

Health Check up Booking Request(bobS24569),Package Code(PKG10000248),Beneficiary Code(28138)

Mediwheel <wellness@mediwheel.in>

Thu 1/5/2023 3:12 PM

To: NMC Langford <nmclangford@narayanahealth.org>

Cc: mediwheelwellness@gmail.com <mediwheelwellness@gmail.com>

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011-41195959
Email:wellness@mediwheel.in

Dear Narayana Multispeciality Clinic,
City : Bangalore . Location : .Hosur Road,Langford Town, Shanti Nagar,

We have received the following request for Health Check up from

Name : Nikhlesh Nayak
Age : 32
Gender : Male
Member Relations : Spouse
Package Name : Mediwheel Metro Full Body Health Checkup Male Below 40
Package Code : PKG10000248
User Location : Uttar Pradesh,MANKAPUR,271302
Contact Details : 8948572808
Booking Date : 05-01-2023
Appointment Date : 14-01-2023

Member Information			
Booked Member Name	Age	Gender	Cost(In INR)
Nikhlesh Nayak	32	Male	Cashless
Total amount to be paid			Cashless

Please login to your account to confirm the same. Also you mail us for confirmation

Package Name : Mediwheel Metro Full Body Health Checkup Male Below 40 - Includes (37)Tests

Tests included in this Package : Ecg, TSH, X-ray Chest, Stress Test (tmt)/ 2d Echo, Blood Sugar Postprandial, A:g Ratio, Blood Group, Total Cholesterol, Triglycerides, Fasting Blood Sugar, Ultrasound Whole Abdomen , Glycosylated Haemoglobin (hba1c), Hdl, Vldl, Urine Analysis, LDL, Total Protine, General Consultation, HDL/ LDL ratio, GGT(Gamma-glutamyl Transferase), Eye Check-up consultation, ALP (ALKALINE PHOSPHATASE), Uric Acid, AST/ALT Ratio, Serum Protein, CBC with ESR, Stool Analysis, Urine Sugar Fasting, Urine Sugar PP, T3, T4, Cholesterol Total / HDL Ratio, BUN,

Patient Name	MR NIKHLESH NAYAK	Requested By	PKG
MRN	40010000023088	Procedure DateTime	14-01-2023 11:08
Age/Sex	32Y/Male	Hospital	NH-LANGFORD

CHEST RADIOGRAPH (PA VIEW)

CLINICAL DETAILS: For executive health checkup.

FINDINGS:

- The lung fields and bronchovascular markings appear normal.
- The cardiac size is within normal limits.
- Mediastinum and great vessels are within normal limits.
- Trachea is normal and is central. The hilar shadows are unremarkable.
- The costo-phrenic angles are clear. No evidence of pleural effusion or pneumothorax.
- The visualized bones and soft tissue structures appear normal.
- Both the diaphragmatic domes appear normal.

IMPRESSION:

- No significant abnormality detected.

Handwritten signature

Dr. Tanuj Gupta MBBS, DMRD, DNB
Lead and Senior Consultant Radiologist

* This is a digitally signed valid document. Reported Date/Time: 14-01-2023 11:05

OP CASESHEET

Unit of Narayana Health

Patient MRN : 40010000023088
Patient Name : Mr Nikhlesh Nayak
Sex/Age : Male, 32y 11m
Address : Bengaluru, Bangalore Urban,
Karnataka, India, 560025
Visit Number : OP-001
Consultation Type : OP, New Visit
Mobile Number : 8418906861

Date : -
Department : GENERAL MEDICINE
Consultant : Dr. Swetha Rajkumar
Ref. Hospital : -
Ref. Doctor : -
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

VITALS

BP (mmHg) : 120/80 mmHg
Height (cm) : 173 cm
Respiratory Rate(brpm) :
Heart Rate(bpm) : 77b/min
Weight (kg) : 77.8kg
Fall Score :
Temp (*F) :
BMI :
Pain Score :

CHIEF COMPLAINTS AND HPI

SpO2 - 98%

GENERAL EXAMINATION

Allergies : Known/Unknown
Body Habitus: : Cachectic/ Thin Built/ Average Built/ Obese/ Normal
Pertinent Family History : Negative/ Unknown
Psychological Assessment: : Normal/Any Psychological Problem

SYSTEMIC EXAMINATION

cholesterol ↑
Triglycerides ↑↑
Adv
Cardio exercises.

