

Patient Name	: Mr.ABHISHEK KUMAR SINGH	Collected	: 23/Mar/2024 09:41AM
Age/Gender	: 39 Y 9 M 15 D/M	Received	: 23/Mar/2024 10:11AM
UHID/MR No	: CMYS.0000060196	Reported	: 23/Mar/2024 12:30PM
Visit ID	: CMYSOPV123784	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 569651739540		

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA


Dr. PAVAN KUMAR M
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:BED240079678




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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	12.9	g/dL	13-17	Spectrophotometer
PCV	40.10	%	40-50	Electronic pulse & Calculation
RBC COUNT	4.77	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	84	fL	83-101	Calculated
MCH	27.1	pg	27-32	Calculated
MCHC	32.2	g/dL	31.5-34.5	Calculated
R.D.W	15.9	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,600	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	51.1	%	40-80	Electrical Impedance
LYMPHOCYTES	38.1	%	20-40	Electrical Impedance
EOSINOPHILS	5.7	%	1-6	Electrical Impedance
MONOCYTES	4.6	%	2-10	Electrical Impedance
BASOPHILS	0.5	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	3372.6	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	2514.6	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	376.2	Cells/cu.mm	20-500	Calculated
MONOCYTES	303.6	Cells/cu.mm	200-1000	Calculated
BASOPHILS	33	Cells/cu.mm	0-100	Calculated
Neutrophil lymphocyte ratio (NLR)	1.34		0.78- 3.53	Calculated
PLATELET COUNT	147000	cells/cu.mm	150000-410000	Electrical impedance
ERYTHROCYTE SEDIMENTATION RATE (ESR)	26	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				

R.B.C: Majority are normocytic normochromic.



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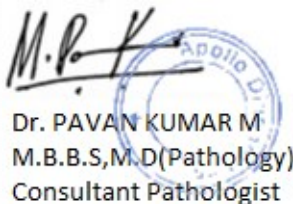
ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

W.B.C: Are normal in number,morphology and distribution.

Platelets: Reduced and are seen in singles and clumps.

Hemoparasites: Not seen.

IMPRESSION: NORMOCYTIC NORMOCHROMIC ANEMIA WITH THROMBOCYTOPENIA.



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DEPARTMENT OF HAEMATOLOGY

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Test Name	Result	Unit	Bio. Ref. Range	Method
BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	B			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING , NAF PLASMA	132	mg/dl	74-106	GOD, POD

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
- Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	219	mg/dl	70-140	GOD, POD

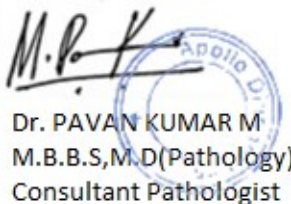
Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Test Name	Result	Unit	Bio. Ref. Range	Method
HBA1C (GLYCATED HEMOGLOBIN) , WHOLE BLOOD EDTA				
HBA1C, GLYCATED HEMOGLOBIN	6.4	%		HPLC

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ESTIMATED AVERAGE GLUCOSE (eAG)	137	mg/dL	Calculated
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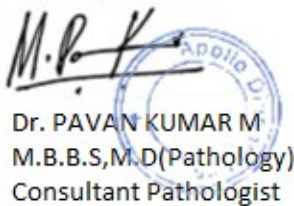
Comment:

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

REFERENCE GROUP	HBA1C %
NON DIABETIC	<5.7
PREDIABETES	5.7 – 6.4
DIABETES	≥ 6.5
DIABETICS	
EXCELLENT CONTROL	6 – 7
FAIR TO GOOD CONTROL	7 – 8
UNSATISFACTORY CONTROL	8 – 10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

- HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- In cases of Interference of Hemoglobin variants in HbA1C, alternative methods (Fructosamine) estimation is recommended for Glycemic Control
 - A: HbF >25%
 - B: Homozygous Hemoglobinopathy.
 (Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)



