

Dear Mr. MAULIKKUMAR SOLANKI

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



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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

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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Name : Mr. MAULIKKUMAR SOLANKI (34 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 19/11/2022



UHID : AHIL.000081780

AHC No : AHILAH176044



Chief Complaints

For Annual health checkup

No specific complaints



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



Past medical history

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



Surgical history

- Surgical history - Nil

Immunization history

- SWINE FLU



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Female - 1
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - consumes alcohol occasionally
- Consuming alcohol for - 2 YRS
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Aged - 64
- Mother - alive



Name : Mr. MAULIKKUMAR SOLANKI

UHID : AHIL.0000817807

Date : 19/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC AHILAH17604



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Aged - 58

Brothers - 1

Coronary artery disease - none

Cancer - None

Physical Examination



General

General appearance - normal

Build - normal

Height - 175

Weight - 74.2

BMI - 24.23

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 75

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 120

Diastolic(mm of Hg) - 86

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

Tenderness - No

Printed By : MUKTA S ADALTI



**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	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
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)	15	gm%	●	13.0-17.0
Packed cell volume(Calculated)	45.1	%	●	40-50
RBC COUNT (Impedance)	5.21	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	86.5	fl	●	80-100
MCH(Calculated)	28.86	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	12.7	%	●	11.5-14.5
WBC Count (Impedance)	8826	/cu mm	●	4000-11000



Within Normal Range



Borderline High/Low



Out of Range



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Neutrophils	54	%	●	40-75
Lymphocytes	38	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	291800	/cu mm	●	150000-450000
MPV (Calculated)	7.9	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	4	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:	O 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	44	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	72	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	30	U/L	●	> 1 year Male : <40
Total Bilirubin	0.689	mg/dL	●	0.300-1.200
Direct Bilirubin	0.263	mg/dL	●	Upto 0.3 mg/dl

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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Indirect Bilirubin	0.426	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
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CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	1.07	mg/dL	●	Adult Male: 0.6 - 1.3

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	20	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	94	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)	109	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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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC Apollo AHILAH176044

HOSPITALS

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Glycosylated Hemoglobin (HbA1c)

4.8

%



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.

91.06

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.

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include PROTEIN TOTAL - SERUM / PLASMA, ALBUMIN - SERUM, Globulin-Serum/Plasma, and A/G ratio.

THYROID PROFILE (T3,T4 AND TSH)

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include TOTAL T3: TRI IODOTHYRONINE - SERUM, TOTAL T4: THYROXINE - SERUM, and TSH: THYROID STIMULATING HORMONE - SERUM.

Legend: Green dot = Within Normal Range, Yellow dot = Borderline High/Low, Red dot = 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	6.3	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)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	22	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	145	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	65	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	48 *	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)	93	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	13		●	< 40 mg/dl
C/H RATIO	3		●	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



Name : Mr. MAULIKKUMAR SOLANKI

UHID : AHIL.0000817807

Date : 19/11/2022
AHC : AHILAH17604
Apollo HOSPITALS

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Name : Mr. MAULIKKUMAR SOLANKI

UHID : AHIL.0000817807

Date : 19/11/2022

AHC Apollo HOSPITALS AHILAH176044

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Executive Summary



- .BODY WEIGHT: 74.2 KG, IDEAL BODY WEIGHT: 58- 70 KG
- .ECG- NORMAL SINUS RHYTHM
- .TMT- TEST IS NEGATIVE, EXERCISE TIME: 9.30 MINS, WORKLOAD: 10.9 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



BALANCED 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 58-70 KG

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
22/11/2022
Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar
Gujarat-382428, INDIA. Regd. No. : G-21901

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. MAULIKKUMAR SOLANKI | Male | 34Yr 1Mth 12Days

UHID : AHIL.0000817807 **Patient Location:** AHC

Patient Identifier: AHILAH176044 

DRN : 222059851 **Completed on :** 19-NOV-2022 11:18

Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows grade I fatty changes. No evidence of focal 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 17.4 cc) is normal in size and echopattern.

