

**Dear Ms. SHUBHANGI BHUJBAL**

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**  
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.  
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Name : Ms. SHUBHANGI BHUJBAL (36 /F)

Date : 08/10/2022



Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000806339

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH168215



### 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

:08/10/2022



### 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? - Yes
- Allergies - dust, Nil
- Covid 19 - No
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No
- Oxygen support - No



### Surgical history

- Caesarian section - 2015
- Others - DERMATOID CYST REMOVAL- 2015



### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Male - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No



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Physical activity - Active



### Family history

Father - alive  
 Aged - 63  
 Mother - alive  
 Aged - 53  
 Brothers - 1  
 Sisters - 1  
 Coronary artery disease - father  
 Cancer - None  
 Thyroid/other endocrine disorder - mother  
 Allergy - mother

## Physical Examination



### General

General appearance - normal  
 Build - normal  
 Height - 150  
 Weight - 89.8  
 BMI - 39.91  
 Pallor - No  
 Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 65  
 Rhythm - Regular  
 Systolic(mm of Hg) - 120  
 Diastolic(mm of Hg) - 70  
 - B.P. Sitting  
 Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



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**Abdomen**

Organomegaly - No

Tenderness - No

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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	1.025			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Nil			
Bile Pigments:	Nil			
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)	13	gm%	●	12-16
Packed cell volume(Calculated)	39.5	%	●	36-46
RBC COUNT (Impedance)	5.03	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	78.5 *	fl	●	80-100
MCH(Calculated)	25.92 *	pg	●	27-32
MCHC(Calculated)	33	%	●	31-36
RDW(Calculated)	13.7	%	●	11.5-14.5
WBC Count (Impedance)	8124	/cu mm	●	4000-11000



Within Normal Range



Borderline High/Low



Out of Range



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Neutrophils	64	%	●	40-75
Lymphocytes	27	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	390900	/cu mm	●	150000-450000
MPV (Calculated)	7.5	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	10	mm/1st hr	●	0-20

**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:	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.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	14	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	96	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	15	U/L	●	>1 year Female : <32
Total Bilirubin	0.461	mg/dL	●	0.300-1.200
Direct Bilirubin	0.166	mg/dL	●	Upto 0.3 mg/dl

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

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Indirect Bilirubin	0.295	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
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**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.59	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	13	U/L	●	Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	95	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)	117	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-FEMALE

AHC No : AHILAH166215



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Glycosylated Hemoglobin (HbA1c)

5.6

%



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.

114.02

### 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	7.54	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.54	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.37	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.37	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.17		●	2.20-4.20
Globulin-Serum/Plasma	3.17		●	2.20-4.20
A/G ratio	1.38		●	1.00-2.00
A/G ratio	1.38		●	1.00-2.00

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

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.1	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	138	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	1.43	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	4.5	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	199	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	121	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	38 *	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)	141 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	24		●	< 40 mg/dl
C/H RATIO	5 *		●	0-4.5

**CONVENTIONAL PAP SMEAR /CERVICAL SMEAR**

Cytology

Ref No:

CY 1607/22

Brief Clinical History:

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



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Cervix-Normal

- LMP: 1st October 2022

SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Shubhangi 806339'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation with endocervical cells.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy.

### 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.

### Investigations Not Done / Not Yet Reported

#### Haematology

STOOL ROUTINE

#### CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range



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### Executive Summary



BODY WEIGHT 89.8 KG, IDEAL BODY 43-52 KG  
 KNOWN CASE OF THYROID DISEASE  
 DYSLIPIDEMIA  
 ECG - NORMAL  
 TMT — TEST IS NEGATIVE , EXERCISE TIME 6:18 ,WORKLOAD 7.3 METS  
 USG ABDOMEN - NORMAL  
 X-RAY - NORMAL  
 VISION – NORMAL  
 DENTAL - AS PER DOCTOR ADVICE  
 PAP SMEAR- NEGATIVE FOR INTRAEPITHELIAL LESIONS OR MALIGNANCY

### 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 43-52 KG

Printed By : MUKTA S ADALTI

Dr. SHASHIKANT NIGAM

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**Dr. Shashikant Nigam**  
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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.



