

Ms. SWETHA IYER (31 /F)

UHID : AHIL.0000823988

AHC No : AHILAH180472

Date : 10/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Ms. SWETHA IYER

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



**Name** : Ms. SWETHA IYER (31 /F)

**Address** :

**Examined by** : Dr. SHASHIKANT NIGAM

**MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE**

**Date** : 10/12/2022



**UHID** : AHIL.000082398

**AHC No** : AHILAH180472



### Chief Complaints

For Annual health checkup  
GASTRIC PROBLEM

### Present Known illness

Thyroid disease : Since - 4 YRS; Medication - regular; - TAB THYRONORM 50



### 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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### 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

Caesarian section - 2017



### Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Profession - corporate employed

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Multiple sexual partners - no

Physical activity - Moderate



### Family history

Father - alive

Aged - 74

Mother - alive

Aged - 67

Sisters - 1



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Diabetes - father

Coronary artery disease - none

Cancer - None

### Physical Examination



#### General

General appearance - normal

Build - normal

Height - 151

Weight - 46.2

BMI - 20.26

Pallor - No

Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 88

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 108

Diastolic(mm of Hg) - 76

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	30	mL		
Specific Gravity	1.025			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Nil			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	normal			
Nitrite	Nil			
Pus Cells	1-2 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

### COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	11.2 *	gm%	●	12-16
Packed cell volume(Calculated)	34.8 *	%	●	36-46
RBC COUNT (Impedance)	4.21	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	82.6	fl	●	80-100
MCH(Calculated)	26.56 *	pg	●	27-32
MCHC(Calculated)	32.1	%	●	31-36
RDW(Calculated)	14.6 *	%	●	11.5-14.5
WBC Count (Impedance)	6461	/cu mm	●	4000-11000

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

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Neutrophils	62	%	●	40-75
Lymphocytes	29	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	362000	/cu mm	●	150000-450000
MPV (Calculated)	8.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ opti-electronic)	14	mm/1st hr	●	0-20

**URINE GLUCOSE(FASTING)**

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

Urine Glucose (Post Prandial)	Nil			
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**URINE GLUCOSE(POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
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Urine Glucose (Post Prandial)	Nil			
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**BLOOD GROUPING AND TYPING (ABO and Rh)**

Test Name	Result	Unit	Level	Range
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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	14	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	89	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	18	U/L	●	>1 year Female : <32
Total Bilirubin	0.336	mg/dL	●	0.300-1.200
Direct Bilirubin	0.148	mg/dL	●	Upto 0.3 mg/dl

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



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Indirect Bilirubin

0.188

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	0.51	mg/dL		Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	23	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 Toleranc ≥= 126 : Diabetes Mellitus

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	166 *	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)

5.9 \*

%



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.

122.63

### 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	7.38	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.38	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.61	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.61	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.77		●	2.20-4.20
Globulin-Serum/Plasma	2.77		●	2.20-4.20
A/G ratio	1.66		●	1.00-2.00
A/G ratio	1.66		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.1	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	143	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	1.41	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	3.6	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)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	22	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	185	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	125	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	43 *	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)	133 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	25		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

**CONVENTIONAL PAP SMEAR /CERVICAL SMEAR**

Cytology

Ref No:

CY 1950/22

Brief Clinical History:

LMP: 12.11.2022

● 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 'Swetha 823988'.

**SPECIMEN ADEQUACY:**

Satisfactory for evaluation without endocervical cells.

**INTERPRETATION/RESULT:**

Negative for intraepithelial lesion or malignancy.

