

Patient Name : MissPRATHA SHAH
Age/Gender : 27 Y 5 M 12 D/F
UHID/MR No : STAR.0000063743
Visit ID : STAROPV70897
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : GSGPS6561E

Collected : 22/Jun/2024 08:44AM
Received : 22/Jun/2024 10:17AM
Reported : 22/Jun/2024 02:00PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic

RBC : Normocytic normochromic

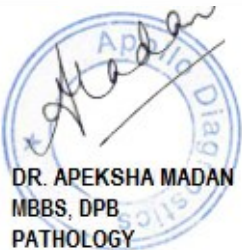
WBC : Normal in number, Eosinophilia

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture, Eosinophilia

Note/Comment : Please Correlate clinically



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DEPARTMENT OF HAEMATOLOGY

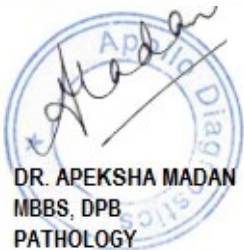
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	12.4	g/dL	12-15	CYANIDE FREE COLOUROMETER
PCV	36.80	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	4	Million/cu.mm	3.8-4.8	Electrical Impedance
MCV	92.2	fL	83-101	Calculated
MCH	31	pg	27-32	Calculated
MCHC	33.6	g/dL	31.5-34.5	Calculated
R.D.W	12.2	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	8,130	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	51	%	40-80	Electrical Impedance
LYMPHOCYTES	28	%	20-40	Electrical Impedance
EOSINOPHILS	16	%	1-6	Electrical Impedance
MONOCYTES	05	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	4146.3	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	2276.4	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	1300.8	Cells/cu.mm	20-500	Calculated
MONOCYTES	406.5	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	1.82		0.78- 3.53	Calculated
PLATELET COUNT	323000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	15	mm at the end of 1 hour	0-20	Modified Westergren
PERIPHERAL SMEAR				

Methodology : Microscopic

RBC : Normocytic normochromic

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DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:BED240160196

Apollo Speciality Hospitals Private Limited

(Formerly known as a Nova Speciality Hospitals Private Limited)

CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers,
Begumpet, Hyderabad, Telangana - 500016

Address:

156, Famous Cine Labs, Behind Everest Building,
Tardeo (Mumbai Central), Mumbai, Maharashtra
Ph: 022 4332 4500

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ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324


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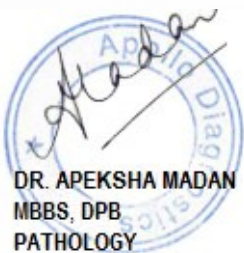


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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	AB			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING , NAF PLASMA	98	mg/dL	70-100	GOD - POD

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- 1.The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

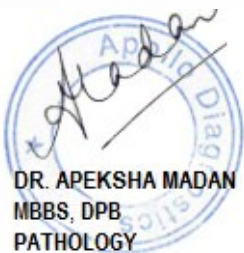
Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	93	mg/dL	70-140	GOD - POD

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.
Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Test Name	Result	Unit	Bio. Ref. Range	Method
ALANINE AMINOTRANSFERASE	8	U/L	4-44	JSCC

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SIN No:SE04756686

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

(ALT/SGPT) , SERUM

Comment:

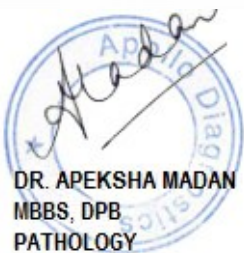
ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.

ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear.

The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL , SERUM	0.50	mg/dL	0.1-1.2	Azobilirubin

Test Name	Result	Unit	Bio. Ref. Range	Method
BUN/CREATININE RATIO , SERUM				
BLOOD UREA NITROGEN	12.3	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.51	mg/dL	0.4-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	24.10			Calculated



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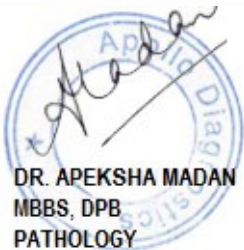
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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE , SERUM	0.51	mg/dL	0.4-1.1	ENZYMATIC METHOD


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DEPARTMENT OF CLINICAL PATHOLOGY

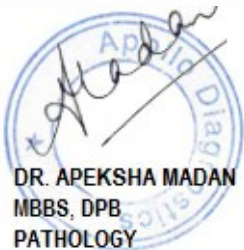
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Physical measurement
pH	6.5		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.020		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GLUCOSE OXIDASE
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING REACTION
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	SODIUM NITRO PRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	MODIFIED EHRlich REACTION
NITRITE	NEGATIVE		NEGATIVE	Griess reaction
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Diazonium salt
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	6-8	/hpf	0-5	Microscopy
EPITHELIAL CELLS	2-3	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY
OTHERS	Few Bacteria seen.			MICROSCOPY

Comment:

All urine samples are checked for adequacy and suitability before examination. Microscopy findings are reported as an average of 10 high power fields.

Page 8 of 9



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY



SIN No:UR2371300

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DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

***** End Of Report *****

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Ph: 022 4332 4500

OUT- PATIENT RECORD

Date : 22/6/24
MRNO :
Name : Miss:- Praetha Shah
Age/Gender : 27 Y F
Mobile No :
Passport No :
Aadhar number :

Pulse : 82/min	B.P : 90/60mmHg	Resp : 20/min	Temp : Afebrile
Weight : 48.5cm	Height : 156cm	BMI : 19.9	Waist Circum : 85cm

General Examination / Allergies History

Clinical Diagnosis & Management Plan

Unmarried, Vegetarian
Sleep BFB @ Dust Allergy.
No addiction
AH: Motion: TKR
Normal Reports
Physically fit.



Dr. (Mrs.) CHAITA M. VAJA
M.D. (MUM)
Physician & Cardiologist
Reg. No. 56942

[Handwritten Signature]
Doctor Signature

Apollo Spectra Hospitals: 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbai - 400034
Ph No: 022-49324500 | www.apollospectra.com

Apollo Specialty Hospitals Pvt. Ltd. (CIN - U85100TG2009PTC099414)
(Formerly known as Nova Specialty Hospital Pvt. Ltd.)

Regd. Office: 7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Ameerpet, Hyderabad, Telangana - 500038
Ph No: 040 - 4904 7777 | www.apollohl.com

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DEPARTMENT OF HAEMATOLOGY

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DEPARTMENT OF HAEMATOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

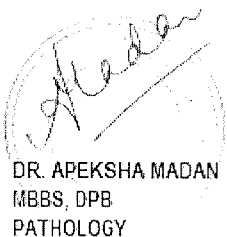
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Methodology : Microscopic

RBC : Normocytic normochromic

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MBBS, DPB
PATHOLOGY

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TOUCHING LIVES

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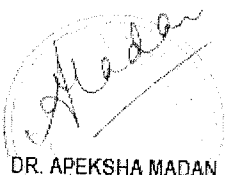
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Comment:

As per American Diabetes Guidelines, 2023

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- The diagnosis of Diabetes requires a fasting plasma glucose of $>$ or $=$ 126 mg/dL and/or a random / 2 hr post glucose value of $>$ or $=$ 200 mg/dL on at least 2 occasions.
- Very high glucose levels ($>$ 450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	93	mg/dL	70-140	GOD - POD


Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.
Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Test Name	Result	Unit	Bio. Ref. Range	Method
ALANINE AMINOTRANSFERASE	8	U/L	4-44	JSCC

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DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:SE04756686



Patient Name : Miss PRATHA SHAH
 Age/Gender : 27 Y 5 M 12 D/F
 UHID/MR No : STAR.0000063743
 Visit ID : STAROPV70897
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : GSGPS6561E

Collected : 22/Jun/2024 08:44AM
 Received : 22/Jun/2024 10:11AM
 Reported : 22/Jun/2024 12:09PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY
 ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

(ALT/SGPT), SERUM

Comment:


ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.

ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear.

The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL, SERUM	0.50	mg/dL	0.1-1.2	Azobilirubin
Test Name	Result	Unit	Bio. Ref. Range	Method
BUN/CREATININE RATIO, SERUM				
BLOOD UREA NITROGEN	12.3	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.51	mg/dL	0.4-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	24.10			Calculated




 DR. APEKSHA MADAN
 MBBS, DDPB
 PATHOLOGY

SIN No:SE04756686



TOUCHING LIVES
 Patient Name : Miss PRATHA SHAH
 Age/Gender : 27 Y 5 M 12 D/F
 UHID/MR No : STAR.0000063743
 Visit ID : STAROPV70897
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : GSGPS6561E

Collected : 22/Jun/2024 08:44AM
 Received : 22/Jun/2024 10:11AM
 Reported : 22/Jun/2024 10:58AM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY
 ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE , SERUM	0.51	mg/dL	0.4-1.1	ENZYMATIC METHOD