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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Ms. SHUBHANGI BHUJBAL | Female | 36Yr 10Mth 0Days  
**UHID** : AHIL.0000806339 **Patient Location:** AHC  
**Patient Identifier:** AHILAH168215   
**DRN** : 222051393 **Completed on :** 08-OCT-2022 12:13  
**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 10.8 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 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.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 3 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

Printed on : 10-Oct-2022 9:48

Printed By : 153182

Reported By : 717876

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Ms. SHUBHANGI BHUJBAL

AHIL.0000806339

AHILAH168215

**USG WHOLE ABDOMEN**

No definite evidence of adnexal/pelvic mass is seen.

**IMPRESSION :**

Normal Study

— END OF THE REPORT —

DR. VAIBHAVI PATEL

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**UHID** : AHIL.0000806339      **Patient Location:** AHC  
**Patient Identifier:** AHILAH168215        
**DRN** : 122113684      **Completed on :** 08-OCT-2022 14:16  
**Ref Doctor** : DR. SHASHIKANT NIGAM

**X-RAY CHEST PA**

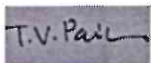
**FINDINGS :**

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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 For online appointment : www.askapollo.com



For online appointment : www.askapollo.com  
 Keep the records carefully and bring them along during your next visit to our Hospital