NUTRITIONAL ASSESSMENT

INVESTIGATIONS

3 months [Tab Rosuvastatin 10mg
HS (0-0-1)

TREATMENT SUGGESTED

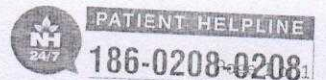
REVIEW ON

Repeat lipid profile - 3 months

Generated By : Gundiga Kiran(353556)

Generated On : 14/01/2023 09:51 AM

One free consultation with the same doctor within next 6 days



Narayana Medical Center

(A Unit of Narayana Hrudayalaya Limited)

(Previously Narayana Hrudayalaya Pvt. Ltd.)

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Test	Result	Unit	Biological Reference Interval
LIVER FUNCTION TEST(LFT)			
Bilirubin Total (Colorimetric -Diazo Method)	0.5	mg/dL	0.2-1.3
Conjugated Bilirubin (Direct) (Dual Wavelength - Reflectance Spectrophotometry)	0.1	mg/dL	0.0-0.4
Unconjugated Bilirubin (Indirect) (Calculated)	0.4	-	-
Total Protein (Colorimetric - Biuret Method)	7.2	gm/dL	6.3-8.2
Serum Albumin (Colorimetric - Bromo-Cresol Green)	4.9	gm/dL	3.5-5.0
Serum Globulin (Calculated)	2.3	gm/dL	2.0-3.5
Albumin To Globulin (A/G)Ratio (Calculated)	2.13 H	-	1.0-2.1
SGOT (AST) (Multipoint-Rate With P-5-P (pyridoxal-5-phosphate))	30	U/L	17.0-59.0
SGPT (ALT) (Multipoint-Rate With P-5-P (pyridoxal-5-phosphate))	37	U/L	<50.0
Alkaline Phosphatase (ALP) (Multipoint-Rate - P-nitro Phenyl Phosphate, AMP Buffer)	71	U/L	38.0-126.0
Gamma Glutamyl Transferase (GGT) (Multipoint Rate - L-glutamyl-p-nitroanilide (Szasz Method))	37	U/L	15.0-73.0
Test			
THYROID PROFILE (T3, T4, TSH)			
Tri Iodo Thyronine (T3) (Chemiluminescence Immuno Assay (CLIA))	1.54	ng/mL	0.97-1.69
<i>Interpretations:</i>			
<i>Thyroid hormone binding protein can profoundly affect total T3 and total T4 levels especially in pregnancy and in patients on steroid therapy.</i>			
<i>Unbound fractions of T3 and T4(FT3, FT4) of thyroid hormones are biologically active forms and correlate more closely with clinical status of the patient.</i>			
Thyroxine (T4) (Chemiluminescence Immuno Assay (CLIA))	5.24 L	ug/dl	5.53-11.0
TSH (Thyroid Stimulating Hormone)	4.64 H	μIU/mL	0.4-4.049



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Collected On : 14/01/2023 10:20 AM Received On : 14/01/2023 10:21 AM Reported On : 14/01/2023 11:32 AM

Barcode : N82301140008 Specimen : Stool Consultant : Dr. Swetha Rajkumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8418906861

CLINICAL PATHOLOGY

Test	Result	Unit
STOOL ROUTINE EXAMINATION		
PHYSICAL EXAMINATION		
Colour	Brownish	-
Consistency	Semi Solid	-
Mucus	Absent	-
Blood	Absent	-
CHEMICAL EXAMINATION		
Stool For Occult Blood	Negative	-
Reaction	Alkaline	-
Others	Nil	-
MICROSCOPE EXAMINATION		
Ova	Not Seen	-
Cyst Of Protozoa	Not Seen	-
Pus Cells	0-2/hpf	-
Bacteria	Not Seen	-

--End of Report--



DEPARTMENT OF LABORATORY MEDICINE

Final Report

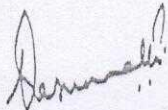
Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)
 Collected On : 14/01/2023 10:20 AM Received On : 14/01/2023 10:21 AM Reported On : 14/01/2023 11:27 AM
 Barcode : N12301140022 Specimen : Whole Blood Consultant : Dr. Swetha Rajkumar(GENERAL MEDICINE)
 Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8418906861

