



Ms. JUHI RAWAT (38 /F)

UHID : AHIL.0000828984

AHC No : AHILAH183783

Date : 27/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Dear Ms. JUHI RAWAT

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

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Name : Ms. JUHI RAWAT (38 /F)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 27/12/2022



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Chief Complaints

For Annual health checkup
No specific complaints

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY :27/12/2022



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

Covid 19 - No

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No



Surgical history

Caesarian section - 2019



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Profession - corporate employed

Diet - Vegan

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Active



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Family history

- Father - alive
- Mother - alive
- Coronary artery disease - father
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 148
- Weight - 44.1
- BMI - 20.13
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 82
- Rhythm - Regular
- Systolic(mm of Hg) - 100
- Diastolic(mm of Hg) - 70
- Heart sounds - S1S2+

Respiratory system

- Breath sounds - Normal vesicular breath sounds



Abdomen

- Organomegaly - No
- 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	6			
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)	11.6 *	gm%	●	12-16
Packed cell volume(Calculated)	34.7 *	%	●	36-46
RBC COUNT (Impedance)	3.82	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	90.9	fl	●	80-100
MCH(Calculated)	30.4	pg	●	27-32
MCHC(Calculated)	33.5	%	●	31-36
RDW(Calculated)	12.5	%	●	11.5-14.5
WBC Count (Impedance)	6252	/cu mm	●	4000-11000

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 ● Out of Range

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Neutrophils	67	%	●	40-75
Lymphocytes	24	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	150000	/cu mm	●	150000-450000
MPV (Calculated)	10.8	fl	●	7-11

RBC: Normochromic Normocytic RBCs
Platelets: Adequate on the smear~Few giant platelets noted.

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic) 29 * 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:	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	37 *	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	78	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	39 *	U/L	●	>1 year Female : <32

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APOLLO HOSPITALS

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Total Bilirubin	1.357 *	mg/dL	●	0.300-1.200
Direct Bilirubin	0.398 *	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.959 *	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	0.64	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	11	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	87	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)	96	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)

5.1

%



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.

99.67

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	7.65	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.65	g/dL		6.00-8.00
ALBUMIN - SERUM	4.7	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.7	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.95			2.20-4.20
Globulin-Serum/Plasma	2.95			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	1.17 *	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	102	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	2.4	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	4.4	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)	13	mg/dL	●	6-20
UREA - SERUM / PLASMA	29	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	134	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	46	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	61	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)	72	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	9		●	< 40 mg/dl
C/H RATIO	2		●	0-4.5

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Cytology

Ref No:

CY 2082/22

Brief Clinical History:

LMP: 9.12.2022

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



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SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Juhi 828984'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation without endocervical cells.

INTERPRETATION/RESULT:

*

Negative for intraepithelial lesion or malignancy with few yeast forms of fungal organisms

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.

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECC

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Saving time. Saving lives.



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Executive Summary



- .BODY WEIGHT 44.1 KG,DEAL BODY WEIGHT 41-50 KG
- .SUBCLINICAL HYPERTHYROIDISM
- .ECG - NORMAL SINUS RHYTHM
- . ECHO - NORMAL LV SYSTOLIC FUNCTION, LVEF 60%
Mild MR, Trivial AR, Mild TR.
Mild PAH, RVSP: 37 mm Hg.
- .USG ABDOMEN - NORMAL
- .CHEST X-RAY - NORMAL
- .VISION – NORMAL
- .DENTAL- AS PER DOCTOR'S ADVICE

Wellness Prescription

Advice On Diet :-



BALANCED DIET

Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
PRACTICE YOGA AND MEDITATION
MAINTAIN WEIGHT BETWEEN 41-50 KG

Follow-up and Review Plan



CHECK ANTI TPO ANTIBODIES



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

Printed By : MUKTA S ADALTI

30/12/2022
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd, Gandhinagar,
Gujarat-382428, INDIA, Regd. No. - G-21361

Note :- The Health Check-up examinations and routine investigations have their 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. JUHI RAWAT | Female | 38Yr 0Mth 12Days
UHID : AHIL.0000828984 **Patient Location:** AHC
Patient Identifier: AHILAH183783 
DRN : 222067518 **Completed on :** 27-DEC-2022 10:20
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 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 measures 7.6 x 5.6 x 4.5 cm. Endometrial thickness is 9 mm.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen.

Myometrial and endometrial echopattern appear normal.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal/pelvic mass is seen.

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USG WHOLE ABDOMEN

IMPRESSION : No significant abnormality

--- END OF THE REPORT ---

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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OPHTHALMIC EXAMINATION RECORDS

Name : Ms. Juli Rawat
UHID : 828984 F/38

Date : 27.12.22

Distance Vision : (unaided)
Right Eye - 6/6P
Left Eye - 6/6P

No visual symps/disease
No FHx or any eye disease
BCVA < -0.75 6/6
-0.75 6/6

Near Vision :
Right Eye : N6
Left Eye : N6


Dig
APLN.TN - Right Eye (N) Left Eye - (N) mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - WTM

Both Eye Posterior Segment Examinations - (unaided)
BE Disc CDR < 0.3
FR+

July Glaucoma Assessment

Doctor's Signature

Ophthalmologist Name



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

OBSTETRICS & GYNAECOLOGY - AHC

Name :
Occupation :
Age :

AHIL.0000828984
Ms. JUHI RAWAT
38 Year(s) / Female



Date : 27/12/22 Unit No. :
Ref. Physician : Dr. Vandana Senha
Copies to :

GYNAEC CHECK UP

Chief Complaint:

None.

