

Name : Mrs. PRIYANKA KUMARI (28 /F)

Date : 11/11/2023

Address : ABHINANDAN TOWER FLAT NO 4 D 4TH FLOOR 1368 SURVEY PARK, KOLKATA,  
KOLKATA, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0002246151

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH186557



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

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



## DRUG ALLERGY

NO KNOWN ALLERGY

:11/11/2023



## 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

Last menstrual period - 7.11.23; Periods - regular;  
No of Children - 1; Last child birth - 1 yr; Deliveries -  
normal vaginal delivery

### Central nervous system

- Nil Significant

### Eyes

- Nil Significant

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints

- Nil Significant

### Skin

- Nil Significant



### Past medical history

Covid 19 - Yes

Hospitalization for - No

Covid 19



### Personal history

Marital status - Married

No. of children - 1

Diet

- Non Vegetarian

Alcohol

- does not consume alcohol

Smoking

- No

Chews tobacco

- No

Physical activity

- Sedentary



### Family history

Father - has expired

Cause - cancer

Mother - has expired

Cause - renal disease

Diabetes - mother

Hypertension - mother

Coronary artery

- none

disease

Cancer - father

Type - Blood

## PHYSICAL EXAMINATION



### General

Build - normal

Height - 156

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Weight - 59  
BMI - 24.24  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 70  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 114  
Diastolic(mm of Hg) - 74  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Appearance - Normal  
Organomegaly - No  
Tenderness - No

### Ophthalmology consultation

Ophthalmology findings - UCVA:RE:6/9 LE:6/9  
NVA:RE:N6 LE:N6  
OCULAR MOVEMENT:WNL  
ANT.SEG:WNL  
ACCPT:SPECTACLE PWR  
RE:-0.75DS(6/6,N6)  
LE:-0.50DS(6/6,N6)  
ADVICE:\*Glass Rx.\*Review  
after 1yr/SOS

Printed By : Benazir Begaum

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### COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	11.4 *	g/dl	●	12.0-15.0
RBC COUNT	4.54	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	34.9 *	%	●	36-46
MCV	76.8 *	fl	●	83-101
MCH	25.2 *	pg	●	27-32
MCHC	32.8	%	●	31.5-34.5
RDW	15.4 *	%	●	11.8-14.0
WBC Count	8500	/cu mm	●	4000-10000
Platelet Count	2.65	lacs/cu mm	●	1.5-4.0
Neutrophils	59	%	●	40-80
Lymphocytes	32	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Microcytic Hypochromic RBCs.			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	31 *	mm/1st hr	●	0-20

### URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.005			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	1-2	/hpf		
Pus Cells	2-3	/hpf		
Epithelial Cells	2-4	/h.p.f /hpf		

Casts: Not Found  
Crystals: Not Found

### URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	Nil			

### URINE SUGAR- FASTING(QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	Nil			

### BLOOD GROUPING AND TYPING (ABO AND RH)

Test Name	Result	Unit	Level	Range
ABO Group:	B			
Rh (D) Type:	POSITIVE			

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	14	U/L	●	0-35
ALBUMIN - SERUM	4.3	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	101 *	U/L	●	33-98

AST (SGOT) - SERUM	22	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	0.4	mg/dL	●	0.3-1.2

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	176	mg/dL	●	0-200

### CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.7	mg/dL	●	0.6-1.1

### LIVER FUNCTION TEST (PACKAGE)

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

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GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM 14 U/L ● 0-38

TOTAL T3: TRI IODOTHYRONINE - SERUM 1.00 ng/ml ● 0.87-1.78

TOTAL T4: THYROXINE - SERUM 10.2 µg/dL ● 5.48-14.28

GLUCOSE - PLASMA (FASTING)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (FASTING) 83 mg/dL ● 70-99

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
TRIGLYCERIDES - SERUM 110 mg/dL ● 0-150

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (POST PRANDIAL) 126 mg/dL ● 70-140

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range
TSH: THYROID STIMULATING HORMONE - SERUM 3.1 µIU/mL

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name Result Unit Level Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD 5.5 % ●
Nondiabetic : 4 - 5.6 %
Prediabetics : 5.7 - 6.4%
Diabetes : >= 6.5%
ADA Therapeutic goal : <7%

URIC ACID - SERUM

Test Name Result Unit Level Range
URIC ACID - SERUM 4.5 mg/dL ● 2.4-5.7

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM 0.1 mg/dL ● 0.0-0.2

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
HDL CHOLESTEROL - SERUM 43 mg/dL ● 30-70
LDL CHOLESTEROL -SERUM 119 \* mg/dL ● 0-100
VLDL CHOLESTEROL - SERUM (Calculated) 14 mg/dL ● 0-35

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 11.5 mg/dL ● 7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
A/G - RATIO 1.1 ● 1.0-2.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
PROTEIN TOTAL - SERUM 8.1 g/dL ● 6.4-8.3
GLOBULIN: (CALCULATED) - SERUM 3.8 \* g/dL ● 1.8-3.6

BUN/CREATININE RATIO

Test Name Result Unit Level Range
BUN/CREATININE RATIO 16.4

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range

ECG

SINUS RHYTHM.
LOW VOLTAGE QRS & T WAVES.

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

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**TREADMILL TEST / STRESS TEST**

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

\* No Significant abnormality noted.

[NOTE: At times pelvic structures are not well visualized due to inadequate patient preparation / excess bowel gas shadow. However suggested clinical correlation and other investigations if clinically indicated.]

Dr. ANWESHA DUTTA  
DNB RESIDENT  
In consultation with

**X-RAY CHEST PA**

Chest skiagram does not reveal any significant abnormality.

**INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)**

**Histopathology**

PAP SMEAR /CERVICAL SMEAR



Within Normal Range



Borderline High/Low



Out of Range

## Executive Summary



1. LDL Cholesterol level raised slightly (LDL Cholesterol - 119 mg/dL).

## Wellness Prescription

### Advice On Diet :-



- \* Low fat healthy balanced diet.
- \* Drink plenty of fluids.

### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

### Other Lifestyle Changes & Recommendations :-

- \* Follow advice given by Ophthalmology department.

## Follow-up and Review Plan



- \* Annual health check-up.



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

Printed By : AVIJIT DAS

**Dr.SHARMISTHA MALLIK**  
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

Low Risk

### YOUR SCORE

2

### ACCEPTABLE SCORE

2

#### **Your cardiovascular disease risk in the next 10 years is within the Normal limits for 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**

#### **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**