



Ms. URVASHI SINGH (31 /F)

UHID : ASHB.0000054367

AHC No : BPLAH11462

Date : 26/10/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS
CHECK FEMALE

Dear Ms. URVASHI SINGH

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

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.*

Name : Ms. URVASHI SINGH (31 /F)

Date : 26/10/2024

Address :

Examined by : Dr. AHC DOCTOR

UHID : ASHB.0000054367

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK
FEMALE

AHC No : BPLAH11462



Chief Complaints

For corporate health checkup

No specific complaints

Present Known illness

No history of - Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia

Diabetes mellitus - type 2; Since - 2 YEARS; Medication - regular; Are your sugar levels well – controlled? - Yes



Drug Allergy

NO KNOWN ALLERGY

:26/10/2024



Systemic Review

Cardiovascular system : Chest pain - no; Breathing difficulty - no; Swelling of feet - no

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Abdominal pain - no; Bowel habits - regular

Genitourinary system : Frequency - normal; Dysuria/burning micturition - no; Urgency - no

Gynaec history : Last menstrual period - 13/10/24; Pregnant - No; Periods - regular; Vaginal discharge - clear; No of Children - 01; Last child birth - 2021; No of deliveries - 01; Deliveries - LSCS

Central nervous system : - Nil Significant

Eyes : Vision - normal; Glasses - no

ENT : - Normal hearing

Musculoskeletal system :

Spine and joints

- Nil Significant

Skin : - Nil Significant

Weight : - stable


General symptoms : - Nil Significant

 **Present medications** : - TAB- SITADEL 50/500MG ONCE DAILY; Compliance - regular

 **Past medical history**

Past medical history - nil significant

Covid 19 - No

 **Surgical history**

Caesarian section - 2021

Immunization history

- Covid Dose1,Covid Dose2,Precaution Dose

 **Personal history**

Ethnicity - Indian Asian

Marital status - Married

No. of children - 01

Male - 1

Occupation - house wife

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild

 **Family history**

Father - alive
- HYPERTENSION

Mother - alive

Brothers - 01

Sisters - 01

Diabetes - mother

Coronary artery disease - none

Cancer - None

Physical Examination



General

General appearance - normal
Build - normal
Height - 162
Weight - 66
BMI - 25.15
Pallor - No
Oedema - no
SpO2 - 99



Cardiovascular system

Heart rate (Per minute) - 89
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 111
Diastolic(mm of Hg) - 82
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

URINE ROUTINE (CUE)

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
Specific Gravity	1.010		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			
Bilirubin:	Nil			
RBC	Nil			
Pus Cells	2-4	/hpf		0.0 - 5.0/HPF
Epithelial Cells	2-4	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Absent			
Casts:	Absent			ABSENT
Crystals:	Absent			

CBC

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	12.3	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	37.7	%	●	35.5-44.9
RBC Count	5.00	Million/ul	●	4.00-5.20
MCV-	75.4 *	fl	●	80-100
MCH-	24.7 *	pg	●	27-32
MCHC-	32.8	g/dL	●	32-36
RDW	15.8	%	●	12.2-16.1
TLC COUNT	9.8	10 ³ /mm ³	●	4.0-11.0
Neutrophils	60	%	●	40-80
Lymphocytes	31	%	●	20-40



Within Normal Range



Borderline High/Low



Out of Range

Monocytes	5	%	●	2-10
Eosinophils	4	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	330.0	10 ³ /mm ³	●	150-450
Mean Platelet Volume	9.5	fl	●	6.5-12.0

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	72 *	mm/1st hr	●	0-20

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
ABO Group:	O			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	236 *	mg/dL	●	70-100

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	10.4 *	%	●	4.0-5.6

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	167	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	37 *	mg/dL	●	>40

LDL CHOLESTEROL - SERUM / PLASMA

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

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	121 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190

TRIGLYCERIDES - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	175 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	35 *		●	15-30

TOTAL CHOLESTEROL AND HDL RATIO

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.5		●	3.5-5.0

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	8.0	g/dL	●	6.6-8.3

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	3.9	g/dL	●	3.5-5.2

GLOBULIN - SERUM

Test Name	Result	Unit	Level	Range
GLOBULIN	4.1	g/dL	●	2.6-4.6

ALBUMIN/GLOBULIN RATIO

Test Name	Result	Unit	Level	Range
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Within Normal Range



