

Mrs. PURVI	NA	GAR (31 /F)
UHID	:	ASHB.0000027857
AHC No	:	BPLAH6033
Date	:	27/01/2024
MEDIWHEEL CHECK FEM		JLL BODY HEALTH ANNUAL PLUS E

# Dear Mrs. PURVI NAGAR

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 <u>https://www.apollo247.com/specialties</u> 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 : Mrs. PURVI NAGAR (31 /F)

Date : 27/01/2024

# Address : 50, FINE AVENUE, PHASE-2, KOLAR ROAD, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI	UHID	;	ASHB.0000027857
MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK	AHC No	:	BPLAH6033
FEMALE			

#### **Chief Complaints** $\overline{\mathbf{H}}$

For corporate health checkup COLD FROM 4-5 DAYS

# **Present Known illness**

- Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart No history of disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia Others - MIGRAINE SINCE 2013

#### 2 **Drug Allergy**

BRINJAL

:27/01/2024

#### **Systemic Review**

Cardiovascular system	:	Chest pain - no; Breathing difficulty - no; Swelling of feet - no
Respiratory system	:	Sneezing - on and off; Blocked nose - yes; Runny nose - yes; Exacerbated by - cold weather
Oral and dental	:	- Dental sensitivity
Gastrointestinal system	:	Appetite - increased; Abdominal pain - no; Bowel habits - regular
Genitourinary system	:	Frequency - normal; Dysuria/burning micturition - no; Urgency - no
Gynaec history	:	Last menstrual period - 21/01/24; Pregnant - No; Periods - regular; Vaginal discharge - clear; No of Children - 02; Last child birth - 15/01/23; No of deliveries - 02; Deliveries - LSCS
Central nervous system	:	Head ache - yes, migranous; Since - 2013; Site of pain - frontal, occipital; Triggered by - cold, hunger, stress, travel; Relieved by - medication; Associated with - vomiting, loss of consciousness
Eyes	:	Vision - normal; Glasses - no
ENT	:	- Normal hearing
Musculoskeletal system Spine and joints - Nil Significant	:	
Skin	:	- Nil Significant

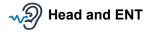
# MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

IEDIWHEEL FULL BOD	Y HEALTH ANNUAL PLUS CHECK FEMALE	AHC No: BPLAH6033
Weight	: - stable	
General symptoms	: - Nil Significant	
📇 Present medic	ations : - Nil	
Nest medical h	nistory	
Covid 19	- Yes	
	- 2021 AND 2023	
Post detection (3 Weeks)	- No	
Hospitalization for Covid 19	- No	
Oxygen support		
Ventilator support		
Malaria	- 2001	
Chicken pox	- 2000	
Others	- MIGRAINE SINCE 2013	
Surgical histor	ry	
Lower segment caesarean section	- 2019 AND 2023	
Immunization histo	ory	
	- Covid Dose1,Covid Dose2	
Personal histo	ry	
Ethnicity	- Indian Asian	
Marital status	- Married	
No. of children	- 02	
Female	- 01	
Male	- 01	
Profession	- government employee	
Diet	- Mixed Diet	
Alcohol	- consumes alcohol	
Units	- 60ML	
Frequency	- monthly	
Smoking	- No	
Chews tobacco	- No	

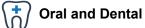
MEDIWHEEL FULL BOD	Y HEALTH ANNUAL PLUS CHECK FEMALE	AHC No: BPLAH6033
Chews paan	- No	
Physical activity	- Mild	
Family history		
Father	- has expired	
Aged	- 52	
Cause	- diabetes mellitus	
Mother	- alive	
Aged	- 60	
	- 02	
Brothers	- 01	
Sisters	- 00	
Diabetes	- father	
Coronary artery disease	- none	
Cancer	- None	
Rheumatoid arthritis	- mother	

# **Physical Examination**

🐴 General	
General appearance	- normal
Build	- normal
Height	- 149
Weight	- 63.5
BMI	- 28.6
Pallor	- No
Oedema	- no



- No significant finding



- No significant finding



# Cardiovascular system

Heart rate (Per minute) - 92

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Name Wis. FURVI NAGAR	UNID . ASHD.000027057	Date . 2//01/2024
MEDIWHEEL FULL BODY HEA	LTH ANNUAL PLUS CHECK FEMALE	AHC No : BPLAH6033
Rhythm	- Regular	
Systolic(mm of Hg)	- 110	
Diastolic(mm of Hg)	- 75	
	- B.P. Sitting	
Heart sounds	- S1S2+	
Respiratory system		
Breath sounds	- Normal vesicular breath sounds	
🍌 Abdomen		
Organomegaly	- No	
Tenderness	- No	
Gynaec findings		
Gynaec checkup done by	- Dr SURABHI DUBE	
Gynaec findings	- NO COMPLAINTS	
Drug allergies	- Nil specific	
Past medical history	- NIL	
Past surgical history	- LSCS	
Marital status	- married	
No of Children	- 2	
Male	- 1	
Female	- 1	
Deliveries	- BOTH LSCS	
Last child birth	- 1 YEAR	
Abortion	- 1	
Periods	- regular	
Age at Menarche	- 13	
LMP	- 21/1/24	
Contraception	- Condom	
Weight	- 63.5	
General condition	- GOOD	
BP	- 110/75	
Breast examination	- NORMAL	

