



Mrs. SNIGDHA KHOBRADE (30 /F)

UHID : ASHB.0000031465

AHC No : BPLAH7041

Date : 08/03/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS
CHECK FEMALE

Dear Mrs. SNIGDHA KHOBRADE

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 : Mrs. SNIGDHA KHOBRAGADE (30 /F)

Date : 08/03/2024

Address : A-45, RAJAT VIHAR, HOSHAGABAD ROAD, BHOPAL, BHOPAL, MADHYA PRADESH,
INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK
FEMALE

AHC No : BPLAH7041



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

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

Thyroid disease - hypothyroidism; Since - 2021; Medication - stopped without medical advice



Drug Allergy

NO KNOWN ALLERGY

:08/03/2024



Systemic Review

Cardiovascular system : - Nil Significant

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : - Nil Significant

Genitourinary system : - Nil Significant

Gynaec history : Last menstrual period - 12 JAN 2024; Pregnant - No; Periods - irregular;
Associated with - dysmenorrhoea; No of Children - 2; No of deliveries - 2;
Deliveries - LSCS; Delivery details - BOTH LSCS; Number of abortions - 0;
- IRREGULAR MENSES SINCE MENARCHE

Central nervous system : - Nil Significant

Eyes : Vision - normal with glasses; Glasses - yes; Glasses for - refractive error

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints

Back (lower) - pain

Skin : - Nil Significant

Weight : Number of kgs - 57.5



Past medical history

- Do you have any allergies? - No
- Covid 19 - No



Surgical history

- Lower segment caesarean section - 2021, 2022

Immunization history

- Covid Dose1,Covid Dose2



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild
- home exercise



Family history

- Father - alive
- Aged - 65
- Mother - alive
- Aged - 60
- Sisters - 1
- Diabetes - father
- Coronary artery disease - father
- Cancer - None

Physical Examination



General

- General appearance - normal

Build	- normal
Height	- 151
Weight	- 57.5
BMI	- 25.22
Pallor	- No
Oedema	- no

**Cardiovascular system**

Heart rate (Per minute)	- 852
Rhythm	- Regular
Systolic(mm of Hg)	- 125
Diastolic(mm of Hg)	- 78
	- B.P. Sitting
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds
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**Abdomen**

Organomegaly	- No
Tenderness	- No

Gynaec findings

Gynaec checkup done by	- Dr SURABHI DUBE
Gynaec findings	- COMPLAINT OF IRREGULAR PERIODS SINCE MENARCHE
Drug allergies	- Nil specific
Past surgical history	- LSCS
Marital status	- married
No of Children	- 2
Female	- 2
Deliveries	- LSCS
Last child birth	- 2 YEARS
Abortion	- 0
Periods	- irregular
Age at Menarche	- 14

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L M P	- 12/1/24
Weight	- 57.5
General condition	- GOOD
BP	- 125/78
Breast examination	- NORMAL
P/A	- SOFT
P/S	- CERVIX AND VAGINA HEALTHY
P/V	- UTERUS NORMAL SIZE, BILATERAL FORNICES FREE
Pap smear	- Taken
Advice :	- IF UPT NEGATIVE TAB CRINA NCR 15 MG ONCE DAILY AT BEDTIME FOR 5 DAYS, GARDASIL VACCINE 0, 2, 6 MONTHS

Printed By : NEELAM JAIN

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			
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			

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	12.4	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	35.7	%	●	35.5-44.9
RBC Count	3.61 *	Million/ul	●	4.00-5.20
MCV-	98.9	fl	●	80-100
MCH-	31.4	pg	●	27-32
MCHC-	34.8	g/dL	●	32-36
RDW	14.3	%	●	12.2-16.1
TLC COUNT	8.1	10 ³ /mm ³	●	4.0-11.0
Neutrophils	61	%	●	40-80
Lymphocytes	30	%	●	20-40



Within Normal Range



Borderline High/Low



Out of Range

Monocytes	7	%	●	2-10
Eosinophils	1	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	222.1	10 ³ /mm ³	●	150-450
Mean Platelet Volume	10.1	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	28 *	mm/1st hr	●	0-20

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)	88	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	90	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.1	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	175	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	31 *	mg/dL	●	>40

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

LDL Cholesterol (Direct LDL)	142 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	86	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)	5.6 *		●	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	4.0	g/dL	●	3.5-5.2
GLOBULIN	2.9	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.4		●	0.9-2.0
AST (SGOT)	19	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	74	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	11	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.66	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	5.6	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.6	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	1.31	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	10.97	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	25.39 *	µIU/mL	●	0.35-5.50

PAP SMEAR /CERVICAL SMEAR

Histopathology

Lab Ref No:

ASP/204/24

Specimen:

Received two conventional alcohol-fixed smears for cervical cytology. Papanicolaou staining done.

SPECIMEN ADEQUACY:

Satisfactory for evaluation

Microscopic Description:

Smears show superficial and intermediate squamous cells admixed with moderate polymorphonuclear infiltrate. Endocervical cell clusters appear normal.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy (NILM)- Inflammatory

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

CARDIOLOGY

TMT/2D ECHO

Ultrasound Radiology

ULTRASOUND - WHOLE ABDOMEN

CARDIOLOGY

ECG

X Ray

X-RAY CHEST PA

Executive Summary



HYPOTHYROIDISM

Wellness Prescription

Advice On Diet :-



BALANCED

Advice On Physical Activity :-



REGULAR EXERCISE

Medications

TAB EUTHYROX 50MCG , 1 DAILY BEFORE BREAKFAST.

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
TSH: THYROID STIMULATING HORMONE - SERUM	1 Month(s)		

Dr.AKHIL KUMAR TIWARI

AHC Physician / Consultant Internal Medicine

Printed By : Akhil Kumar Tiwari

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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