



**Mr. ANKUR GARHWAL (36 /M)**

UHID : ASHB.0000026815

AHC No : BPLAH5670

Date : 13/01/2024

MEDIWHEEL FULL BODY HEALTH PLUS BELOW  
40 ADVANCED-MALE

**Dear Mr. ANKUR GARHWAL**

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. ANKUR GARHWAL (36 /M)

Date : 13/01/2024

Address : HNO 89, SIKSHA CONGREGES SOCIETY , BAGMUGALIYA, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

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### Chief Complaints

For corporate health checkup

No specific complaints

### Present Known illness

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

Dyslipidaemia Since - 1yrs; Medication - stopped with medical advice



### Drug Allergy

NO KNOWN ALLERGY

:13/01/2024



### Systemic Review

**Cardiovascular system** : Chest pain - on and off; Character - atypical; 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

**Central nervous system** : - Nil Significant

**Eyes** : Vision - normal

**ENT** : - Nil Significant

**Musculoskeletal system** :

**Spine and joints**

- Nil Significant

**Skin** : - Nil Significant

**Weight** : - stable

**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
- Oxygen support - No



**Surgical history**

- Surgical history - Nil

**Immunization history**

- Covid Dose1,Covid Dose2



**Personal history**

- Ethnicity - Indian Asian
- Marital status - Married
- Profession - government employee
- Diet - Vegetarian
- Alcohol - consumes alcohol occasionally
- Frequency - occasional
- Smoking - No
- Chews tobacco - No
- Physical activity - Sedentary



**Family history**

- Father - alive
- Aged - 61
- Mother - alive
- Aged - 58
- Brothers - 1
- Sisters - 0
- Coronary artery disease - none
- Cancer - None
- Other - Parkinson's disease Father

## Physical Examination



### General

|                    |               |
|--------------------|---------------|
| General appearance | - normal      |
| Build              | - over weight |
| Height             | - 165         |
| Weight             | - 89.2        |
| BMI                | - 32.76       |
| Pallor             | - No          |
| Oedema             | - no          |



### Cardiovascular system

|                         |                |
|-------------------------|----------------|
| Heart rate (Per minute) | - 79           |
| Rhythm                  | - Regular      |
| Systolic(mm of Hg)      | - 139          |
| Diastolic(mm of Hg)     | - 101          |
|                         | - 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

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**Psychological Assessment**

Psychological assessment - Normal

**Printed By :** NEELAM JAIN

MEDIWHEEL FULL BODY HEALTH PLUS BELOW 40  
ADVANCED-MALE**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)      | 49.1 * | %                                | ●     | 38.3-48.6 |
| RBC Count                            | 5.81   | Million/ul                       | ●     | 4.50-5.90 |
| MCV-                                 | 84.5   | fl                               | ●     | 80-100    |
| MCH-                                 | 29.0   | pg                               | ●     | 27-32     |
| MCHC-                                | 34.3   | g/dL                             | ●     | 32-36     |
| RDW                                  | 18.0 * | %                                | ●     | 11.8-14.5 |
| TLC COUNT                            | 7.82   | 10 <sup>9</sup> /mm <sup>3</sup> | ●     | 4.0-11.0  |
| Neutrophils                          | 56     | %                                | ●     | 40-80     |
| Lymphocytes                          | 36     | %                                | ●     | 20-40     |
| Monocytes                            | 6      | %                                | ●     | 2-10      |
| Eosinophils                          | 2      | %                                | ●     | 1-6       |
| Basophils                            | 0      | %                                | ●     | 0-2       |
| Platelet Count                       | 188.5  | 10 <sup>9</sup> /mm <sup>3</sup> | ●     | 150-450   |
| Mean Platelet Volume                 | 13.0 * | fl                               | ●     | 6.5-12.0  |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 2      | mm/1st hr                        | ●     | 0-15      |

**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) | 104 *  | mg/dL | ●     | 70-100 |

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

| Test Name                        | Result | Unit  | Level | Range  |
|----------------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Post prandial) | 127    | mg/dL | ●     | 70-140 |

