

Mr. AMIT KOLHE (33 /M)

UHID

AHIL.0000820374

AHC No

AHILAH177721

Date

28/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. AMIT KOLHE

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health rist. ε sessments 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













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







: 28/11/2022

Date

Address :

Examined by: Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

UHID

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Chief Complaints

For Annual health checkup No specific complaints



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

Spine and joints

- Nil Significant

Skin

- Nil Significant





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General symptoms

- Nil Significant



Past medical history

Do you have any

- No

allergies?

Do you have any drug - No

allergies?

Personal history

Ethnicity

- Indian Asian

Marital status

Married

Profession

corporate employed

Diet

Mixed Diet

Alcohol

does not consume alcohol

Smoking

No

Chews tobacco

Physical activity

- Moderate



Family history

Father

- alive

Aged

65

Mother

- alive

Aged

- 62

Sisters

1

Diabetes

- father

Hypertension

- father, mother

Coronary artery

- none

disease

Cancer

- None

Physical Examination



General

General appearance

- normal

Build

- normal

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Organi Marrie die Mr. AMIT KOLHE

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Apolic Date : 28/11/2022 TAL

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Height - 174

Weight - 79.4

BMI - 26.23

Pallor - No

Oedema - no

Cardiovascula : ystem

Heart rate (Per minute) - 84

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 130

Diastolic(mm of Hg) - 80

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Ы Abdomen

Organomegaly - No

Tenderness - No

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MUKTA S ADALTI

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Apollo Date : 28/14/2022 TALS

AHC No: AHILAH177721

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
РH	5.5			
Protein:	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occassional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	10.9 *	gm%	•	13.0-17.0
Packed cell volume(Calculated)	34.3 *	%		40-50
RBC COUNT (Impedance)	5.26	Million/ul		4.5-5.9
MCV (From RBC Histogram)	65.2 *	fl		80-100
MCH(Calculated)	20.68 *	pg		27-32
MCHC(Calculated)	31.7	%	•	31-36
RDW(Calculated)	18.8 *	%	•	11.5-14.5
WBC Count (Impedance)	6550	/cu mm		4000-11000

Within Normal Range



Borderline High/Low



Out of Range

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Neutrophils	74	%		40-75
Lymphocytes	18 *	%	•	20-40
Monocytes	4	%		2-10
Eosinophils	4	%		01-06
Basophils	0	%		0-1
Platelet Count (Impedn. e)	250900	/cu mm		150000-450000
MPV (Calculated)	8.2	fl		7-11
RBC::	Eliptocytes (+)~	Anisocytosis (+)-	~Hypoch	nromia (+)~Microcytes (+)
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic– electronic)	11	mm/1st hr	•	0-15
SUGGEST:	S. Iron Profile is	indicated.		

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: O 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	21	U/L		0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	65	U/L		Adult(Male): 40 - 129
AST (SGOT) - SERUM	16	U/L		> 1 year Male : <40





Borderline High/Low



Out of Range

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Organi Name diedMr. AMIT KOLHE

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

		THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TW		
Total Bilirubin	0.781	mg/dL		0.300-1,200
Direct Bilirubin	0.25	mg/dL		Upto 0.3 mg/dl
Indirect Bilirubin	0.531	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	0.78	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range		
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	22	U/L	•	Male : 10 - 71 Female : 6 - 42		
GLUCOSE - SERUM / PLASMA (FAS	TING)		0992			
Test Name	Result	Unit	Level	Range		
Glucose - Plasma (Fasting)	96	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance >= 126 : Diabetes Mellitus		
GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS						
Toot Name						

rest Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	88	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
			Diese Cir. W. Car E	Nanue

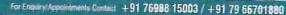






Out of Range









Date



AHC No: AHILAH177721

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Glycosylated Hemoglobin (HbA1c)

5.2

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.

102.54

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.03	g/dL	•	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.03	g/dL		6.00-8.00
ALBUMIN - SERUM	4.47	g/dL	•	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.47	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.56			2.20-4.20
Globulin-Serum/Plasma	2.56		•	2.20-4.20
A/G ratio	1.75			1.00-2.00
A/G ratio	1.75			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.5	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	89	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	1.24	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	5.7	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)	6	mg/dL		6-20
UREA - SERUM / PLASMA	15	mg/dL		15 - 50
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Total Cholesterol	149	mg/dl	•	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	200 *	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)	99	mg/dL	•	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	40			< 40 mg/dl
C/H RATIO	5 *			0-4.5

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.



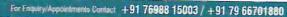


Borderline High/Low



Out of Range













AHC No: AHILAH177721

Date

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

Within Normal Range



Borderline High/Low



Out of Range







Apolic Date : 28/11/2022 TALS

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Executive Summary



BODY WEIGHT 79.4 KG, DEAL BODY WEIGHT 57-69 KG

.DYSLIPIDEMIA

.ECG - NORMAL SINUS RHYTHM

.TMT — TEST IS NEGATIVE, EXERCISE TIME 6:45 , WORKLOAD 8.1 METS

.USG ABDOMEN - BORDERLINE SPLENOMEGALY - 13.2 CM

.CHEST X-RAY - NORMAL

.EYE - 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 57-69 KG

Follow-up and Review Plan

Conselly Rady

Printed By : MUKTA S ADALTI



CHECK LIPID PROFILE EVERY 6 MONTHS

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

DICHASHIKANT NIGA

AHC Physician Consulant Internal Medicine

Consumant Internal Medicine Apollo Hospitals International Ltd., Gandhinagar, Gujaral-302428, 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: Mr. AMIT KOLHE | Male | 33Yr 8Mth 28Days

UHID AHIL.0000820374

Patient Location: AHC

Patient Identifier:

AHILAH177721

DRN

122135985

Completed on:

28-NOV-2022 09:06

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 ---

T.V. Pail

TIRTH VINAYKUMAR PARIKH

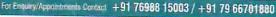
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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details: Mr.

Mr. AMIT KOLHE | Male | 33Yr 8Mth 28Days

UHID

AHIL.0000820374

Patient Location: A

AHC

Patient Identifier:

AHILAH177721

DRN

222061267

Completed on:

28-NOV-2022 09:31

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 13.2 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.

Prostate is normal in size and echopattern.

IMPRESSION:

Borderline splenomegaly - 13.2 cm. Rest normal study.

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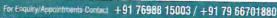
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Mr. AMIT KOLHE

AHIL.0000820374

AHILAH177721

USG WHOLE ABDOMEN

--- END OF THE REPORT ---



DR. VAIBHAVI PATEL

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Rate



AHIL.0000820374

Mr. AMIT KOLHE

RECORDS

33 Year(s) / Male

Name:

UHID:

Distance Vision:

Right Eye -

Left Eye -

Near Vision:

Right Eye: N

Left Eye : N6

APLN.TN – Right Eye | 4

Left Eye- 6 mmHg

Both Eye - Colour Vision NO ...

Both Eye - Anterior Segment Examinations -

Both Eye Posterior Segment Examinations -

Doctor's Signature

Ophthalmologist Name

AHMROP028V1

AHMROP007V1