



Ms. ALKA NINAWA (44 /F)

UHID : ASHB.0000033265

AHC No : BPLAH7602

Date : 29/03/2024

MEDIWHEEL FULL BODY ANNUAL PLUS CHECK
ADVANCED-FEMALE

Dear Ms. ALKA NINAWA

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

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*

Name : Ms. ALKA NINAWA (44 /F)

Date : 29/03/2024

Address : 178, MADHUBAN CITY PRIYANKA NAGAR, KOLAR ROAD, BHOPAL, BHOPAL,
MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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Chief Complaints

For corporate health checkup

Acne over face

Present Known illness

No history of - Diabetes mellitus, Hypertension, Thyroid disorder, Heart disease, Stroke,
Asthma, COPD, Cancer, Impaired Glycemia

Dyslipidaemia Since - 4yrs; Medication - stopped with medical advice



Drug Allergy

NO KNOWN ALLERGY

:02/04/2024



Systemic Review

Cardiovascular system : Chest pain - no; Breathing difficulty - no

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Bowel habits - regular

Genitourinary system : Frequency - normal; Dysuria/burning micturition - no; Urgency - no

Gynaec history : Last menstrual period - 25-3-24; Pregnant - No; Periods - irregular

Central nervous system : Head ache - on and off; Sleep - adequate

Eyes : Vision - normal with glasses; Glasses - yes; Glasses for - reading

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints
Knee (bilateral) - pain

Skin : - acne vulgaris, itching

Weight : - stable

General symptoms : General symptoms - tiredness, weakness

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Present medications : - for Acne; Alternative medicines taken - homeopathy



Past medical history

Past medical history - nil significant

Covid 19 - No



Surgical history

Haemorrhoidectomy - 2017

Immunization history

- Covid Dose1, Covid Dose2



Personal history

Ethnicity - Indian Asian

Marital status - Single

Profession - government employee

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



Family history

Father - has expired

Aged - 80

- Gangene

Mother - alive

Aged - 75

Brothers - 2

Sisters - 1

Diabetes - sister, brother

Hypertension - brother

Coronary artery disease - none

Cancer - uncle

Type - Blood

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 149
- Weight - 53.9
- BMI - 24.28
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 77
- Rhythm - Regular
- Systolic(mm of Hg) - 97
- Diastolic(mm of Hg) - 67
- B.P. Sitting
- Heart sounds - S1S2+

Respiratory system

- Breath sounds - Normal vesicular breath sounds



Abdomen

- Appearance - Normal
- Organomegaly - No
- Tenderness - No



Central nervous system

- No neurological deficit



Skin

- No significant finding



Musculo Skeletal System

- No significant finding

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Psychological Assessment

Psychological assessment - Normal

Dental consultation

Dental findings - Dr. Anjali Pandey
O/E Stains & Calculus present
T/Adv Oral prophylaxis

Printed By : PRASHANT TRIPATHI

**MEDIWHEEL FULL BODY ANNUAL PLUS CHECK
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COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	12.6	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	38.0	%	●	35.5-44.9
RBC Count	5.45 *	Million/ul	●	4.00-5.20
MCV-	69.7 *	fl	●	80-100
MCH-	23.1 *	pg	●	27-32
MCHC-	33.2	g/dL	●	32-36
RDW	16.9 *	%	●	12.2-16.1
TLC COUNT	9.31	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	63	%	●	40-80
Lymphocytes	29	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	2	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	303	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	8.5	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	10	mm/1st hr	●	0-20

URINE ROUTINE (CUE)

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
Specific Gravity	1.005		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			

● Within Normal Range

● Borderline High/Low

● Out of Range

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Bilirubin:	Nil		
RBC	Nil		
Pus Cells	2-4	/hpf	0.0 - 5.0/HPF
Epithelial Cells	6-8	/hpf	<20
Yeast Cells	Absent		
Bacteria:	Present		
Casts:	Absent		ABSENT
Crystals:	Absent		

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
ABO Group:	AB			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	141 *	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	248 *	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	7.6 *	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	264 *	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	59	mg/dL	●	>40

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LDL Cholesterol (Direct LDL)	182 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	155 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	31 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.5		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.0	g/dL	●	6.6-8.3
Albumin - Serum	4.3	g/dL	●	3.5-5.2
GLOBULIN	2.7	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.6		●	0.9-2.0
AST (SGOT)	18	U/L	●	< 35
ALT(SGPT) - SERUM	19	U/L	●	<35
BILIRUBIN TOTAL	0.6	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.5	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	52	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	20	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.57	mg/dL	●	0.55-1.02



Within Normal Range



Borderline High/Low



Out of Range

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URIC ACID - SERUM / PLASMA

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	4.9	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.5	mg/dL		Female: <50yrs 7.01-18.7 mg/dl Female:>50yrs 9.81-20.1 mg/dl

THYROID PACKAGE

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.04	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	11.29	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	2.1	µIU/mL	●	0.35-5.50

PAP SMEAR /CERVICAL SMEAR

Histopathology

Lab Ref No:

ASP/340/24

Specimen:

Received two conventional alcohol-fixed smears for cervical cytology. Papanicolaou staining done.

SPECIMEN ADEQUACY:

Satisfactory for evaluation

Microscopic Description:

Smears show superficial and intermediate squamous cells against clear background. Endocervical cell clusters appear normal.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy (NILM)

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

ECG

-Normal sinus rhythm Low voltage QRS Borderline ECG

TMT/2D ECHO

-No RWMA at Rest

-Normal LV Systolic Function (LVFE : 60%)

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- Grade-I fatty liver.
- Subserosal uterine fibroid.

ADV:- Clinical Correlation.

DR. KRATI KHANDELWAL
CONSULTANT RADIOLOGIST

X-RAY CHEST PA

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref

X Ray

MAMMOGRAPHY



Within Normal Range



Borderline High/Low



Out of Range

Executive SummaryDIABETES MELLITUS
DYSLIPIDEMIA**Wellness Prescription****Advice On Diet :-**

LOW FTA/CARB DIET

Advice On Physical Activity :-

REGULAR 30-45 MIN OF CARDIO

MedicationsTAB VERIFICA DM FOTRE 1 DAILY WITH BREAK FAST
TAB CREVAST 10 MG 1 DAILY**Recommended Follow-up Tests**

Test Name	Test Schedule	Repeat Frequency	Remarks
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	3 Month(s)		
LIPID PROFILE TEST (PACKAGE)	3 Month(s)		

Dr.AKHIL KUMAR TIWARI

Printed By : Akhil Kumar Tiwari

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.

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Medications

TAB VERIFICA DM FOTRE 1 DAILY WITH BREAK FAST
TAB CREVAST 10 MG 1 DAILY

Dr.AKHIL KUMAR TIWARI

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Moderate Risk	5	4

Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of 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**
- **It is recommended that you visit your physician every 6 months** if you have:
 - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

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