



Mr. ABHINAV KUMAR (34 /M)

UHID : AHIL.0000694034

AHC No : AHILAH198254

Date : 13/03/2023



MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. ABHINAV KUMAR,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Mr. ABHINAV KUMAR (34 /M)

Address : F201 SHREE RANG PEARL RANDESAN GANDHINAGAR, AHMEDABAD, AHMEDABAD,
GUJARAT, INDIA

Date : 13/03/2023



Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000694034

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AHC No : AHILAH198254



Chief Complaints

For Annual health checkup
CERVICAL PAIN



Systemic Review

Cardiovascular system : - Nil Significant

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : - Nil Significant

Genitourinary system : - Nil Significant

Gynaec history : - Nil Significant

Central nervous system : - Nil Significant

Eyes : - Nil Significant

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints
- Nil Significant

Skin : - Nil Significant

General symptoms : - Nil Significant

Mental Health Screening :

PHQ 9 Score - 0



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - Yes



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Hospitalization for - No

Covid 19

Typhoid - YES



Surgical history

Surgical history - Nil



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Male - 1

Profession - corporate employed

Diet - Mixed Diet

Alcohol - consumes alcohol

Frequency - monthly

Consuming alcohol for - 9 YRS

Smoking - Yes

Duration of smoking(in years) - 8 YRS

Type - Cigarette

Number - 3

Frequency - daily

Chews tobacco - No

Physical activity - Moderate



Family history

Father - alive

Aged - 65

Mother - alive

Aged - 62

Diabetes - father

Hypertension - mother

Coronary artery disease - none

Cancer - None



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Physical Examination



General

General appearance - normal
 Build - normal
 Height - 180
 Weight - 64.7
 BMI - 19.97
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 70
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 110
 Diastolic(mm of Hg) - 70
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

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URINE FOR ROUTINE EXAMINATION

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
Volume	30	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	39.9 *	%	●	40-50
RBC COUNT (Impedance)	4.42 *	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	90.2	fl	●	80-100
MCH(Calculated)	30.37	pg	●	27-32
MCHC(Calculated)	33.7	%	●	31-36
RDW(Calculated)	13.5	%	●	11.5-14.5
WBC Count (Impedance)	4838	/cu mm	●	4000-11000

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Neutrophils	50	%	●	40-75
Lymphocytes	36	%	●	20-40
Monocytes	10	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	160000	/cu mm	●	150000-450000
MPV (Calculated)	11.8 *	fl	●	7-11

RBC: Normochromic Normocytic RBCs
 Platelets: Adequate on the smear-Few giant platelets noted.

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	08	mm/1st hr	●	0-15
--------------------------------------------------------------------	----	-----------	---	------

URINE GLUCOSE(FASTING)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

URINE GLUCOSE(POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	B Positive			

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	29	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	131 *	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	21	U/L	●	> 1 year Male : <40

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Total Bilirubin	0.368	mg/dL	●	0.300-1.200
Direct Bilirubin	0.16	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.208	mg/dL	●	1 Day ≤5.1 mg/dL 2 Days ≤7.2 mg/dL 3-5 Days ≤10.3 mg/dL 6-7 Days ≤8.4 mg/dL 8-9 Days ≤6.5 mg/dL 10-11 Days ≤4.6 mg/dL 12-13 Days ≤2.7 mg/dL 14 Days - 9 Years 0.2-0.8 mg/dL 10-19 Years 0.2-1.1 mg/dL ≥20 Years 0.2-1.2 mg/dL

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.85	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	21	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	95	mg/dL	●	70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance >= 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	112	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range



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Glycosylated Hemoglobin (HbA1c)

5.3

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus
<7.0 : Well Controlled Diabetes
7.1 – 8.0 : Unsatisfactory Control
> 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

105.41

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL		6.00-8.00
ALBUMIN - SERUM	4.29	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.29	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.9			2.20-4.20
Globulin-Serum/Plasma	2.9			2.20-4.20
A/G ratio	1.48			1.00-2.00
A/G ratio	1.48			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.9	nmol/L		Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	146	nmol/L		Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	2.82	µIU/mL		14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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URIC ACID - SERUM

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	7.7 *	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9	mg/dL	●	6-20
UREA - SERUM / PLASMA	19	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	156	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	130	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	38 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. ≥60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	99	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High
VLDL CHOLESTEROL	26		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

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





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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

EKG



Within Normal Range



Borderline High/Low



Out of Range





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Executive Summary



- .BODY WEIGHT 64.7 KG,DEAL BODY WEIGHT 61-74 KG
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 10:00,WORKLOAD 11.7 METS
- .USG ABDOMEN - NORMAL STUDY
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 61-74 KG

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
 MBBS, MD
 Apollo Hospitals International
 Gujarat, India
 AHC Physician, Consultant, Internal Medicine
 Regd. No. : G-21961


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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. ABHINAV KUMAR | Male | 34Yr 8Mth 13Days
UHID : AHIL.0000694034 **Patient Location:** AHC
Patient Identifier: AHILAH198254 
DRN : 223014016 **Completed on :** 13-MAR-2023 09:15
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 10 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

No evidence of ascites or lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

Prostate (volume 17 cc) is normal in size and echopattern.

IMPRESSION :

No significant abnormality.

