



Mr. SANJAY MOTIANI (49 /M)

UHID : ASHB.0000035557

AHC No : BPLAH8090

Date : 29/04/2024

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50
MALE

Dear Mr. SANJAY MOTIANI

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 : Mr. SANJAY MOTIANI (49 /M)

Date : 29/04/2024

Address : 16 A, KAILASH NAGAR, CTO , BAIRAGARH, BHOPAL, BHOPAL, MADHYA PRADESH,
INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

UHID : ASHB.0000035557

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50 MALE

AHC No : BPLAH8090



Chief Complaints

Burning abdomen

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY

:29/04/2024



Systemic Review

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

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Dyspepsia - yes; Nature - intermittent; Symptoms - acidity, bloating, heart burn; Bowel habits - regular

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

Central nervous system : - Nil Significant

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

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints
- Nil Significant

Skin : - Nil Significant

Weight : - stable

General symptoms : General symptoms - lethargy, stress



Present medications : - Nil



Past medical history

Past medical history - nil significant

Covid 19 - No



Surgical history

Right inguinal hernia repair - 2009

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 2
Profession - government employee
Diet - Mixed Diet
Alcohol - consumes alcohol occasionally
Frequency - occasional
Smoking - No
Chews tobacco - No
Physical activity - Mild



Family history

Father - alive
Aged - 88
Mother - alive
Aged - 75
Brothers - 1
Sisters - 1
Hypertension - brother
Coronary artery disease - none
Cancer - None
Other - Pace maker to father

Physical Examination



General

General appearance - normal

Build - normal
Height - 169
Weight - 61
BMI - 21.36
Pallor - No
Oedema - no
SpO2 - 99



Head and ENT

- No significant finding



Oral and Dental

- No significant finding



Cardiovascular system

Heart rate (Per minute) - 87
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 119
Diastolic(mm of Hg) - 83
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

Psychological Assessment

Psychological assessment - Normal

Dental consultation

Dental findings - Dr. Anjali Pandey
O/E Mesial caries with 17
T/Adv Restoration with 17

COMPLETE BLOOD COUNT(CBC) WITH ESR

| Test Name | Result | Unit | Level | Range |
|--------------------------------------|--------|----------------------------------|-------|-----------|
| HAEMOGLOBIN | 15.5 | g/dL | ● | 13.0-17.0 |
| Packed cell volume (Calculated) | 45.5 | % | ● | 38.3-48.6 |
| RBC Count | 5.03 | Million/ul | ● | 4.50-5.90 |
| MCV- | 90.4 | fl | ● | 80-100 |
| MCH- | 30.9 | pg | ● | 27-32 |
| MCHC- | 34.1 | g/dL | ● | 32-36 |
| RDW | 14.3 | % | ● | 11.8-14.5 |
| TLC COUNT | 5.05 | 10 ⁹ /mm ³ | ● | 4.0-11.0 |
| Neutrophils | 55 | % | ● | 40-80 |
| Lymphocytes | 34 | % | ● | 20-40 |
| Monocytes | 7 | % | ● | 2-10 |
| Eosinophils | 3 | % | ● | 1-6 |
| Basophils | 1 | % | ● | 0-2 |
| Platelet Count | 243.4 | 10 ⁹ /mm ³ | ● | 150-450 |
| Mean Platelet Volume | 8.4 | fl | ● | 6.5-12.0 |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 3 | mm/1st hr | ● | 0-15 |

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 | 1.010 | | ● | 1.005 - 1.025 |
| Colour: | Pale-Yellow | | | |
| Transparency: | Clear | | | |
| pH | Alkaline | | | |
| Protein : | Nil | | | |
| Sugar: | Nil | | | |
| Ketone | Nil | | | |
| Bilirubin: | Nil | | | |

● Within Normal Range

● Borderline High/Low

● Out of Range

| | | | |
|------------------|--------|------|---------------|
| RBC | Nil | | |
| Pus Cells | 1-2 | /hpf | 0.0 - 5.0/HPF |
| Epithelial Cells | 2-4 | /hpf | <20 |
| Yeast Cells | Absent | | |
| Bacteria: | Absent | | |
| Casts: | Absent | | ABSENT |
| Crystals: | Absent | | |

BLOOD GROUPING AND TYPING (ABO and Rh)

| Test Name | Result | Unit | Level | Range |
|--------------|----------|------|-------|-------|
| ABO Group: | O | | | |
| Rh (D) Type: | Positive | | | |

GLUCOSE - SERUM / PLASMA (FASTING)

| Test Name | Result | Unit | Level | Range |
|----------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Fasting) | 93 | mg/dL | ● | 70-100 |

