

Patient Name : Mr.DILIP KUMAR DWIVEDI
Age/Gender : 33 Y 11 M 12 D/M
UHID/MR No : STAR.0000063864
Visit ID : STAROPV71071
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 816016330545

Collected : 29/Jun/2024 08:29AM
Received : 29/Jun/2024 10:52AM
Reported : 29/Jun/2024 12:28PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic

RBC : Normocytic normochromic

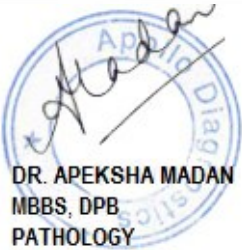
WBC : Normal in number, Eosinophilia.

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture, Eosinophilia.

Note/Comment : Please Correlate clinically



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DEPARTMENT OF HAEMATOLOGY


ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	14.3	g/dL	13-17	CYANIDE FREE COLOUROMETER
PCV	43.50	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	4.92	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	88.3	fL	83-101	Calculated
MCH	29	pg	27-32	Calculated
MCHC	32.9	g/dL	31.5-34.5	Calculated
R.D.W	12.6	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	10,340	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	51	%	40-80	Electrical Impedance
LYMPHOCYTES	29	%	20-40	Electrical Impedance
EOSINOPHILS	13	%	1-6	Electrical Impedance
MONOCYTES	07	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	5273.4	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	2998.6	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	1344.2	Cells/cu.mm	20-500	Calculated
MONOCYTES	723.8	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	1.76		0.78- 3.53	Calculated
PLATELET COUNT	194000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	10	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				

Methodology : Microscopic

RBC : Normocytic normochromic

Page 2 of 8

DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:BED240167496

Apollo Speciality Hospitals Private Limited

(Formerly known as a Nova Speciality Hospitals Private Limited)

CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers,
Begumpet, Hyderabad, Telangana - 500016

Address:

156, Famous Cine Labs, Behind Everest Building,
Tardeo (Mumbai Central), Mumbai, Maharashtra
Ph: 022 4332 4500

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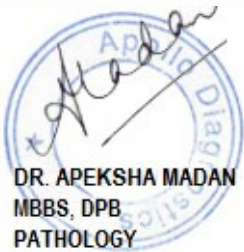


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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	A			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 - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING , NAF PLASMA	105	mg/dL	70-100	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:

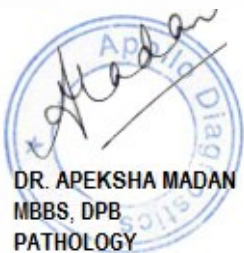
- 1.The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Range	Method
ALANINE AMINOTRANSFERASE (ALT/SGPT) , SERUM	33	U/L	4-44	JSCC

Comment:

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes. ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear. The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Range	Method
TOTAL CHOLESTEROL , SERUM	198	mg/dL	<200	CHE/CHO/POD



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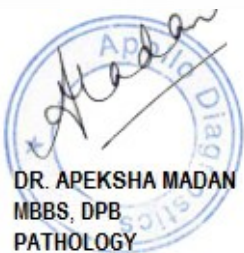
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ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
UREA , SERUM	18.60	mg/dL	17-48	Urease

Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE , SERUM	0.78	mg/dL	0.6-1.1	ENZYMATIC METHOD

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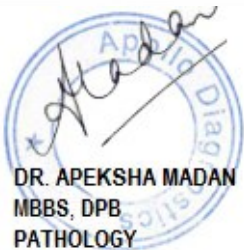
DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Physical measurement
pH	6.0		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.020		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GLUCOSE OXIDASE
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING REACTION
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	SODIUM NITRO PRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	MODIFIED EHRlich REACTION
NITRITE	NEGATIVE		NEGATIVE	Griess reaction
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Diazonium salt
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	0-1	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

Comment:

All urine samples are checked for adequacy and suitability before examination. Microscopy findings are reported as an average of 10 high power fields.