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ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
LIPID PROFILE , SERUM				
TOTAL CHOLESTEROL	174	mg/dl	0-200	CHOD
TRIGLYCERIDES	128	mg/dl	0-150	GPO, Trinder
HDL CHOLESTEROL	37	mg/dL	40-60	CHOD
NON-HDL CHOLESTEROL	137	mg/dL	<130	Calculated
LDL CHOLESTEROL	110.93	mg/dL	<100	Calculated
VLDL CHOLESTEROL	25.65	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.65		0-4.97	Calculated
ATHEROGENIC INDEX (AIP)	0.17		<0.11	Calculated

Comment:

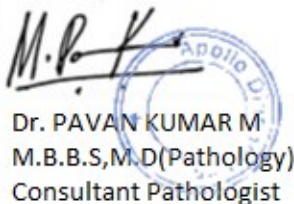
Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100; Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220
ATHEROGENIC INDEX(AIP)	<0.11	0.12 – 0.20	>0.21	

Note:

- 1) Measurements in the same patient on different days can show physiological and analytical variations.
- 2) NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.

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ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

- 3) Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
- 4) Low HDL levels are associated with coronary heart disease due to insufficient HDL being available to participate in reverse cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.
- 5) As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
- 6) VLDL, LDL Cholesterol Non-HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when Triglycerides are below 400 mg/dl. When Triglycerides are more than 400 mg/dl LDL cholesterol is a direct measurement.
- 7) Triglycerides and HDL-cholesterol in Atherogenic index (AIP) reflect the balance between the atherogenic and protective lipoproteins. Clinical studies have shown that AIP (log (TG/HDL) & values used are in mmol/L) predicts cardiovascular risk and a useful measure of response to treatment (pharmacological intervention).



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ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
LIVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	0.46	mg/dl	0-1.2	NBD
BILIRUBIN CONJUGATED (DIRECT)	0.11	mg/dl	0-0.2	Diazotized sulfanilic acid
BILIRUBIN (INDIRECT)	0.35	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	28	U/l	0-45	IFCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	21.0	U/l	0-35	IFCC
ALKALINE PHOSPHATASE	66.00	U/l	53-128	IFCC (AMP buffer)
PROTEIN, TOTAL	6.90	g/dl	6.4-8.3	Biuret
ALBUMIN	4.18	g/dl	3.5-5.2	Bromcresol Green
GLOBULIN	2.72	g/dL	2.0-3.5	Calculated
A/G RATIO	1.54		0.9-2.0	Calculated

Comment:

LFT results reflect different aspects of the health of the liver, i.e., hepatocyte integrity (AST & ALT), synthesis and secretion of bile (Bilirubin, ALP), cholestasis (ALP, GGT), protein synthesis (Albumin)

Common patterns seen:

1. Hepatocellular Injury:

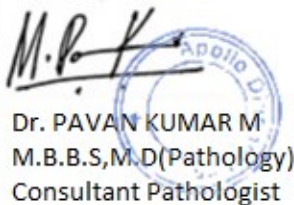
- AST – Elevated levels can be seen. However, it is not specific to liver and can be raised in cardiac and skeletal injuries.
- ALT – Elevated levels indicate hepatocellular damage. It is considered to be most specific lab test for hepatocellular injury. Values also correlate well with increasing BMI.
- Disproportionate increase in AST, ALT compared with ALP.
- Bilirubin may be elevated.
- AST: ALT (ratio) – In case of hepatocellular injury AST: ALT > 1 In Alcoholic Liver Disease AST: ALT usually >2. This ratio is also seen to be increased in NAFLD, Wilson's diseases, Cirrhosis, but the increase is usually not >2.

2. Cholestatic Pattern:

- ALP – Disproportionate increase in ALP compared with AST, ALT.
- Bilirubin may be elevated.
- ALP elevation also seen in pregnancy, impacted by age and sex.
- To establish the hepatic origin correlation with GGT helps. If GGT elevated indicates hepatic cause of increased ALP.

3. Synthetic function impairment:

- Albumin- Liver disease reduces albumin levels.
- Correlation with PT (Prothrombin Time) helps.