DR. APEKSHA MADAN
 MBBS, DPB
 PATHOLOGY

SIN No:SE04756686

TOUCHING LIVES
 Patient Name : Miss PRATHA SHAH
 Age/Gender : 27 Y 5 M 12 D/F
 UHID/MR No : STAR.0000063743
 Visit ID : STAROPV70897
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : GSGPS6561E

Collected : 22/Jun/2024 08:44AM
 Received : 22/Jun/2024 12:39PM
 Reported : 22/Jun/2024 01:57PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED


DEPARTMENT OF CLINICAL PATHOLOGY
 ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Physical measurement
pH	6.5		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.020		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GLUCOSE OXIDASE
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING REACTION
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	SODIUM NITRO PRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	MODIFIED EHRlich REACTION
NITRITE	NEGATIVE		NEGATIVE	Griess reaction
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Diazonium salt
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	6-8	/hpf	0-5	Microscopy
EPITHELIAL CELLS	2-3	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY
OTHERS	Few Bacteria seen.			MICROSCOPY

Comment:

All urine samples are checked for adequacy and suitability before examination. Microscopy findings are reported as an average of 10 high power fields.




 DR. APEKSHA MADAN
 MBBS, DPB
 PATHOLOGY

SIN No:UR2371300



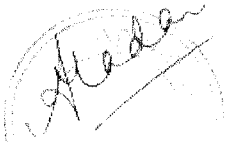
TOUCH YOUR LIFE'S
Patient Name : Miss PRATHA SHAH
Age/Gender : 27 Y 5 M 12 D/F
UHID/MR No : STAR.0000063743
Visit ID : STAROPV70897
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : GSGPS6561E



Collected : 22/Jun/2024 08:44AM
Received : 22/Jun/2024 12:39PM
Reported : 22/Jun/2024 01:57PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

*** End Of Report ***


DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:UR2371300

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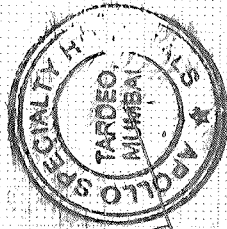
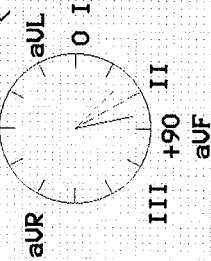
Measurement Results:

QRS : 76 ms
 QT/QTcB : 368 / 429 ms
 PR : 120 ms
 P : 80 ms
 RR/PP : 708 / 730 ms
 P/QRS/T : 45/ 77/ 60 degrees

< P
 < T
 < QRS

Interpretation:

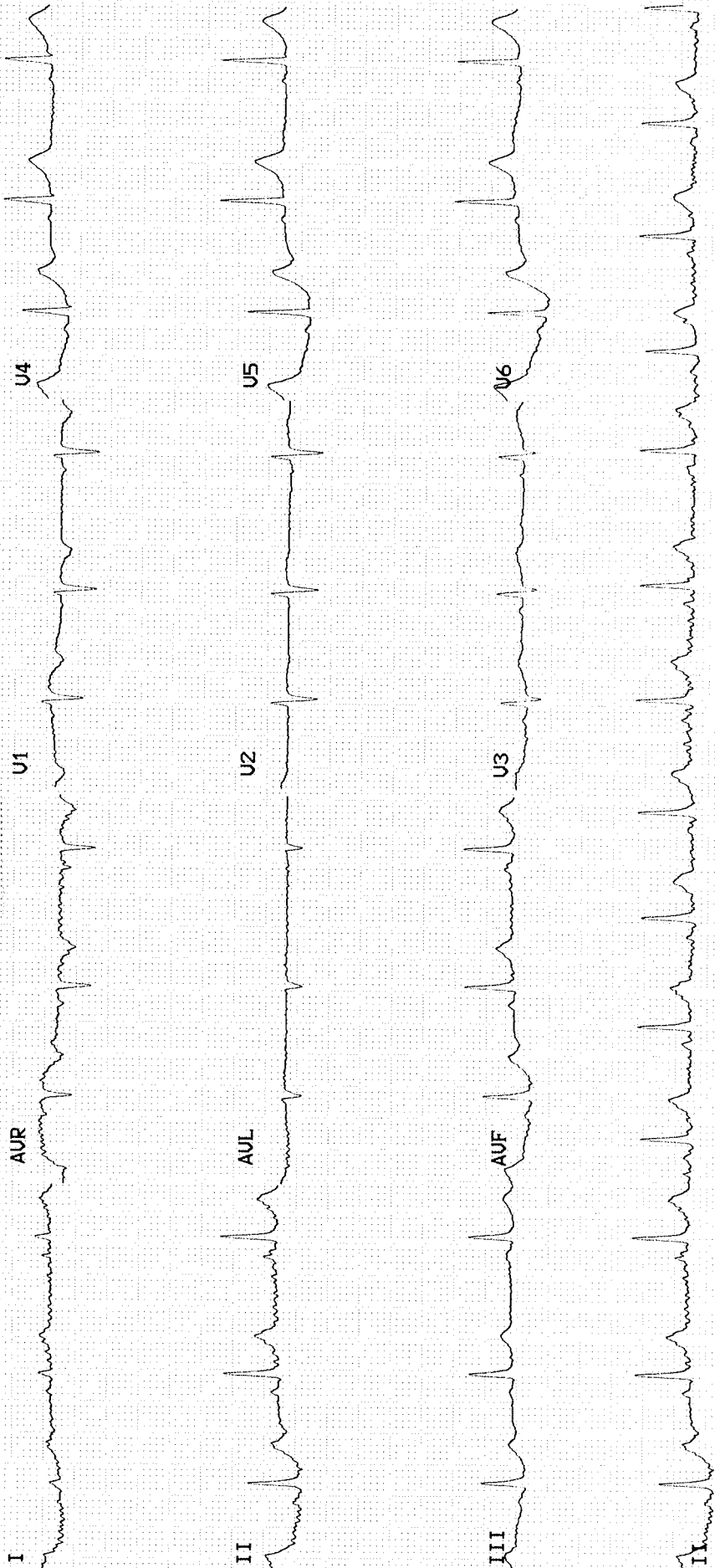
12SL - Interpretation:
 Sinus rhythm with sinus arrhythmia
 Low voltage-QRS
 Borderline ECG



Moties Narasimhan

Dr. (Mrs) CHHAYA P. VAJA
 MD (MUM)
 Physician & Cardiologist
 Reg No: 56942

Unconfirmed report.



Patient Name	: Miss PRATHA SHAH	Age	: 27 Y F
UHID	: STAR.0000063743	OP Visit No	: STAROPV70897
Reported on	: 22-06-2024 12:36	Printed on	: 22-06-2024 12:37
Adm/Consult Doctor	:	Ref Doctor	: SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA


Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen.

Printed on:22-06-2024 12:36

---End of the Report---


Dr. VINOD SHETTY
Radiology

EYE REPORT

Name: Pratha Shah

Date: 22/06/24

Age / Sex: 27 / F

Ref No.:

Complaint: — Ant. Seg: wnc —

Examination — 0.6:1 —
Deep cups

Spectacle Rx Vn Plano 6/6⁻² FR+

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks:

Medications:

Trade Name	Frequency	Duration

Follow up:

Consultant:

Pratha

27 | F.

22/6/2024

Unmarried.

Regular cycles. | 4 | 28 - 35 | (N) flow
AMP. - 25 | 5 | 2024.

Post history:-

NAD.

Adm

No complaints.

No gynaecological
intervention
done

O/E. Not pale

P/A left

Pv - Not done

Breast (N)

Agueberry

ID 00
Age 27

Height 156cm
Gender Female

Date 22. 6. 2024
Time 09:03:09

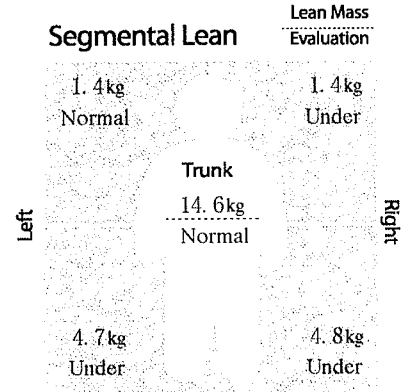
APOLLO SPECTRA HOSPITAL

Body Composition

	40	55	70	85	100	115	130	145	160	175	190	205	UNIT%	Normal Range
Weight	48.5 kg													43.4 ~ 58.8
Muscle Mass Skeletal Muscle Mass	16.8 kg													19.3 ~ 23.5
Body Fat Mass	16.7 kg													10.2 ~ 16.4
TBW Total Body Water	23.4 kg (26.0 ~ 31.8)						FFM Fat Free Mass						31.8 kg (33.2 ~ 42.4)	
Protein	6.1 kg (7.0 ~ 8.5)						Mineral *						2.25 kg (2.41 ~ 2.94)	

* Mineral is estimated.