IMPRESSION : Grade I fatty changes in liver

Printed on : 19-Nov-2022 16:00

Printed By : 1075754

Reported By : 717876

Page 1 of 2

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Saving time. Saving lives.



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Mr. MAULIKKUMAR SOLANKI

AHIL.0000817807

AHILAH176044

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

Printed on : 19-Nov-2022 16:00

Printed By : 1075754

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. MAULIKKUMAR SOLANKI | Male | 34Yr 1Mth 12Days
UHID : AHIL.0000817807 **Patient Location:** AHC
Patient Identifier: AHILAH176044 
DRN : 122131359 **Completed on :** 19-NOV-2022 11:12
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 —



DR. VAIBHAVI PATEL

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ID,

DENTISTRY

Name : Date : 19/11/22 Unit No. :
 Occupation : Ref. Physician :
 Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : N/A

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

DENTAL CLEANING HABIT

<input checked="" type="checkbox"/> Once	<input type="checkbox"/> Twice	<input type="checkbox"/> Occasionally
<input checked="" type="checkbox"/> Brush	<input type="checkbox"/> Finger	<input type="checkbox"/> Stick <input type="checkbox"/> Any other
<input checked="" type="checkbox"/> Tooth Paste	<input type="checkbox"/> Powder	<input type="checkbox"/> 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>↑</u>	Gingivitis <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	Hypoplasia <u>↑</u>
Cheeks : <u>↑</u>	Calculus <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	Impaction <u>↑</u>
Tongue : <u>↑</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital <u>↑</u>
Floor of the mouth : <u>↑</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture <u>↑</u>
Palate : <u>↑</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess <u>↑</u>
Tonsilar Area : <u>N/A</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers <u>↑</u>
Any other : <u>↑</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries <u>↑</u>
		Missing Teeth <u>↑</u>
		Supernumerary <u>↑</u>
		Others <u>↑</u>

