

Heart rate (Per minute)	- 99
Rhythm	- Regular
Systolic(mm of Hg)	- 123
Diastolic(mm of Hg)	- 84
	- B.P. Sitting
Heart sounds	- S1S2+

### Respiratory system

Breath sounds	- Normal vesicular breath sounds
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### Abdomen

Organomegaly	- No
Tenderness	- No

### Ophthalmology consultation

Ophthalmology consultation done by	- Dr.SANGEETA BHADRA
Ophthalmology findings	- With Glass Vision 6/6 A/S WNL E/D Refres tears QID

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

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	10.8 *	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	31.5 *	%	●	35.5-44.9
RBC Count	4.08	Million/ul	●	4.00-5.20
MCV-	77.3 *	fl	●	80-100
MCH-	26.5 *	pg	●	27-32
MCHC-	34.3	g/dL	●	32-36
RDW	16.5 *	%	●	12.2-16.1
TLC COUNT	5.05	10 <sup>9</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	61	%	●	40-80
Lymphocytes	31	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	1	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	151.3	10 <sup>9</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	11.1	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	46 *	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	1.015		●	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:	O			
Rh (D) Type:	Positive			

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	105 *	mg/dL	●	70-100

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	128	mg/dL	●	70-140

**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.8 *	%	●	4.0-5.6

**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	46	mg/dL	●	>40

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LDL Cholesterol (Direct LDL)	95	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	170 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	34 *		●	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	7.8	g/dL	●	6.6-8.3
Albumin - Serum	4.3	g/dL	●	3.5-5.2
GLOBULIN	3.5	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.2		●	0.9-2.0
AST (SGOT)	22	U/L	●	< 35
ALT(SGPT) - SERUM	32	U/L	●	<35
BILIRUBIN TOTAL	0.6	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.5	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	98	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	12	U/L	●	0-38

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.47 *	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	3.0	mg/dL	●	2.6-6.0

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.7	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	15.98 *	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	2.51	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



Overweight  
Hypothyroidism

### Wellness Prescription

#### Advice On Diet :-



Low calorie, low sugar, low fat diet

#### Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

### Follow-up and Review Plan



Weight reduction  
To repeat TSH in 3 months



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

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**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.