

Name : Mr. PIYUSH GAJBHIYE (32 /M)

Date : 10/02/2024

Address : MEDIWHEEL NASHIK, NASHIK, NASHIK, MAHARASHTRA, INDIA

Examined by:

UHID : MHN1.0000160048

Package : MediWheel Full Body Health Checkup Male Below 40 Package

AHC No : NSKAH38913



## 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



## DRUG ALLERGY

NO KNOWN ALLERGY

:10/02/2024



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant



### Past medical history

Do you have any - No  
allergies?

Do you have any drug - No  
allergies?

Past medical history - nil significant



### Surgical history

Surgical history - Nil



### Personal history

Marital status - Married

Profession - corporate employed

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Active



### Family history

Diabetes - father

Coronary artery  
disease - none

Cancer - None

## PHYSICAL EXAMINATION



### General

Height - 171

Weight - 97

BMI - 33.17

Pallor - No

Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 78

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 120

Diastolic(mm of Hg) - 90

Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath  
sounds



### Abdomen

Organomegaly - No

Tenderness - No

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**C B C WITH ESR (AUTOMATION + STANDARD METHOD)**

| Test Name                            | Result | Unit                            | Level | Range     |
|--------------------------------------|--------|---------------------------------|-------|-----------|
| Hemoglobin                           | 15.0   | g/dl                            | ●     | 13.0-18.0 |
| Haematocrit                          | 43.1   | %                               | ●     | 39.0-54.0 |
| RBC COUNT                            | 5.4    | Million/<br>ul                  | ●     | 4.2-6.5   |
| MCV                                  | 79.9   | fl                              | ●     | 75.0-95.0 |
| MCH                                  | 27.8   | pg                              | ●     | 26.0-32.0 |
| MCHC                                 | 34.8   | g/dl                            | ●     | 31.0-36.0 |
| RDW                                  | 16     | %                               | ●     | 11-16     |
| Platelet Count(Optical/Impedance)    | 286    | 10 <sup>9</sup> /m <sup>3</sup> | ●     | 140-440   |
| TLC Count                            | 8.38   | 10 <sup>9</sup> /m <sup>3</sup> | ●     | 4.0-11.0  |
| Neutrophils                          | 50     | %                               | ●     | 45-75     |
| Lymphocytes                          | 40     | %                               | ●     | 20-45     |
| Eosinophils                          | 03     | %                               | ●     | 1-6       |
| Monocytes                            | 07     | %                               | ●     | 1-10      |
| Basophils                            | 00     | %                               | ●     | 0-1       |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 03     | mm/1st<br>hr                    | ●     | 0-10      |

**BLOOD GROUPING AND TYPING (ABO and Rh)**

| Test Name    | Result   | Unit | Level | Range |
|--------------|----------|------|-------|-------|
| ABO Group:   | B        |      |       |       |
| Rh (D) Type: | POSITIVE |      |       |       |

**LIVER FUNCTION TEST (PACKAGE)**

| Test Name                                    | Result | Unit | Level | Range   |
|--|--------|------|-------|---------|
| ALT(SGPT) - SERUM / PLASMA                   | 41     | U/L  | ●     | 30-65   |
| ALBUMIN - SERUM                              | 4.2    | g/dL | ●     | 3.5-5   |
| GLOBULIN - SERUM: (Calculated)               | 3.3    | g/dL | ●     | 1.8-3.6 |
| ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated) | 1.3    |      | ●     | 1.1-1.8 |

ALKALINE PHOSPHATASE - SERUM/PLASMA 79 U/L ● 0-100

AST (SGOT) - SERUM 32 U/L ● 15-37

BILIRUBIN, TOTAL - SERUM 1.1 \* mg/dL ● 0.0-1.0

**LIPID PROFILE TEST (PACKAGE)**

| Test Name         | Result | Unit  | Level | Range |
|-------------------|--------|-------|-------|-------|
| Total Cholesterol | 184    | mg/dL | ●     | 0-200 |

**CREATININE - SERUM / PLASMA**

| Test Name                   | Result | Unit  | Level | Range   |
|-----------------------------|--------|-------|-------|---------|
| CREATININE - SERUM / PLASMA | 0.9    | mg/dL | ●     | 0.8-1.3 |

**LIVER FUNCTION TEST (PACKAGE)**

| Test Name                                   | Result | Unit | Level | Range |
|---|--------|------|-------|-------|
| GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 19     | U/L  | ●     | 0-50  |

**GLUCOSE - SERUM / PLASMA (FASTING)**

| Test Name                  | Result | Unit  | Level | Range  |
|----------------------------|--------|-------|-------|--------|
| Glucose - Plasma (Fasting) | 110 *  | mg/dL | ●     | 70-100 |

