

Dear Mr. SAHIL SHARMA

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



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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

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

**Apollo Hospitals International Limited**  
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Name : Mr. SAHIL SHARMA (30 /M)

Date : 12/11/2022



Address : B 801 VINAYAK RAYASAN, GANDHINAGAR, GANDHI NAGAR, GUJARAT, INDIA

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Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000815644

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH174615



### Chief Complaints

For Annual health checkup

No specific complaints

### Present Known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Stroke



### Drug Allergy

NO KNOWN ALLERGY :12/11/2022



### 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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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
- 2021
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No
- Oxygen support - No

Surgical history

Surgical history - Nil

Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Active





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### Family history

Father - alive  
 Aged - 67  
 Mother - alive  
 Aged - 57  
 Brothers - 1  
 Coronary artery disease - none  
 Cancer - None

### Physical Examination



#### General

General appearance - normal  
 Build - normal  
 Height - 180  
 Weight - 79.4  
 BMI - 24.51  
 Pallor - No  
 Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 98  
 Rhythm - Regular  
 - B.P. Supine  
 Systolic(mm of Hg) - 120  
 Diastolic(mm of Hg) - 88  
 Heart sounds - S1S2+

#### Respiratory system

Breath sounds - Normal vesicular breath sounds



#### Abdomen

Organomegaly - No  
 Tenderness - No

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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	30	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
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)	14.9	gm%	●	13.0-17.0
Packed cell volume(Calculated)	45.2	%	●	40-50
RBC COUNT (Impedance)	5.48	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	82.4	fl	●	80-100
MCH(Calculated)	27.25	pg	●	27-32
MCHC(Calculated)	33.1	%	●	31-36
RDW(Calculated)	13	%	●	11.5-14.5
WBC Count (Impedance)	6402	/cu mm	●	4000-11000

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



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Neutrophils	53	%	●	40-75
Lymphocytes	37	%	●	20-40
Monocytes	5	%	●	2-10
Eosinophils	5	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	253700	/cu mm	●	150000-450000
MPV (Calculated)	8.4	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	03	mm/1st hr	●	0-15

**URINE GLUCOSE(FASTING)**

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

**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:	A Negative			

**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	18	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	75	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	17	U/L	●	> 1 year Male : <40
Total Bilirubin	0.461	mg/dL	●	0.300-1.200
Direct Bilirubin	0.14	mg/dL	●	Upto 0.3 mg/dl

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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Indirect Bilirubin

0.321

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

0.84

mg/dL



Adult Male: 0.6 - 1.3

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL  
TRANSPEPTIDASE - SERUM

16

U/L



Male : 10 - 71  
Female : 6 - 42

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

Test Name

Result

Unit

Level

Range

Glucose - Plasma (Fasting)

105 \*

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)

98

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)	5.3	%	●	Normal < 5.7
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%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. 105.41

**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	7.56	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.56	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	2.9		●	2.20-4.20
Globulin-Serum/Plasma	2.9		●	2.20-4.20
A/G ratio	1.61		●	1.00-2.00
A/G ratio	1.61		●	1.00-2.00

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

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.2	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	112	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	1.58	µIU/mL	●	14-120 years : 0.27 - 4.20

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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	6.4	mg/dL	<span style="color: green;">●</span>	Male : 3.4-7.0 Female : 2.4-5.7

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9	mg/dL	<span style="color: green;">●</span>	6-20
UREA - SERUM / PLASMA	20	mg/dL	<span style="color: green;">●</span>	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	200	mg/dl	<span style="color: green;">●</span>	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	129	mg/dL	<span style="color: green;">●</span>	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	41 *	mg/dL	<span style="color: red;">●</span>	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	151 *	mg/dL	<span style="color: red;">●</span>	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	26		<span style="color: green;">●</span>	< 40 mg/dl
C/H RATIO	5 *		<span style="color: red;">●</span>	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



Name: Mr. SAHIL SHARMA

UHID : AHIL.0000815644

Date : 12/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No: AHILAH174615



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**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range



Name: Mr. SAHIL SHARMA

UHID : AHIL.0000815644

Date : 12/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH1174615



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### Executive Summary



BODY WEIGHT 79.4 KG, IDEAL BODY 61-74 KG  
IMPAIRED GLUCOSE TOLERANCE  
DYSLIPIDEMIA  
ECG - NORMAL  
TMT — TEST IS NEGATIVE , EXERCISE TIME 10:03 ,WORKLOAD 11.8 METS  
USG ABDOMEN - NORMAL STUDY  
X-RAY - NORMAL

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET  
LOW FAT DIET  
LOW CARBOHYDRATE DIET

#### Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION  
PRACTICE YOGA AND MEDITATION  
MAINTAIN WEIGHT BETWEEN 61-74 KG

*Adv OATT  
Consult Phys*

Printed By : MUKTA S ADALTI

*[Signature]*  
18/11/22  
**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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### Radiology

**Patient Details** : Mr. SAHIL SHARMA | Male | 30Yr 9Mth 22Days  
**UHID** : AHIL.0000815644 **Patient Location:** AHC  
**Patient Identifier:** AHILAH174615   
**DRN** : 222058446 **Completed on :** 12-NOV-2022 10:59  
**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 9.6 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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Printed By : 153182

Reported By : 717876

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Mr. SAHIL SHARMA

AHIL.0000815644

AHILAH174615

**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

Dr. HARSH S VYAS

DNB Resident

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The Emergency Specialist




Saving time. Saving lives.



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### Radiology

**Patient Details** : Mr. SAHIL SHARMA | Male | 30Yr 9Mth 22Days  
**UHID** : AHIL.0000815644      **Patient Location:** AHC  
**Patient Identifier:** AHILAH174615        
**DRN** : 122128033      **Completed on :** 12-NOV-2022 10:41  
**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 —

Dr. HARSH S VYAS

DNB Resident

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Mr Sahil Sharma  
ID: 815644

12.11.20 11:14:44  
Apollo Hospital  
Bhat  
Gandhinagar

Location  
Order No  
Indication  
Medication 1  
Medication 2  
Medication 3

80 bpm  
-- / -- mmHg

30 Years  
Male

Normal sinus rhythm  
Normal ECG

QRS 84 ms  
QT/QTc/Baz 366 / 422 ms  
PR 130 ms  
P 92 ms  
RR/PP 750 / 750 ms  
P / QRS / T 46 / 44 / 25 degrees

Technician:  
Ordering Ph:  
Referring Ph:  
Attending Ph:

