

Mr. RAVINDR KUMAR (34 /M)

UHID

AHIL.0000838420

AHC No

AHILAH189918

Date

01/02/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. RAVINDR KUMAR,

Thank you for choosing Apollo ProHealth, India's first Al-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
- Al 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



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



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!
One 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.

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





: E-104, SANIDYA 2 IOC ROAD CHANDKHEDA, OTHER, AHMADABAD, GUJARAT, I

Examined by : Dr. SHASHIKANT NIGAM

UHID

Date

AHIL.0000838420

AHC No : AHILAH189918



Chief Complaints

For Annual health checkup SHOULDER PAIN WRIST PAIN RASHESH ON BACK



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

- No

allergies?

Do you have any drug - No

allergies?



Surgical history

Surgical history

Nil



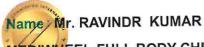
Personal history

Ethnicity

- Indian Asian

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Date AHC No:

Organizated Marital status

Married

No. of children

2

Female

Male

1

Profession

- corporate employed

Diet

- Vegetarian

Alcohol

does not consume alcohol

UHID : AHIL.0000838420

Smoking

Chews tobacco

No

Physical activity

Moderate

Family history

Father

alive

Aged

60

Mother

alive

Aged

55

Brothers

Sisters

Diabetes

father, brother

Coronary artery

none

disease

Cancer

- None

Physical Examination



General

General appearance

- normal

Build

- normal

Height

- 168

Weight

- 63.3

BMI

-22.43

Pallor

- No

Oedema

- no



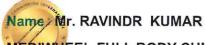
Cardiovascular system

Heart rate (Per minute)

- 66

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Organizati Princetti Stateman al

- Regular

- B.P. Supine

Systolic(mm of Hg)

- 120

Diastolic(mm of Hg)

- 80

Heart sounds

- S1S2+

Respiratory system

Breath sounds

- Normal vesicular breath sounds

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Abdomen

Organomegaly

- No

Tenderness

- No

Printed By:

MUKTA S ADALTI

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Organization is Accredited by Joint Commissio URINE FOR ROUTINE EXAMINATION

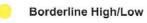
Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range		
Volume	25	mL				
Specific Gravity	1.011					
Colour:	L YELLOW					
Transparency:	Clear					
На	6.5					
Protein:	Nil					
Sugar:	Nil					
Blood:	Nil					
Ketone ,	Nil					
Bile Pigments:	Nil					
Urobilinogen	normal					
Nitrite	Nil					
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)	15.2	gm%		13.0-17.0
Packed cell volume(Calculated)	45	%		40-50
RBC COUNT (Impedance)	5.33	Million/ul		4.5-5.9
MCV (From RBC Histogram)	84.5	fi		80-100
MCH(Calculated)	28.56	pg		27-32
MCHC(Calculated)	33.8	%		31-36
RDW(Calculated)	15.8 *	%		11.5-14.5
WBC Count (Impedance)	4780	/cu mm		4000-11000

Within Normal Range





Out of Range





UHID : AHIL.0000838420

Date	: 01	10212	023	
AHC No	:A	II A	H18991	8
		HOS	SPITALS	

					III O O DITTI O
Organization by Joint Commis	is Accredited ssio Neutre phils	50	%	40-75	HOSPITALS
	Lymphocytes	41 *	%	20-40	
	Monocytes	07	%	2-10	
	Eosinophils	02	%	01-06	
	Basophils	00	%	0-1	
	Platelet Count (Impedance)	160000	/cu mm	150000-450000	2
	MPV (Calculated)	10.9	fl	7-11	
	ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic– electronic)	03	mm/1st hr	0-15	
	LIDINE CLUCOSE/EASTING				

URINE GLUCOSE(FASTING)

Urine Glucose (Post Prandial)

Test Name	Result	Unit	Level	Range

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

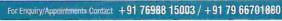
BLOOD GROUP: B Positive

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	46	U/L		0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	60	U/L		Adult(Male): 40 - 129
AST (SGOT) - SERUM	25	U/L		> 1 year Male : <40
Total Bilirubin	0.531	mg/dL		0.300-1.200
Direct Bilirubin	0.228	mg/dL		Upto 0.3 mg/dl
Within Normal Range	Borderline	High/Low	Out	of Range

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Date : 01/02/2023 AHC No : AHDAH 189918

Organization is Accredited by Joint Commission meliphest Bilirubin

Test Name

0.303

mg/dL

UHID : AHIL.0000838420

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

>= 126 : Diabetes Mellitus

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.94	mg/dL		Adult Male: 0.6 - 1.3