PRESENT COMPLAINT : tooth decay

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

01/001

MK MAULIKKUMAR SOLANKI

19-NOV-22 12:33:21 PM

Born 17-Feb-02 20 Years

Male

Rate 67

PR 134

QRSD 93

QT 372

QTc 393

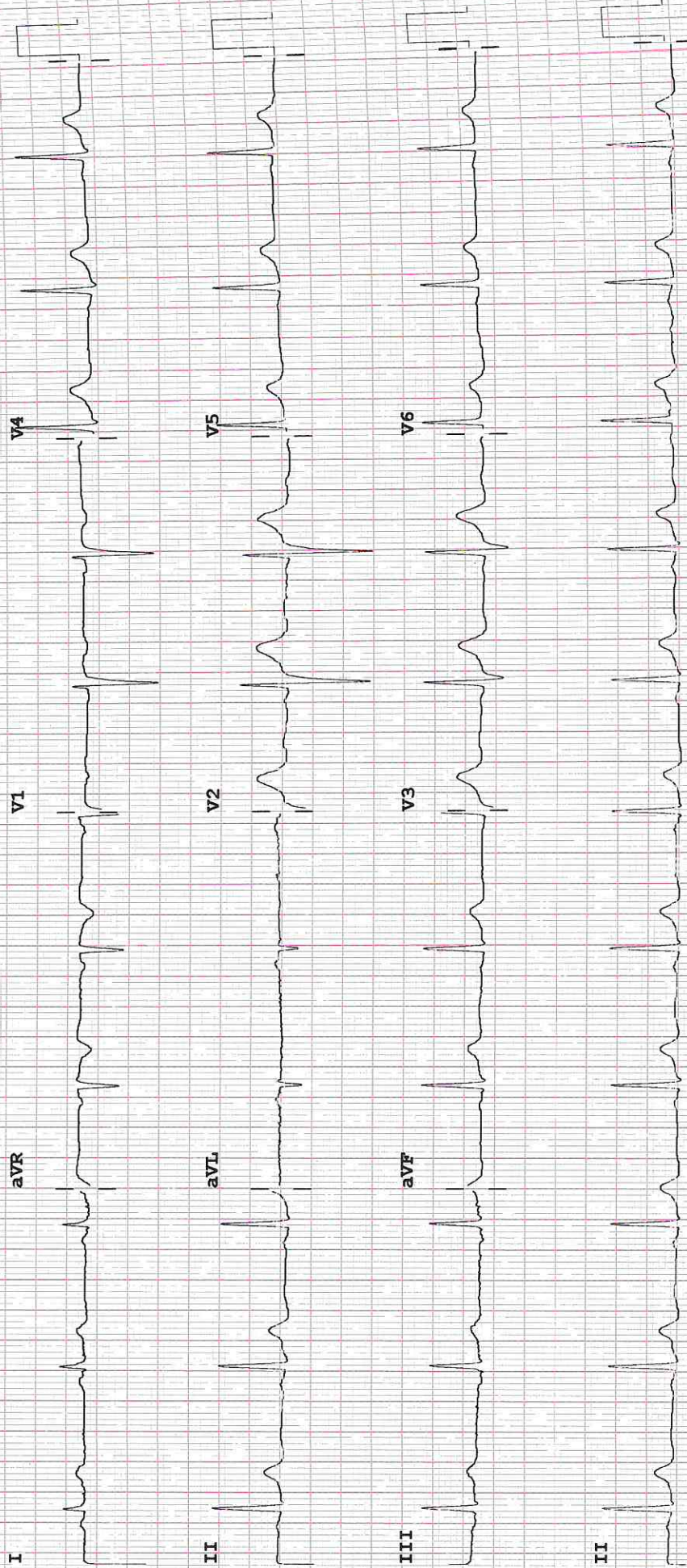
--AXIS--

P 28

QRS 76

T 65

12 Lead; Standard Placement



P 80-0 13-100 Hz

Speed 25 mm/sec Limb 10 mm/mV Chest 10.0 mm/mV

PH10 CL P3

OPHTHALM

EXAMINATION RECORDS

Name :

AHIL.0000817807
Mr. MAULIKKUMAR
SOLANKI

Date :

19/11/22

UHID :

34 Year(s) / Male

Distance Vision :

Right Eye -

Left Eye -

6/6
6/6

Near Vision :

Right Eye :

Left Eye :

N6
N6

APLN.TN - Right Eye

14

Left Eye -

12 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

wm

Both Eye Posterior Segment Examinations -

wm

Dr. Jagriti Sinha
Ms (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd., Gandhinagar,
Gulbarg 382428, INDIA. Regd. No.: G-68792