Segmental Lean



Obesity Diagnosis

	Value	Normal Range
BMI Body Mass Index (kg/m ²)	19.9	18.5 ~ 25.0
PBF Percent Body Fat (%)	34.4	18.0 ~ 28.0
WHR Waist-Hip Ratio	0.89	0.75 ~ 0.85
BMR Basal Metabolic Rate (kcal)	1058	1096 ~ 1257

Nutritional Evaluation

Protein	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Deficient	
Mineral	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Deficient	
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient	<input checked="" type="checkbox"/> Excessive

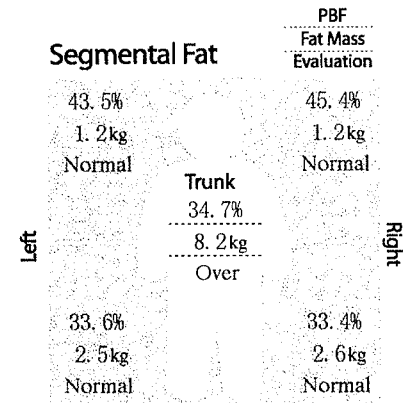
Weight Management

Weight	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over
SMM	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over	<input type="checkbox"/> Extremely Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	
WHR	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	

Segmental Fat



* Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control + 7.5 kg Fat Control - 4.9 kg Fitness Score 68

Impedance

Z	RA	LA	TR	RL	LL
20kHz	451.1	430.8	36.0	328.7	341.3
100kHz	418.9	398.6	31.5	300.0	313.6

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 48.5 kg / Duration: 30min. / unit: kcal)						
Walking: 97	Jogging: 170	Bicycle: 146	Swim: 170	Mountain Climbing: 158	Aerobic: 170	
Table tennis: 110	Tennis: 146	Football: 170	Oriental Fencing: 243	Gate ball: 92	Badminton: 110	
Racket ball: 243	Tae-kwon-do: 243	Squash: 243	Basketball: 146	Rope jumping: 170	Golf: 85	
Push-ups: development of upper body	Sit-ups: abdominal muscle training	Weight training: backache prevention	Dumbbell exercise: muscle strength	Elastic band: muscle strength	Squats: maintenance of lower body muscle	

How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

Recommended calorie intake per day

1400 kcal

* Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4 weeks ÷ 7700**

Dear Pratha Shah,

Greetings from Apollo Clinics,

Your corporate health check appointment is confirmed at **SPECTRA TARDEO clinic** on **2024-06-22** at **08:00-08:15**.

Payment Mode	
Corporate Name	ARCOFEMI HEALTHCARE LIMITED
Agreement Name	[ARCOFEMI MEDIWHEEL PMC CREDIT PAN INDIA OP AGREEMENT]
Package Name	[ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324]

**"Kindly carry with you relevant documents such as HR issued authorization letter and or appointment confirmation mail and or valid government ID proof and or company ID card and or voucher as per our agreement with your company or sponsor."
Note: Video recording or taking photos inside the clinic premises or during camps is not allowed and would attract legal consequences.**

Note: Also once appointment is booked, based on availability of doctors at clinics tests will happen, any pending test will happen based on doctor availability and clinics will be updating the same to customers.

Contact No: 022 - 4332 4500.

P.S: Health Check-Up may take 4 - 5hrs for completion on week days & 5 - 6hrs on Saturdays, kindly plan accordingly, Doctor Consultation will be completed after all the Reports are ready.

आयकर विभाग

INCOME TAX DEPARTMENT

PRATHA SANJAY SHAH

SANJAY CHANDULAL SHAH

10/01/1997

Permanent Account Number

GSGPS6561E


Signature



भारत सरकार
GOVT. OF INDIA



13/04/2016

Patient Name	: Miss PRATHA SHAH	Age/Gender	: 27 Y/F
UHID/MR No.	: STAR.0000063743	OP Visit No	: STAROPV70897
Sample Collected on	:	Reported on	: 22-06-2024 12:37
LRN#	: RAD2358102	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: GSGPS6561E		

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

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CONCLUSION :

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Dr. VINOD SHETTY
Radiology