



atient Name : Mr.MAINAK GHOSH	Collected	: 06/Apr/2024 10:14AM Expertise. Empowering you.
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 Age/Gender
 : 37 Y 1 M 0 D/M
 Received
 : 06/Apr/2024 11:49AM

 UHID/MR No
 : CAOP.0000000152
 Reported
 : 06/Apr/2024 01:00PM

Visit ID : CAOPOPV170 Status : Final Report

Ref Doctor : Dr.SELF Sponsor Name : ARCOFEMI HEALTHCARE LIMITED Emp/Auth/TPA ID : 553128

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL S	SMEAR , WHOLE BLOOD EDTA	
RBCs	Show mild anisocytosis, are predominantly Normocytic Normochromic .	
WBCs	Normal in number and morphology Differential count is within normal limits	
Platelets	Adequate in number, verified on smear	
	No Hemoparasites seen in smears examined.	
Impression	Normal peripheral smear study	
Advice	Clinical correlation	\neg



Dr.Shivangi Chauhan M.B.B.S,M.D(Pathology) Consultant Pathologist

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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
IEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	14.2	g/dL	13-17	Spectrophotometer
PCV	43.70	%	40-50	Electronic pulse & Calculation
RBC COUNT	5.24	Million/cu.mm	4.5-5.5	Electrical Impedence
MCV	83	fL	83-101	Calculated
MCH	27.2	pg	27-32	Calculated
MCHC	32.6	g/dL	31.5-34.5	Calculated
R.D.W	14.4	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	4,900	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (I	OLC)			
NEUTROPHILS	64	%	40-80	Electrical Impedance
LYMPHOCYTES	30	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	04	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	3136	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	1470	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	98 / / /	Cells/cu.mm	20-500	Calculated
MONOCYTES	196	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	2.13		0.78- 3.53	Calculated
PLATELET COUNT	243000	cells/cu.mm	150000-410000	Electrical impedence
ERYTHROCYTE SEDIMENTATION RATE (ESR)	04	mm at the end of 1 hour	0-15	Modified Westergre
PERIPHERAL SMEAR				

Page 2 of 12

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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
BLOOD GROUP ABO AND RH FACTOR, WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	В			Gel agglutination
Rh TYPE	POSITIVE			Gel agglutination



Page 3 of 12

Dr.Shivangi Chauhan M.B.B.S,M.D(Pathology) Consultant Pathologist



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Collected : 06/Apr/2024 12:48PM Expertise. Empowering you. Patient Name : Mr.MAINAK GHOSH

: 06/Apr/2024 04:44PM Age/Gender : 37 Y 1 M 0 D/M Received UHID/MR No Reported : 06/Apr/2024 05:45PM : CAOP.000000152

Visit ID : CAOPOPV170 Status : Final Report

: ARCOFEMI HEALTHCARE LIMITED Ref Doctor : Dr.SELF Sponsor Name

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING, NAF PLASMA	103	mg/dL	70-100	GOD - POD

Comment:

Emp/Auth/TPA ID

As per American Diabetes Guidelines, 2023

: 553128

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- 1. The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on occasions.
- 2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS, SODIUM FLUORIDE PLASMA (2 HR)	126	mg/dL	70-140	GOD - POD

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Page 4 of 12

Dr.Shivangi Chauhan M.B.B.S, M.D(Pathology) Consultant Pathologist

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Patient Name	: Mr.MAINAK GHOSH	Collected	: 06/Apr/2024 10:14AM Expertise. Empowering you.
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Age/Gender : 37 Y 1 M 0 D/M Received : 06/Apr/2024 05:23PM UHID/MR No Reported : 06/Apr/2024 08:07PM : CAOP.000000152

Visit ID : CAOPOPV170 Status : Final Report

Ref Doctor : ARCOFEMI HEALTHCARE LIMITED : Dr.SELF Sponsor Name Emp/Auth/TPA ID

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method	
HBA1C (GLYCATED HEMOGLOBIN) , WHOLE BLOOD EDTA					
HBA1C, GLYCATED HEMOGLOBIN	5.9	%		HPLC	
ESTIMATED AVERAGE GLUCOSE (eAG)	123	mg/dL		Calculated	

Comment:

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

: 553128

REFERENCE GROUP	HBA1C %
NON DIABETIC	<5.7
PREDIABETES	5.7 – 6.4
DIABETES	≥6.5
DIABETICS	
EXCELLENT CONTROL	6-7
FAIR TO GOOD CONTROL	7 – 8
UNSATISFACTORY CONTROL	8 – 10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

- 1. HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- 2. Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- 3. Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- 4. Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- 5. In cases of Interference of Hemoglobin variants in HbA1C, alternative methods (Fructosamine) estimation is recommended for Glycemic Control A: HbF >25%
 - B: Homozygous Hemoglobinopathy.

(Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)

M.B.B.S, MD(Pathology) Consultant Pathologist

Dr. Tanish Mandal M.B.B.S,M.D(Pathology)

Consultant Pathologist ... and Lifestyle Limited

Registered Office

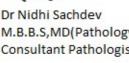
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Page 5 of 12

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 : 06/Apr/2024 04:51PM

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Ref Doctor : Dr.SELF Sponsor Name : ARCOFEMI HEALTHCARE LIMITED Emp/Auth/TPA ID : 553128

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
LIPID PROFILE , SERUM				
TOTAL CHOLESTEROL	170	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	133	mg/dL	<150	
HDL CHOLESTEROL	35	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	135	mg/dL	<130	Calculated
LDL CHOLESTEROL	108.4	mg/dL	<100	Calculated
VLDL CHOLESTEROL	26.6	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.86		0-4.97	Calculated
ATHEROGENIC INDEX (AIP)	0.22		<0.11	Calculated

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100; Near Optimal 100- 129	130 - 159	160 - 189	≥ 190
HDL	≥60 (OHO11A)			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220
ATHEROGENIC INDEX(AIP)	<0.11	0.12 - 0.20	>0.21	

Note

- 1) Measurements in the same patient on different days can show physiological and analytical variations.
- 2) NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.
- 3) Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
- 4) Low HDL levels are associated with coronary heart disease due to insufficient HDL being available to participate in reverse

Page 6 of 12

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Dr.Shivangi Chauhan M.B.B.S,M.D(Pathology) Consultant Pathologist



: 553128



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.

- 5) As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
- 6) VLDL, LDL Cholesterol Non-HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when Triglycerides are below 400 mg/dl. When

Triglycerides are more than 400 mg/dl LDL cholesterol is a direct measurement.

7) Triglycerides and HDL-cholesterol in Atherogenic index (AIP) reflect the balance between the atherogenic and protective lipoproteins. Clinical studies have shown that AIP (log (TG/HDL) & values used are in mmol/L) predicts cardiovascular risk and a useful measure of response to treatment (pharmacological intervention).



Dr.Shivangi Chauhan M.B.B.S,M.D(Pathology) Consultant Pathologist



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Visit ID : CAOPOPV170 Status : Final Report

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
LIVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	0.90	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.20	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.70	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	38	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	27.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	55.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.00	g/dL	6.7-8.3	BIURET
ALBUMIN	4.30	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.70	g/dL	2.0-3.5	Calculated
A/G RATIO	1.59	141	0.9-2.0	Calculated

Comment:

LFT results reflect different aspects of the health of the liver, i.e., hepatocyte integrity (AST & ALT), synthesis and secretion of bile (Bilirubin, ALP), cholestasis (ALP, GGT), protein synthesis (Albumin)

Common patterns seen:

1. Hepatocellular Injury:

- · AST Elevated levels can be seen. However, it is not specific to liver and can be raised in cardiac and skeletal injuries.
- ALT Elevated levels indicate hepatocellular damage. It is considered to be most specific lab test for hepatocellular injury. Values also correlate well with increasing BMI .• Disproportionate increase in AST, ALT compared with ALP. • Bilirubin may be elevated.
- AST: ALT (ratio) In case of hepatocellular injury AST: ALT > 1In Alcoholic Liver Disease AST: ALT usually >2. This ratio is also seen to be increased in NAFLD, Wilsons's diseases, Cirrhosis, but the increase is usually not >2.

2. Cholestatic Pattern:

- ALP Disproportionate increase in ALP compared with AST, ALT.
- Bilirubin may be elevated.• ALP elevation also seen in pregnancy, impacted by age and sex.
- To establish the hepatic origin correlation with GGT helps. If GGT elevated indicates hepatic cause of increased ALP.
- 3. Synthetic function impairment: Albumin- Liver disease reduces albumin levels. Correlation with PT (Prothrombin Time) helps.

