



Mr. HARSHIT TIWARI (32 /M)

UHID : ASHB.0000026851

AHC No : BPLAH5703

Date : 13/01/2024

MEDIWHEEL FULL BODY PLUS ANNUAL CHECK
ADVANCED-MALE

Dear Mr. HARSHIT TIWARI

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. HARSHIT TIWARI (32 /M)

Date : 13/01/2024

Address : H NO E6-161 ARERA COLONY, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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Past medical history

Do you have any allergies? - Yes
Allergies - dust, pollens
Do you have any drug allergies? - No
Past medical history - no known illness
Covid 19 - Yes
- 2021
Post detection (3 Weeks) - No
Hospitalization for Covid 19 - No
Oxygen support - No
Ventilator support - No
Malaria - 2005
Jaundice - 2008
Typhoid - 2012
Chicken pox - NO
Chickunguniya - NO
Asthma - NO
Carotid artery stenosis - NO
Bleeding disorder - NO
Cellulitis - NO
Coronary artery disease - NO
Chronic ulcers - NO
Cancer - NO
Dengue - NO
Diabetic ulcers - NON
Filariasis - NO
History of Gallstones - No

History of Gall bladder - No
Polyp



Surgical history

Surgical history - Nil

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Marital status - Married

No. of children - 00

Female - 00

Male - 00

Occupation - self employed

Profession - government employee

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Chews paan - No

Illicit substance use - No

Multiple sexual partners - no

Physical activity - Moderate
- gym

How long do you exercise - 1 HOUR



Family history

Father - alive

Mother - alive

- 02

Brothers - 00

Sisters - 01

Diabetes - mother

Age - greater than 50

Hypertension - father

Coronary artery disease - not known
Cancer - not known

Physical Examination



General

Height - 167
Weight - 67.6
BMI - 24.24
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 90
Rhythm - Regular
Systolic(mm of Hg) - 119
Diastolic(mm of Hg) - 83
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

COMPLETE BLOOD COUNT(CBC) WITH ESR

| Test Name | Result | Unit | Level | Range |
|--------------------------------------|--------|----------------------------------|-------|-----------|
| HAEMOGLOBIN | 16.8 | g/dL | ● | 13.0-17.0 |
| Packed cell volume (Calculated) | 47.6 | % | ● | 38.3-48.6 |
| RBC Count | 5.34 | Million/ul | ● | 4.50-5.90 |
| MCV- | 89.2 | fl | ● | 80-100 |
| MCH- | 31.4 | pg | ● | 27-32 |
| MCHC- | 35.2 | g/dL | ● | 32-36 |
| RDW | 13.9 | % | ● | 11.8-14.5 |
| TLC COUNT | 7.77 | 10 ⁹ /mm ³ | ● | 4.0-11.0 |
| Neutrophils | 49 | % | ● | 40-80 |
| Lymphocytes | 32 | % | ● | 20-40 |
| Monocytes | 9 | % | ● | 2-10 |
| Eosinophils | 10 * | % | ● | 1-6 |
| Basophils | 0 | % | ● | 0-2 |
| Platelet Count | 303.5 | 10 ⁹ /mm ³ | ● | 150-450 |
| Mean Platelet Volume | 9.5 | 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 | 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 | 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: | B | | | |
| Rh (D) Type: | Positive | | | |

GLUCOSE - SERUM / PLASMA (FASTING)

| Test Name | Result | Unit | Level | Range |
|----------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Fasting) | 92 | mg/dL | ● | 70-100 |

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

| Test Name | Result | Unit | Level | Range |
|----------------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Post prandial) | 118 | mg/dL | ● | 70-140 |

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

| Test Name | Result | Unit | Level | Range |
|---|--------|------|-------|---------|
| GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD | 5.5 | % | ● | 4.0-5.6 |

LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|-------------------|--------|-------|-------|--|
| Total Cholesterol | 156 | mg/dL | ● | Desirable: <200 Borderline High: 200–239 High >240 |
| HDL Cholesterol | 36 * | mg/dL | ● | >40 |



Within Normal Range



Borderline High/Low



Out of Range

MEDIWHEEL FULL BODY PLUS ANNUAL CHECK ADVANCED-MALE

AHC No : BPLAH5703

| | | | | |
|--|-------|-------|---|---|
| LDL Cholesterol (Direct LDL) | 115 * | mg/dL | ● | Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190 |
| Triglycerides - Serum | 115 | 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) | 4.3 | | ● | 3.5-5.0 |

LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---------------------------------------|--------|-------|-------|---------|
| Protein Total - Serum | 7.9 | g/dL | ● | 6.6-8.3 |
| Albumin - Serum | 4.6 | g/dL | ● | 3.5-5.2 |
| GLOBULIN | 3.3 | g/dL | ● | 2.6-4.6 |
| ALBUMIN AND GLOBULIN RATIO | 1.4 | | ● | 0.9-2.0 |
| AST (SGOT) | 31 | U/L | ● | < 50 |
| ALT(SGPT) - SERUM | 47 | U/L | ● | <50 |
| 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 | ● | 0.1-1.2 |
| Alkaline Phosphatase - Serum | 90 | 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 | 0.8 | 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 | 5.7 | mg/dL | ● | 3.5-7.2 |

BUN (BLOOD UREA NITROGEN)

| Test Name | Result | Unit | Level | Range |
|---------------------------|--------|-------|-------|---|
| BUN (BLOOD UREA NITROGEN) | 9.5 | 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 | 1.34 | ng/ml | ● | 0.60-1.81 |
| TOTAL T4: THYROXINE - SERUM | 10.63 | µg/dL | ● | 5.01 - 12.45 |
| TSH: Thyroid Stimulating Hormone | 2.92 | 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) | 1.0 | ng/mL | ● | < 4 |

ECG

-Normal

PULMONARY FUNCTION TEST

NORMAL STUDY

TMT/2D ECHO

-No ST-T Changes Noted During exercise & Recovery

-Negative Stress Test

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

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- Both ovaries are mildly enlarged and show tiny immature follicles- Polycystic ovarian morphology.
- Mild free fluid in POD.

ADV:- Clinical Correlation.

DR. HARI SANTOSH
CONSULTANT RADIOLOGIST

X Ray

X-RAY CHEST PA



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



MEDICALLY AND PHYSICALLY FIT

Printed By : AAKANKSHA PANDEY

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 |
|---------------|------------|------------------|
| Moderate Risk | 5 | 3 |

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