Test	BIOCHEMISTRY		Biological Reference Interval
	Result	Unit	
HbA1C			Normal: 4.0-5.6 Prediabetes: 5.7-6.4 Diabetes: >6.5 (ADA Recommendation 2017)
HbA1c	5.5	%	
Estimated Average Glucose	111.15	%	

Interpretation:

- HbA1C above 6.5% can be used to diagnose diabetes provided the patient has symptoms. If the patient does not have symptoms with HbA1C > 6.5%, repeat measurement on further sample. If the repeat test result is < 6.5%, consider as diabetes high risk and repeat measurement after 6 months.
- HbA1C measurement is not appropriate in diagnosing diabetes in children, suspicion of type 1 diabetes, symptoms of diabetes for less than 2 months, pregnancy, hemoglobinopathies, medications that may result sudden increase in glucose, anemia, renal failure, HIV infection, malignancies, severe chronic hepatic, and renal disease.
- Any sample with >15% should be suspected of having a haemoglobin variant.

--End of Report--



Dr. Vasumathi Kishore
 MBBS, DCP
 CONSULTANT PATHOLOGIST

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.





Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Test	Result	Unit	Biological Reference Interval
Crystals	Nil	-	-
Casts	Nil	-	-
Bacteria	Nil	-	-

--End of Report--

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Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Test	Result	Unit	Biological Reference Interval
Basophils (VCS Technology Plus Microscopy)	0.25	%	0.0-2.0
Absolute Neutrophil Count	4.84 L	-	1800.0-8000.0
Absolute Lymphocyte Count	2.49 L	-	990.0-3150.0
Absolute Monocyte Count	0.55	-	-
Absolute Eosinophil Count	0.26	-	-
Absolute Basophil Count	0.02	-	-

As per the recommendation of International Council for Standardization in Hematology, the differential counts are additionally being reported as absolute numbers.

Test	Result	Unit	Biological Reference Interval
BLOOD GROUP & RH TYPING			
Blood Group	"O"	-	-
RH Typing	POSITIVE	-	-

--End of Report--

Dr. Vasumathi Kishore
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NH NarayanaTM

Medical Centre

Unit of Narayana Health

Langford Road

DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Collected On : 14/01/2023 10:20 AM Received On : 14/01/2023 10:21 AM Reported On : 14/01/2023 11:29 AM

Barcode : N12301140021 Specimen : Plasma Consultant : Dr. Swetha Rajkumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8418906861

Test

BIOCHEMISTRY

Test	Result	Unit
Fasting Blood Sugar (FBS) (Colorimetric - Glucose Oxidase Peroxidase)	93	mg/dL

Biological Reference Interval

ADA standards 2020
>126 : Diabetes
70 to 99 : Normal
100 to 125 : Pre-diabetes

--End of Report--

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MBBS, DCP
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PATIENT HELPLINE

186-0208-0208

Narayana Medical Center

(A Unit of Narayana Health)

(Previously Narayana Health)

Mr. NIKHLESH NAYAK	Patient Name
32 Years	Age
PKG	Referring Doctor
40010000023088	Patient ID
Male	Sex
14/01/23	DATE

ULTRASOUND ABDOMEN AND PELVIS

FINDINGS:

Liver is normal in size (15.8 cm) and shows diffuse increased in echotexture. No focal lesions.
 hepatic biliary duct dilatation. No focal lesions.
 Portal vein is normal in size, course and caliber. CBD is not dilated.
 Gall bladder - Partially distended
 Pancreas Fully obscured by gaseous bowel
 Spleen is normal in size (9.2 cm) shape, contour and echotexture. No evidence of mass or focal lesions.
 Kidneys Both kidneys are normal in size, shape, and position. RK - 10.4 x 1.3 cm. LK - 10.6 x 1.4 cm. Corticomedullary differential is maintained. No evidence of calculi or hydronephrosis at the time of scan.
 Retroperitoneum - Obscured by bowel gas.


