



Mrs. RASHMI KUMARI (43 /F)

UHID : ASHB.0000032958

AHC No : BPLAH7527

Date : 24/03/2024

MEDIWHEEL FULL BODY ANNUAL PLUS CHECK
ADVANCED-FEMALE

Dear Mrs. RASHMI KUMARI

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. RASHMI KUMARI (43 /F)

Date : 24/03/2024

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

Examined by : Dr. GOPAL BATNI

UHID : ASHB.0000032958

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Chief Complaints

For corporate health checkup

Burning Micturition

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

: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 - increased; Dysuria/burning micturition - intermittent; Urgency - no

Gynaec history : Last menstrual period - 2months; Pregnant - No; Periods - irregular; No of Children - 1; No of deliveries - 1; Deliveries - LSCS; Number of abortions - 1

Central nervous system : - Nil Significant

Eyes : Vision - defective; Glasses for - reading

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints
- Nil Significant

Skin : - Nil Significant

Weight : - stable

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General symptoms : - Nil Significant



Present medications : - Nil



Past medical history

Past medical history - nil significant

Covid 19 - Yes

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No



Surgical history

Caesarian section - 1

Immunization history

- Covid Dose1, Covid Dose2



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Occupation - house wife

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



Family history

Father - has expired

Aged - 50

Cause - accident

Mother - alive

Aged - 65

Brothers - 1

Sisters - 1

Hypertension - father, brother

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Coronary artery disease - none
Cancer - None

Physical Examination



General

General appearance - normal
Build - normal
Height - 159
Weight - 62.6
BMI - 24.76
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 69
Rhythm - Regular
Systolic(mm of Hg) - 106
Diastolic(mm of Hg) - 73
- 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 - Dr.SANGEETA BHADRA
done by

Ophthalmology findings - o/e presbiopia
rest A/S WNL
ADV E/D REFRESH TEAR QID

**MEDIWHEEL FULL BODY ANNUAL PLUS CHECK
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COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	12.6	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	36.3	%	●	35.5-44.9
RBC Count	4.56	Million/ul	●	4.00-5.20
MCV-	79.7 *	fl	●	80-100
MCH-	27.7	pg	●	27-32
MCHC-	34.8	g/dL	●	32-36
RDW	15.7	%	●	12.2-16.1
TLC COUNT	7.04	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	60	%	●	40-80
Lymphocytes	29	%	●	20-40
Monocytes	9	%	●	2-10
Eosinophils	2	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	134.1 *	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	12.8 *	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	51 *	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			

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● 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	6-8	/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)	95	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	102	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	150	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	48	mg/dL	●	>40

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LDL Cholesterol (Direct LDL)	93	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	132	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	26		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.1 *		●	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)	22	U/L	●	< 35
ALT(SGPT) - SERUM	20	U/L	●	<35
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	66	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	20	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.83	mg/dL	●	0.55-1.02

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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	5.1	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.1	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	1.00	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	9.62	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	3.4	µIU/mL	●	0.35-5.50

PAP SMEAR /CERVICAL SMEAR

Histopathology

Lab Ref No:

ASP/308/24

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

MAMMOGRAPHY

Impression:- Both breasts demonstrate predominantly fatty tissue composition. No focal masses or architectural distortions are identified. No abnormal calcification are seen. Thickened band of fibroglandular tissue admixed with fibro fatty stroma seen in both breast in upper inner and outer quadrant. No definite focal lesion or abnormal duct dilatation seen. (BIRADS 2).

The bilateral axillary lymph nodes appear unremarkable, with no evidence of abnormal enlargement or suspicious features.

Adv:-Clinical correlation with patient history is recommended for a comprehensive evaluation of breast health, regular breast self examination and routine screening are advice as per standard guideline.

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- Bilateral few renal concretions (3mm). Renal cortex and medulla appears normal. No evidence of hydronephrosis or hydroureter.

ADV:- Clinical Correlation.

X-RAY CHEST PA

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



HEALTHY. REPORTS ARE WNL.

Wellness Prescription

Advice On Diet :-



BALANCED DIET.

Advice On Physical Activity :-



ROUTINE.

Printed By : Gopal Batni

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.