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Ms. NEHA JAIN (36 /F)

UHID : AHIL.0000806395

AHC No : AHILAH168240

Date : 08/10/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Ms. NEHA JAIN

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 : Ms. NEHA JAIN (36 /F)



Date : 08/10/2022

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000806395

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH168240



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

Thyroid disease : Since - 4 YRS; Medication - regular; - TAB THYRONORM 100 MCG



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 :



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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH168240

Spine and joints

- Nil Significant

Skin

: - Nil Significant

General symptoms

: - Nil Significant



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No



Surgical history

Others - DILATION AND EVACUATION - 2019



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Male - 2
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Aged - 63
- Mother - alive
- Aged - 60
- Brothers - 1
- Sisters - 2
- Diabetes - mother



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AHC No : AHILAH168240

Hypertension - mother
Coronary artery disease - none
Cancer - None

Physical Examination



General

General appearance - normal
Build - normal
Height - 152.7
Weight - 67.2
BMI - 28.82
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 86
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 105
Diastolic(mm of Hg) - 64
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

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AHC No : AHILAH168240

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	8.6 *	gm%	●	12-16
Packed cell volume(Calculated)	28.4 *	%	●	36-46
RBC COUNT (Impedance)	4.21	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	67.5 *	fl	●	80-100
MCH(Calculated)	20.37 *	pg	●	27-32
MCHC(Calculated)	30.2 *	%	●	31-36
RDW(Calculated)	17.2 *	%	●	11.5-14.5
WBC Count (Impedance)	7597	/cu mm	●	4000-11000
Neutrophils	60	%	●	40-75
Lymphocytes	33	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	333100	/cu mm	●	150000-450000
MPV (Calculated)	8.1	fl	●	7-11
RBC:	Few Elliptocytes are seen.			
RBC:	Anemia			
RBC::	Anisocytosis (+)-Hypochromia (+)-Microcytes (+)			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated ¹ optic-electronic)	17	mm/1st hr	●	0-20
SUGGEST :	S. Iron Profile is indicated.			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	AB 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.

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





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Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	7	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	85	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	14	U/L	●	>1 year Female : <32
Total Bilirubin	0.399	mg/dL	●	0.300-1.200
Direct Bilirubin	0.163	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.236	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	0.7	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	9	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	92	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

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Glucose - Plasma (Post Prandial) 98 mg/dL ● 70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.7	%	●	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. 116.89

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.33	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.33	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.86		●	2.20-4.20
Globulin-Serum/Plasma	2.86		●	2.20-4.20
A/G ratio	1.51		●	1.00-2.00
A/G ratio	1.51		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.3	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

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TOTAL T4: THYROXINE - SERUM 96 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 8.51 * µIU/mL ● 14-120 years : 0.27 - 4.20

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	3.8	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	159	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	86	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	30 *	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)	118	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	17		●	< 40 mg/dl
C/H RATIO	5 *		●	0-4.5

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AHC No : AHILAH168240

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

- URINE GLUCOSE(FASTING)
- STOOL ROUTINE
- URINE GLUCOSE(POST PRANDIAL)
- URINE FOR ROUTINE EXAMINATION

Histopathology

- CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

- ECG

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 ● Out of Range





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Executive Summary



BODY WEIGHT 67.2 KG ,IDEAL BODYWEIGHT 45-53 KG
H/O THYROID (TSH = 8.51)
ECG - NORMAL
ECHO - NORMAL
USG ABDOMEN - NORMAL
CHEST 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 WALK FOR 30 MINS FOR HEALTH,
60 MINS WALK FOR WEIGHT REDUCTION
PRACTICE YOGA AND MEDITATION
MAINTAIN WEIGHT BETWEEN 45-53 KG

Follow-up and Review Plan



CHECK T3,T4,TSH REGULARLY EVERY 6 MONTHS

*Hb Electrophoresis after
Anemia corrected.*

Consults Rads



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

Printed By : MUKTA S ADALTI

for 10/10/2022
Dr.SHASHIKANT NIGAM

Dr. Shashikant Nigam
AHC Physician Internal Medicine
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd.No.: G-21961


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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. NEHA JAIN | Female | 36Yr 2Mth 3Days
UHID : AHIL.0000806395 **Patient Location:** AHC
Patient Identifier: AHILAH168240 
DRN : 222051373 **Completed on :** 08-OCT-2022 12:05
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 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.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 4 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Ms. NEHA JAIN

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AHILAH168240

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Normal Study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. NEHA JAIN | Female | 36Yr 2Mth 3Days
UHID : AHIL.0000806395 **Patient Location:** AHC
Patient Identifier: AHILAH168240 
DRN : 122113665 **Completed on :** 08-OCT-2022 12:21
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

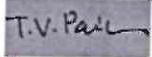
FINDINGS :

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 —



TIRTH VINAYKUMAR PARIKH

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CARDIOLOGY

Patient Details : Ms. NEHA JAIN | Female | 36Yr 2Mth 3Days
UHID : AHIL.0000806395 **Patient Location:** AHC
Patient Identifier: AHILAH168240 
DRN : 5622074027 **Completed on :** 08-OCT-2022 14:18
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.
 Mitral valve prolapse +.
 Other cardiac valves are structurally normal.
 IAS/ IVS Intact.
 Trivial MR, No AR, Trivial TR.
 No PAH, RVSP: 30 mm Hg.
 No Clot / Vegetation / effusion.

MEASUREMENTS (mm) ::

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Ms. NEHA JAIN

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ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

.