• **Grade I fatty liver.**

IMPRESSION:

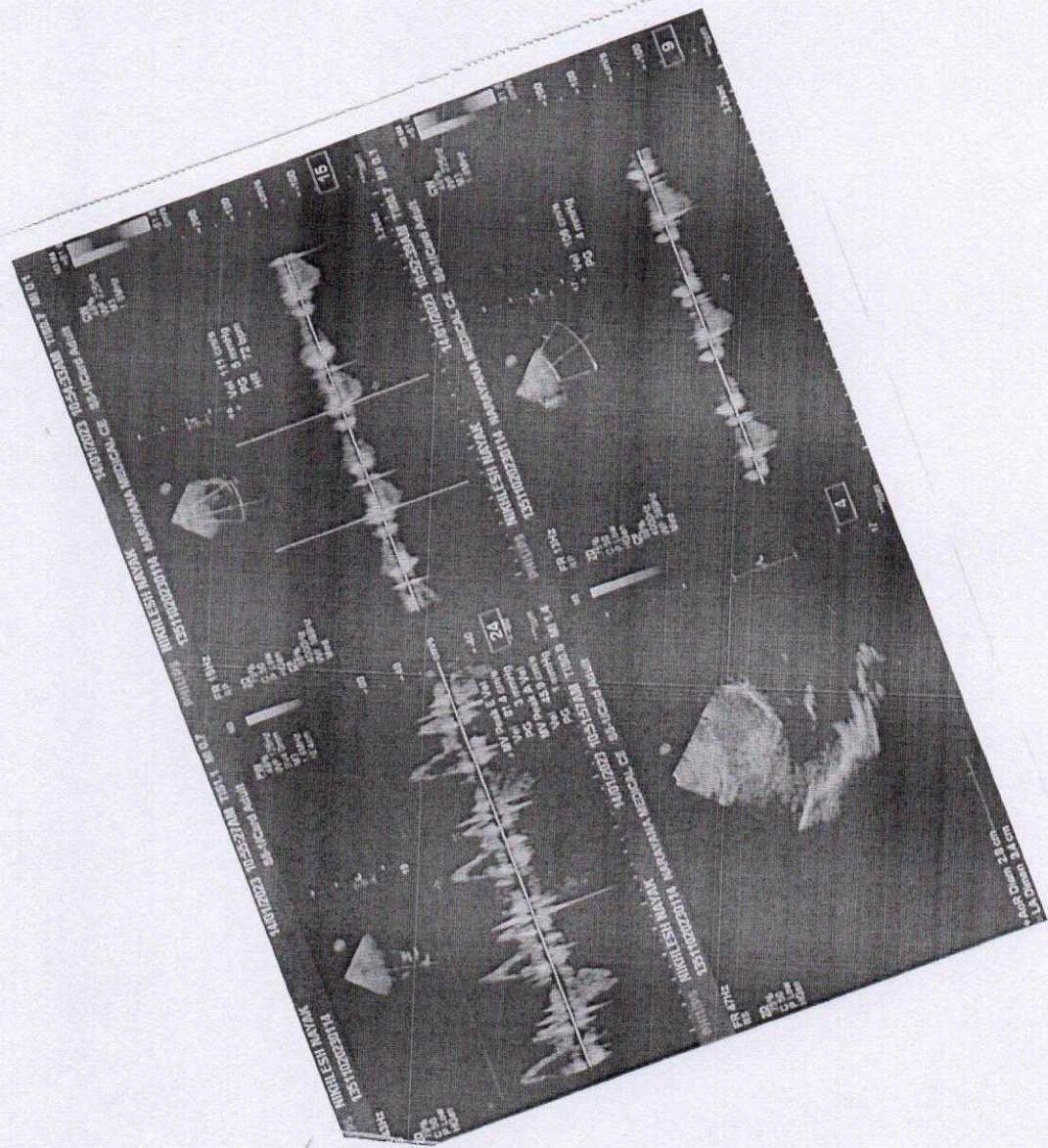
Note: Investigations have their limitations. Solitary pathological/Radiological and other investigations never confirm the final diagnosis. They only help in diagnosing the disease in correlation to clinical symptoms and other related tests. Please interpret accordingly. This Report is not for Medico - Legal Purposes.

