

**Namaste Mr. ABHISHEK MISHRA,**

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

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

**Apollo Hospitals International Limited**  
Plot No.-1A, Bina, GIDC, Gandhinagar, Gujarat - 382429, India.  
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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.

Scan the QR code to download the Apollo 247 App



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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](http://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](mailto: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. ABHISHEK MISHRA (33 /M)

Date : 25/03/2023



Address :  
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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

UHID : AHIL.0000854895

AHC No : AHILAH201484



### Chief Complaints

For Annual health checkup  
No specific complaints



### 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? - No  
Do you have any drug allergies? - No



### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Female - 1







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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Profession

- corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Aged - 59
- Mother - alive
- Aged - 55
- Brothers - 1
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 167
- Weight - 77.7
- BMI - 27.86
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 58
- Rhythm - Regular
- B.P. Supine
- Systolic(mm of Hg) - 108
- Diastolic(mm of Hg) - 62
- Heart sounds - S1S2+

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

### COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.5	gm%	●	13.0-17.0
Packed cell volume(Calculated)	41.2	%	●	40-50
RBC COUNT (Impedance)	4.93	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	83.5	fl	●	80-100
MCH(Calculated)	27.33	pg	●	27-32
MCHC(Calculated)	32.7	%	●	31-36
RDW(Calculated)	13.8	%	●	11.5-14.5
WBC Count (Impedance)	5533	/cu mm	●	4000-11000

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

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Neutrophils	57	%	●	40-75
Lymphocytes	33	%	●	20-40
Monocytes	09	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	130000 *	/cu mm	●	150000-450000
MPV (Calculated)	12.2 *	fl	●	7-11
Platelets:	Thrombocytopenia noted~Few giant platelets noted.			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	4	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:	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	30	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	80	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	18	U/L	●	> 1 year Male : <40
Total Bilirubin	0.921	mg/dL	●	0.300-1.200

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Direct Bilirubin

0.248

mg/dL



Upto 0.3 mg/dl

Indirect Bilirubin

0.673

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	0.94	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	23	U/L		Male : 10 - 71 Female : 6 - 42

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	92	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)	104	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)

5.2

%

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

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.53	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.53	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.97	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.97	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.56		●	2.20-4.20
Globulin-Serum/Plasma	2.56		●	2.20-4.20
A/G ratio	1.94		●	1.00-2.00
A/G ratio	1.94		●	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	101	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	2.93	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	5.6	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	16	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	202 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	170 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	51 *	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)	146 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	34		●	< 40 mg/dl
C/H RATIO	4		●	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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ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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### Executive Summary



- .BODY WEIGHT 77.7 KG,DEAL BODY WEIGHT 52-63 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM, *Some Bradycardia*
- .ECHO - NORMAL
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE 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 52-63 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

Printed By : MUKTA S ADALTI

*Signature*  
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Note :- The Health Check-up examinations and routine investigations **Dr. Shashikant Nigam** 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 and investigations and follow up may be required in some cases.

**Dr. Shashikant Nigam**

M.B.B.S. MD (Gen. Med.)  
Consultant Internal Medicine  
Apollo Hospitals International Ltd, Gandhinagar,  
Ahmedabad, Gujarat, INDIA. Regd. No.: G-21901



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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details :** Mr. ABHISHEK MISHRA | Male | 33Yr 3Mth 25Days

**UHID :** AHIL.0000854895

**Patient Location:** AHC

**Patient Identifier:** AHILAH201484



**DRN :** 223017051

**Completed on :** 25-MAR-2023 13:24

**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.

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

Spleen measures 6.7 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 is normal in size and echopattern.

#### IMPRESSION :

NO ABNORMALITY DETECTED.

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Mr. ABHISHEK MISHRA

AHIL.0000854895

AHILAH201484

**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

*V Patel*

DR. VAIBHAVI PATEL

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Mr. ABHISHEK MISHRA

33 Year(s) / Male



**DENTISTRY**

Name : ..... Date : 25/03/2023 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 type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input checked="" 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 - <u>5/8</u> Non-vital Fracture Abcess Ulcers Caries - <u>2/1</u> Missing Teeth Supernumerary Others

PRESENT COMPLAINT : - Positive calcium

PRE-MEDICAL HISTORY:  DM  HTN  Thyroid  Acidity  Pregnancy

Anticoagulant  Under Drug Therapy

**OPT**

AHIL.0000854895

**EXAMINATION RECORDS**

Name : Mr. ABHISHEK MISHRA

UHID : 33 Year(s) / Male

Date : 25/3/23



Distance Vision :

Right Eye - 6/6

Left Eye - 6/6

Near Vision :