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

| Test Name | Result | Unit | Level | Range |
|---|--------|------|-------|---------|
| GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD | 5.2 | % | ● | 4.0-5.6 |

LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|------------------------------|--------|-------|-------|---|
| Total Cholesterol | 134 | mg/dL | ● | Desirable: <200 Borderline High: 200–239 High >240 |
| HDL Cholesterol | 50 | mg/dL | ● | >40 |
| LDL Cholesterol (Direct LDL) | 80 | mg/dL | ● | Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190 |

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

| | | | | |
|-----------------------|----|-------|---|--|
| Triglycerides - Serum | 83 | mg/dL | ● | Normal <150 Borderline high 150–199 High 200–499 Very high: ≥ 500 |
|-----------------------|----|-------|---|--|

| | | | | |
|--------------------------|----|--|---|-------|
| VLDL CHOLESTEROL - SERUM | 17 | | ● | 15-30 |
|--------------------------|----|--|---|-------|

| | | | | |
|---|-------|--|---|---------|
| Total Cholesterol / HDL Cholesterol Ratio (Calculated) | 2.7 * | | ● | 3.5-5.0 |
|---|-------|--|---|---------|

LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|--|--------|-------|-------|---------|
| Protein Total - Serum | 6.8 | g/dL | ● | 6.6-8.3 |
| Albumin - Serum | 4.4 | g/dL | ● | 3.5-5.2 |
| GLOBULIN | 2.4 * | g/dL | ● | 2.6-4.6 |
| ALBUMIN AND GLOBULIN RATIO | 1.8 | | ● | 0.9-2.0 |
| AST (SGOT) | 35 | U/L | ● | < 50 |
| ALT(SGPT) - SERUM | 15 | U/L | ● | <50 |
| BILIRUBIN TOTAL | 0.8 | mg/dL | ● | 0.3–1.2 |
| BILIRUBIN CONJUGATED (DIRECT) | 0.2 | mg/dL | ● | <0.2 |
| BILIRUBIN UNCONJUGATED (INDIRECT) | 0.6 | mg/dL | ● | 0.1-1.2 |
| Alkaline Phosphatase - Serum | 79 | U/L | ● | 30-120 |
| GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 19 | U/L | ● | 0 - 55 |

CREATININE - SERUM / PLASMA

| Test Name | Result | Unit | Level | Range |
|-----------------------------|--------|-------|-------|-------------|
| CREATININE - SERUM / PLASMA | 0.78 | mg/dL | ● | 0.72 - 1.18 |

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

| | | | | |
|-------------------|-----|-------|---|---------|
| Uric Acid - Serum | 5.8 | mg/dL | ● | 3.5-7.2 |
|-------------------|-----|-------|---|---------|

BUN (BLOOD UREA NITROGEN)

| Test Name | Result | Unit | Level | Range |
|---------------------------|--------|-------|-------|---|
| BUN (BLOOD UREA NITROGEN) | 7.9 | mg/dL | | Male: <50yrs 8.87-20.5 mg/dl Male:>50yrs 8.41-25.7 mg/dl |

THYROID PACKAGE

| Test Name | Result | Unit | Level | Range |
|-------------------------------------|---------|--------|-------|--------------|
| TOTAL T3: TRI IODOTHYRONINE - SERUM | 1.86 * | ng/ml | ● | 0.60-1.81 |
| TOTAL T4: THYROXINE - SERUM | 14.72 * | µg/dL | ● | 5.01 - 12.45 |
| TSH: Thyroid Stimulating Hormone | 2.54 | µIU/mL | ● | 0.35-5.50 |

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

| Test Name | Result | Unit | Level | Range |
|--|--------|-------|-------|-------|
| Prostatic Specific Antigen (PSA Total) | 1.2 | ng/mL | ● | < 4 |

ECG

-WNL

TMT/2D ECHO

-2D ECHO

-No RWMA at Rest
-Normal LV Systolic Function (LVEF : 60%)

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- No significant abnormality detected.
- Evidence of post operative changes in right inguinal region with no evidence of hernia on either side.

[[[[[ADV:- Clinical Correlation.
Dr. Mahesh Verma, MD
Sr. Consultant Radiologist

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

X-RAY CHEST PA

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

Thanks for Ref

Investigations Not Done / Not Yet Reported

BioChemistry

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Executive Summary



MEDICALLY AND PHYSICALLY FIT

Printed By : Akhil Kumar Tiwari

Dr.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.

AICVD RISK SCORE REPORT

| RISK STATUS | YOUR SCORE | ACCEPTABLE SCORE |
|-------------|------------|------------------|
| Low Risk | 5 | 6 |

Your cardiovascular disease risk in the next 10 years is within the Normal limits for 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**

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