Result

LFT (LIVER FUNCTION TEST)

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Unit

Level

Range

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	28	U/L		Male : 10 - 71 Female : 6 - 42		
GLUCOSE - SERUM / PLASMA (FASTING)						
Test Name	Result	Unit	Level	Range		
Glucose - Plasma (Fasting)	111 *	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance		

Unit

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range		
Glucose - Plasma (Post Prandial)	88	mg/dL		70-140		
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD						

Result

Within Normal Range

Borderline High/Low



Level

Out of Range

Range



Test Name



Organization is Ghylcosylated Hemoglobin (HbA1c) by Joint Commission International

%

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.

108.28

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	7.48	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.48	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	2.89			2.20-4.20
Globulin-Serum/Plasma	2.89			2.20-4.20
A/G ratio	1.59			1.00-2.00
A/G ratio	1.59			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.3	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	108	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	1.02	μIU/mL	•	14-120 years : 0.27 - 4.20

Withir Normal Range

Borderline High/Low



Out of Range

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UHID : AHIL.0000838420



Organization is Accredited by Joint Commission PRICAL 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	6.0	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)	9	mg/dL		6-20
UREA - SERUM / PLASMA	19	mg/dL		15 - 50
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Total Cholesterol	110	mg/dl		0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	49	mg/dL		0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	47 *	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)	60	mg/dL		100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	10			< 40 mg/dl
C/H RATIO	2			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.

Small nodular opacity noted in right mid zone.

Within Normal Range

Borderline High/Low



Out of Range

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Organization is Approximental State of the Commission Installed State of t

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

Withir Normal Range

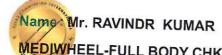
Borderline High/Low



Out of Range









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BODY WEIGHT 10:45 KG, DEAL BODY WEIGHT 12.9 KG

.IMPAIRED GLUCOSE TOLERANCE

.ECG - NORMAL SINUS RHYTHM

.TMT — TEST IS NEGATIVE, EXERCISE TIME 10:45 , WORKLOAD 12.9 METS

UHID : AHIL.0000838420

.USG ABDOMEN - GRADE I FATTY LIVER

.CHEST X-RAY - SMALL NODULAR OPACITY NOTED IN RIGHT MID ZONE

.EYE - NORMAL

.DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



BALANCED DIFT---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 53-64 KG

Follow-up and Review Plan

Printed By: MUKTA S ADALTI



FBS and PPBS ONCE IN 30 DAYS HBA1C (GLYCOSYLATED HAEMOGLOBIN) NOW AND ONCE IN 3 MONTHS

Scan the QR code in AskApollo App

to book your follow-up appointments and investigations

Dr.SHASHIKANT NIGAM

AHC Physician Consultant Internal Medicine

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. RAVINDR KUMAR | Male | 34Yr 10Mth 21Days

UHID AHIL.0000838420

Patient Location:

Patient Identifier:

AHILAH189918

DRN

223005293

Completed on:

01-FEB-2023 10:01

Ref Doctor

DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS:

Liver appears normal in size and shows fatty changes. 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 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 10.9 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 (volume 18 cc) and is normal in size and echopattern.

IMPRESSION :-

Grade I fatty liver.

Printed on:

01-Feb-2023 13:13

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Reported By: 717876

Page 1 of 2









Mr. RAVINDR KUMAR

AHIL.0000838420

AHILAH189918

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

A. A PATEL

Dr. ALPESH A PATEL

DNB Resident

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01-Feb-2023 13:13

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Reported By: 717876

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. RAVINDR KUMAR | Male | 34Yr 10Mth 21Days

UHID : AHIL.0000838420 P

Patient Location: AHC

Patient Identifier: AHILAH189918

DRN

: 123013166

Completed on:

01-FEB-2023 09:55

Ref Doctor

DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS:

Small nodular opacity noted in right mid zone.

Rest 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

Small nodular opacity noted in right mid zone.

