

Ms. POOJA TRIPATHI (31 /F)

UHID : AHIL.0000828158

AHC No : AHILAH183314

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Ms. POOJA TRIPATHI

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

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

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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

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Name : Ms. POOJA TRIPATHI (31 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 24/12/2022



UHID : AHIL.0000828158

AHC No : AHILAH183314



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

Thyroid disease : - hypothyroidism; Since - 8 YEARS; Medication - regular; - THYRONORM



Drug Allergy

NO KNOWN ALLERGY

:24/12/2022



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



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APOLLO HOSPITALS

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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
- Allergies - Nil
- Past medical history - nil significant
- Covid 19 - Yes
- 2020
- Hospitalization for Covid 19 - No
- Oxygen support - No



Surgical history

- Appendicectomy - 2013



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history

- Father - alive



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Mother - alive
 Brothers - 1
 Sisters - 1
 Diabetes - mother
 Hypertension - father,mother
 Coronary artery disease - none
 Cancer - uncle
 Type - Stomach

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 167
 Weight - 67.9
 BMI - 24.35
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 76
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 118
 Diastolic(mm of Hg) - 80
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

Printed By : MUKTA S ADALTI



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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	25	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	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	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	12.6	gm%	●	12-16
Packed cell volume(Calculated)	37.8	%	●	36-46
RBC COUNT (Impedance)	4.21	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	89.8	fl	●	80-100
MCH(Calculated)	30.02	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	13.2	%	●	11.5-14.5
WBC Count (Impedance)	7644	/cu mm	●	4000-11000

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

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Neutrophils	55	%	●	40-75
Lymphocytes	34	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	204500	/cu mm	●	150000-450000
MPV (Calculated)	8	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	08	mm/1st hr	●	0-20

URINE GLUCOSE(FASTING)

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

URINE GLUCOSE(POST PRANDIAL)

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

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
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BLOOD GROUP: A 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	21	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	46	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	18	U/L	●	>1 year Female : <32
Total Bilirubin	0.932	mg/dL	●	0.300-1.200
Direct Bilirubin	0.397 *	mg/dL	●	Upto 0.3 mg/dl

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

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Indirect Bilirubin

0.535

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	0.71	mg/dL		Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	35	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	96	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)	103	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range

Within Normal Range Borderline High/Low Out of Range

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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)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.11	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.11	g/dL		6.00-8.00
ALBUMIN - SERUM	4.66	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.66	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.45			2.20-4.20
Globulin-Serum/Plasma	2.45			2.20-4.20
A/G ratio	1.9			1.00-2.00
A/G ratio	1.9			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.8	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	132	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	1.61	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	3.6	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)	7	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	152	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	72	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	55 *	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)	94	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	14		●	< 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





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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECHO/TMT

ECG

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Executive Summary



- .BODY WEIGHT 67.9 KG,DEAL BODY WEIGHT 52-63 KG
- .H/O THYROID
- .ECG - NON SPECIFIC ST WAVE ABNORMALITY
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 6:16 ,WORKLOAD 7.4 METS
- .USG ABDOMEN - APPROXIMATELY 9.5 MM SIZED SOFT GALL BLADDER CALCULUS
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 52-63 KG

Printed By : MUKTA S ADALTI


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-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 : Ms. POOJA TRIPATHI | Female | 31Yr 6Mth 14Days
UHID : AHIL.0000828158 **Patient Location:** AHC
Patient Identifier: AHILAH183314 
DRN : 122147996 **Completed on :** 24-DEC-2022 11:19
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

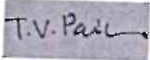
FINDINGS :

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 ---



TIRTH VINAYKUMAR PARIKH

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. POOJA TRIPATHI | Female | 31Yr 6Mth 14Days
UHID : AHIL.0000828158 **Patient Location:** AHC
Patient Identifier: AHILAH183314 
DRN : 222066942 **Completed on :** 24-DEC-2022 13:09
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 shows approximately 8.5 mm sized soft calculus with the lumen. 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 9.5 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.

Endometrial thickness is 6 mm.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Ms. POOJA TRIPATHI

AHIL.0000828158

AHILAH183314

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Approximately 9.5 mm sized soft gall bladder calculus.

Rest normal study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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OBS GYNAEC & GYNAECOLOGY - AHC

AHIL.0000828158 Ms. POOJA TRIPATHI 31 Year(s) / Female		Date : 24/12/22 Unit No. :
Name : Occupation : Age :	Ref. Physician : Dr. Vandana Sinha Copies to :	

GYNAEC CHECK UP

Chief Complaint: *None. Pot 2.*
ON IVF Rx

Children: —	Weight:
Deliveries: —	BP:
Last Child: —	Breasts: <i>Normal</i>
Abortions: <i>2 - Spontaneous</i>	PAP Smear: <i>Not taken (She is on her periods)</i>
Periods: <i>Regular 3 days / 28 days</i>	Previous Medical H/O: <i>Hypothyroid on Thyroxin someg 1-0-0</i>
LMP: <i>22/12/22</i>	F/H/O: <i>HTN, DM.</i>
Menopause: —	Previous Surgical H/O: <i>Appendectomy - 2013</i>
G. Condition: <i>Fit</i>	
P/A: <i>Soft</i>	
S/E: —	
P/V: —	
P/R: —	
Impression: —	

Vandana Sinha
 Doctor Signature
 Date & Time
 24/12/22
 1:40 PM.