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

| Test Name                        | Result | Unit  | Level | Range  |
|----------------------------------|--------|-------|-------|--------|
| Glucose - Plasma (POST PRANDIAL) | 142 *  | mg/dL | ●     | 70-140 |

**LIPID PROFILE TEST (PACKAGE)**

| Test Name   | Result | Unit  | Level | Range   |
|---|--------|-------|-------|---------|
| HDL CHOLESTEROL - SERUM / PLASMA                    | 47     | mg/dL | ●     | 40-60   |
| TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated) | 3.9    |       | ●     | 0.0-4.5 |
| LDL Cholesterol (Direct LDL)                        | 101    | mg/dL |       |         |

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

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### LIVER FUNCTION TEST (PACKAGE)

| Test Name                       | Result | Unit | Level | Range   |
|---------------------------------|--------|------|-------|---------|
| PROTEIN, TOTAL - SERUM / PLASMA | 7.5    | g/dL | ●     | 6.4-8.2 |
| PROTEIN, TOTAL - SERUM / PLASMA | 7.5    | g/dL | ●     | 6.4-8.2 |

### THYROID PROFILE - I(T3,T4 AND TSH)

| Test Name                           | Result | Unit  | Level | Range                    |
|-------------------------------------|--------|-------|-------|--------------------------|
| TOTAL T3: TRI IODOTHYRONINE - SERUM | 86     | ng/dL | ●     | Healthy Adults: 69 - 215 |
| TOTAL T4: THYROXINE - SERUM         | 9.3    | µg/dL | ●     | Healthy Adults:5.2-12.7  |

### LIPID PROFILE TEST (PACKAGE)

| Test Name             | Result  | Unit  | Level | Range |
|-----------------------|---------|-------|-------|-------|
| Triglycerides - Serum | 141     | mg/dL | ●     | 0-150 |
| VLDL SERUM-CALCULATED | 28.2000 |       |       |       |

### THYROID PROFILE - I(T3,T4 AND TSH)

| Test Name                                | Result | Unit   | Level | Range  |
|--|--------|--------|-------|--|
| TSH: THYROID STIMULATING HORMONE - SERUM | 4.4    | uIU/mL | ●     | Euthyroid: 0.3 - 4.5<br>Hypothyroid: 7.1 - >75 |

### URIC ACID - SERUM

| Test Name         | Result | Unit  | Level | Range   |
|-------------------|--------|-------|-------|---------|
| URIC ACID - SERUM | 6.1    | mg/dL | ●     | 3.5-7.2 |

### LIVER FUNCTION TEST (PACKAGE)

| Test Name                                  | Result | Unit  | Level | Range   |
|--|--------|-------|-------|---------|
| BILIRUBIN CONJUGATED (DIRECT) - SERUM      | 0.3    | mg/dL | ●     | 0.0-0.3 |
| BILIRUBIN UNCONJUGATED - SERUM(Calculated) | 0.8 *  | mg/dL | ●     | 0.0-0.7 |

### CARDIAC STRESS TEST - (TMT)

TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA

### EKG

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

### ULTRASOUND - WHOLE ABDOMEN

Mild hepatomegaly with grade I to II fatty infiltration of liver .

No other significant abnormality is detected.

### X-RAY CHEST PA

No significant abnormality is detected.

INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

### Haematology

STOOL ROUTINE

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**Printed By** :

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**

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### Apollo Prediabetes Risk Tool

Low Risk

You are at low risk for developing prediabetes.

The Apollo Hospitals Prediabetes Risk tool is a comprehensive, community-based risk assessment tool for the early diagnosis of prediabetes (before estimation of blood glucose or HbA1C). This tool compiles data based on your physical parameters, lifestyle, and health attributes and assesses whether you have a low, medium or high risk for undiagnosed prediabetes. The tool has been developed based on Indian demographics and has more than 90% accuracy.

#### **ADVICE**

- Follow the guidance and education on **dietary and lifestyle management**
- Aim for 30 minutes or more of moderately intense **exercise** (such as brisk walking) most days of the week, for a minimum of 150 minutes (2.5 hours) of total physical activity/week.
- You do not need to be referred to an **endocrinologist or diabetologist** at this time.
- Follow your **physician's guidance** regarding **annual follow-up testing**.

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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 Prediabetes Risk Score without any intervention from their side.
5. By usage of Prediabetes Risk Score, it is deemed that 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.
6. The current model doesn't account for:
  - Uncontrolled and Undiagnosed Diabetes
  - Gestational Diabetes
  - Polycystic Ovarian Disease (PCOD)
  - Diabetes currently being managed