Dr. ANANTHALAKSHMI
 Consultant Sonologist






186-0208-0208
 PATIENT HELPLINE

Narayana Medical Center
 (A Unit of Narayana Hrudayaya Limited)
 Previously Narayana Hrudayaya Pvt. Ltd.,) CIN : L85110KA2000PLCO27497
 Registered Office: 258/A, Bommasandra Industrial Area, Anekal Taluk, Bangalore 560 099
 Address: Building No.9 (Old no. 18), Langford Road, Civil Station, Hosur Road, Bangalore 560 025
 Tel: +91 7122 2222, fax : +91 7122 2611 www.narayanahealth.org



Bank of Baroda
 बैंक ऑफ बरोडा
 शांति पुरवा
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 Name: Yogita Paswan
 E C Number: 117266
 Issuing Authority: शांति पुरवा

भारत सरकार
 Government of India

निवेश कुमार नायक
 Nikhlesh Kumar Nayak
 जन्म तिथि / DOB: 30/01/1990
 पुरुष / Male





9294 1284 2597

आधार - आम आदमी का अधिकार

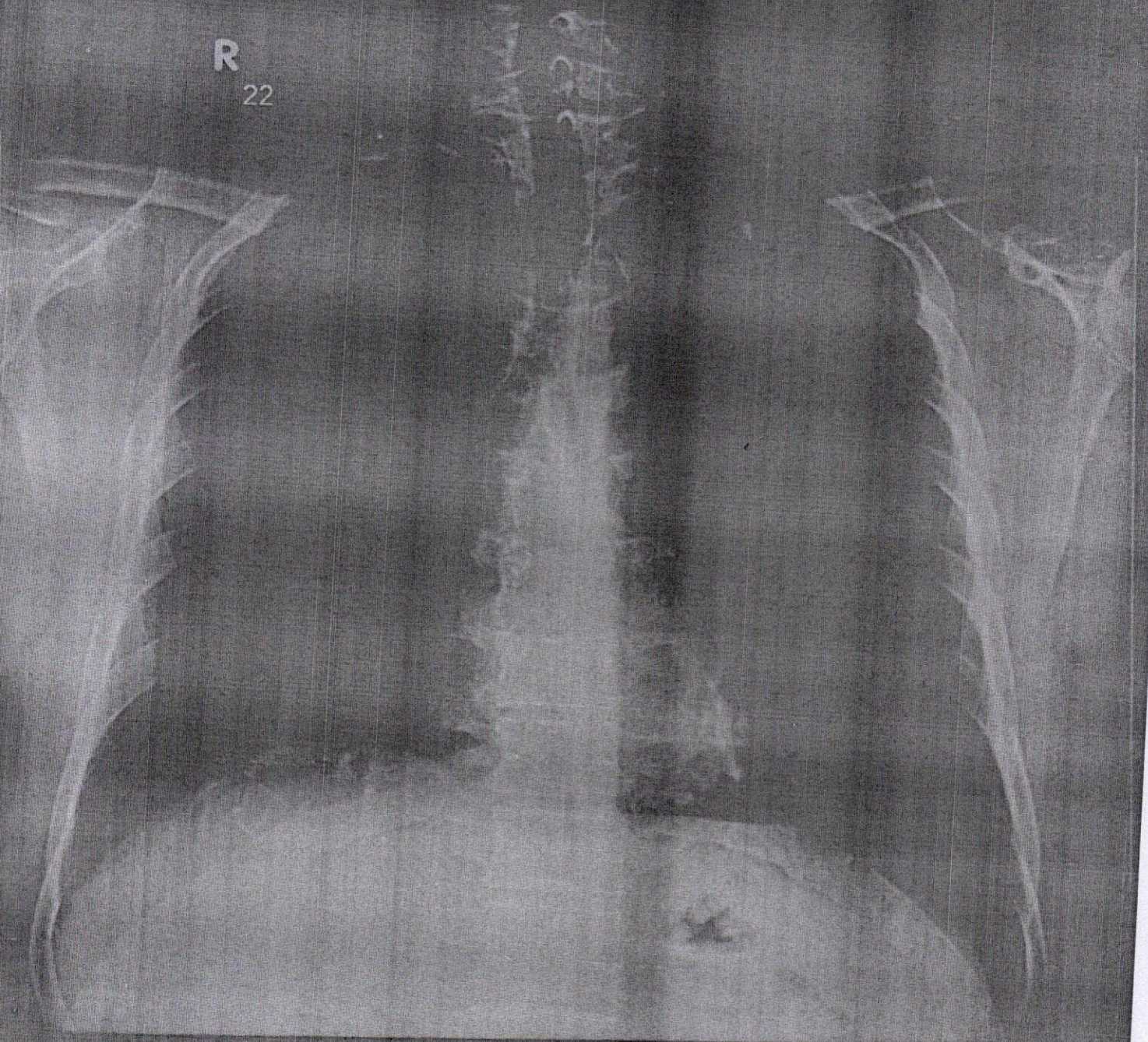
CHEST PA VIEW

NH MEDICAL CENTRE LANGFORD ROAD BANGALORE
MR NIKHLESH NAYAK 32/YRS
23088

14 01 2023

Acq Tm 11 12 AM

R
22



2304 X 2373

W 15785 L 10320

MR NIKHLESH NAYAK 32/YRS 23088 CHEST PA VIEW 14-01
NH MEDICAL CENTRE LANGFORD ROAD BANGALORE

DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)
Collected On : 14/01/2023 10:20 AM Received On : 14/01/2023 10:21 AM Reported On : 14/01/2023 11:29 AM
Barcode : N22301140011 Specimen : Whole Blood - ESR Consultant : Dr. Swetha Rajkumar(GENERAL MEDICINE)
Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8418906861

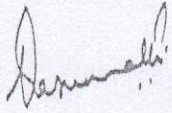
Test

Erythrocyte Sedimentation Rate (ESR)
(Westergren Method)

HAEMATOLOGY

Result	Unit	Biological Reference Interval
8	mm/1hr	0.0-10.0

--End of Report--



Dr. Vasumathi Kishore
MBBS, DCP
CONSULTANT PATHOLOGIST

Note