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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Keep the records carefully and bring them along during your next visit to our Hospital

Mrs. Neha, Jain ID: 806395 08.10.2022 13:28:05 Apollo Hospi. Bhat Gandhinagar
 Location Room Order Nur Indica Medication 1 Medication 2 Medication 3
 36 Years Male
 Technician: Ordering Ph. Referring Ph. Attending Ph.

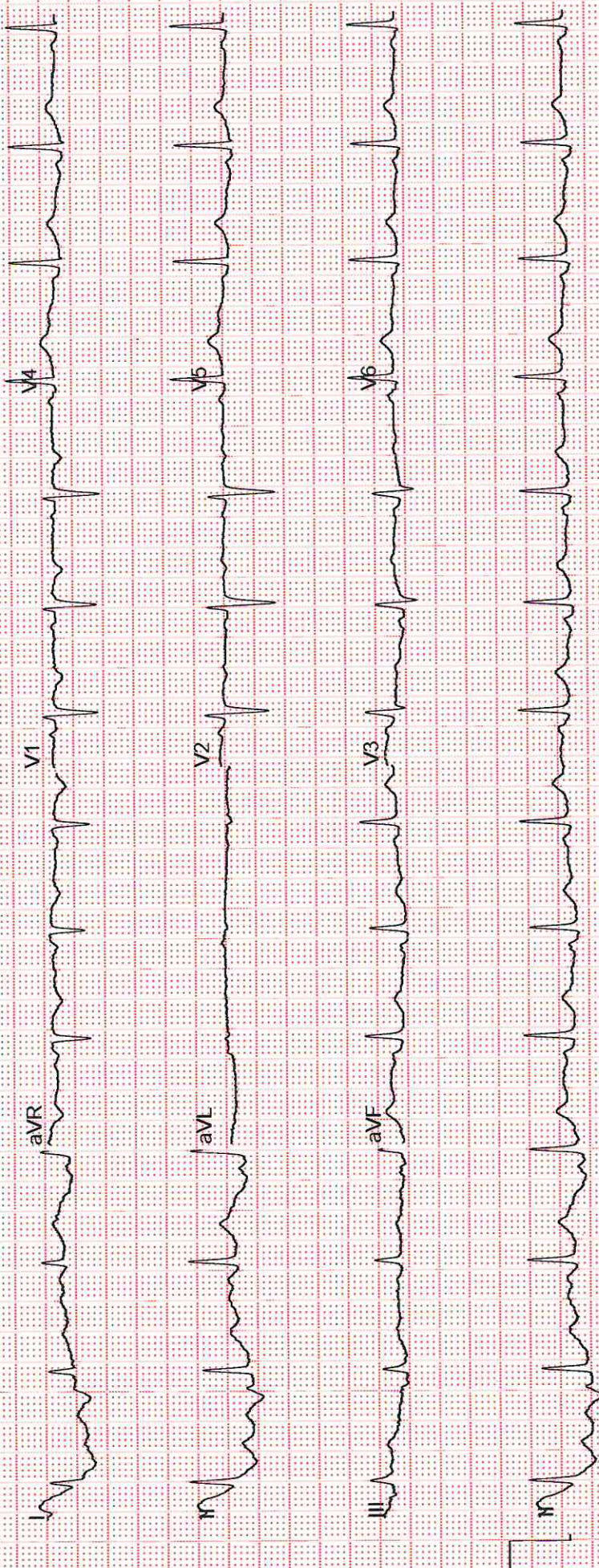
81 bpm

mmHg

Normal sinus rhythm

Normal ECG

QRS 72 ms
 QT / QTcBaz 366 / 425 ms
 PR 124 ms
 P 80 ms
 RR / PP 742 / 740 ms
 P / QRS / T 62 / 61 / 58 degrees





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

OBS **GYNAECOLOGY - AHC**

AHIL.0000806395

Name :
Occupation :
Age :
Ms. NEHA JAIN
36 Year(s) / Female



Date : 8/10/22 Unit No. :
Ref. Physician : Dr. Neha Kishor
Copies to : Kishor Nehal

GYNAEC CHECK UP

Chief Complaint: PAIN

Children: P2 +1

Deliveries: 2 FTND

Last Child: Mch 14 2005

Abortions: 1 Spontaneous

Periods: Regular 28-32 days flow

LMP: 5 Oct 2022

Menopause:

G. Condition:

P/A: Soft

S/E:

PV: UT - NS AV
Cx - Healthy

P/R:

Weight:

BP:

Breasts: Normal

PAP Smear: Taken

Previous Medical H/O: Hypertension

Previous Surgical H/O:

D&E
FL
FLH - DM

Impression:

Doctor Signature
Date & Time



DENTISTRY

Name : Date : 08/10/22 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 : <u>NA</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks : <u>NA</u>	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>NA</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>NA</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate : <u>NA</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area : <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>NA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries <u>8</u>
		Missing Teeth <u>87/630</u>
		Supernumerary
		Others

PRESENT COMPLAINT : - Routine decay

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy

Anticoagulant Under Drug Therapy

AHIL.0000806395

Ms. NEHA
JAIN

VISION RECORDS

OPTHA

Name : 36 Year(s) / Female

806395 Date : 8/10/22

UHID : 

Distance Vision : unaided.

No eye complaints at present

Right Eye - 6/6P }
Left Eye - 6/6P } B90 6/6

Near Vision :

Right Eye : } No
Left Eye : }

APLN.TN - Right Eye - Left Eye - mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - normal

Both Eye Posterior Segment Examinations -
(undilated) Be Disc @ ALT

Doctor's Signature

Ophthalmologist Name