Borderline High/Low



Out of Range

ALBUMIN AND GLOBULIN RATIO	1.0		●	0.9-2.0
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AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	19	U/L	●	< 35

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	23	U/L	●	<35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN TOTAL	0.5	mg/dL	●	0.3–1.2

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2

BILIRUBIN UNCONJUGATED (INDIRECT) - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN UNCONJUGATED (INDIRECT)	0.4	mg/dL	●	0.1-1.2

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	63	U/L	●	30-120

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	14	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

CREATININE - SERUM / PLASMA 0.83 mg/dL ● 0.55-1.02

URIC ACID - SERUM / PLASMA

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
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Uric Acid - Serum	5.7	mg/dL	●	2.6-6.0
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BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
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BUN (BLOOD UREA NITROGEN)	13.0	mg/dL		Female: <50yrs 7.01-18.7 mg/dl Female:>50yrs 9.81-20.1 mg/dl
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TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
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TOTAL T3: TRI IODOTHYRONINE - SERUM	0.77	ng/ml	●	0.60-1.81
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TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
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TOTAL T4: THYROXINE - SERUM	8.96	µg/dL	●	5.01 - 12.45
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TSH: THYROID STIMULATING HORMONE - SERUM

TSH is a test that measures the amount of the hormone TSH in the blood. It can tell you if it's overactive (hyperthyroidism) or underactive (hypothyroidism). The test also detect thyroid disorder before you have any symptoms.

Test Name	Result	Unit	Level	Range
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TSH: Thyroid Stimulating Hormone	1.278	µIU/mL	●	0.35-5.50
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TMT/2D ECHO

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

- Left Ventricle : Normal Left Ventricular Size, Wall Thickness & Function.
- Left Ventricular Ejection Fraction is within Normal Limits (LVEF : 60%)
- Left Atrium : Normal Left Atrial Size & Functions.
- Right Ventricle : Normal Right Ventricular Size & Functions.
- Right Atrium : Normal Right Atrial Size & Function.
- Valvular Structures : Normal Mitral, Tricuspid, Pulmonic & Aortic Valve Structures.
- Aortic Root is Normal.
- No Evidence of Pericardial Effusion.
- No LA / LV Clot

ECG

NSR

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- Grade I fatty liver.
- Left renal concretion (3mm).

ADV:- Clinical Correlation.

Investigations Not Done / Not Yet Reported

BioChemistry

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Histopathology

PAP SMEAR /CERVICAL SMEAR

X Ray

X-RAY CHEST PA



Within Normal Range



Borderline High/Low



Out of Range

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AHC No : BPLAH11462

Printed By :

Dr.AHC DOCTOR

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.

AICVD RISK SCORE REPORT

RISK STATUS

YOUR SCORE

ACCEPTABLE SCORE

Moderate Risk

3

2

Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of your age and gender

The AICVD risk score developed by Apollo Hospitals is a novel artificial intelligence-based risk scoring system that predicts your risk of having Coronary Artery Disease (CAD) related events in the next ten years. This scoring system uses Indian data and has been validated by multiple national and international institutions. This risk score is more than 92% accurate and has been compiled based on your physical parameters, heart health attributes, lifestyle and medical history. **Note:** The risk category is determined through the ratio between guest score and acceptable score at multiple decimal points. The outputs are shown in whole numbers.

Based on your AICVD risk score you are advised the following:

- Follow the guidance and education on **lifestyle and dietary management provided through the ProHealth program. Maintain a healthy BMI (<25). Avoid tobacco in any form and if you are a smoker, stop smoking.**
- Continue with **medications** for high blood pressure, diabetes, or dyslipidemia, if advised by your physician. Maintain HbA1c <7% (<53mmol/mol), blood pressure <140/90mmHg.
- Follow your physician’s advice regarding **follow up tests, consults and annual health assessment**
- **It is recommended that you visit your physician every 6 months** if you have:
 - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

DISCLAIMER

1. This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
2. This risk score and clinical algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician 's or cardiologist's discretion.
3. To ensure the information in the report is up to date , accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the AICVD risk score without any intervention from their side .
5. By usage of the AICVD risk score, it is deemed that the beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.

The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515