



Mr. AJAY JADAV (29 /M)

UHID : AHIL.0000820139

AHC No : AHILAH177568

Date : 26/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. AJAY JADAV

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

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

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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

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Name : Mr. AJAY JADAV (29 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 26/11/2022



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Chief Complaints

For Annual health checkup
Constipation

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY :26/11/2022



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? - No
- Allergies - Nil
- Past medical history - nil significant
- Covid 19 - Yes
- 2020
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No
- Oxygen support - No



Surgical history

- Fissurectomy - 2022



Personal history

- Ethnicity - Indian Asian
- Marital status - Single
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



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Family history

Father - alive
 Aged - 58
 Mother - alive
 Aged - 54
 Brothers - 1
 Hypertension - mother
 Coronary artery disease - none
 Cancer - None

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 175
 Weight - 67.9
 BMI - 22.17
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 98
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 140
 Diastolic(mm of Hg) - 99
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No



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Tenderness - No

Printed By : MUKTA S ADALTI

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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	8			
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)	15.9	gm%	●	13.0-17.0
Packed cell volume(Calculated)	47	%	●	40-50
RBC COUNT (Impedance)	5.58	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	84.2	fl	●	80-100
MCH(Calculated)	28.51	pg	●	27-32
MCHC(Calculated)	33.9	%	●	31-36
RDW(Calculated)	14.6 *	%	●	11.5-14.5
WBC Count (Impedance)	7656	/cu mm	●	4000-11000

● Within Normal Range
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 ● Out of Range

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Neutrophils	68	%	●	40-75
Lymphocytes	25	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	1	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	209700	/cu mm	●	150000-450000
MPV (Calculated)	11	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	03	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:	O Negative			

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	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	88	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	18	U/L	●	> 1 year Male : <40
Total Bilirubin	0.583	mg/dL	●	0.300-1.200
Direct Bilirubin	0.194	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.389

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	1.02	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	21	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	93	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)	139	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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Glycosylated Hemoglobin (HbA1c)

4.7

%



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.

88.19

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	8.15 *	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.15 *	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.82 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.82 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.33		●	2.20-4.20
Globulin-Serum/Plasma	2.33		●	2.20-4.20
A/G ratio	2.5 *		●	1.00-2.00
A/G ratio	2.5 *		●	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	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	3.91	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	4.7	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	196	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	73	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	59 *	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)	134 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High
VLDL CHOLESTEROL	15		●	< 40 mg/dl
C/H RATIO	3		●	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

ECG



Within Normal Range



Borderline High/Low



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Executive Summary



BODY WEIGHT 67.9 KG, IDEAL BODY 58-70 KG
 DYSLIPIDEMIA
 ECG - NORMAL
 ECHO - NORMAL
 TMT — TEST IS NEGATIVE , EXERCISE TIME , WORKLOAD
 USG ABDOMEN - NORMAL
 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 58-70 KG

Follow-up and Review Plan



PERIODIC BP MONITORING



Scan the QR code in AskApollo App to book your follow-up appointments and investigations

(Signature)
Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

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 Apollo Hospitals, Gandhinagar, Gujarat-382428, INDIA. Regd. No.: G-21961

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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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CARDIOLOGY

Patient Details : Mr. AJAY JADAV | Male | 29Yr 3Mth 15Days
UHID : AHIL.0000820139 **Patient Location:** AHC
Patient Identifier: AHILAH177568 
DRN : 5622089083 **Completed on :** 26-NOV-2022 15:22
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.
 Normal LV systolic function, LVEF: 60%
 No Regional wall motion abnormalities at rest.
 Normal LV compliance.
 All cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	.

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 Phone : +91 79 66701800 | Fax No. : +91 79 66701843
 E-mail: apollo@apollohospitals.com | www.apollohospitals.com | 28-Nov-2022 10:56:10:3am

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Mr. AJAY JADAV

AHIL.0000820139

AHILAH177568

ECHO/TMT

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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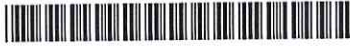
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Radiology

Patient Details : Mr. AJAY JADAV | Male | 29Yr 3Mth 15Days
UHID : AHIL.0000820139 **Patient Location:** AHC
Patient Identifier: AHILAH177568 
DRN : 222061160 **Completed on :** 26-NOV-2022 12:38
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 11.0 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 21 cc) is normal in size and echopattern.

IMPRESSION :-

Normal study.

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Page 1 of 2

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Mr. AJAY JADAV

AHIL.0000820139

AHILAH177568

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

A. A. PATEL

Dr. ALPESH A PATEL

DNB Resident

Printed on : 28-Nov-2022 8:56

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The Emergency Specialist



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. AJAY JADAV | Male | 29Yr 3Mth 15Days
UHID : AHIL.0000820139 **Patient Location:** AHC
Patient Identifier: AHILAH177568 
DRN : 122135504 **Completed on :** 26-NOV-2022 12:38
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

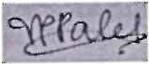
FINDINGS :

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 ---



DR. VAIBHAVI PATEL

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DENTISTRY

Name : Date : 26/11/22 Unit No. :

Occupation : Ref. Physician :

Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : - N/A

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 : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	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"/>	Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries Missing Teeth <u>64</u> Supernumerary Others

PRESENT COMPLAINT : Postive Cheeky.

