



Ms. GARIMA RAJAK (43 /F)

UHID : ASHB.0000033283

AHC No : BPLAH7630

Date : 29/03/2024

MEDIWHEEL FULL BODY ANNUAL PLUS CHECK
ADVANCED-FEMALE

Dear Ms. GARIMA RAJAK

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 : Ms. GARIMA RAJAK (43 /F)

Date : 29/03/2024

Address : B-10/102 MAHALAXMI PARISAR, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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Chief Complaints

For corporate health checkup
Post Menstrual spotting

Present Known illness

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



Drug Allergy

Dust :29/03/2024



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 - 10-3-24; Pregnant - No; Periods - heavy, irregular
Central nervous system : - Nil Significant
Eyes : Vision - normal with glasses; Glasses - yes; Glasses for - refractive error
ENT : - Nil Significant
Musculoskeletal system :
Spine and joints
- Nil Significant
Skin : - Nil Significant
Weight : - has gained weight without effort; Number of kgs - 5-6 kg in 6 months
General symptoms : - Nil Significant



Past medical history

Covid 19 - Yes

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- Hospitalization for Covid 19 - No
- Oxygen support - No
- Dengue - 2019



Surgical history

- Surgical history - Nil

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 - alive
- Aged - 71
- Mother - alive
- Aged - 62
- Brothers - 2
- Sisters - 0
- Diabetes - brother
- Hypertension - father
- Coronary artery disease - father
- Cancer - None

Physical Examination



General

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General appearance - normal
 Build - normal
 Height - 157
 Weight - 63.5
 BMI - 25.76
 Pallor - No
 Oedema - no

 **Head and ENT**

Nose - Deviation of septum to left, Hypertrophied turbinates

 **Oral and Dental**

- No significant finding

 **Cardiovascular system**

Heart rate (Per minute) - 69
 Rhythm - Regular
 Systolic(mm of Hg) - 90
 Diastolic(mm of Hg) - 63
 - 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.Siddhartha Malaiya

Ophthalmology findings - BE A/s wnl
BE Central fundus: Disc N CDR 0.3, FR +
Treatment
BE e/d

Tear drops -

4 times/day for 1 month -

ENT consultation

ENT consultation done by - Dr Ankit Mishra

Dental consultation

Dental findings - DR VARUN KUMAR
O/E SENSATION LOWER LEFT BACK REGION
T,A SCALING

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COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	12.8	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	37.2	%	●	35.5-44.9
RBC Count	4.58	Million/ul	●	4.00-5.20
MCV-	81.2	fl	●	80-100
MCH-	27.9	pg	●	27-32
MCHC-	34.4	g/dL	●	32-36
RDW	16.3 *	%	●	12.2-16.1
TLC COUNT	6.79	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	64	%	●	40-80
Lymphocytes	24	%	●	20-40
Monocytes	10	%	●	2-10
Eosinophils	2	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	182.9	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	11.3	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	5	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:	Clear			
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	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)	88	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	76	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.3	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	171	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	66	mg/dL	●	>40

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LDL Cholesterol (Direct LDL)	96	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	65	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	13 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	2.6 *		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.9	g/dL	●	6.6-8.3
Albumin - Serum	4.2	g/dL	●	3.5-5.2
GLOBULIN	2.7	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.5		●	0.9-2.0
AST (SGOT)	27	U/L	●	< 35
ALT(SGPT) - SERUM	14	U/L	●	<35
BILIRUBIN TOTAL	0.5	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.4	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	61	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	10	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.79	mg/dL	●	0.55-1.02

● 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	4.7	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.2	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	0.81	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	8.51	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	2.9	µIU/mL	●	0.35-5.50

ECG

- Sinus Rhythm with Marked Sinus Arrhythmia
- Otherwise Normal

Investigations Not Done / Not Yet Reported

Histopathology

PAP SMEAR /CERVICAL SMEAR

X Ray

MAMMOGRAPHY

CARDIOLOGY

TMT/2D ECHO

Ultrasound Radiology

ULTRASOUND - WHOLE ABDOMEN

X Ray

X-RAY CHEST PA

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

Executive Summary



DEF OF VIT D
DEF OF VIT B12

Wellness Prescription

Advice On Diet :-



WEIGHT REDUCING DIET.

Advice On Physical Activity :-



EXERCISE FOR 30-40 MIN DAILY.

Other Lifestyle Changes & Recommendations :-

WEIGHT REDUCTION.

Medications

TAB DEOST 60K WEEKLY FOR 3 MONTHS
TAB TAYO M 1 DAILY FOR MONTHS.

Follow-up and Review Plan



6 MONTHS.



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

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.

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Dr.AKHIL KUMAR TIWARI

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Moderate Risk	4	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