



**Mr. NIKHIL MADAVI (32 /M)**

UHID : ASHB.0000034512

AHC No : BPLAH7902

Date : 13/04/2024

MEDIWHEEL FULL BODY HEALTH PLUS BELOW  
40 ADVANCED-MALE

**Dear Mr. NIKHIL MADAVI**

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. NIKHIL MADAVI (32 /M)

Date : 13/04/2024

Address : I - 125/ 3, SHIVAJI NAGAR, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

UHID : ASHB.0000034512

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### Chief Complaints

For corporate health checkup

B/L heel pain

### 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

:13/04/2024



### 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; Bowel habits - regular
- Genitourinary system** : Frequency - normal; Dysuria/burning micturition - no; Urgency - no
- Central nervous system** : Head ache - on and off
- Eyes** : - Nil Significant
- ENT** : - Nil Significant
- Musculoskeletal system** :
- Muscles and extremities**  
Heel(bilateral) - pain
- Skin** : - Nil Significant
- Weight** : - stable
- General symptoms** : - Nil Significant



**Present medications** : - Nil



**Past medical history**

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Past medical history - nil significant

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 - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Sedentary



**Family history**

Father - alive

Aged - 56

Mother - alive

Aged - 54

Brothers - 0

Sisters - 1

Diabetes - father

Hypertension - father,paternal grandmother

Coronary artery disease - none

Cancer - None

**Physical Examination**



**General**

General appearance - normal


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Build	- over weight
Height	- 183
Weight	- 100.2
BMI	- 29.92
Pallor	- No
Oedema	- no

 **Head and ENT**

- No significant finding

 **Oral and Dental**

- No significant finding

 **Cardiovascular system**

Heart rate (Per minute)	- 83
Rhythm	- Regular
Systolic(mm of Hg)	- 140
Diastolic(mm of Hg)	- 128
	- B.P. Sitting
Heart sounds	- S1S2+

**Respiratory system**

Breath sounds	- Normal vesicular breath sounds
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 **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  
Treatment  
BE e/d

Addwet -

4 times/day for 1 month -

**Dental consultation**

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

**COMPLETE BLOOD COUNT(CBC) WITH ESR**

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	13.6	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	38.1 *	%	●	38.3-48.6
RBC Count	4.88	Million/ul	●	4.50-5.90
MCV-	78.1 *	fl	●	80-100
MCH-	27.9	pg	●	27-32
MCHC-	35.7	g/dL	●	32-36
RDW	15.7 *	%	●	11.8-14.5
TLC COUNT	9.22	10 <sup>9</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	60	%	●	40-80
Lymphocytes	30	%	●	20-40
Monocytes	8	%	●	2-10
Eosinophils	2	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	326.8	10 <sup>9</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	8.6	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	10	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			

● Within Normal Range

● Borderline High/Low

● Out of Range

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Bilirubin:	Nil		
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)	89	mg/dL	●	70-100

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	87	mg/dL	●	70-140

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Total Cholesterol	201 *	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	41	mg/dL	●	>40
LDL Cholesterol (Direct LDL)	138 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190

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Triglycerides - Serum	114	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	23		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.9		●	3.5-5.0

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.2	g/dL	●	6.6-8.3
Albumin - Serum	4.2	g/dL	●	3.5-5.2
GLOBULIN	3.0	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.4		●	0.9-2.0
AST (SGOT)	16	U/L	●	< 50
ALT(SGPT) - SERUM	18	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	91	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	20	U/L	●	0 - 55

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.95	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.

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Test Name	Result	Unit	Level	Range
Uric Acid - Serum	5.5	mg/dL	●	3.5-7.2

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.5	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	1.29	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	11.07	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	1.32	µIU/mL	●	0.35-5.50

**ECG**

-WNL

**TMT/2D ECHO**

-No RWMA at Rest

-Normal LV Systolic Function (LVEF 60%)-

**ULTRASOUND - WHOLE ABDOMEN**

IMPRESSION:- Sonography Study Reveals:-

- Borderline hepatomegaly with grade- I fatty liver.
- Bilateral mild increase in renal parenchymal echotexture.
- Few right renal concretion (3mm).

ADV:- Clinical Correlation..

**X-RAY CHEST PA**

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref



Within Normal Range



Borderline High/Low



Out of Range

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### Executive Summary



OBESITY  
DYSLIPIDEMIA  
FATTY LIVER

### Wellness Prescription

#### Advice On Diet :-



LOW FAT/CARB DIET

#### Advice On Physical Activity :-



REGULAR 45-60 MIN OF CARDIO

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.