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy

Anticoagulant Under Drug Therapy

NAD

AHIL.0000820139

Mr. AJAY

JADAV

29 Year(s) / Male



>>> Acute MI <<<

Rate 99

PR 156

QRS 96

QT 339

QTc 435

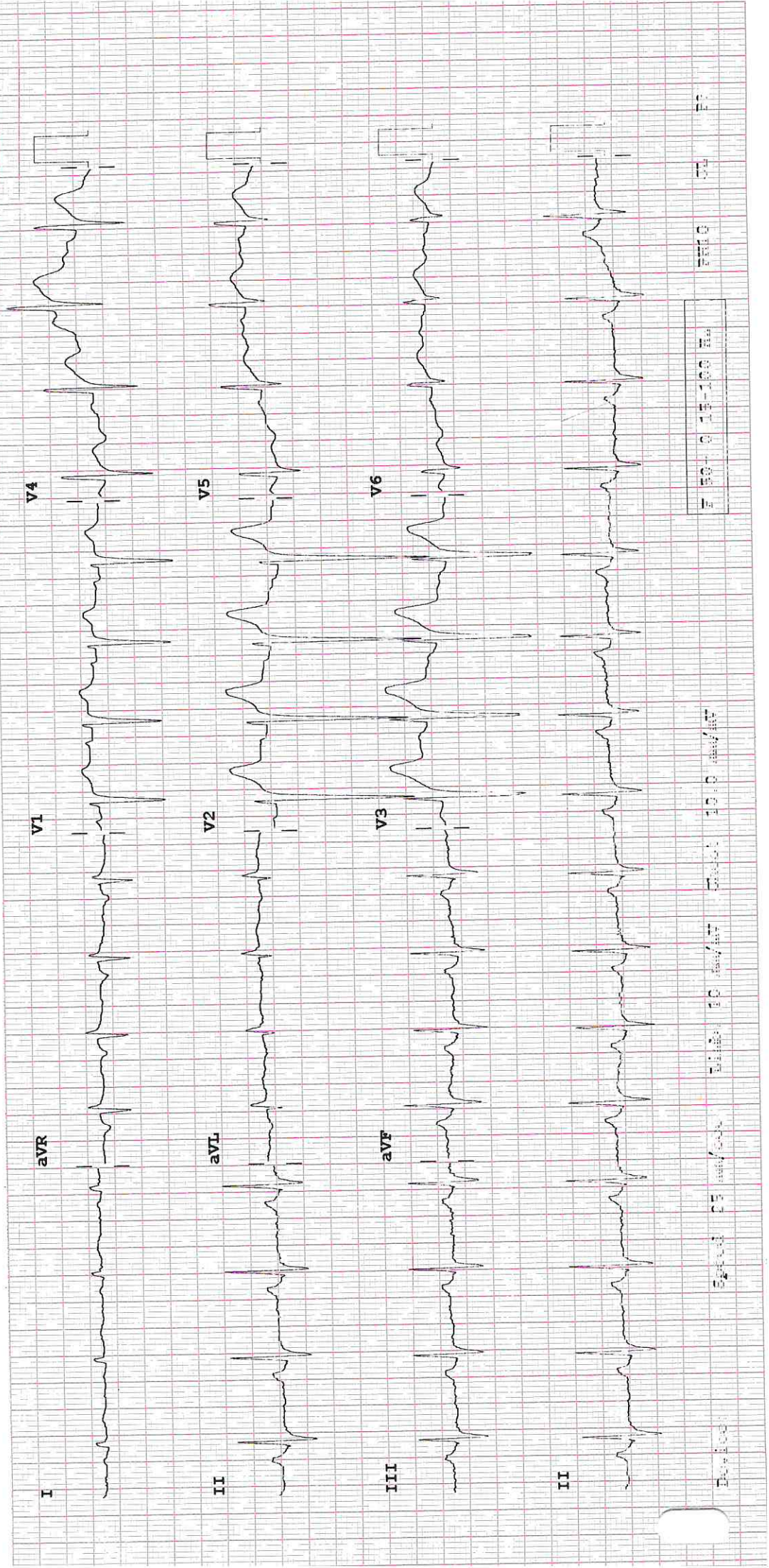
--AXIS--

P 79

QRS 32

T 7

12 Lead; Standard Placement



F 50-0 15-100 Hz

Speed 25 mm/sec Sens 10 mm/mV

1000



AHIL.0000820139

Mr. AJAY
JADAV

29 Year(s) / Male

N RECORDS

OPHTHALM



Date : 26/11/22

Name :

UHID :

Distance Vision :

Right Eye - 6/9 BE 6/6
Left Eye - 6/9

Near Vision :

Right Eye NG
Left Eye : NG

APLN.TN - Right Eye 16 Left Eye - 14 mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - WM

Both Eye Posterior Segment Examinations - WM

JS
Dr. Jagriti Sinha
M.S (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd. Gandhinagar,
Chennai 600042, INDIA. Regd. No.: G-66752

Doctor's Signature

Ophthalmologist Name