Doctor's Signature

Ophthalmologist Name

ID: 000817807

Visit: MEDIWHEEL

34 years
175cm

Asian
74kg

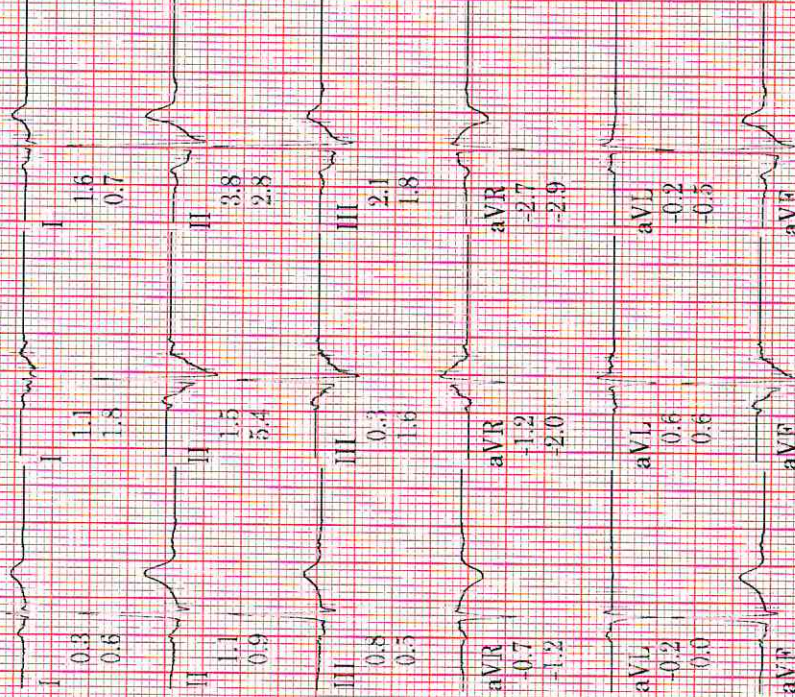
Male

Referred by: DR.SUBIR CHOSH, MHC
Test Ind:

BASELINE EXERCISE
0:00
87bpm
BP: 120/70

PEAK EXERCISE
9:30
188bpm
BP: 150/80

TEST END RECOVERY
3:05
117bpm
BP: 120/70



Total Exercise time: 9:30

25.0 mm/s
10.0 mm/mV
100hz

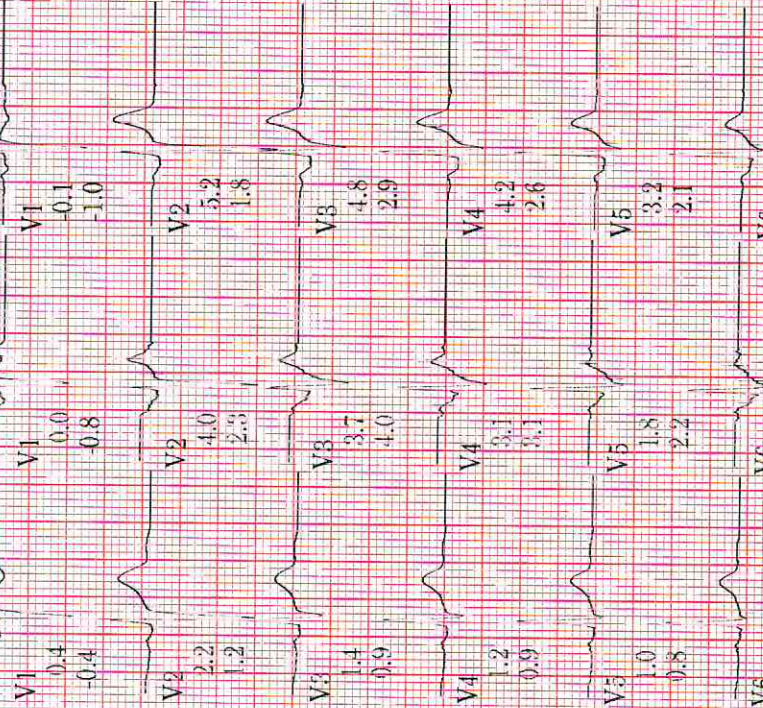
Max FR: 188bpm 101% of max predicted 186bpm
Max BP: 140/88
Maximum workload: 10.9 METS
Reason for Termination: Max HR attained

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD
NORMAL HEYMODYNAMIC RESPONSE
NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED
NO GALLOP / MURMUR AT PEAK EXERCISE
TEST TERMINATED DUE TO MHR ACHIEVED
GOOD EFFORT TOLERANCE.

BASELINE EXERCISE
0:00
87bpm
BP: 120/70

PEAK EXERCISE
9:30
188bpm
BP: 130/80

TEST END RECOVERY
3:05
117bpm
BP: 120/70



Technician: FALGUNI VIHOL

Unconfirmed

APOLLO HOSPITALS INTERNATIONAL LIMITED

GE Healthcare

MAC55-010B

Lead
STT(mm)
Slope(mV/s)