**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**

ECG

**Ultrasound Radiology**

USG WHOLE ABDOMEN



Within Normal Range



Borderline High/Low



Out of Range



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### Executive Summary



- .BODY WEIGHT 46.2 KG,DEAL BODY WEIGHT 43-52 KG
- .PRE - DIABETIC
- .DYSLIPIDEMIA
- .H/O THYROID
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .CHEST X-RAY - NORMAL

### Wellness Prescription

#### Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

#### Advice On Physical Activity :-



- REGULAR WALK FOR 45-60 MINS OR UPTO CAPACITY
- PRACTICE YOGA AND RELAXATION EXERCISE
- MAINTAIN WEIGHT BETWEEN 43-52 KG

### Follow-up and Review Plan



- CHECK FT3,FT3, AND TSH EVERY 6 MONTHS
- CHECK LIPID PROFILE EVERY 6 MONTHS
- CHECK FBS AND PPBS ONCE IN EVERY 3 MONTHS
- CHECK HBA1C NOW AND EVERY 3 MONTHS



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

Printed By : MUKTA S ADALTI

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-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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### Radiology

**Patient Details :** Ms. SWETHA IYER | Female | 31Yr 11Mth 12Days  
**UHID :** AHIL.0000823988      **Patient Location:** AHC  
**Patient Identifier:** AHILAH180472        
**DRN :** 122141542      **Completed on :** 10-DEC-2022 11:18  
**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 ---

  
 Dr. HARSH S VYAS  
 DNB Resident

Printed on : 10-Dec-2022 17:02

Printed By : 153182

Reported By : 717876

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Mediwheel



AHIL.0000823988

Ms. SWETHA IYER

**ON RECORDS**

**OPHTHAL**

32 Year(s) / Female

Date :

15/12/22

Name :

UHID :



Distance Vision :

Right Eye -

6/9

(BE)

6/6

Left Eye -

6/9

(BE) Fogel  
extra  
eye bd  
(BE)

Near Vision :

Right Eye :

N 6

Left Eye :

N 6

APLN.TN - Right Eye

14

Left Eye-

16

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

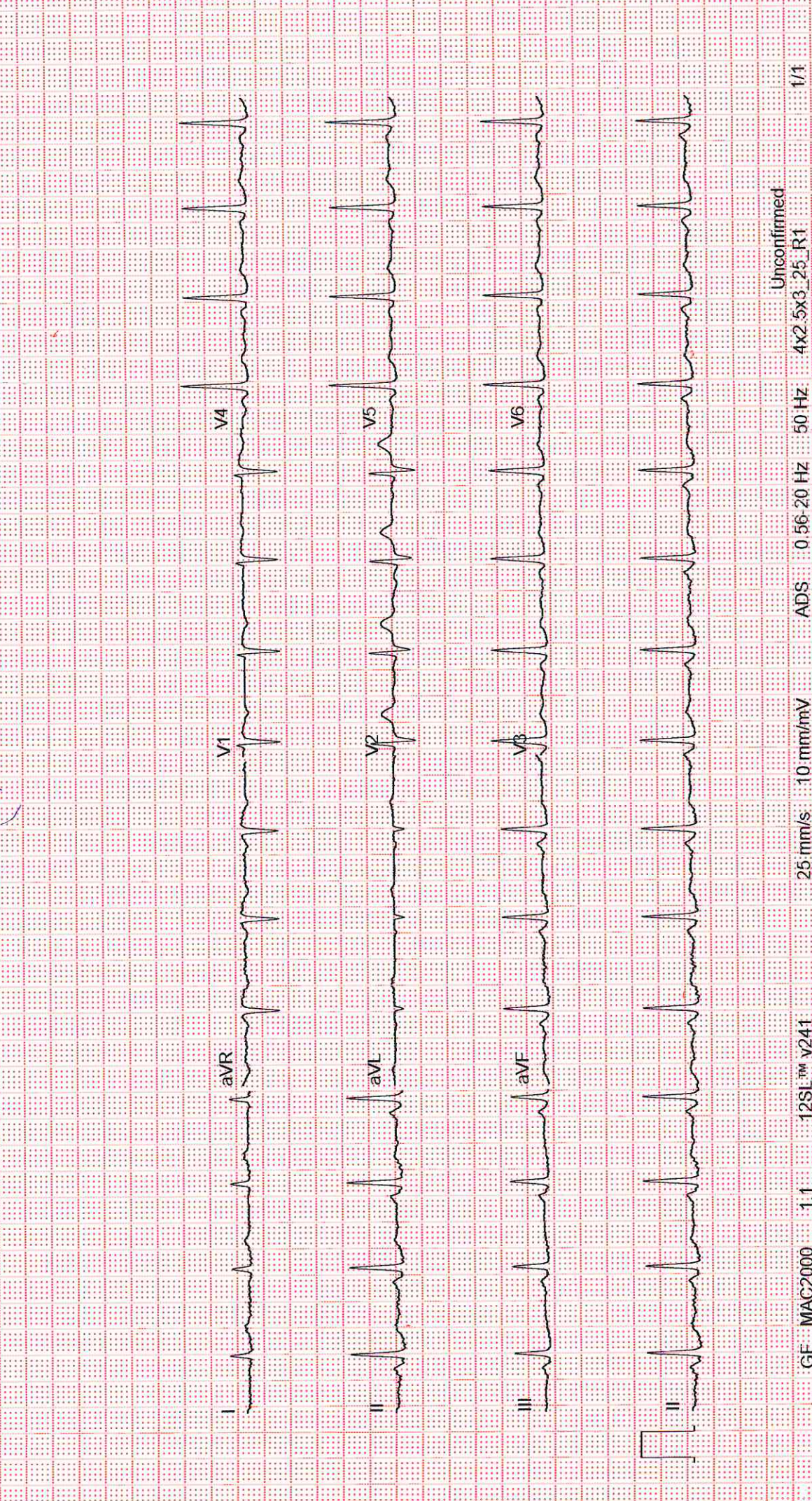
K  
Dr. Jagriti Sinha  
MS (Ophthalmology)  
Jr. Consultant  
Apollo Hospitals International Ltd., Gurgaon  
Gurgaon-122028, INDIA. Regd. No. G-08732