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USG WHOLE ABDOMEN

— END OF THE REPORT —

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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RADIOLOGY

Patient Details : Mr. ABHINAV KUMAR | Male | 34Yr 8Mth 13Days
UHID : AHIL.0000694034 **Patient Location:** AHC
Patient Identifier: AHILAH198254 
DRN : 123032642 **Completed on :** 13-MAR-2023 12:29
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Lung fields are clear.
 Cardio thoracic ratio is normal.
 Both costophrenic angles are clear.
 Domes of diaphragm are well delineated.
 Bony thorax shows no significant abnormality.

IMPRESSION

NORMAL STUDY.

— END OF THE REPORT —



AKSHAY SHARMA

Medical Officer

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The Emergency Specialist



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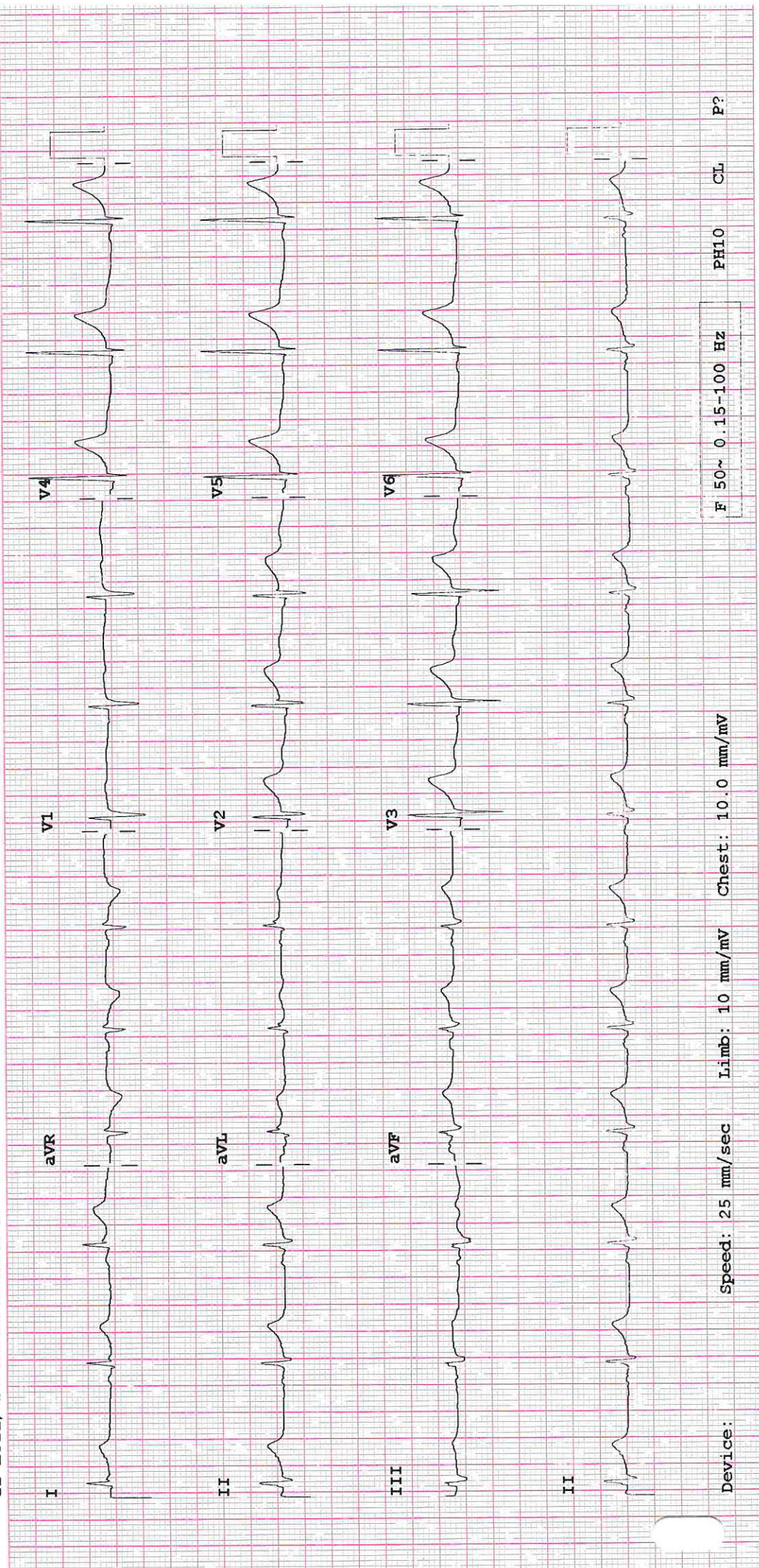
Rate 71

PR 135
QRSD 87
QT 408
QTc 444

--AXIS--

P 6
QRS 5
T 45

12 Lead; Standard Placement



Device: speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10 CL P?



AHIL.0000694034

Mr. ABHINAV
KUMAR

34 Year(s) / Male

DENTISTRY



Name :

Date : 13/3/22 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES : NA

PAIN : Score (0-10) 0 Location : — Character : —

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : <u>NA</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks : <u>NA</u>	Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>NA</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>NA</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate : <u>NA</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsilar Area : <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>NA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT : Deep for clearing HA smoking

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy