



Mr. RAJESH JHA (38 /M)

UHID : AHIL.0000862667

AHC No : AHILAH206429

Date : 15/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. RAJESH JHA,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Mr. RAJESH JHA (38 /M)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 15/04/2023



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Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY :15/04/2023



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

- Nil Significant

Skin : - Nil Significant

General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - Yes

Allergies - dust



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- Covid 19 - Yes
- 2020
- 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
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Sedentary

Family history

- Father - has expired
- Mother - alive
- Sisters - 2
- Hypertension - father
- Coronary artery disease - father
- Cancer - None

Physical Examination

General

- General appearance - normal
- Build - normal
- Height - 168
- Weight - 88.7
- BMI - 31.43
- Pallor - No



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Edema - no

Cardiovascular system

Heart rate (Per minute) - 72
Rhythm - Regular
Systolic(mm of Hg) - 140
Diastolic(mm of Hg) - 90
- B.P. Sitting
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	25	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
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)	14.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.1	%	●	40-50
RBC COUNT (Impedance)	5.42	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	81.3	fl	●	80-100
MCH(Calculated)	26.47 *	pg	●	27-32
MCHC(Calculated)	32.6	%	●	31-36
RDW(Calculated)	14.8 *	%	●	11.5-14.5
WBC Count (Impedance)	8249	/cu mm	●	4000-11000

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

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



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Neutrophils	56	%	●	40-75
Lymphocytes	35	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	150000	/cu mm	●	150000-450000
MPV (Calculated)	11.4 *	fl	●	7-11

RBC: Normochromic Normocytic RBCs

Platelets: Few giant platelets noted.

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	mm/1st hr	●	0-15
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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:	B 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	29	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	108	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	27	U/L	●	> 1 year Male : <40

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Total Bilirubin	0.883	mg/dL	●	0.300-1.200
Direct Bilirubin	0.265	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.618	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	1.13	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	30	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	100	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)	96	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Glycosylated Hemoglobin (HbA1c)

5.3

%



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.

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	7.68	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.68	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.59	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.59	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.09		●	2.20-4.20
Globulin-Serum/Plasma	3.09		●	2.20-4.20
A/G ratio	1.49		●	1.00-2.00
A/G ratio	1.49		●	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	72	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	1.38	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	6.4	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)	6	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	209 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	439 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	33 *	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)	122	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	88 *		●	< 40 mg/dl
C/H RATIO	6 *		●	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

CARDIOLOGY

ECHO/TMT

EKG



Within Normal Range



Borderline High/Low



Out of Range



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Executive Summary



- .BODY WEIGHT 88.7 KG, IDEAL BODY WEIGHT 53-64 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL
- .TMT — TEST IS NEGATIVE , EXERCISE TIME 9:54 ,WORKLOAD 13.00 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

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 53-64 KG

Cervical Post

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam

DR. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

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 Apollo Hospitals International Ltd., Gandhinagar,
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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.

OPHTHALMIC EXAMINATION RECORDS

Name : AHIL.0000862667
 UHID : Mr. RAJESH JHA
 38 Year(s) / Male

Date : 15/11/23

Distance Vision 

Right Eye - 6/6

Left Eye - 6/6

Near Vision :

Right Eye : N6

Left Eye : N6

APLN.TN - Right Eye 11 Left Eye- 12 mmHg Normal

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - Normal

Both Eye Posterior Segment Examinations - Normal

pt es jet from outside

Dr. Zahedabani Shaikh
 M.D.S. (Dip. Ophthalmology)
 Junior Consultant Ophthalmology
 Apollo Hospitals International Limited,
 Bhat, GIDC Estate, Gandhinagar
 Regd. No. : G-35153

Ophthalmologist Name

Rate 69

PR 142

QRSD 92

QT 369

QTc 396

--AXIS--

P 56

QRS 48

T 37

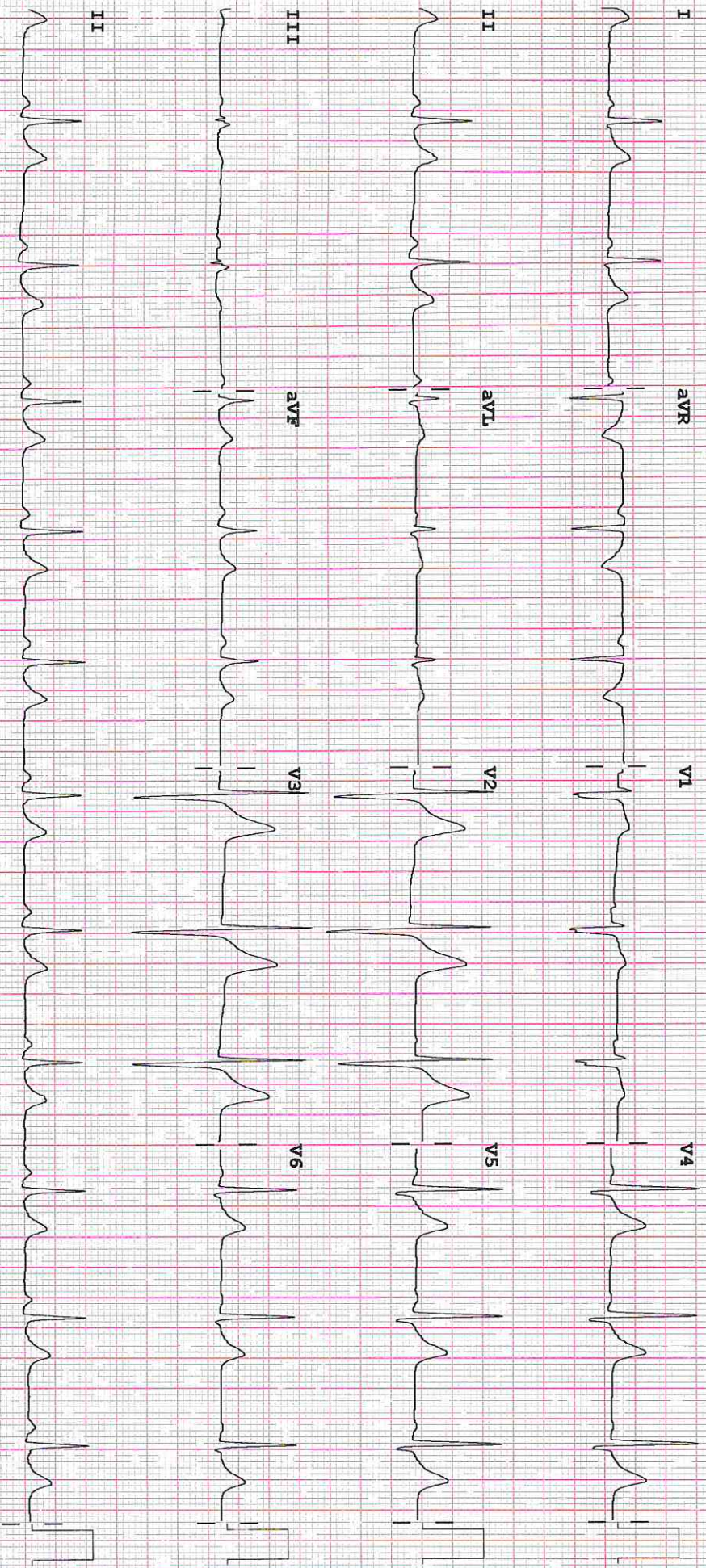
12 Lead: Standard Placement

AHIL.0000862667

M. RAJESH

JHA

38 Year(s) / Male



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~0.15-100 Hz

PH10

CL


P?



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RADIOLOGY

Patient Details : Mr. RAJESH JHA | Male | 38Yr 1Mth 0Days
UHID : AHIL.0000862667 **Patient Location:** AHC
Patient Identifier: AHILAH206429 
DRN : 223021143 **Completed on :** 15-APR-2023 11:58
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform bright echotexture. No evidence of focal 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 and shows few stones of approximate size 4-5 mm. Wall thickness appears normal. No evidence of pericholecystic collection.

