

## Mr. RAJEEV RANJAN KUMAR (39 /M)



UHID

AHIL.0000812069

AHC No

AHILAH174590

Date

12/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

#### Dear Mr. RAJEEV RANJAN KUMAR

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).

#### i 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 ssessments, 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 <a href="https://www.apollo247.com/specialties">https://www.apollo247.com/specialties</a> or through the Apollo 247 app on your phone.

3can 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 Accorded Mr. RAJEEV RANJAN KUMAR (39 /M)

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID

: AHIL.0000812069

AHC No : AHILAH174590



## **Chief Complaints**

For Annual health checkup **BACK PAIN** ITCHING IN LEGS - OCCASSIONALLY



## 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

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Date

AHC No: AHILAH174590

#### MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

- Nil Significant

Skin

- Nil Significant

**General symptoms** 

- Nil Significant



## Past medical history

Do you have any

allergies?

Do you have any drug - No

allergies?



# Surgical history

Surgical history

- Nil



### Personal history

Ethnicity

Indian Asian

Marital status

Married

No. of children

Female

2

Profession

corporate employed

Diet

Mixed Diet

Alcohol

does not consume alcohol

Smoking

Chews tobacco

No

Physical activity

- Moderate



#### Family history

Father

- alive

Aged

67

Mother

alive

Aged

63

**Brothers** 

Coronary artery

- none

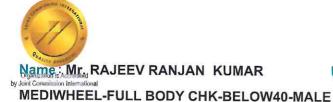
disease Cancer

- None

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### **Physical Examination**



### General

General appearance normal

Build - normal

Height - 165

Weight - 76.8

BMI - 28.21

Pallor - No

Oedema - no



## Cardiovascular system

Heart rate (Per minute) - 65

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 124

Diastolic(mm of Hg) - 72

Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



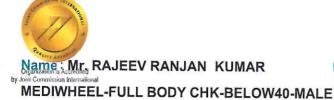
Organomegaly - No

**Tenderness** - No

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ADOIO
Date : 12/11/2022 SPITALS

AHC No: AHILAH174590

# 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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
Hq	5.5			
Protein:	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occassional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional		~	
Casts:	Absent			
Crystals:	Absent			

## **COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.1	gm%		13.0-17.0
Packed cell volume(Calculated)	40.1	%		40-50
RBC COUNT (Impedance)	4.61	Million/ul		4.5-5.9
MCV (From RBC Histogram)	87.1	fl		80-100
MCH(Calculated)	28.46	pg		27-32
MCHC(Calculated)	32.7	%		31-36
RDW(Calculated)	15.3 *	%		11.5-14.5
WBC Count (Impedance)	7019	/cu mm		4000-11000

Within Normal Range



Borderline High/Low











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## MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Neutrophils	59	%	40-75
Lymphocytes	34	%	20-40
Monocytes	6	%	2-10
Eosinophils	1	%	01-06
Basophils	0	%	0-1
Platelet Count (Impedance)	160000	/cu mm	150000-450000
MPV (Calculated)	10.7	fl	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic— electronic)	10	mm/1st hr	0-15

## **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.

ALT(SGPT) - SERUM / PLASMA       31       U/L       0-50         ALKALINE PHOSPHATASE - SERUM/PLASMA       147 *       U/L       Adult(Male): 40 - 129         AST (SGOT) - SERUM       30       U/L       > 1 year Male : <40         Total Bilirubin       1.014       mg/dL       0.300-1.200         Direct Bilirubin       0.295       mg/dL       Upto 0.3 mg/dl	Test Name	Result	Unit	Level	Range
SERUM/PLASMA       30       U/L       > 1 year Male : <40	ALT(SGPT) - SERUM / PLASMA	31	U/L		0-50
Total Bilirubin  1.014 mg/dL  0.300-1.200		147 *	U/L	•	Adult(Male): 40 - 129
Direct Bilimbia	AST (SGOT) - SERUM	30	U/L		> 1 year Male : <40
Direct Bilirubin 0.295 mg/dL • Upto 0.3 mg/dl	Total Bilirubin	1.014	mg/dL		0.300-1.200
	Direct Bilirubin	0.295	mg/dL		Upto 0.3 mg/dl



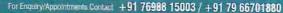
Within Normal Range



Borderline High/Low











UHID : AHIL.0000812069 Date

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Indirect Bilirubin 0.719 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 0.99 mg/dL Adult Male: 0.6 - 1.3

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**Test Name** Result I evel Range GGTP: GAMMA GLUTAMYL 15 11/1 Male: 10 - 71 TRANSPEPTIDASE - SERUM Female: 6 - 42

**GLUCOSE - SERUM / PLASMA (FASTING)** 

**Test Name** Result Unit Level Range Glucose - Plasma (Fasting)

92

mg/dL 100 - 125 : Impaired Glucose Tolerance

>= 126 : Diabetes Mellitus

70 - 100 : Normal

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

**Test Name** Result Unit Level Range

Glucose - Plasma (Post Prandial) 71 mg/dL 70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range

Within Normal Range

Borderline High/Low





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## MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Glycosylated Hemoglobin (HbA1c)

5.2

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.