Pitd

Children: 2 ♀

Weight:

Deliveries: 1 LSCS

BP:

Last Child: Fch / 4 years / LSCS

Abortions: 1 Spontaneous

Breasts: Normal

Periods: Regular $\frac{4}{20-24}$ days

PAP Smear: Taken

LMP: 9/12/22

Previous Medical H/O:

Menopause: -

None

G. Condition: Fit

F/H/O: None.

P/A: Soft

Previous Surgical H/O:

None.
LSCS - 4 years ago.

S/E: ✓

PV: Uterus : Anteverted Normal Size.

P/R: Cervix: Felt healthy.

Impression:

Neosporin ointment ✓
C-Section Scar x 5 days
LA on

Vandana Senha

Doctor Signature
Date & Time
27/12/22
12:58PM

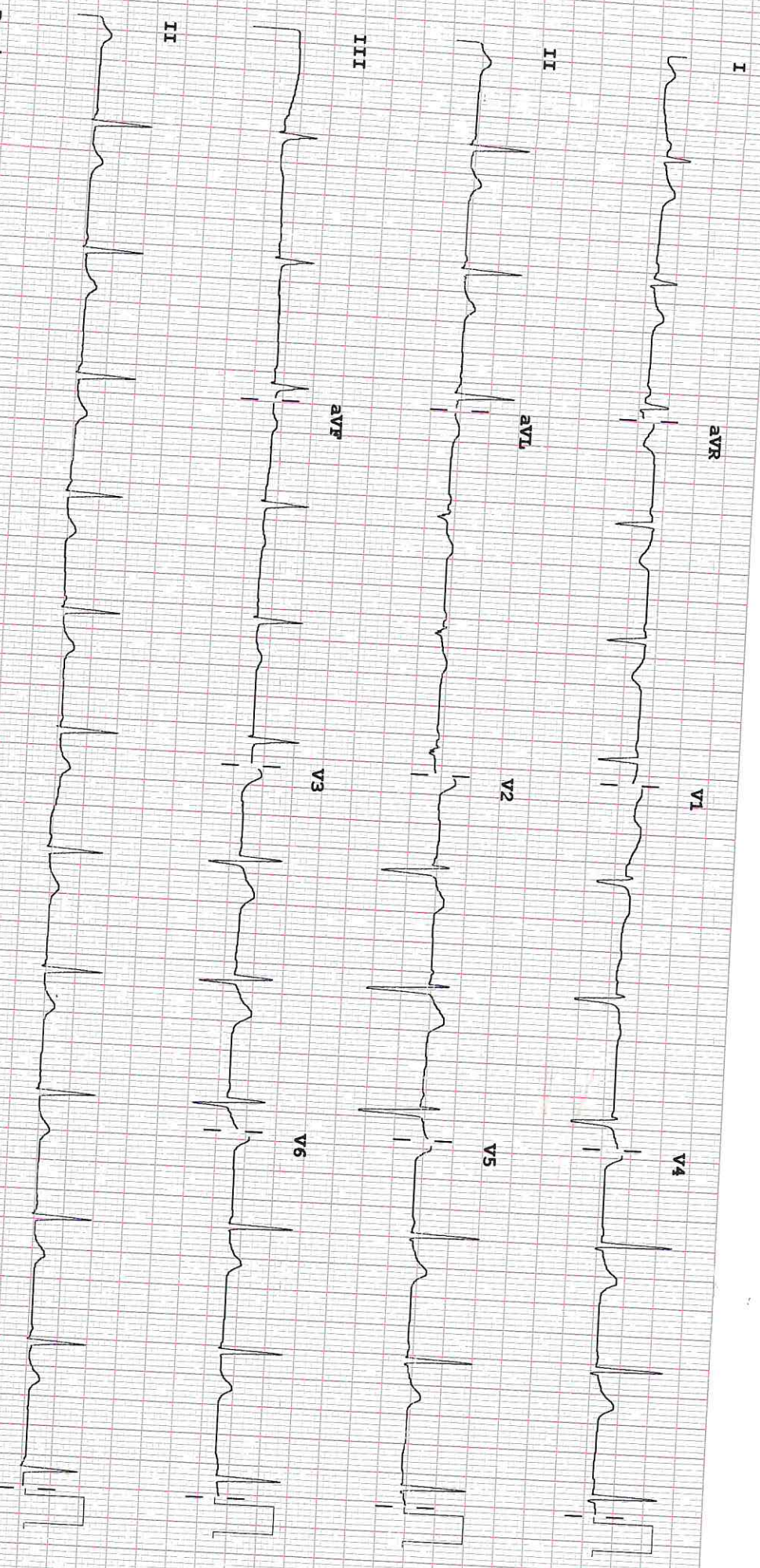
Rate 73

PR 115
QRSD 81
QT 365
QTc 403

--AXIS--
P 4
QRS 63
T 29

12 Lead; Standard Placement

27-Dec-22 10:25:34 AM



Device:

Speed: 25 mm/sec

Lead: 10 mm/mV

Gain: 10.0 mm/mV

F 50~0.15-100 Hz

PH10

CL

25