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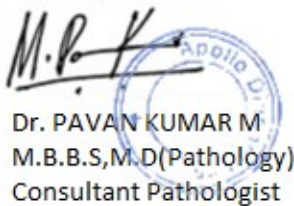


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Test Name	Result	Unit	Bio. Ref. Range	Method
RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM				
CREATININE	1.00	mg/dL	0.67-1.17	Enzymatic colorimetric
UREA	28.68	mg/dl	13-43	Urease, UV
BLOOD UREA NITROGEN	13.4	mg/dl	6-20	Urease, UV
URIC ACID	7.00	mg/dL	3.5-7.2	Uricase
CALCIUM	10.14	mg/dl	8.6-10.3	Arsenazo III
PHOSPHORUS, INORGANIC	3.33	mg/dl	2.7-4.5	Molybdate
SODIUM	142	mmol/L	135-145	Direct ISE
POTASSIUM	4.6	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	105	mmol/L	98 - 107	Direct ISE
PROTEIN, TOTAL	6.90	g/dl	6.4-8.3	Biuret
ALBUMIN	4.18	g/dl	3.5-5.2	Bromcresol Green
GLOBULIN	2.72	g/dL	2.0-3.5	Calculated
A/G RATIO	1.54		0.9-2.0	Calculated



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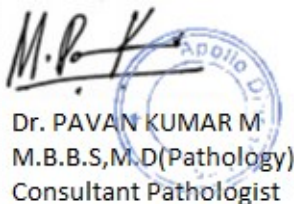


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Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	17.00	U/l	0-55	IFCC



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DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
THYROID PROFILE TOTAL (T3, T4, TSH) , SERUM				
TRI-IODOTHYRONINE (T3, TOTAL)	1.09	ng/mL	0.64-1.52	CMIA
THYROXINE (T4, TOTAL)	8.85	µg/dL	4.87-11.72	CMIA
THYROID STIMULATING HORMONE (TSH)	4.150	µIU/mL	0.35-4.94	CMIA

Comment:

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 - 3.0

1. TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
2. TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
3. Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.
4. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	T3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism
Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes
High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma



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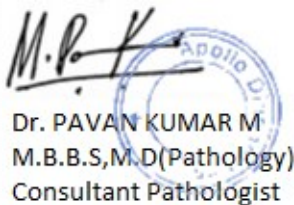


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DEPARTMENT OF CLINICAL PATHOLOGY

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Test Name	Result	Unit	Bio. Ref. Range	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.010		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	EHRlich
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	3 - 4	/hpf	0-5	Microscopy
EPITHELIAL CELLS	1 - 2	/hpf	<10	MICROSCOPY
RBC	NIL	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY



Dr. PAVAN KUMAR M
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:UR2314034



Patient Name	: Mr.ABHISHEK KUMAR SINGH	Collected	: 23/Mar/2024 09:41AM
Age/Gender	: 39 Y 9 M 15 D/M	Received	: 23/Mar/2024 01:00PM
UHID/MR No	: CMYS.0000060196	Reported	: 23/Mar/2024 02:37PM
Visit ID	: CMYSOPV123784	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 569651739540		


DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
URINE GLUCOSE(FASTING)	NEGATIVE		NEGATIVE	Dipstick

*** End Of Report ***

Page 15 of 15


Dr. PAVAN KUMAR M
M.B.B.S,M.D(Pathology)
Consultant Pathologist

SIN No:UF011339



Patient Name : Mr. Abhishek Kumar Singh

Age/Gender : 39 Y/M

UHID/MR No. : CMYS.0000060196

OP Visit No : CMYSOPV123784

Sample Collected on :

Reported on : 25-03-2024 18:48

LRN# : RAD2278733

Specimen :

Ref Doctor : SELF

Emp/Auth/TPA ID : 569651739540

DEPARTMENT OF RADIOLOGY

ULTRASOUND - WHOLE ABDOMEN

LIVER: It is normal in size, outline and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is distended and normal. No evidence of calculi.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal in size, outline and echopattern.

