



**Mr. PANKAJ SAHU (38 /M)**

UHID : ASHB.0000032872

AHC No : BPLAH7505

Date : 23/03/2024

MEDIWHEEL FULL BODY HEALTH PLUS BELOW  
40 ADVANCED-MALE

**Dear Mr. PANKAJ SAHU**

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.*

Name : Mr. PANKAJ SAHU (38 /M)

Date : 23/03/2024

Address : 7 B, PUNJABI BAGH,, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. NEELAM JAIN

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### Chief Complaints

For corporate health checkup

Dyspepsia,Acidity

### Present Known illness

Arthritis - rheumatoid arthritis

Others - RHEUMATOID ARTHRITIS - 8 YEARS BACK. TAKEN AYURVEDIC TREATMENT, STOPPED FOR 5 YEARS WITH MEDICAL ADVICE



### Systemic Review

**Cardiovascular system** : - Nil Significant

**Respiratory system** : - Nil Significant

**Gastrointestinal system** : Dyspepsia - yes; Nature - intermittent; Since - ON AND OFF SINCE 14-15 YEARS; Symptoms - acidity; Exacerbated by - fatty food; - RELIEVES ON STOPPING FOOD

**Genitourinary system** : - Nil Significant

**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** : - fungal rash; - ?WASHERWOMAN'S SOLE - HYPERDIDROSIS LEADS TO FREQUENT FUNGAL INFECTIONS

**Weight** : - stable; Number of kgs - 80.4

**General symptoms** : General symptoms - weakness; - WEAKNESS SINCE 2-3 MONTHS



**Present medications** :

- Nil; Alternative medicines taken - ayurvedha; - FOR RHEUMATOID ARTHRITIS



### Past medical history

Do you have any - Yes  
allergies?

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- Others - SULFA DRUGS
- Covid 19 - No
- Others - H/O TONSILLITIS 8-10 YEARS BACK



**Surgical history**

- Cholecystectomy - 2021

**Immunization history**

- Covid Dose1, Covid Dose2



**Personal history**

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild
- level ground walking



**Family history**

- Father - has expired
- Aged - 55
- Cause - coronary artery disease
- MI
- Mother - alive
- Aged - 60
- Brothers - 0
- Sisters - 1
- Hypertension - father
- Coronary artery disease - father
- Cancer - uncle
- Type - BUCCAL CARCINOMA
- Rheumatoid arthritis - mother

## Physical Examination



### General

General appearance	- normal
Build	- normal
Height	- 165
Weight	- 80.4
BMI	- 29.53
Pallor	- No
Oedema	- no



### Cardiovascular system

Heart rate (Per minute)	- 85
Rhythm	- Regular
Systolic(mm of Hg)	- 120
Diastolic(mm of Hg)	- 86
	- 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.Siddhartha Malaiya
Ophthalmology findings	- BE A/s wnl BE Central fundus: Disc N CDR 0.3, FR + Treatment BE e/d Tear drops 4 times/day for 1 month

### Dental consultation

Dental findings	- Dr.varun adv oral prophylaxis
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Printed By : NEELAM JAIN

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

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	15.4	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	42.3	%	●	38.3-48.6
RBC Count	4.92	Million/ul	●	4.50-5.90
MCV-	86.0	fl	●	80-100
MCH-	31.3	pg	●	27-32
MCHC-	36.5 *	g/dL	●	32-36
RDW	13.7	%	●	11.8-14.5
TLC COUNT	9.73	10 <sup>9</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	56	%	●	40-80
Lymphocytes	33	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	5	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	297.8	10 <sup>9</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	7.3	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	12	mm/1st hr	●	0-15

**BLOOD GROUPING AND TYPING (ABO and Rh)**

Test Name	Result	Unit	Level	Range
ABO Group:	AB			
Rh (D) Type:	Positive			

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	106 *	mg/dL	●	70-100

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	180 *	mg/dL	●	70-140

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

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**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Total Cholesterol	126	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	32 *	mg/dL	●	>40
LDL Cholesterol (Direct LDL)	72	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	240 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	48 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.0		●	3.5-5.0

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.5	g/dL	●	6.6-8.3
Albumin - Serum	4.3	g/dL	●	3.5-5.2
GLOBULIN	3.2	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.3		●	0.9-2.0
AST (SGOT)	46	U/L	●	< 50
ALT(SGPT) - SERUM	65 *	U/L	●	<50
BILIRUBIN TOTAL	0.6	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.4	mg/dL	●	0.1-1.2

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Alkaline Phosphatase - Serum	76	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	42	U/L	●	0 - 55

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.79	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.

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	8.3 *	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	1.19	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	10.29	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	6.91 *	µIU/mL	●	0.35-5.50

**TMT/2D ECHO**

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

**ULTRASOUND - WHOLE ABDOMEN**

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

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

**Investigations Not Done / Not Yet Reported**

**Haematology**

URINE ROUTINE (CUE)

**CARDIOLOGY**

ECG

### Executive Summary



Obesity  
Rheumatoid arthritis  
Dyslipidaemia  
Hyperuricemia  
Mild subclinical Hypothyroidism  
Grade 1 fatty Liver  
Fundal Rashes  
Dyspepsia

### Wellness Prescription

#### Advice On Diet :-



Low calorie, low sugar, low fat diet  
Low Purine diet

#### Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

### Medications

Tab Ubexa 40 OD for 1 month  
Syp Instaraft 10 ml BD before meals  
Zocon L Ointment LA BD

### Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
TSH: THYROID STIMULATING HORMONE - SERUM	3 Month(s)		
URIC ACID - SERUM / PLASMA	3 Month(s)		
LIPID PROFILE TEST (PACKAGE)	3 Month(s)		

### Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
RHEUMATOLOGY	ARUN TIWARI	1 Day(s)	

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### Follow-up and Review Plan



Weight reduction

Repeat TSH, URIC ACID, Lipid profile after 3 months

Rheumatologist Opinion



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

Printed By : NEELAM JAIN

**Dr.NEELAM 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.

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**Dr.NEELAM JAIN**

AHC Physician / Consultant Internal Medicine

### AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Moderate Risk	5	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**