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

MEDIWHEEL FULL BODY HEALTH PLUS BELOW 40  
ADVANCED-MALE**LIPID PROFILE TEST (PACKAGE)**

| Test Name   | Result | Unit  | Level | Range   |
|---|--------|-------|-------|---|
| Total Cholesterol   | 173    | mg/dL | ●     | Desirable: <200<br>Borderline High: 200–239<br>High >240  |
| HDL Cholesterol   | 37 *   | mg/dL | ●     | >40   |
| LDL Cholesterol (Direct LDL)                              | 121 *  | mg/dL | ●     | Optimal: <100<br>Above optimal: 100-129<br>Borderline high: 130-159<br>High: 160-189<br>Very high: >190 |
| Triglycerides - Serum                                     | 304 *  | mg/dL | ●     | Normal<150<br>Borderline high 150–199<br>High 200–499<br>Very high: ≥ 500                               |
| VLDL CHOLESTEROL - SERUM                                  | 61 *   |       | ●     | 15-30   |
| Total Cholesterol / HDL Cholesterol Ratio<br>(Calculated) | 4.7    |       | ●     | 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           | 1.3    |       | ●     | 0.9-2.0 |
| AST (SGOT)                           | 28     | U/L   | ●     | < 50    |
| ALT(SGPT) - SERUM                    | 32     | U/L   | ●     | <50     |
| BILIRUBIN TOTAL                      | 0.8    | mg/dL | ●     | 0.3–1.2 |
| BILIRUBIN CONJUGATED (DIRECT)        | 0.2    | mg/dL | ●     | <0.2    |
| BILIRUBIN UNCONJUGATED<br>(INDIRECT) | 0.6    | mg/dL | ●     | 0.1-1.2 |

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|  |    |     |   |        |
|--|----|-----|---|--------|
| Alkaline Phosphatase - Serum             | 77 | U/L | ● | 30-120 |
| GAMMA GLUTAMYL<br>TRANSPEPTIDASE - SERUM | 47 | U/L | ● | 0 - 55 |

**CREATININE - SERUM / PLASMA**

| Test Name                   | Result | Unit  | Level | Range       |
|-----------------------------|--------|-------|-------|-------------|
| CREATININE - SERUM / PLASMA | 0.88   | 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.

| Test Name         | Result | Unit  | Level | Range   |
|-------------------|--------|-------|-------|---------|
| Uric Acid - Serum | 7.1    | mg/dL | ●     | 3.5-7.2 |

**BUN (BLOOD UREA NITROGEN)**

| Test Name                 | Result | Unit  | Level | Range   |
|---------------------------|--------|-------|-------|---|
| BUN (BLOOD UREA NITROGEN) | 9.3    | mg/dL |       | Male: <50yrs 8.87-20.5 mg/dl<br>Male:>50yrs 8.41-25.7 mg/dl |

**THYROID PACKAGE**

| Test Name                              | Result | Unit   | Level | Range        |
|--|--------|--------|-------|--------------|
| TOTAL T3: TRI IODOTHYRONINE -<br>SERUM | 1.14   | ng/ml  | ●     | 0.60-1.81    |
| TOTAL T4: THYROXINE - SERUM            | 10.89  | µg/dL  | ●     | 5.01 - 12.45 |
| TSH: Thyroid Stimulating Hormone       | 3.33   | µIU/mL | ●     | 0.35-5.50    |

**TMT/2D ECHO**

- No RWMA at rest
- Normal LV Systolic Function (LVEF : 60%)

**ULTRASOUND - WHOLE ABDOMEN**

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

IMPRESSION:- Sonography Study Reveals:-

- Grade- I fatty liver.
- Right renal stone (5.7mm).
- Bilateral renal concretions (3mm).
- Renal cortex and medulla appears normal with no evidence of hydronephrosis or hydroureter.

ADV:- Clinical Correlation.

DR. HARI SANTOSH  
CONSULTANT RADIOLOGIST

**X-RAY CHEST PA**

X-RAY CHEST (PA)

Both lung field and both CP angles are clear.

Trachea is central in position.

CT ratio is within normal limits.

Thoracic bony cage appears normal.

Advice:-Clinical correlation.

**CARDIOLOGY**

ECG



Within Normal Range



Borderline High/Low



Out of Range

### Executive Summary



OBESITY  
FATTY LIVER  
RENAL STONE  
DYSLIPIDEMIA  
PREDIABETIC

### Wellness Prescription

#### Advice On Diet :-



LOW FAT /CARB DIET

#### Advice On Physical Activity :-



REGULAR 30-45 MIN OF CARDIO

**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.

### AICVD RISK SCORE REPORT

| RISK STATUS | YOUR SCORE | ACCEPTABLE SCORE |
|-------------|------------|------------------|
| High Risk   | 6          | 4                |

Your likelihood of developing cardiovascular disease in the next ten years is 1.6 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 3 months** if you have:
  - o Uncontrolled high blood pressure
  - o Diabetes
  - o Dyslipidemia
  - o Coronary heart disease
- You will be referred to a **cardiologist**.

**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**