RIGHT KIDNEY: It measures 10.4x4.9 cm with parenchymal thickness of 1.5 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 10.2x4.0 cm with parenchymal thickness of 1.8 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No e/o calculi.

FOSTATE: It is normal in size, outline and echotexture.

No e/o free fluid in the abdomen.


IMPRESSION: NORMAL STUDY.

Chetan H, DNB

Consultant Radiologist.

Dr. CHETAN HOLEPPAGOL
MBBS, DNB(RADIO DIAGNOSIS)
Radiology

8, 9, 12

Name : Mr. Abhishek Kumar Singh	Age: 39 Y	UHID:CMYS.0000060196
Address : mysore	Sex: M	
Plan : ARCOFEMI MEDIWHEEL MALE AHC CREDIT PAN INDIA OP AGREEMENT		OP Number:CMYSOPV123784
		Bill No :CMYS-OCR-22800
		Date : 23.03.2024 09:37

Sno	Service Type/ServiceName	Department
1	ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH PLUS BELOW 40Y MALE - PAN INDIA - FY2324	
1	GAMMA GLUTAMYL TRANSFERASE (GGT)	
2	LIVER FUNCTION TEST (LFT)	
3	GLUCOSE, FASTING	
4	HEMOGRAM + PERIPHERAL SMEAR	
5	DIET CONSULTATION → P	
6	COMPLETE URINE EXAMINATION	
7	PERIPHERAL SMEAR	
8	ECG	
9	RENAL PROFILE RENAL FUNCTION TEST (RFT/KFT)	HG → 165
10	DENTAL CONSULTATION	
11	GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)	WG → 80.9
12	URINE GLUCOSE (FASTING)	
13	HbA1c, GLYCATED HEMOGLOBIN	BP → 100/70
14	X-RAY CHEST PA	
15	ENT CONSULTATION	
16	FITNESS BY GENERAL PHYSICIAN → P	
17	BLOOD GROUP ABO AND RH FACTOR	
18	LIPID PROFILE	
19	BODY MASS INDEX (BMI)	
20	OPHTHAL BY GENERAL PHYSICIAN	
21	ULTRASOUND - WHOLE ABDOMEN → P	
22	THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)	


CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Abhisek Kumar Singh on 23/03/2024

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> Medically Fit 	✓
<ul style="list-style-type: none"> Fit with restrictions/recommendations <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1.....</p> <p>2.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	
<ul style="list-style-type: none"> Currently Unfit. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> Unfit 	


Dr. Ravi Chethan Kumar
 M.B.S., MD (General)
 KMC Reg. No. 82089
 Apollo Clinic, K.D. Road, Mysore.

Apollo Health and Lifestyle Limited

(CIN: UR5110TG2000PLC115R19)
 Bengal Office: 1-10 RD 62, Ashoka Nagar, Bengaluru
 Ph. No. (080) 4904 7777 | Fax No. 4904 7744 | Email ID: enquiry@apollohi.com | www.apollohi.com

APOLLO CLINICS NETWORK KARNATAKA

Bangalore | Basavanagudi | Bellandur | Electronic City | Fraser Town | MSR Layout | Indra Nagar | Jayanagar | K.R. Road | K.R. Road
 Koramangala | Sarjapur Road | Mysore (VV Mohalla)

Online appointments: www.apolloclinic.com

Apollo Clinic

23, 1st Floor,
Kaldasa Road, Mysore

Ph : 0821-4006040

TO BOOK AN APPOINTMENT

08216605007788

Date : 23-03-2024
 MR NO : CMYS.0000060196
 Name : Mr. Abhishek Kumar Singh
 Age/ Gender : 39 Y / Male

Department : GENERAL
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 09:37

Height : 165	Weight : 80.9	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan

TDM on OHA

no Complts

OK eye

us

H
 R

one case

Ad
 CSO

FBS
 122

AC
 6.4

PAM-219

Follow up date :


 Dr. Ravi Chethan Kumar
 M.B.B.S., MD (General)
 KMC Reg. No. 82080
 Apollo Clinic, K.D. Road,
 Doctor Signature

Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060196

Department : GENERAL (Ophthalm)
Doctor :

Name : Mr. Abhishek Kumar Singh

Registration No :

Age/ Gender : 39 Y / Male

Qualification :

Consultation Timing: 09:37

Height : 165	Weight : 80.9	BMI :	Waist Circum :
Temp : (N)	Pulse : 92/min	Resp : 20/min	B.P : 100/70

General Examination /
Allergies History

-NO-

Clinical Diagnosis & Management Plan

Regularly wearing. corrected
Spectacles - 317mm

R (yo Ty II DM - on R

vision (R) (L)

Far 6/6 6/6

Near - Wearing Spectacles.

Colour. - Not affected.

Follow up date :

Regular check up

Doctor Signature

Apollo Clinic
23, 1st Floor,
Kaldasa Road, Mysore - 02
Ph : 0821-4005000/41

Date : 23-03-2024 Department : GENERAL [dental]
MR NO : CMYS.0000060196 Doctor :
Name : Mr. Abhishek Kumar Singh Registration No :
Age/ Gender : 39 Y / Male Qualification :

Consultation Timing: 09:37

Height : 165	Weight : 80.9	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

O/E

CA+ , ST+

Asymptomatic prophylosis

Gen spacing noted on lower arch



Abhishek

Doctor Signature

Follow up date :

Apollo Clinic
23, 1st Floor,
Kalldasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060196

Department : GENERAL
Doctor : RNT,

Name : Mr. Abhishek Kumar Singh
Age/ Gender : 39 Y / Male

Registration No :
Qualification :

Consultation Timing: 09:37

Height : 165	Weight : 80.9	BMI :	Waist Circum : -
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

(R) Loss myriachem

Ad

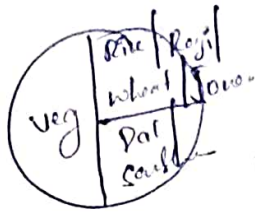
1. Maximal e/d
2° - 2nd scale

Verth

Follow up date :

Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalladasa Road, Mysore - 07
Ph : 0821-4006040/41



Date : 23-03-2024
 MR NO : CMYS.0000060196

Department : GENERAL Diabetics
 Doctor : Y. Radhika. B.P

Name : Mr. Abhishek Kumar Singh
 Age/ Gender : 39 Y / Male

Registration No :
 Qualification : M.Sc Nutrition & Diabetics
 PhD

Consultation Timing: 09:37

IRU - 65kg

Height : 165	Weight : 80.9	BMI : 29 kg/m ²	Waist Circum : 100
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination / Allergies History

Hb - 12.9
 ESR - 26
 FBS - 132
 HbA1c - 6.4
 HDL - 37
 NON HDL - 137
 LDL - 110.93

Clinical Diagnosis & Management Plan

KLCO - T₂DM.
 → Advised low fat, diabetic diet with fiber rich foods.
 → Fruits like Apple, Papaya, Muskmelon, Orange, Kiwifruit, Guava can be taken 100gms/day. If FBS is below 150mg/dl.
 → Avoid sweets like Potato, sweet potato, sweet Yau & Ardi.
 → Dietary guidelines chart is given.

Follow up date :