Unknown

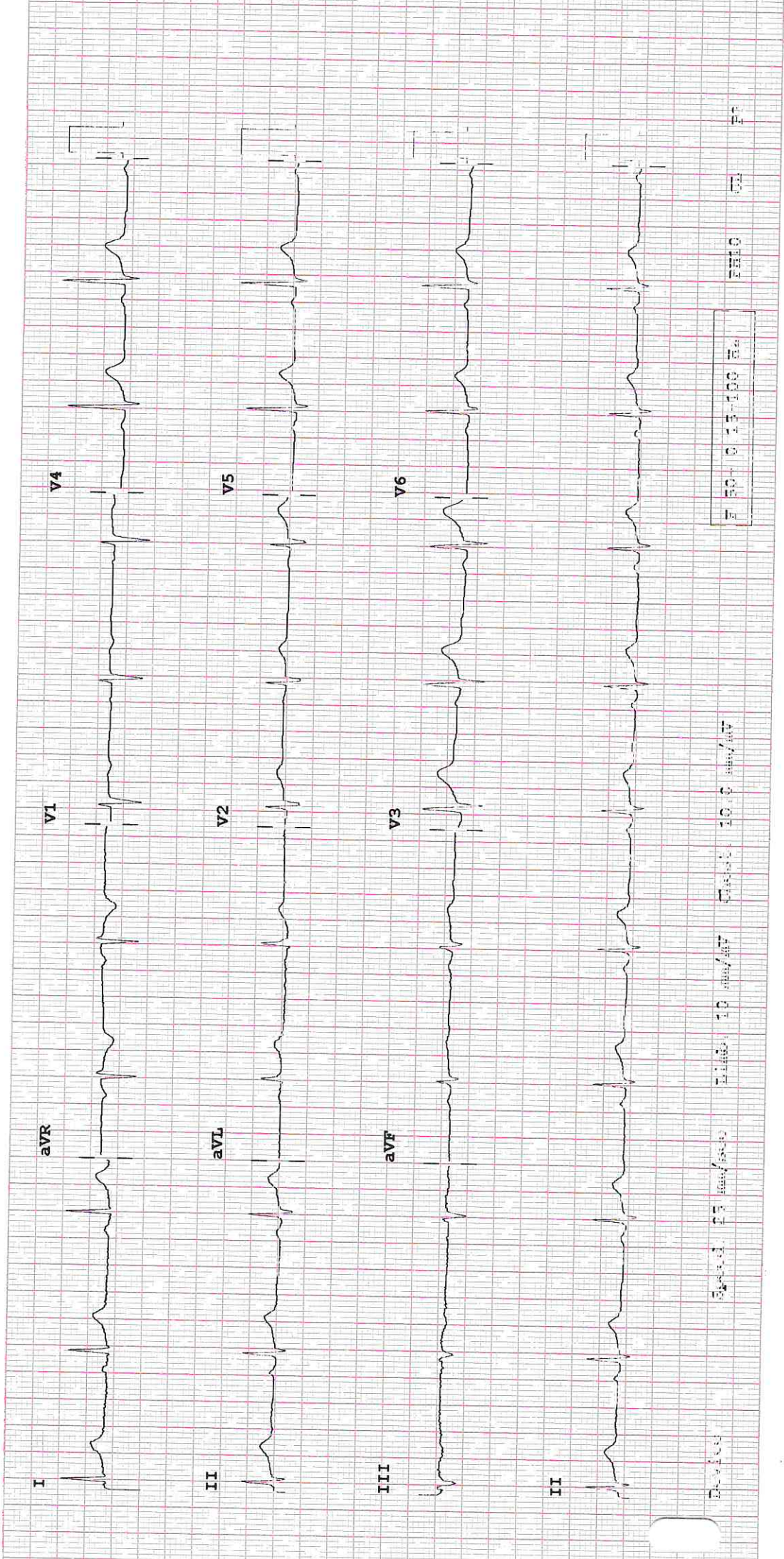
Rate 60

PR 155  
QRSD 82  
QT 389  
QTc 389

--AXIS--

P -21  
QRS 6  
T 23

12 Lead; Standard Placement




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

F 50-0 15-100 Hz

5210 01 01

Place Label Here  
If label not available, write Pt, Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

**OBSTETRICS & GYNAECOLOGY - AHC**

AHIL.0000806339 Ms. SHUBHANGI BHUJBAL 36 Year(s) / Female 		Date : 8/10/22 Unit No. : Ref. Physician : Dr. Kirti Neeraj Copies to :
--	--	---

**GYNAEC CHECK UP**

Chief Complaint: NOAD

Children: P1 + 0

Deliveries: LSCS

Last Child: Mdm 7 yrs

Abortions: no

Periods: Regular 4 days / flow 26-28 days @

LMP: 11 Oct 2022

Menopause:

G. Condition:

P/A: Soft

S/E:

PV: UT INS AV  
Cx - Healthy

P/R:

Weight:

BP:

Breasts: normal

PAP Smear: taken

Previous Medical H/O: Hypothyroidism

Previous Surgical H/O: Papovascular cyst at the time of preg (3<sup>rd</sup> month)

FIH

Impression:

  
Doctor Signature  
Date & Time



AHIL.0000806339

Ms. SHUBHANGI  
BHUJBAL

### N RECORDS

### OPHTHALM

36 Year(s) / Female

Name :

Date :

8/10/22

UHID :



806339

Distance Vision :

unaided .

Right Eye -

6/9 P

Left Eye -

6/12

} R/o 6/9.

No eye complaints

Near Vision :

Right Eye :

Left Eye :

} N6 .

Beva < -1.5 Deyl @ 10° 6/6  
+1.5 Deyl @ 170° 6/6.

APLN.TN - Right Eye

Left Eye-

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WM

Both Eye Posterior Segment Examinations -

(undilated).

BE Disc @  
FR

Doctor's Signature

AHMROP028V1

Ophthalmologist Name

Anticoagulant  Under Drug Therapy

AHMROP007V1

ID: 000806339

Visit: MEDIWHEEL

36years  
150cm

Asian  
89kg

Female

Referred by: DR.SUBIR GHOSH, MHC

Test ind:

BRUCE

Total Exercise time: 6:13  
Max HR: 163bpm 88% of max predicted 184bpm  
Max BP: 140/90  
Maximum workload: 7.3METS

Reason for Termination: Patient fatigue

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT MODERATE WORKLOAD  
NORMAL HEYMODYNAMIC 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.

BASELINE EXERCISE  
0:00  
103bpm  
BP: 110/70

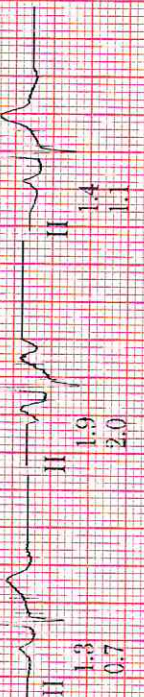
PEAK EXERCISE  
6:13  
163bpm  
BP: 140/90

TEST END RECOVERY  
3:04  
94bpm  
BP: 120/70

BASELINE EXERCISE  
0:00  
103bpm  
BP: 110/70

PEAK EXERCISE  
6:13  
163bpm  
BP: 140/90

TEST END RECOVERY  
3:04  
94bpm  
BP: 120/70



Technician: FALGUNI VIHOL

Unconfirmed

GE Healthcare

APOLLO HOSPITALS INTERNATIONAL LIMITED

MAC55 010B

Lead  
ST(mm)  
ST(mm V/s)