102.54

#### 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
PROTEIN TOTAL - SERUM / PLASMA	7.4	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.4	g/dL		6.00-8.00
ALBUMIN - SERUM	4.58	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.58	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.82			2.20-4.20
Globulin-Serum/Plasma	2.82			2.20-4.20
A/G ratio	1.62			1.00-2.00
A/G ratio	1.62			1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.7	, 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	100	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	3.02	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.

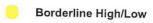
Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.5	mg/dL		Male : 3.4-7.0 Female : 2.4-5.7
BUN (BLOOD UREA NITROGEN)		94		
Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	•	6-20
UREA - SERUM / PLASMA	22	mg/dL		15 - 50
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Total Cholesterol	190	mg/dl		0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	105	mg/dL		0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	48 *	mg/dL	<b>A</b>	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	132 *	mg/dL		100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	21			< 40 mg/dl
C/H RATIO	4			0-4.5

### X-RAY CHEST PA

X-ray imaging creates pi fures 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.













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ADO (

AHC No : AHILAH174590

## MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

## Investigations Not Done / Not Yet Reported

Haematology

URINE GLUCOSE(FASTING)

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

Within Normal Range



Borderline High/Low







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### **Executive Summary**



BODY WEIGHT 76.8 KG, DEAL BODY WEIGHT 51-63 KG

.DYSLIPIDEMIA

.ECG - NORMAL SINUS RHYTHM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

.TMT — TEST IS NEGATIVE, EXERCISE TIME 9.28 , WORKLOAD 10.8 METS

.USG ABDOMEN - NORMAL

.CHEST X-RAY - NORMAL

.EYE - NORMAL

.DENTAL - AS PER DOCTOR ADVICE

### **Wellness Prescription**

#### Advice On Diet :-



BALANCED DIET---LOW FAT 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 51-63 KG

## Follow-up and Review Plan



CHECK LIPID PROFILE EVERY 6 MONTHS

Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine
Dr. Shashikant Nigam

MBBS, MD (Gen. Med.)

Consultant Internal Medicine Apollo Hospitals International Ltd., Gandhinagar,

Note: - The Health Check-up examinations and routine investigations haujard@P247h 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 is so cases.

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#### PRESENT DENTAL HISTORY: (succent for

FUNCTIONAL AS	SESSMENT (Ability to perform routine activities):	
PSYCHOLOGICA	ALASSESSMENT: Normal Anxious Depressed	
INITIAL DIAGNOS	SIS: Chronic Gar. Chrolisticity	
PLAN / INVESTIG	*	
RESULTS OF INV	T:(Subject to change in course of disease) Briefed Yes—No  Consideration Reviewed, DIAGNOSIS AND ADVISED TREATMEN Pollo Hospitals R	HIRAG D SHAH  BDS  Ultant Dental Surgeon  International Ltd., Gandhinaga EEG. No.: A-2761  obile: 9725402226
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Date & Time	Details	Signature
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39 Years		= ;	=	= .  	



OPTHAL

AHIL.0000812069 Mr. RAJEEV RANJAN KUMAR

39 Year(s) / Male

Name:

UHID:

ON RECORDS

Distance Vision:

Right Eye - 6/6

Near Vision:

Right Eye: N

Left Eye: N

eye drop eye drop kg (BE) x2 month.

APLN.TN - Right Eye | Left Eye- | 2\_mmHg

Both Eye – Colour Vision No

Both Eye - Anterior Segment Examinations -

Both Eye Posterior Segment Examinations -

Doctor's Signature

Ophthalmologist Name

AHMROP028V1





# DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Mr. RAJEEV RANJAN KUMAR | Male | 39Yr 1Mth 12Days **Patient Details** 

UHID AHIL.0000812069

Patient Location:

AHC

Patient Identifier:

AHILAH174590

DRN

122128024

Completed on:

12-NOV-2022 12:34

**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 -

T.V. Pail

TIRTH VINAYKUMAR PARIKH

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## Radiology

Mr. RAJEEV RANJAN KUMAR | Male | 39Yr 1Mth 12Days **Patient Details** 

UHID AHIL.0000812069

Patient Location: AHC

Patient Identifier: AHILAH174590 DRN

222058440

Completed on:

12-NOV-2022 12:34

**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 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 measures normal in size and echopattern.

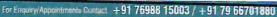
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Mr. RAJEEV RANJAN KUMAR

AHIL.0000812069

AHILAH174590

# USG WHOLE ABDOMEN

-- END OF THE REPORT ---

Dr. HARSH S VYAS

**DNB** Resident

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