Doctor Signature : Y. Radhika. B.P
 23/3/2024

Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

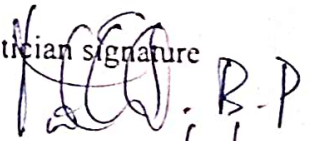
Department- Dietetics

Name- Madhura B P

Qualification- M.Sc Nutrition & Dietetic
PhD*

- Do not skip any of the meals, take small frequent meals.
- Include all variety of seasonal ~~fruits~~, vegetables and green leafy vegetables on regular basis.
- Include nuts like Almond, Walnuts and ~~dry-fruits like dried dates and raisins~~ regularly.
- Include seeds like Flax seeds, Pumpkin seeds, Sunflower seeds, Sesame seeds and watermelon seeds- 1 teaspoon each and dry roasted.
- Avoid 5 white slow poisons like Sugar, Salt, Maida, Baking soda and creams.
- Cooking oil- ½ litre/person/month.
- Use combination of oils like Rice bran oil, Groundnut oil, Sesame oil, Mustard oil/ Coconut oil and Ghee. Change the oil every month or 2 months. But do not mix the oils.
- Drink at least 2-3 liters of water in a day.
- Skimmed or toned milk can be used on regular basis. Since it's a rich source of protein and low in calories.
- Avoid Butter, Vanaspati and Dalda.
- Avoid deep-fried foods, Biscuits, Cookies, Bakery products, Pastries, Papad, packed and processed foods, chocolates, Alcohol, caffeine and carbonated beverages.
- Avoid junk foods like Pizza and Burger.

Dietician signature


22/3/2024

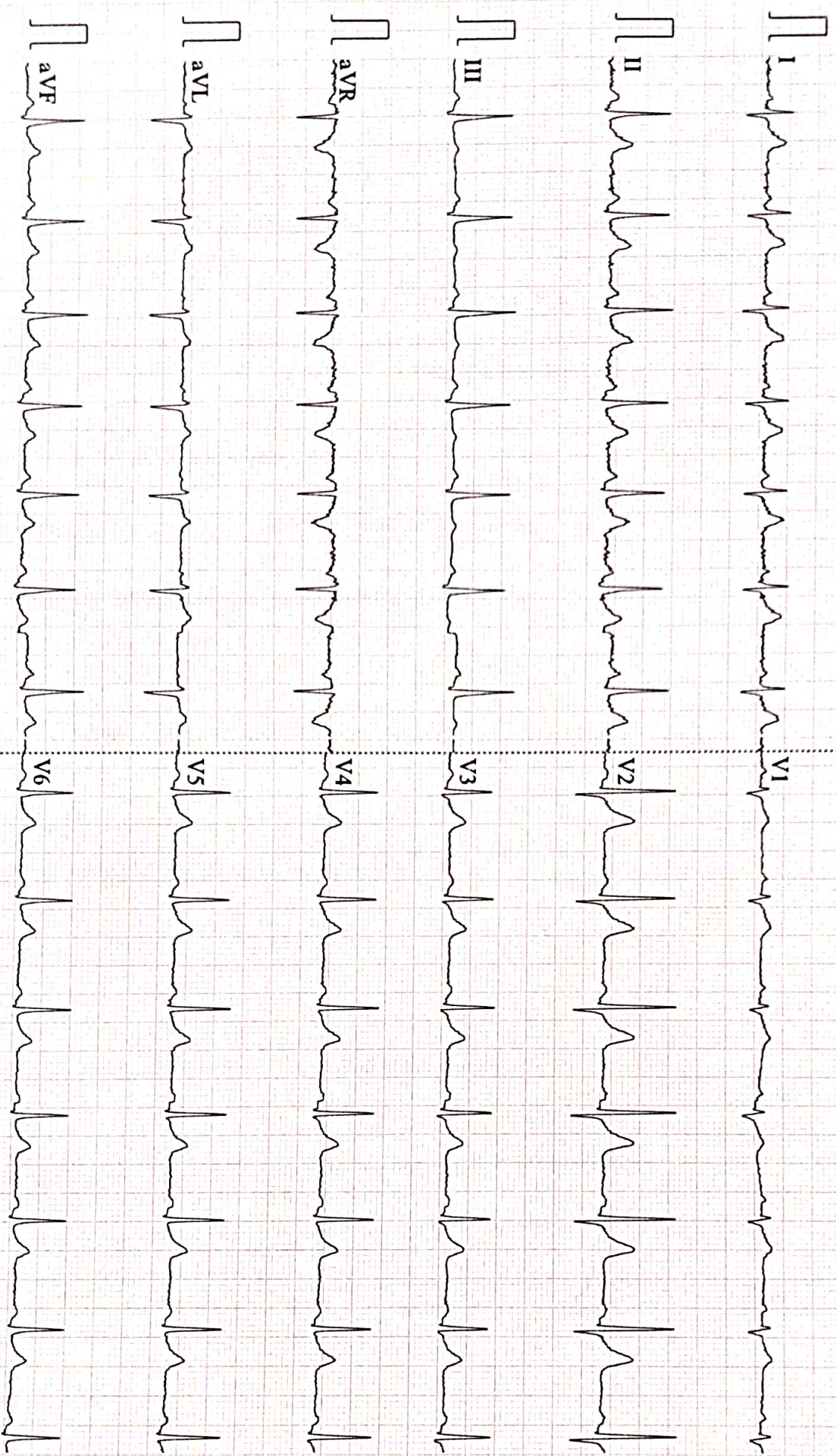
ID: 60196
MR ABHISHEK KUMAR SINGH
Male 39Years
165cm 80kg 100/70 mmHg