-- END OF THE REPORT --



DR. VAIBHAVI PATEL

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01-Feb-2023 13:13

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1075754

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717876

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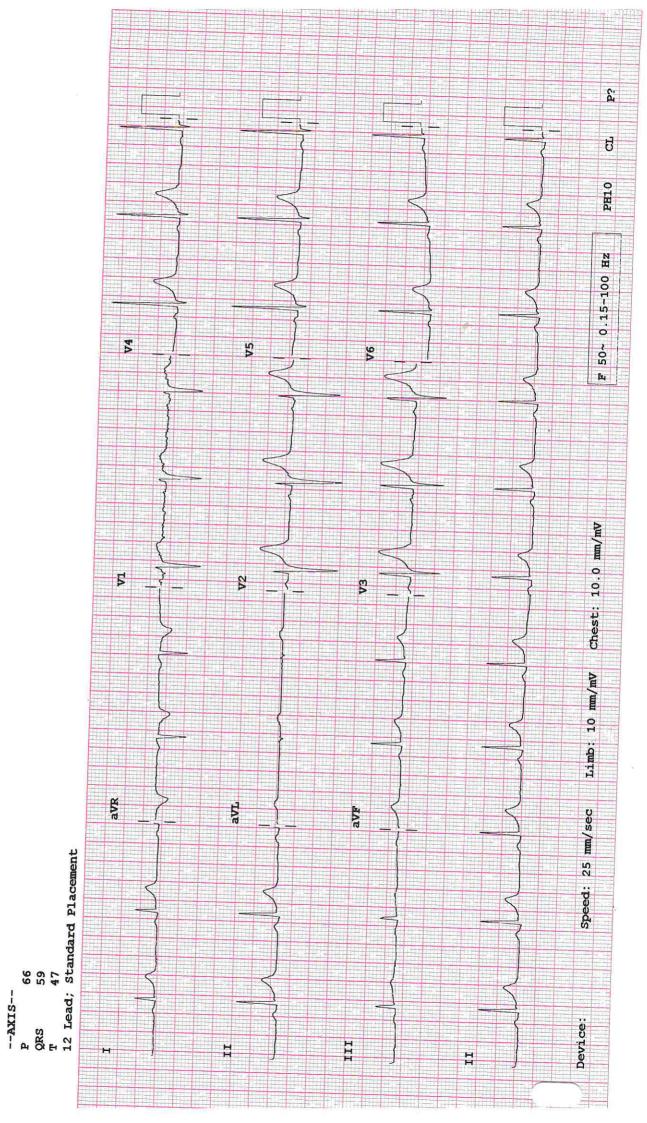
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148 85 363 378

PR QRSD QT QTC

Rate





AHIL.0000838420
Mr. RAVINDR
KUMAR
34 Year(s) / Male

B	EA	17	107	DW
U			10 I	RY

3 -1011-0-10-1					
Name :		Date: (12123	Unit No. :		
Occupation :		Ref. Physician :	-		
Age : Sex : Male F	emale	Copies to :			
		11.11			
ALLERGIES: DENTAL RECORD					
•					
PAIN : Score (0-10) Loc	ation :	Cha	aracter:		
DENTAL CLEANING HABIT On	ce T	wice Occa	asionally		
	ısh Fi	nger Stick	Any other		
OF CHIRAGO SHAH	oth Paste Po	owder Any	other		
DO THE GUMS BLEED WHEN YOU	BRUSH YOUR TEET	H? Yes	No		
ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No					
ORAL HYGIENE					
OI WETT CIENC		Good	Fair Poor		
ORAL TISSUE EXAMINATION	PERIODONTA	AL EXAMINATION	OCCLUSION		
NORMAL FINDINGS IN DISEASE	\$ 1	MILD MOD SEV	CLASS I II III CROSSBITE		
Lips :		WILD WOD SEV	productive and the second parent		
Cheeks :	Gingivitis		Hypoplasia Impaction		
Tongue :	Calculus		Non-vital		
Floor of the mouth:	Recession		Fracture		
Palate :	Periodontal Pocket	s	Abcess		
Tonsilar Area :	Attrition		Caries		
Any other :	Erosion	$\sqcup \sqcup \sqcup$	Missing Teeth		
V	Mobility		Supernumerary		
	* a	* *	Others		
PRESENT COMPLAINT:	Roy tica	clichy			
PRE-MEDICAL HISTORY: DM HTN Thyroid Pregnancy Anticoagulant Under Drug Therapy					
AHMROP007V1 ← N	12-				



AHIL.0000838420 NT RAVINDR

'ATION RECORDS

34 Year(s) | Male

Date:

Distance Vision:

6/6(P) (BE) 6/6

Near Vision:

Right Eye: V 6

Left Eye: N

APLN.TN - Right Eye

Both Eye – Colour Vision No ~

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

Doctor's Signature

AHMROP028V1

Ophthalmologist Name