Ms. Pooja, Tripathi
ID: 826158

31 Years Female

24.12.2022 12:06:02

Apollo Hospital
Bhat
Gandhinagar

Location:

Room:

Order Number:

Indication:

Medication 1:

Medication 2:

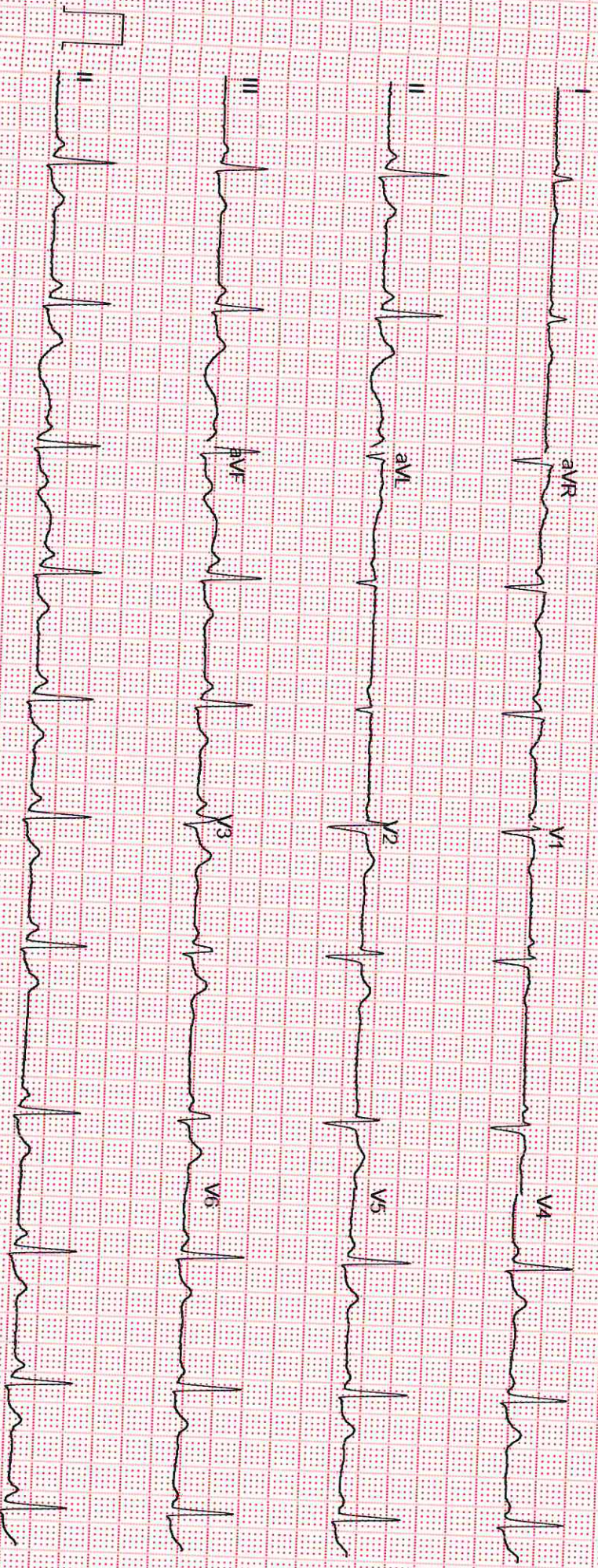
Medication 3:

66 bpm
--/-- mmHg

QRS 84 ms
QT/QTcBaz 386/404 ms
PR 128 ms
P 114 ms
RR/PP 910/909 ms
P/ORS/T 71/74/55 degrees

Normal sinus rhythm with sinus arrhythmia
Nonspecific ST abnormality
Abnormal ECG

Technician:
Ordering Ph:
Referring Ph:
Attending Ph:



GE MAC2000 1 1 12SL™ V241

25 mm/s 10 mm/mV

ADS 0.56 47 60 U7

Unconfirmed

AHIL.0000828158

Ms. POOJA
TRIPATHI

31 Year(s) / Female



N RECORDS

Date: 24/12/22

Name :

UHID :

Distance Vision :

Right Eye -

Left Eye -

6/9 (BE) 6/6 CP

- 0.25 @ 10 → 6/6 CP
- 0.50 → 6/6 CP
(BE) 6/6

Near Vision :

Right Eye :

Left Eye :

N 6
N 6

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. Apollo Eye
Gurgaon-122028, Haryana, India. Regd. No. G-14/12

Doctor's Signature

Ophthalmologist Name

ID: 000828158

Visit: MEDIWHEEL

31 years
167 cm

Asian
67 kg

Female

BRUCE

Total Exercise time: 6:16

Max HR: 172bpm 91% of max predicted 189bpm

Maximum workload: 7.4 METS

Reason for Termination: Patient fatigue

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT MODERATE WORKLOAD

NORMAL HEYMODAYNAMIC RESPONSE

NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED

NO GALLOP // MURMUR AT PEAK EXERCISE

TEST TERMINATED DUE TO PATIENT FATIGUE AND THR ACHIEVED

MODERATE EFFORT TOLERANCE.