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Dr.Shivangi Chauhan M.B.B.S, M.D(Pathology) Consultant Pathologist



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
RENAL PROFILE/KIDNEY FUNCTION	TEST (RFT/KFT), SEF	RUM		
CREATININE	0.79	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	19.70	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	9.2	mg/dL	8.0 - 23.0	Calculated
URIC ACID	6.30	mg/dL	4.0-7.0	URICASE
CALCIUM	9.60	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.90	mg/dL	2.6-4.4	PNP-XOD
SODIUM	143	mmol/L	135-145	Direct ISE
POTASSIUM	4.4	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	101	mmol/L	98-107	Direct ISE
PROTEIN, TOTAL	7.00	g/dL	6.7-8.3	BIURET
ALBUMIN	4.30	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.70	g/dL	2.0-3.5	Calculated
A/G RATIO	1.59		0.9-2.0	Calculated

Page 9 of 12

Dr.Shivangi Chauhan M.B.B.S,M.D(Pathology) Consultant Pathologist



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	25.00	U/L	16-73	Glycylglycine Kinetic method



Page 10 of 12

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Patient Name : Mr.MAINAK GHOSH : 06/Apr/2024 10:14AM Expertise. Empowering you. Collected

: 06/Apr/2024 04:06PM Age/Gender : 37 Y 1 M 0 D/M Received UHID/MR No : 06/Apr/2024 06:38PM : CAOP.000000152 Reported

Visit ID : CAOPOPV170 Status : Final Report

Ref Doctor : ARCOFEMI HEALTHCARE LIMITED : Dr.SELF Sponsor Name Emp/Auth/TPA ID

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
THYROID PROFILE TOTAL (T3, T4, TSH)	, SERUM			
TRI-IODOTHYRONINE (T3, TOTAL)	0.91	ng/mL	0.7-2.04	CLIA
THYROXINE (T4, TOTAL)	7.16	μg/dL	5.48-14.28	CLIA
THYROID STIMULATING HORMONE (TSH)	2.830	μIU/mL	0.34-5.60	CLIA

Comment:

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 – 3.0

- 1. TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
- 2. TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
- 3. Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.
- 4. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	Т3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism
Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes
High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma

Page 11 of 12

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DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY STANDARD PLUS MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
COMPLETE URINE EXAMINATION (CUE) , URINE			<u>'</u>
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pН	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.030		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE	6	NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE	3	NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NORMAL	12/	NORMAL	EHRLICH
NITRITE	NEGATIVE	V. 11	NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS
CENTRIFUGED SEDIMENT WET M	OUNT AND MICROSCOP	Y		
PUS CELLS	2-3	/hpf	0-5	Microscopy
EPITHELIAL CELLS	1-2	/hpf	<10	MICROSCOPY
RBC	NLOHOL	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT	1	ABSENT	MICROSCOPY

*** End Of Report ***

Page 12 of 12

Dr.Shivangi Chauhan M.B.B.S,M.D(Pathology) Consultant Pathologist



Apollo Health and Lifestyle Limited

SIN No:UR2326701

2C/14, New Rohtak Rd, Block 66a, Karol Bagh, New Delhi-110005

Registered Office

(CIN-U85110TG2000PLC115819)

Regd. Office: 7-1-617/A, 615 and 616, IMPERIAL TOWERS 7th Floor, Ameerpet

Hyderabad, Telangana State 500038

Email ID: customer.care@apollodiagnostics.in



ID	
caop0000000152)

Height 162.9cm Age 37

Gender Male

Test Date / Time 06.04.2024. 09:56

Body Composition Analysis

		Values	Total Body Wate	Soft Lean Mass	Fat Free Mass	Weight
Total Body Wate	r (L)	39.4 (32.8~40.2)	39.4	50.8		
Protein	(kg)	10.8 (8.8~10.8)		(42.1~51.5)	53.7 (44.7~54.6)	74.0
Minerals	(kg)	3.54 (3.03~3.71)	non-osseous	*		74.0 (49.6~67.2)
Body Fat Mass	(kg)	20.3 (7.0~14.0)			*	

