

Mr. MAHENDRA MANSORIYA (45 /M)

UHID : ASHB.0000034470

AHC No : BPLAH7871 Date : 13/04/2024

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50

MALE

Dear Mr. MAHENDRA MANSORIYA

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.

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

Name: Mr. MAHENDRA MANSORIYA (45 /M)

Date: 13/04/2024

Address: G 3 GULMOHAR, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by: Dr. PROMISE JAIN UHID: ASHB.0000034470

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE

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Chief Complaints

For corporate 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



Systemic Review

Cardiovascular system : Chest pain - no; Breathing difficulty - no

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Bowel habits - regular

Genitourinary system: Frequency - normal; Dysuria/burning micturition - no; Urgency - no

Central nervous system : - Nil Significant

Eyes : - Nil Significant

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints

- Nil Significant

Skin : - hyperpigmentation

Weight : - stable

General symptoms : - Nil Significant

Present medications: - Nil



Past medical history

Past medical history - nil significant

Covid 19 - No



Surgical history

Surgical history - Nil

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Immunization history

- Covid Dose1, Covid Dose2



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 2

Profession - government employee

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No Chews tobacco - No

Physical activity - Sedentary

Family history

Father - has expired

 Aged
 - 78

 Cause
 - stroke

 Mother
 - alive

 Aged
 - 75

 Brothers
 - 4

 Sisters
 - 1

Diabetes - father

- none

disease

Coronary artery

Cancer - brother

Type - Oral

CVA - father

Physical Examination



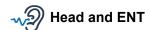
General

General appearance - normal
Build - normal
Height - 164
Weight - 75

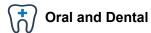
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BMI - 27.89
Pallor - No
Oedema - no



- No significant finding



- No significant finding



Cardiovascular system

Heart rate (Per minute) - 80

Rhythm - Regular

Systolic(mm of Hg) - 135 Diastolic(mm of Hg) - 84

- B.P. Sitting

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Appearance - Normal
Organomegaly - No
Tenderness - No



Central nervous system

- No neurological deficit



Skin

- No significant finding



Musculo Skeletal System

- No significant finding

Psychological Assessment

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Psychological assessment - Normal

Opthalmology consultation

Opthalmology consultation

done by

- Dr.Siddhartha Malaiya

Opthalmology findings

- BE A/s wnl Treatment BE e/d

Tear drops 4 times/day for

1 month

Dental consultation

Dental findings - Dr. Anjali Pandey

O/E Root stumps with 26

Missing with 16

Stain & Calculus

presentT/Adv

- Oral prophylXIS

Extraction with 26

Implants with with 16,26

PRASHANT TRIPATHI Printed By:

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COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	15.6	g/dL	•	13.0-17.0
Packed cell volume (Calculated)	44.3	%	•	38.3-48.6
RBC Count	5.05	Million/ul	•	4.50-5.90
MCV-	87.8	fl	•	80-100
MCH-	30.9	pg	•	27-32
MCHC-	35.2	g/dL	•	32-36
RDW	14.8 *	%	•	11.8-14.5
TLC COUNT	7.36	10³/mm³	•	4.0-11.0
Neutrophils	54	%	•	40-80
Lymphocytes	34	%	•	20-40
Monocytes	7	%	•	2-10
Eosinophils	5	%	•	1-6
Basophils	0	%	•	0-2
Platelet Count	305.4	10³/mm³	•	150-450
Mean Platelet Volume	8.8	fl	•	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	34 *	mm/1st hr	•	0-15

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 L	evel Range
Specific Gravity	1.020		1.005 - 1.025
Colour:	Pale-Yellow		
Transparency:	Clear		
рН	Acidic		
Protein :	Nil		
Sugar:	Nil		
Ketone	Nil		
Bilirubin:	Nil		
Within Normal Range	Borderline H	ligh/Low	Out of Range

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RBC Nil

/hpf Pus Cells 8-10 0.0 - 5.0/HPF

Epithelial Cells 1-2 /hpf <20

Yeast Cells Absent

Bacteria: Absent

Casts: Absent **ABSENT**

Crystals: Absent

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name Result Unit Level Range

ABO Group: Α

Positive Rh (D) Type:

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name Unit Result Level Range

104 * mg/dL Glucose - Plasma (Fasting) 70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range

Glucose - Plasma (Post prandial) 103 mg/dL 70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range

5.3 % GLYCOSYLATED HEMOGLOBIN 4.0-5.6 (HBA1C) - WHOLE BLOOD

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range

198 **Total Cholesterol** mg/dL Desirable: <200

Borderline High: 200-239

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High >240

HDL Cholesterol 34 * mg/dL >40

Within Normal Range

Borderline High/Low

Out of Range

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	5 / LD G T L G G II	.,, \		
LDL Cholesterol (Direct LDL)	140 *	mg/dL	•	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	141	mg/dL	•	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	28		•	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	5.8 *		•	3.5-5.0
LIVER FUNCTION TEST (PACKAGE)			
Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.4	g/dL	•	6.6-8.3
Albumin - Serum	4.6	g/dL	•	3.5-5.2
GLOBULIN	2.8	g/dL	•	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.6		•	0.9-2.0
AST (SGOT)	26	U/L	•	< 50
ALT(SGPT) - SERUM	36	U/L	•	<50
BILIRUBIN TOTAL	0.6	mg/dL	•	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	•	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.5	mg/dL	•	0.1-1.2
Alkaline Phosphatase - Serum	56	U/L	•	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	35	U/L	•	0 - 55
CREATININE - SERUM / PLASMA				
Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.8	mg/dL	•	0.72 - 1.18

Borderline High/Low

Out of Range

Within Normal 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.

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Test Name	Result	Unit	Level	Range
Uric Acid - Serum	6.5	mg/dL	•	3.5-7.2
BUN (BLOOD UREA NITROGEN)				
Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.6	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	1.28	ng/ml	•	0.60-1.81
TOTAL T4: THYROXINE - SERUM	10.54	μg/dL	•	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	4.11	μIU/mL	•	0.35-5.50

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.3	ng/mL	•	< 4

ECG

-WNL

TMT/2D ECHO

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

ULTRASOUND - WHOLE ABDOMEN

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IMPRESSION:- Sonography Study Reveals:-

- · Hepatomegaly with grade-I fatty liver changes.
- Simple hepatic cyst.

ADV:- Clinical Correlation

DR. KRATI KHANDELWAL CONSULTANT RADIOLOGIST

X-RAY CHEST PA

IMP:- RADIOGRAPHIC IMAGE REVEALS:- No significant abnormality detected.

Thanks for Ref

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Executive Summary



Overweight

Wellness Prescription

Advice On Diet :-



Low calorie, low sugar, low fat diet

Advice On Physical Activity:-



30 minutes brisk walk 5 days a week

Follow-up and Review Plan



Weight reduction

Printed By: Promise Jain



AHC No: BPLAH7871

Dr.PROMISE 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.