Doctor's Signature

Ophthalmologist Name

**Ms Swetha, Iyer**  
 ID: 823988  
 32 Years  
 Female  
 10.12.2022 9:47:49  
 Apollo Hospital  
 Bhat Gandinagar  
 Location: Room  
 Order Number  
 Medication 1  
 Medication 2  
 Medication 3  
 Technician:  
 Ordering Ph:  
 Referring Ph:  
 Attending Ph:  
 90 bpm  
 / mmHg

Normal sinus rhythm  
 Normal ECG  
 QT / QTcBaz : 340 / 415 ms  
 PR : 126 ms  
 P : 98 ms  
 RR / PP : 668 / 666 ms  
 P / QRS / T : 79 / 68 / 46 degrees



**OBSTETRICS & GYNAECOLOGY - AHC**

Name : .....	AHIL.0000823988	Date : 10/12/22	Unit No. : .....
Occupation : ..	Ms. SWETHA IYER	Ref. Physician : Dr. Kiran Nishan	
Age : .....	32 Year(s) / Female	Copies to : .....	



**GYNAEC CHECK UP**

**Chief Complaint:**

None. G.P.A.O.L.

Children: 2 ♂  
 Deliveries: LSCS  
 Last Child: Fch / 4.5 years / LSCS  
 Abortions: None  
 Periods: Regular  $\frac{4}{30-31}$  days  
 LMP: 12/11/22  
 Menopause: -  
 G. Condition: Fit  
 P/A: Soft

Weight:

BP:

Breasts: Normal

PAP Smear: Taken

Previous Medical H/O: Hypothyroid (Thyronorm Somogy 1-0-1)

FMH/O: DM, CAD.

Previous Surgical H/O:

None

S/E:

P/V: Uterus: Anteverted  
 Normal Size  
 Cervix healthy.

P/R:

Impression:



Doctor Signature  
Date & Time

10/12/22  
12:28 PM.