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- Kindly correlate clinically.





DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)
Collected On : 14/01/2023 10:20 AM Received On : 14/01/2023 10:21 AM Reported On : 14/01/2023 11:47 AM
Barcode : N22301140010 Specimen : Whole Blood Consultant : Dr. Swetha Rajkumar(GENERAL MEDICINE)
Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8418906861

HAEMATOLOGY

Test	Result	Unit	Biological Reference Interval
COMPLETE BLOOD COUNT (CBC)			
Haemoglobin (Hb%) (Photometric Measurement)	15.17	g/dL	13.0-17.0
Red Blood Cell Count (Electrical Impedance)	4.43 L	Million/ul	4.5-5.5
PCV (Packed Cell Volume) / Hematocrit (Calculated)	43.6	%	40.0-50.0
MCV (Mean Corpuscular Volume) (Derived)	98.4	fL	80.0-100.0
MCH (Mean Corpuscular Haemoglobin) (Calculated)	34.2 H	pg	27.0-32.0
MCHC (Mean Corpuscular Haemoglobin Concentration) (Calculated)	34.8 H	%	31.5-34.5
Red Cell Distribution Width (RDW) (Derived)	14.2 H	%	11.6-14.0
Platelet Count (Electrical Impedance Plus Microscopy)	261.6	Thous/ μ L	150.0-450.0
Mean Platelet Volume (MPV)	8.26	fL	7.0-11.7
Total Leucocyte Count(WBC) (Electrical Impedance)	8.15	Thous/ μ L	4.0-10.0
DIFFERENTIAL COUNT (DC)			
Neutrophils (VCS Technology Plus Microscopy)	59.37	%	40.0-75.0
Lymphocytes (VCS Technology Plus Microscopy)	30.50	%	20.0-40.0
Monocytes (VCS Technology Plus Microscopy)	6.72	%	2.0-10.0
Eosinophils (VCS Technology Plus Microscopy)	3.16	%	1.0-6.0





DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Collected On : 14/01/2023 10:20 AM Received On : 14/01/2023 10:21 AM Reported On : 14/01/2023 11:31 AM

Barcode : N82301140007 Specimen : Urine Consultant : Dr. Swetha Rajkumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8418906861