Referred by: DR.SUBIR GHOSH, MHC

Test ind:

BASELINE EXERCISE
0:00
91bpm
BP: 110/70

MAX ST RECOVERY
0:04
173bpm
BP: 120/70

PEAK EXERCISE
6:16
172bpm
BP: 120/70

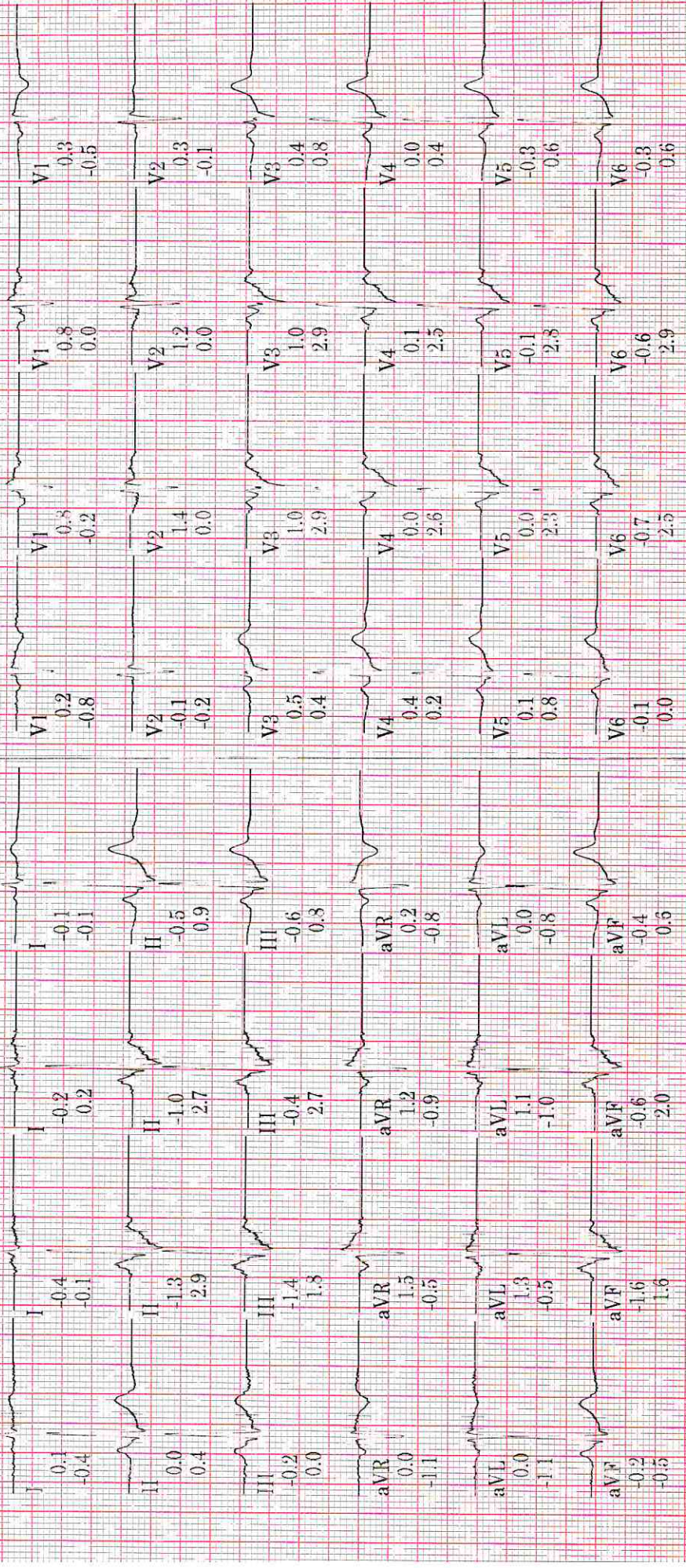
TEST END RECOVERY
3:16
85bpm
BP: 110/70

BASELINE EXERCISE
0:00
91bpm
BP: 110/70

MAX ST RECOVERY
0:04
173bpm
BP: 120/70

PEAK EXERCISE
6:16
172bpm
BP: 120/70

TEST END RECOVERY
3:16
85bpm
BP: 110/70



Technician: FALGUNI VIHOL

Unconfirmed

MAC55-010B

Lead
ST(mm)
Slope(mV/s)