Right Eye : N6

Left Eye : N6

APLN.TN - Right Eye 12      Left Eye- 13      mmHg      Normal

Both Eye - Colour Vision      Normal

Both Eye - Anterior Segment Examinations -      Normal

Both Eye Posterior Segment Examinations -      Normal

  
Doctor's Signature

Ophthalmologist Name



Rate 55

PR 127

QRSD 73

QT 395

QTc 378

--AXIS--

P 52

QRS 50

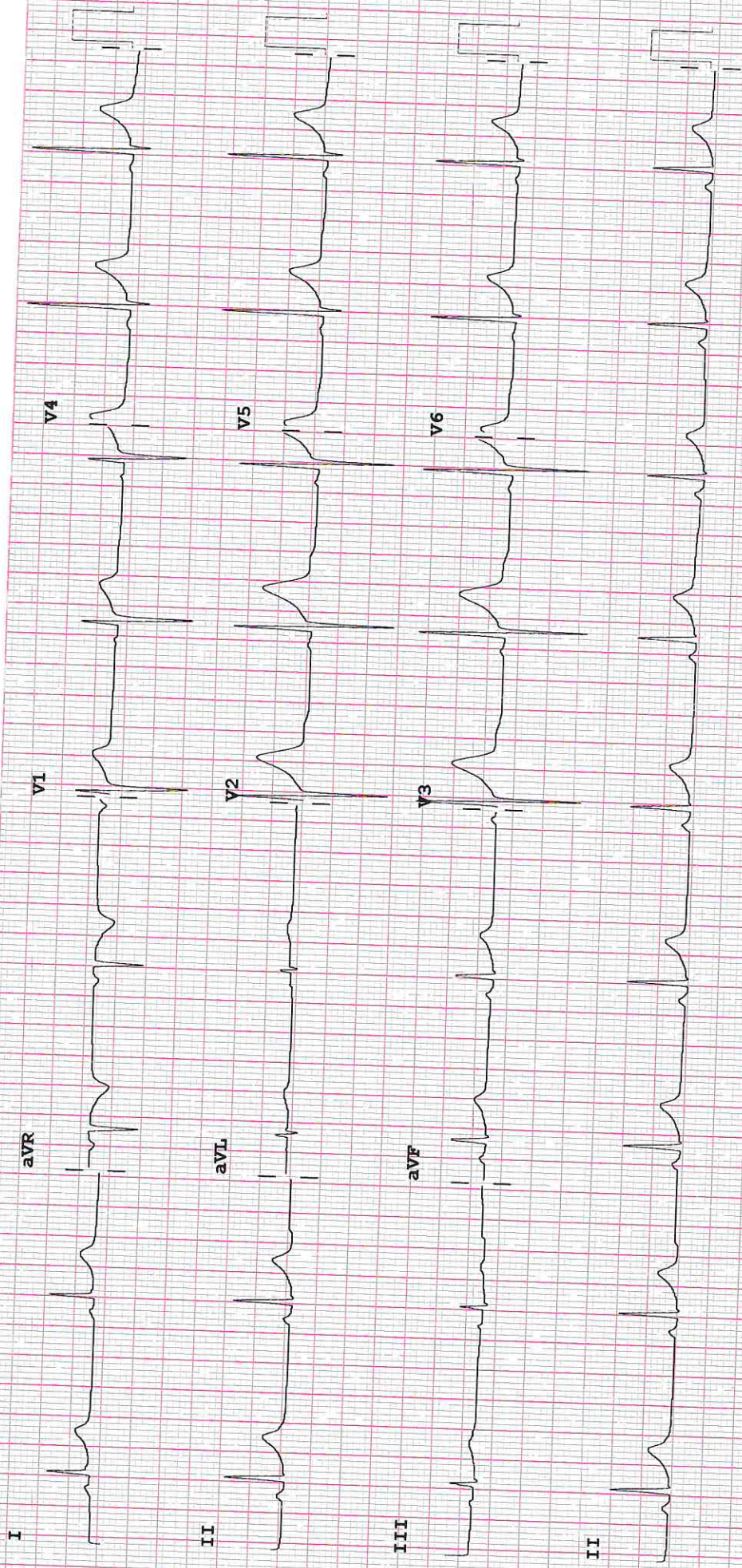
T 43

12 Lead; Standard Placement

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Mr. ABHISHEK MISHRA

33 Year(s) / Male



Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10 CL P?

Device:







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## RADIOLOGY

**Patient Details :** Mr. ABHISHEK MISHRA | Male | 33Yr 3Mth 25Days

**UHID :** AHIL.0000854895

**Patient Location:** AHC

**Patient Identifier:** AHILAH201484



**DRN :** 123039582

**Completed on :** 25-MAR-2023 16:55

**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

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