



Mr. DHARMENDRA KUMAR (48 /M)

UHID : ASHB.0000032957

AHC No : BPLAH7526

Date : 24/03/2024

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50
MALE

Dear Mr. DHARMENDRA KUMAR

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.*

Name : Mr. DHARMENDRA KUMAR (48 /M)

Date : 24/03/2024

Address : VISHNU HIGH TECK CITY D- 98 BAWADIYA KALAN, BHOPAL, BHOPAL, MADHYA
PRADESH, INDIA

Examined by : Dr. GOPAL BATNI

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Chief Complaints

For corporate health checkup

No specific complaints

Present Known illness

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

Hypertension Since - 2018; Medication - regular

Dyslipidaemia Since - 3yrs; Medication - not regular



Drug Allergy

NO KNOWN ALLERGY

:12/04/2024



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

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 : - Nil Significant



Present medications : - Tab Concor 2.5 OD



Past medical history

- Past medical history - nil significant
- Covid 19 - Yes
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No



Surgical history

- Surgical history - Nil

Immunization history

- Covid Dose1,Covid Dose2



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Profession - government employee
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history

- Father - alive
- Aged - 75
- Mother - has expired
- Aged - 65
- Cause - cancer
- Brain Tu
- Brothers - 3
- Sisters - 0
- Diabetes - father
- Hypertension - father

Coronary artery disease - none
Cancer - mother
Type - Brain Tu

Physical Examination



General

General appearance - normal
Build - normal
Height - 169
Weight - 65.6
BMI - 22.97
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 66
Rhythm - Regular
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 79
- 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

Psychological Assessment

Psychological assessment - Normal

Ophthalmology consultation

Ophthalmology consultation done by - Dr.SANGEETA BHADRA

Ophthalmology findings - o/e presbiopia
DIFFUSE PAPILLAE IN upc
REST WNL
Adv
GLASSESS
e/d olopat KT BD 15 DAYS
E/D REFRESH TEAR QID 15DAYS

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	14.9	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	42.3	%	●	38.3-48.6
RBC Count	4.83	Million/ul	●	4.50-5.90
MCV-	87.6	fl	●	80-100
MCH-	30.9	pg	●	27-32
MCHC-	35.2	g/dL	●	32-36
RDW	14.6 *	%	●	11.8-14.5
TLC COUNT	5.27	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	56	%	●	40-80
Lymphocytes	34	%	●	20-40
Monocytes	8	%	●	2-10
Eosinophils	2	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	85.8 *	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	13.6 *	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	1	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	1.015		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
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	1-2	/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:	B			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	122 *	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	164 *	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	6.0 *	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	202 *	mg/dL	●	Desirable: <200 Borderline High: 200-239 High >240
HDL Cholesterol	52	mg/dL	●	>40



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Out of Range

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LDL Cholesterol (Direct LDL)	131 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	248 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	50 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.9		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.5	g/dL	●	6.6-8.3
Albumin - Serum	4.8	g/dL	●	3.5-5.2
GLOBULIN	2.7	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.8		●	0.9-2.0
AST (SGOT)	42	U/L	●	< 50
ALT(SGPT) - SERUM	59 *	U/L	●	<50
BILIRUBIN TOTAL	1.3 *	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	1.1	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	65	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	40	U/L	●	0 - 55

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.92	mg/dL	●	0.72 - 1.18



Within Normal Range



Borderline High/Low



Out of Range

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	6.0	mg/dL	●	3.5-7.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.3	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	0.84	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	9.2	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	4.43	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)	0.8	ng/mL	●	< 4

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- Grade I fatty liver.
- Few left renal concretions (3mm). Renal cortex and medulla appears normal. No evidence of hydronephrosis or hydroureter.

ADV:- Clinical Correlation.

X-RAY CHEST PA

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

Thanks for Ref

CARDIOLOGY

TMT/2D ECHO

ECG



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary

PREDIABETES, K/C HTN, MILD DYSLIPIDEMIA, TMT POSITIVE(SILENT ISCHAEMIA, F/H HTN AND DM POSITIVE)

Wellness Prescription**Advice On Diet :-**

LOW FAT, DIABETIC DIET,

Advice On Physical Activity :-

30-40 MIN WALK DAILY

Medications

CONCOR 2.5 ONCE A DAY

TAB ECOSPRIN AV (10+75) AFTER DINNER

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
CARDIOLOGY	Gaurav Khandelwal	1 Week(s)	

Printed By : NEELAM JAIN

Dr.GOPAL BATNI

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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