Visualized Head and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 11.8 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 appears 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 18 cc , is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

Tiny gall bladder stones.

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Reported By : 717876

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USG WHOLE ABDOMEN

— END OF THE REPORT —

S.S. Parmar

SIDDHARTH S PARMAR

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RADIOLOGY

Patient Details : Mr. RAJESH JHA | Male | 38Yr 1Mth 0Days
UHID : AHIL.0000862667 **Patient Location:** AHC
Patient Identifier: AHILAH206429 
DRN : 123050460 **Completed on :** 15-APR-2023 11:58
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 —



AKSHAY SHARMA

Medical Officer

Printed on : 17-Apr-2023 8:40 Printed By : 1075754 Reported By : 717876 Page 1 of 1

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AHIL.0000862667

Mr. RAJESH
JHA

38 Year(s) / Male

HID,
n



DENTISTRY

Name :

Date : 15/04/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES : - NA -

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : <u>NA</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks : <u>NA</u>	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>NA</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>NA</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture <u>6/</u>
Palate : <u>NA</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area : <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers <u>7/7</u>
Any other : <u>NA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries <u>6/7</u>
		Missing Teeth <u>7/6</u>
		Supernumerary
		Others

PRESENT COMPLAINT : Pain in teeth

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

NA



AHIL.0000862667

Mr. RAJESH
JHA

38 Year(s) / Male

DENTISTRY



Name :

Date : 15/04/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES : - NA -

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	MILD MOD SEV Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CLASS I II III CROSSBITE Hypoplasia Impaction Non-vital Fracture - <u>6/</u> Abscess Ulcers - <u>7/7</u> Caries - <u>6/7</u> Missing Teeth - <u>7/6</u> Supernumerary Others

PRESENT COMPLAINT : tooth check up

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

NA

APOLLO HOSPITAL
BHAT
AHMEDABAD

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: JHA, MR.RAJESH
Patient ID: 862667
Height: 168 cm
Weight: 88.7 kg

DOB: 15.03.1985
Age: 38 yrs
Gender: Male
Race: Asian

Study Date: 15.04.2023
Test Type: --
Protocol: BRUCE

Referring Physician: --
Attending Physician: --
Technician: MS. KHUSHALI. C. SUCHAK

Medications:
--

Medical History:
--

Reason for Exercise Test:
--

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed [mph]	Grade [%]	HR [bpm]	BP [mmHg]	Comment
PRETEST	SUPINE	00:17	0.00	0.00	95		
	STANDING	01:07	1.00	0.00	102	130/86	
EXERCISE	STAGE 1	03:00	1.70	10.00	121	140/86	2:29 No symptoms
	STAGE 2	03:00	2.50	12.00	137	150/90	5:17 No symptoms
	STAGE 3	03:00	3.40	14.00	173	160/94	8:20 THR ACHIEVED
	STAGE 4	00:55	4.20	16.00	184	170/96	9:49 MAX HR ACHIEVED
RECOVERY		07:02	0.00	0.00	109	140/90	5:20 No symptoms

The patient exercised according to the BRUCE for 9:54 min:s, achieving a work level of Max. METS: 13.00. The resting heart rate of 94 bpm rose to a maximal heart rate of 184 bpm. This value represents 101 % of the maximal, age-predicted heart rate. The resting blood pressure of 130/86 mmHg, rose to a maximum blood pressure of 170/96 mmHg. The exercise test was stopped due to Maximum heart rate achieved.

Interpretation

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Conclusions

TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD.
NORMAL HR AND NORMAL BP RESPONSE.
NO ANGINA // ARRHYTHMIA DURING TEST.
NO SIGNIFICANT ST-T CHANGES SEEN DURING EXERCISE AND RECOVERY.
TEST TERMINATED DUE TO MAX HR ACHIEVED.
GOOD EFFOR TOLERANCE.

Physician

Technician