Muscle-Fat Analysis

Weight	(kg)	55	70	85	100	115	130	145	160	175	190	205	%
	(1.5)						74	1.0					
SMM	(kg)	70	80	90	100	110	120	130	140	150	160	170	%
Skoletal Muscle Mass						1 3	0.5						
Body Fat Mas	s (kg)	40	60	80	100	160	220	280	340	400	460	520	%
de la California						2010		20.3					

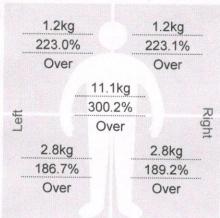
Obesity Analysis

BMI (kg/m²)	10.0	15.0	18.5	22.0	25.0	30.0	35.0	40.0	45.0	50.0	55.0
DOG MISS HIGE						27.				-3.0	55.0
PBF (%)	0.0	5.0	10.0	15.0	20.0	25.0	30.0	35.0	40.0	45.0	50.0
ercent Body Fat						100	27.5	5			

Lean Mass Evaluation Segmental Lean Analysis

			and the second	
	3.15kg		3.15kg	
106.0%			105.9%	
	Normal		Normal	
		25.1kg		
#	105.9%			Z
Left		Normal		Right
	7.84kg		7.84kg	
	94.8%		94.8%	7
	Normal		Normal	

Segmental Fat Analysis



* Segmental fat is estimated

Fat Mass

% Evaluation

Rody Composition History

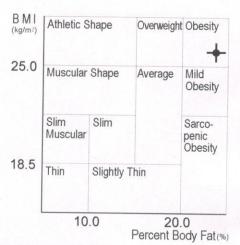
Weight	(kg)	74.0				
SMM Skeletal Muscle Mass	(kg)	30.5				
PBF Percent Body Fat	(%)	27.5	White the state of		9	
Recent DTo	tal	06.04.24. 09:56				

InBody Score

3/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Body Type



Weight Control

the second secon		
Target Weight	63.1	kg
Weight Control	- 10.9	kg
Fat Control	- 10.9	kg
Muscle Control	0.0	ka

Obesity Ev	valuation	1	
BMI.	□ Normal		Slightly Over □ Over
PBF	□ Normal	□ Slightly Over	∀ Over
Body Bala	nce Eval	uation	
Upper	☑Balanced	□ Slightly Unbalanced	□ Extremely Unbalanced

Lower Balance	ced Slightly Unbalance	1	Extremely	
Upper-Lower ★Balance	ced Slightly	ad	Extremely	
Research Param	eters—	-	Choalance	a
Basal Metabolic Rate	1529 kcal	(1593~1865)
Waist-Hip Ratio	0.92	(0.80~0.90)
Visceral Fat Level	8	(1~9)
Obesity Degree	127 %	(90~110)
Bone Mineral Content	2.86 kg	(2.50~3.06)

8.3 kg/m2 Recommended calorie intake 2092 kcal

Impedance

	RA	LA	TR	RL	LL	
$Z(\Omega)$ 51	Hz 316.6	316.1	26.0	283.2	276.9	
501	Hz 273.9	274.9	22.1	241.0	239.1	
2501	Hz 240.0	240.3	17.9	211.4	210.4	





Mr Mainale Chosh

08/4/24

Height: 162 9cm	Weight: THAY K9	BMI:	Waist Circum :
Temp :	Pulse: 72/m+	Resp: 971.	B.P: 120 00 mm

General Examination / Allergies History

Clinical Diagnosis & Management Plan

PMH- MII

FH - Momel Teday

Paddrenin - MII

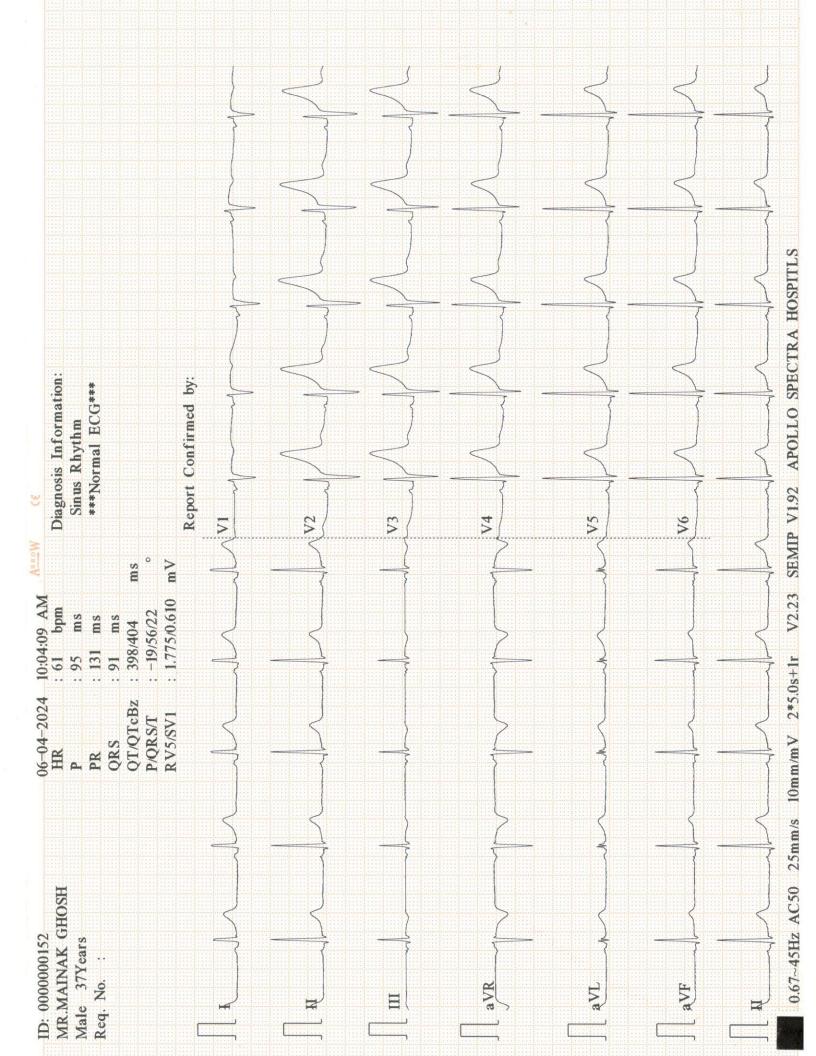
Alwyy

Dier NV

1 ife syle and defram

Follow up date:

Doctor Signature





CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of

14 Mairak Choch on 08/4/24

	Ti
	•
Medically Fit	
It Wit Restrictions Recommendations	
	en revealed, in my opinion, these are not
1 Cifestyle mod	efication for predictions
2 garus and life	efication for Predraberic
3	
However, the employee should follow to him/her.	the advice/medication that has been communicated
Review after	
Current Unfit.	
Review after	recommended
Unfit	
n e	
ht: 162:9 cm ht. 74:45 kg	Dr. Dipti Dadheech

This certificate is not meant for medico-legal purposes

Apollo One (Unit of Apollo Health and Lifestyle Ltd)

Plot no. 3, Block no. 34, Pusa Road, WEA, opposite metro pilar no. 77, Karol Bagh, New Delhi - 110005. Contact Number 011- 40393610 / Helpline No: 1860 500 7788 Emergency: 1066 / Email: ApolloOnePusaRoad@apolloclinic.com

Registered Office: Apollo Health and Lifestyle Limited 7-1-617/A, 615 and 616, Imperial Towers, 7th Floor,



Eye Checkup

NAME: - MR. MAINK GOSH

Age: - 37

Date: 6 4 2 9

SELF / CORPORATE: -

Ri	Right Eye		
Distant Vision	-1.75 -0.50 x 90	-2.00/-60 × 150	
Near vision	6/6	6/6	
Color vision	6/2	612	
Fundus examination			
Intraocular pressure			
Slit lamp exam			

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NAME: MAINAK GHOSH

DATE: 06.04.2024

REF. BY:- HEALTH CHECKUP

AGE: 37Y /SEX/Madvanced Diagnostics Powered by Al

MR. NO:- CAOP.000000152

S.NO.:-497

X-RAY CHEST PA VIEW

Both lung fields and hila are normal.

No obvious active pleuro-parenchymal lesion seen.

Both costophrenic and cardiophrenic angles are clear.

Both diaphragms are normal in position and contour.

Thoracic wall and soft tissues appear normal.

CONCLUSION:

No obvious abnormality seen.

Please correlate clinically and with lab. Investigations

DR. KAWAL DEEP DHAM **CONSULTANT RADIOLOGIST**

Note: It is only a professional opinion. Kindly correlate clinically.

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