23-03-2024 10:28:24 AM

Diagnosis Information:

Unconfirmed Report.

Apollo Clinic
23, 1st Floor,
Kallidasa Road, Mysore - 02
Ph : 0821-4006040/41



0.5-45Hz AC50 25mm/s 10mm/mV 2*5.0s 82 CARDIART

8 D V143 Glasgow V28.6.0 APOLLO CLINIC MYSURU

Patient Name	: Mr. Abhishek Kumar Singh	Age	: 39 Y M
UHID	: CMYS.0000060196	OP Visit No	: CMYSOPV123784
Reported on	: 23-03-2024 15:28	Printed on	: 23-03-2024 15:29
Adm/Consult Doctor	:	Ref Doctor	: SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

IMPRESSION :NORMAL STUDY .

Printed on:23-03-2024 15:28

---End of the Report---


Dr. CHETAN HOLEPPAGOL
MBBS, DNB(RADIO DIAGNOSIS)
Radiology

Apollo Health and Lifestyle Limited

(CIN: URS110TG2000PLC115819)

Regd Office: 1, 10 to 62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph. No: (040) 4904 7777 Fax No: 4904 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

APOLLO CLINICS NETWORK KARNATAKA

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Koramangala | Sarjapur Road | Mysore (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Scanned with CamScanner

Patient Name: Mr. Abhishek Kumar Singh	Date: 23.03.2024	Referring Doctor: Self
Age / Sex : 39yrs /Male	UHID : 0060196	
ULTRASONOGRAPHY – ABDOMEN & PELVIS		

LIVER: It is normal in size, outline and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is distended and normal. No evidence of calculi.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal in size, outline and echopattern.

RIGHT KIDNEY: It measures 10.4x4.9 cm with parenchymal thickness of 1.5 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 10.2x4.0 cm with parenchymal thickness of 1.8 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No e/o calculi.

PROSTATE: It is normal in size, outline and echotexture.

No e/o free fluid in the abdomen.

IMPRESSION: NORMAL STUDY.


Dr. Chetan H, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

(CIN: U65110TG2000PLC115819)

Regd Office: 110-6/D-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph. No: (40) 4904 7777 Fax No: 4904 7744 | E-mail ID: enquiry@apollohl.com | www.apollohl.com

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Koramangala | Sarjapur Road | Mysore (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860/500 7788**

Patient Name : Mr. Abhishek Kumar Singh

Age/Gender : 39 Y/M

UHID/MR No. : CMYS.0000060196

OP Visit No : CMYSOPV123784

Sample Collected on :

Reported on : 23-03-2024 15:29

LRN# : RAD2278733

Specimen :

Ref Doctor : SELF

Emp/Auth/TPA ID : 569651739540

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear .

Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

IMPRESSION :NORMAL STUDY .