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MEDIWHEEL FULL BOD	Y HEALTH ANNUAL PLUS CHECK FEMALE	AHC No: BPLAH6033
P/A	- SOFT	
P/S	- CERVIX AND VAGINA HEALTHY	
P/V	- UTERUS NORMAL SIZE. BILATERAL FOR	RNICES FREE
Pap smear	- Taken	
Advice :	- HPV VACCINATION GARDASIL/ CERVAV	AC
ENT consultation		

ENT consultation done by - Dr Ankit Mishra

Printed By : NEELAM JAIN

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## MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

## 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:	Clear			
рН	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			
Bilirubin:	Nil			
RBC	Nil			
Pus Cells	1-2	/hpf		0.0 - 5.0/HPF
Epithelial Cells	4-6	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Absent			
Casts:	Absent			ABSENT
Crystals:	Absent			

# COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	11.9 *	g/dL	•	12.0 to 15.1
Packed cell volume (Calculated)	34.1 *	%	•	35.5-44.9
RBC Count	3.97 *	Million/ul	•	4.00-5.20
MCV-	85.9	fl	•	80-100
MCH-	29.8	pg	•	27-32
MCHC-	34.8	g/dL	•	32-36
RDW	14.3	%	•	12.2-16.1
TLC COUNT	6.40	10³/mm³	•	4.0-11.0
Neutrophils	71	%	•	40-80
Lymphocytes	22	%	•	20-40
	- Davdavlina	Lizh/Low	<b>O</b> t	of Dongo
Within Normal Range	Borderline	High/LOW	Uut	of Range

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Monocytes	6	%	•	2-10
Eosinophils	1	%	•	1-6
Basophils	0	%	•	0-2
Platelet Count	207.7	10³/mm³	•	150-450
Mean Platelet Volume	11.8	fl	•	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	19	mm/1st hr	٠	0-20
BLOOD GROUPING AND TYPING	(ABO and Rh	)		
Test Name	Result	Unit	Level	Range
ABO Group:	0			
Rh (D) Type:	Positive			
GLUCOSE - SERUM / PLASMA (F	<u>ASTING)</u>			
Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	82	mg/dL	•	70-100
<u>GLUCOSE - SERUM / PLASMA (P</u>	OST PRANDI	<u>AL)</u>		
Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	100	mg/dL	٠	70-140
GLYCOSYLATED HEMOGLOBIN	(HBA1C) - WH	<u>OLE BLOOD</u>		
Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	4.7	%	•	4.0-5.6
LIPID PROFILE TEST (PACKAGE)	<u>)</u>			
Test Name	Result	Unit	Level	Range
Total Cholesterol	127	mg/dL	•	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	42	mg/dL	•	>40
Within Normal Range		e High/Low		of Range

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LDL Cholesterol (Direct LDL)	88	mg/dL	•	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	51	mg/dL	•	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	10 *		•	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.0 *		•	3.5-5.0
LIVER FUNCTION TEST (PACKAGE)				
Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.7	g/dL	٠	6.6-8.3
Albumin - Serum	4.2	g/dL	٠	3.5-5.2
GLOBULIN	2.5 *	g/dL	•	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.7		•	0.9-2.0
AST (SGOT)	20	U/L	•	< 35
ALT(SGPT) - SERUM	16	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	٠	0.1-1.2
Alkaline Phosphatase - Serum	75	U/L	•	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	31	U/L	•	0-38
<u> CREATININE - SERUM / PLASMA</u>				
Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.48 *	mg/dL	•	0.55-1.02

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## MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

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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	3.7	mg/dL	٠	2.6-6.0
BUN (BLOOD UREA NITROGEN)				
Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.7	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	0.99	ng/ml	٠	0.60-1.81
TOTAL T4: THYROXINE - SERUM	8.21	µg/dL	٠	5.01 - 12.45
TSH: Thyroid Stimulating Hormone PAP SMEAR /CERVICAL SMEAR	4.43	µIU/mL	•	0.35-5.50

Histopathology

Lab Ref No:

ASP/74/24

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 with few neutrophils in background. Endocervical cells not seen in smears examined.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy (NILM)

Within Normal Range

**Borderline High/Low** 

Date : 27/01/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

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## ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:Mildly bulky uterus with inhomogeneous echopattern with no obvious focal myometrial lesion.
ADV:- Clinical Correlation.

Dr Mahesh Kumar Verma, MD Radiologist Sr.Consultant

# X-RAY CHEST PA

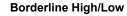
IMP:- RADIOGRAPHIC IMAGE REVEALS:-Normal findings are seen.

Thanks for Ref

CARDIOLOGY TMT/2D ECHO ECG







Out of Range

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MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

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Executive Summary

Wellness Prescription

Advice On Diet :-



BALANCED DIET

Advice On Physical Activity :-



REGULAR EXERCISE

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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### MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK FEMALE

## AHC No: BPLAH6033

# AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE		
Moderate Risk	3	2		

# 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.
- To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
   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