CLINICAL PATHOLOGY

Test	Result	Unit	Biological Reference Interval
URINE ROUTINE & MICROSCOPY			
PHYSICAL EXAMINATION			
Volume	30.00	ml	-
Colour	Pale Yellow	-	-
Appearance	Clear	-	-
CHEMICAL EXAMINATION			
pH(Reaction)	6.0	-	4.8-7.5
Sp. Gravity	1.020	-	1.002 - 1.03
Protein	Nil	-	-
Urine Glucose	Nil	-	-
Ketone Bodies	Nil	-	-
Bile Salts	Nil	-	-
Bile Pigment (Bilirubin)	Nil	-	-
Urobilinogen	Normal	-	-
MICROSCOPIC EXAMINATION			
Pus Cells	3-4/hpf	-	-
RBC	Nil	-	-
Epithelial Cells	1-2/hpf	-	-





NH NarayanaTM

Langford Road

Medical Centre

Unit of Narayana Health

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Dr. Vasumathi Kishore

MBBS, DCP

CONSULTANT PATHOLOGIST

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PATIENT HELPLINE

186-0208-0208

Narayana Medical Center

(A Unit of Narayana Hrudayalaya Limited)

Registered Office: Narayana Hrudayalaya Pvt. Ltd., CIN : L85110KA2000PLCO27497



NH NarayanaTM

Langford Road

Medical Centre

Unit of Narayana Health

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Test

Result

Unit

Biological Reference Interval

(Chemiluminescence Immuno Assay (CLIA))

Interpretations:

TSH levels are subject to circadian variation, reaching peak levels between 2-4 a.m. and minimum between 6-10 p.m. The variation is of the order of 50%, hence time of the day has influence on the measured serum TSH concentration.

--End of Report--

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MBBS, DCP

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DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Nikhlesh Nayak MRN : 40010000023088 Gender/Age : MALE , 32y (30/01/1990)

Collected On : 14/01/2023 10:20 AM Received On : 14/01/2023 10:21 AM Reported On : 14/01/2023 12:04 PM

Barcode : N12301140023 Specimen : Serum Consultant : Dr. Swetha Rajkumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8418906861

BIOCHEMISTRY

Test	Result	Unit	Biological Reference Interval
SERUM CREATININE			
Serum Creatinine (Enzymatic Method (hydrolase, Oxidase, Peroxidase))	1.25	mg/dL	0.7-1.3
eGFR (Calculated)	66.9	mL/min/1.73m ²	Inductive of Renal Impairment:<60 Note:eGFR is inaccurate for Hemodynamically unstable patients. eGFR is not applicable for less than 18 years of age .
Blood Urea Nitrogen (BUN) (Endpoint /Colorimetric – Urease)	11.2	mg/dL	9.0-20.0
Serum Uric Acid (Colorimetric - Uricase,Peroxidase)	6.7	mg/dL	3.5-8.5
LIPID PROFILE (CHOL,TRIG,HDL,LDL,VLDL)			
Cholesterol Total	<u>209</u>	mg/dL	Both: Desirable: < 200 Both: Borderline High: 200-239 Both: High: > 240
Triglycerides (LPL/GK)	<u>349 H</u>	-	0.0-150.0
HDL Cholesterol (HDLC) (Colorimetric: Non HDL Precipitation Phosphotungstic Acid Method)	<u>30 L</u>	mg/dL	<u>40.0-60.0</u>
Non-HDL Cholesterol	179	-	-
LDL Cholesterol (Colorimetric)	<u>109.2 L</u>	mg/dL	Both: Optimal: < 100 Both: Near to above optimal: 100-129 Both: Borderline High: 130-159 Both: High: 160-189 Both: Very High: > 190
VLDL Cholesterol (Calculated)	69.8 H	mg/dL	<40.0
Cholesterol /HDL Ratio (Calculated)	7 H	-	0.0-5.0