Dr. CHETAN HOLEPPAGOL
MBBS, DNB(RADIO DIAGNOSIS)
Radiology

Name: Mr. Abhishek Kumar Singh
Age/Gender: 39 Y/M
Address: mysore
Location: MYSORE, KARNATAKA
Doctor:
Department: GENERAL
Rate Plan: MYSORE_06042023
Sponsor: ARCOFEMI HEALTHCARE LIMITED
Consulting Doctor: Dr. SABAH JAVED

MR No: CMYS.0000060196
Visit ID: CMYSOPV123784
Visit Date: 23-03-2024 09:37
Discharge Date:
Referred By: SELF

HT-CHIEF COMPLAINTS AND PRESENT KNOWN ILLNESS

Chief Complaints

COMPLAINTS:::: For Corporate Health Checkup,

SYSTEMIC REVIEW

**Weight

--->: Stable,

Number of kgs: 80.2,

HT-HISTORY

Past Medical History

PAST MEDICAL HISTORY: Nil Significant,

**Cancer: NIL,

PHYSICAL EXAMINATION

SYSTEMIC EXAMINATION

IMPRESSION

RECOMMENDATION

Fitness Report

Fitness.: YES,

Fitness: FIT,

DISCLAIMER

Disclaimer: The health checkup 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.,

Doctor's Signature

भारत सरकार
Government of India

जिआधार

अभिषेक कुमार सिंह
Abhishek Kumar Singh
जन्म तिथि/DOB: 08/06/1984
पुरुष/ MALE

Download Date: 08/10/2021

Issue Date: 24/12/2017

5696 5173 9540
VID : 9139 6391 4674 4551

मेरा आधार, मेरी पहचान

भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India

पता:
S/O: गिरीश नारायण सिंह, संकट मोचन रोड, पटेल
सोसाइटी के पास, गुजरात कॉलोनी, चास, बोकारो,
झारखण्ड - 827013

Address:
S/O: Girish Narayan Singh, Sankat Mochan
Road, Near Patel Society, Gujrat Colony,
Chas, Bokaro,
Jharkhand - 827013

5696 5173 9540
VID : 9139 6391 4674 4551

1947 | help@uidai.gov.in | www.uidai.gov.in

CC RO Mysore [Union Bank of India]

From: abhishek singh <abhishek.iabm@gmail.com>
Sent: Friday, March 22, 2024 5:43 PM
To: CMCC RO Mysore [Union Bank of India]
Subject: Fwd: Health Check up Booking Request(UBOIE4535), Beneficiary Code-177752

कृपया सावधानी बरते एवं स्थान को मत ई-मेल बाहर से प्राप्त हुई है, कृपया प्रेषक के ई-मेल पते को पूर्ण रूप से जाँचें (केवल प्रेषक का नाम ही नहीं), प्रेषक की पहचान बिना लिंक पर क्लिक न करें एवं संलग्न को न खोलें और पहचानने की दी गई सामग्री सुरक्षित है अथवा नहीं, सांदिग्ध मेल के संबंध में, कृपया antiphishing@unionbankofindia.com पर रिपोर्ट करें

CAUTION AND ATTENTION PLEASE: This is an external email. Please check the sender's full email address (not just the sender name). Do not click links or open attachments unless you recognize the sender and know the content is safe. In case of any suspicious email, please report it to antiphishing@unionbankofindia.com

----- Forwarded message -----

From: Mediwheel <wellness@mediwheel.in>
Date: Wed, 20 Mar 2024, 12:16
Subject: Health Check up Booking Request(UBOIE4535), Beneficiary Code-177752
To: <abhishek.iabm@gmail.com>
Cc: <customercare@mediwheel.in>



011-41195959

Dear ABHISHEK KUMAR SINGH,

We have received your booking request for the following health checkup, please upload your approval letter as soon as possible to enable us to confirm your booking.

Upload HRM Letter

User Package Name : MediWheel Full Body Health Checkup Male 35 to 40
Name of Diagnostic/Hospital : Apollo clinic - VV Mohalla
Address of Diagnostic/Hospital:- Apollo Clinic, 23, Kalidasa Road, VV Mohalla, Mysore - 570002
Appointment Date : 23-03-2024
Preferred Time :

Member Information		
Booked Member Name	Age	Gender
ABHISHEK KUMAR SINGH	39 year	Male

Tests included in this Package

- Bmi Check