Dear Mrs. RASHMI RAHI

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	:	**Mrs. RASHMI RAHI (35 /F)**
Date	:	**24/08/2024**

Address : H NO 81-82 PALM CITY GIRNAR VALLEY AYODHYA BYPASS ROAD BHOPAL, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

UHID : ASHB.0000045945

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

AHC No : BPLAH9672

Chief Complaints

For general health checkup
No specific complaints

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   :24/08/2024

Systemic Review

Cardiovascular system	:	Chest pain - no; Breathing difficulty - no; Swelling of feet - no
Respiratory system	:	- Nil Significant
Oral and dental	:	- Nil Significant
Gastrointestinal system	:	Appetite - normal; Abdominal pain - no; Bowel habits - regular
Genitourinary system	:	Frequency - normal; Dysuria/burning micturition - no; Urgency - no
Gynaec history	:	Last menstrual period - 20/08/24; Pregnant - No; Periods - regular; Vaginal discharge - clear; No of Children - 01; Last child birth - 2020; No of deliveries - 01; Deliveries - LSCS
Central nervous system	:	- Nil Significant
Eyes	:	Vision - normal; Glasses - yes; Glasses for - reading
ENT	:	- Normal hearing
Musculoskeletal system **Spine and joints**	:	

   - Nil Significant

Skin	:	- Nil Significant
Weight	:	- has gained weight; Number of kgs - 4-5 kg in 1 year
General symptoms	:	- Nil Significant

Present medications :   - Nil

Past medical history

Past medical history   - nil significant

Covid 19   - No

Surgical history

Caesarian section   - 2020

Immunization history

          - Covid Dose1,Covid Dose2,Precaution Dose

Personal history

Ethnicity   - Indian Asian

Marital status   - Married

No. of children   - 01

Female   - 00

Male   - 01

Profession   - government employee

Diet   - Mixed Diet

Alcohol   - does not consume alcohol

Smoking   - No

Chews tobacco   - No

Physical activity   - Mild

                         - level ground walking

Family history

Father   - has expired

Aged   - 35

Cause   - accident

Mother   - alive

Aged   - 55

Brothers   - 01

Sisters   - 00

Diabetes   - father,mother

Hypertension   - brother

Coronary artery disease	-	none
Cancer	-	cousin
Type	-	Blood
Renal disease	-	brother

Physical Examination

General

General appearance	-	normal
Build	-	normal
Height	-	148
Weight	-	65.7
BMI	-	29.99
Pallor	-	No
Oedema	-	no
SpO2	-	99

Head and ENT

- No significant finding

Oral and Dental

- No significant finding

Cardiovascular system

Heart rate (Per minute)	-	69
Rhythm	-	Regular
	-	B.P. Sitting
Systolic(mm of Hg)	-	95
Diastolic(mm of Hg)	-	67
Heart sounds	-	S1S2+

Respiratory system

Breath sounds	-	Normal vesicular breath sounds

Abdomen

Organomegaly	-	No

Tenderness   - No

ENT consultation

ENT consultation done by   - Dr Ankit Mishra

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			
Bilirubin:	Nil			
RBC	Nil			
Pus Cells	0-1	/hpf		0.0 - 5.0/HPF
Epithelial Cells	1-2	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Absent			
Casts:	Absent			ABSENT
Crystals:	Absent			

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	11.9 *	g/dL	🔴	12.0 to 15.1
Packed cell volume (Calculated)	36.3	%	🟢	35.5-44.9
RBC Count	4.47	Million/ul	🟢	4.00-5.20
MCV-	81.2	fl	🟢	80-100
MCH-	26.6 *	pg	🔴	27-32
MCHC-	32.8	g/dL	🟢	32-36
RDW	15.6	%	🟢	12.2-16.1
TLC COUNT	5.44	$10^3/mm^3$	🟢	4.0-11.0
Neutrophils	43	%	🟢	40-80
Lymphocytes	45 *	%	🔴	20-40

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Monocytes	9	%	🟢	2-10
Eosinophils	3	%	🟢	1-6
Basophils	0	%	🟢	0-2
Platelet Count	291.3	10³/mm³	🟢	150-450
Mean Platelet Volume	7.3	fl	🟢	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	31 *	mm/1st hr	🔴	0-20

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)	85	mg/dL	🟢	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	102	mg/dL	🟢	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

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

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	142	mg/dL	🟢	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	44	mg/dL	🟢	>40

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	99	mg/dL	🟢	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	44	mg/dL	🟢	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	9 *		🔴	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.2 *		🔴	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	3.7	g/dL	🟢	3.5-5.2
GLOBULIN	4.1	g/dL	🟢	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	0.9		🟢	0.9-2.0
AST (SGOT)	19	U/L	🟢	< 35
ALT(SGPT) - SERUM	18	U/L	🟢	<35
BILIRUBIN TOTAL	0.4	mg/dL	🟢	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	🟢	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.3	mg/dL	🟢	0.1-1.2
Alkaline Phosphatase - Serum	68	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	0.73	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	4.4	mg/dL	🟢	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.3	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	0.89	ng/ml	🟢	0.60-1.81
TOTAL T4: THYROXINE - SERUM	9.48	µg/dL	🟢	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	1.93	µIU/mL	🟢	0.35-5.50

Investigations Not Done / Not Yet Reported

Histopathology

PAP SMEAR /CERVICAL SMEAR

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

MEDICALLY AND PHYSICALLY FIT

Dr.AKHIL KUMAR TIWARI

Printed By : 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
High Risk	5	3

Your likelihood of developing cardiovascular disease in the next ten years is 1.6 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 3 months** if you have:
    - Uncontrolled high blood pressure
    - Diabetes
    - Dyslipidemia
    - Coronary heart disease
- You will be referred to a **cardiologist**.

The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515