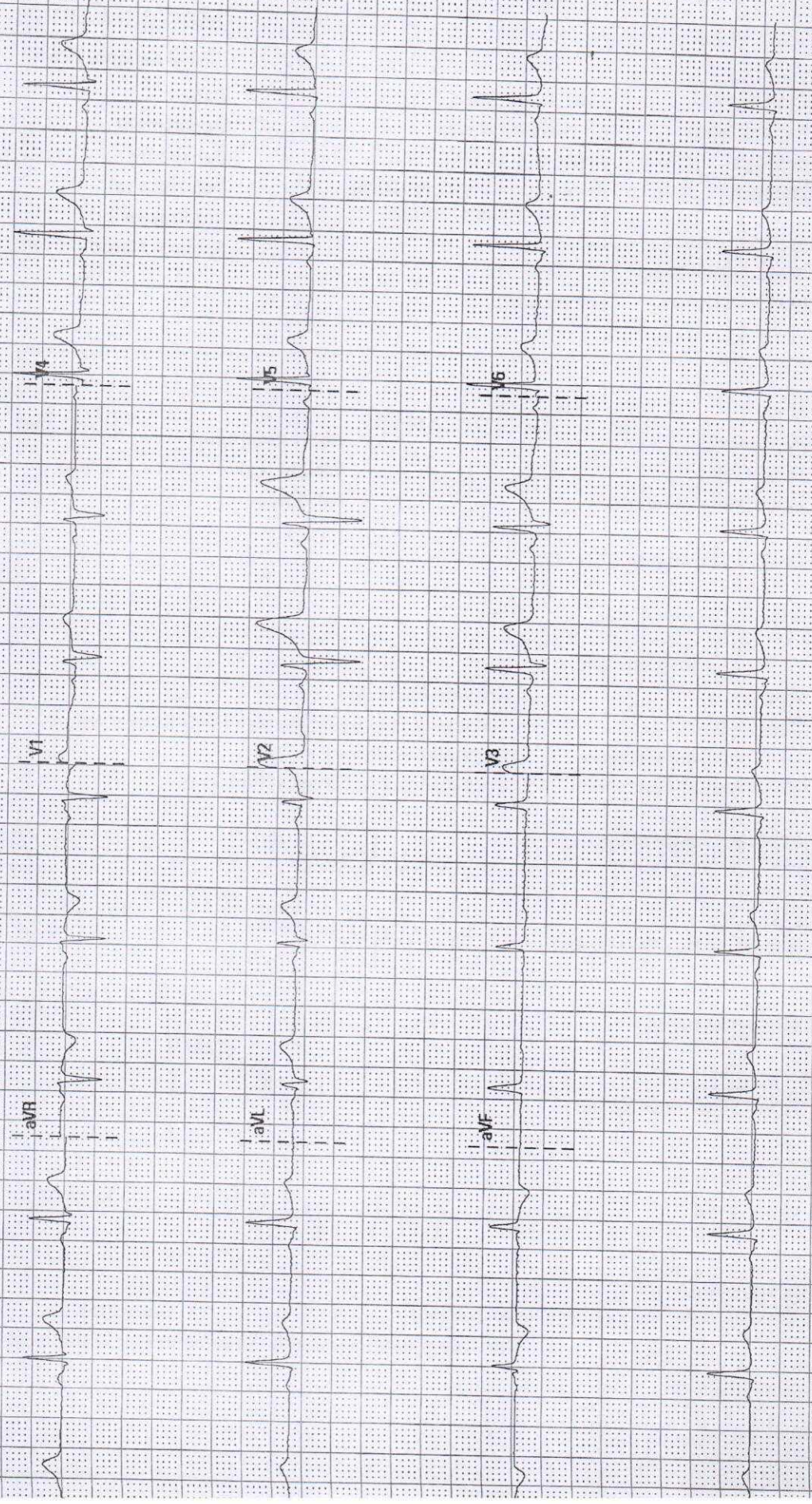
ID: 4001000023088
 Name: MR NIKHLESH INAYAK
 Age: 32 Years
 Gender: Male

14-01-2023 10:05:07 AM

Vent. Rate	64 bpm
PR Interval	144 ms
QRS Duration	90 ms
QT/QTc Interval	390/397 ms
P/QRST Axes	8/56/-3 deg
QTc/Hodges	

Sinus rhythm
 Inferior T wave abnormality is nonspecific
 Borderline ECG

Unconfirmed Diagnosis



NAME :- Mr. Nikhlesh

AGE/SEX :- 32 yrs/M

MRD. NO :- 40010000023088



NH NarayanaTM

Medical Centre

Unit of Narayana Health

Langford Road

DATE :- 14/01/23

EYE EXAMINATION

Co - Itching x (3-4 months) x (OU)

Unaided vn < 6/6
6/6

NV < N6
N6

Colour vn

OD: Normal

OS: Normal

Diagnosis

Vision Normal

Advice

✓ Refresh tears (1-1-1) x 1 month.



PATIENT HELPLINE

186-0208-0208

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