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MBBS, DPB
PATHOLOGY



SIN No:UR2376134

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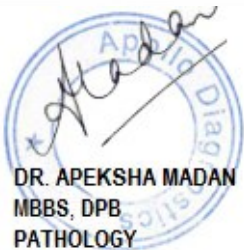
DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
STOOL ROUTINE EXAMINATION , STOOL				
PHYSICAL EXAMINATION				
COLOUR	BROWN			Macroscopy
CONSISTENCY	SEMISOLID			Macroscopy
MUCUS	ABSENT		ABSENT	Macroscopy
CHEMICAL EXAMINATION				
OCCULT BLOOD	NEGATIVE		NEGATIVE	Guaiac Method
pH	7.0		5-7.5	Double Indicator
MICROSCOPIC EXAMINATION				
PUS CELLS	1-2	/hpf	0-5	Microscopy
RED BLOOD CELLS	ABSENT	/hpf	Nil	Microscopy
OVA	ABSENT		ABSENT	Lugols Iodine
CYSTS	ABSENT		ABSENT	Lugols Iodine
EPITHELIAL CELLS	ABSENT	/hpf	<10	MICROSCOPY
VEGETABLE CELLS	ABSENT		ABSENT	Microscopy
MUSCLE FIBRES	ABSENT		ABSENT	Microscopy
STARCH GRANULES	ABSENT		ABSENT	Microscopy
FAT GLOBULES	ABSENT		ABSENT	Microscopy

*** End Of Report ***

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DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY



SIN No:ST367956

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Address:

156, Famous Cine Labs, Behind Everest Building,
Tardeo (Mumbai Central), Mumbai, Maharashtra
Ph: 022 4332 4500

OUT- PATIENT RECORD

Date : 29/5/20
 MRNO : 63860
 Name : MR. DIP Desai
 Age/Gender : 33y / male
 Mobile No :
 Passport No :
 Aadhar number :

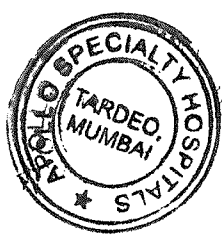
Pulse : 62 / min	B.P : 130/80	Resp : 18 / min	Temp : (N)
Weight : 82.2	Height : 175	BMI : 26.8	Waist Circum : 92 cm

MEMS - 0

General Examination / Allergies History

Clinical Diagnosis & Management Plan

Married. Vegetarian
 sleep (B/B) @ No Allergy.
 No addiction
 FH: Mother: DM
 Normal Reports
 Physically fit.



Dr. (Mrs.) CHHAYA P. VAJA
 M.D. (MUM)
 Physician & Cardiologist
 Reg. No. 56942

Apollo Spectra Hospitals: 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbai - 400034
 Ph No: 022-43324500 | www.apollospectra.com Doctor Signature

Apollo Specialty Hospitals Pvt. Ltd. (CIN - U85100TG2009PTC099414)
 (Formerly known as Nova Specialty Hospital Pvt. Ltd.)

Regd. Office: 7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Ameerpet, Hyderabad, Telangana - 500038
 Ph No: 040 - 4904 7777 | www.apollohl.com

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PATHOLOGY

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Test Name	Result	Unit	Bio. Ref. Range	Method
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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
ALANINE AMINOTRANSFERASE (ALT/SGPT) , SERUM	33	U/L	4-44	JSCC

Comment:

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes. ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear. The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

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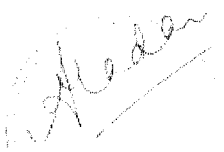
Collected : 29/Jun/2024 08:29AM
 Received : 29/Jun/2024 10:58AM
 Reported : 29/Jun/2024 12:39PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY
 ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Physical measurement
pH	6.0		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.020		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GLUCOSE OXIDASE
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING REACTION
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	SODIUM NITRO PRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	MODIFIED EHRlich REACTION
NITRITE	NEGATIVE		NEGATIVE	Griess reaction
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Diazonium salt
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	0-1	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

Comment:

All urine samples are checked for adequacy and suitability before examination. Microscopy findings are reported as an average of 10 high power fields.



DR. APEKSHA MADAN
 MBBS, DPB
 PATHOLOGY
 SIN No:UR2376134





TOUCH ID Patient Name : Mr.DILIP KUMAR DWIVEDI
 Age/Gender : 33 Y 11 M 12 D/M
 UHID/MR No : STAR.0000063864
 Visit ID : STAROPV71071
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : 816016330545

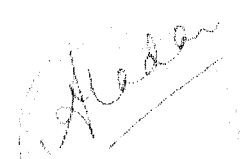
Collected : 29/Jun/2024 09:25AM
 Received : 29/Jun/2024 10:58AM
 Reported : 29/Jun/2024 12:39PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY
 ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
STOOL ROUTINE EXAMINATION , STOOL				
PHYSICAL EXAMINATION				
COLOUR	BROWN			
CONSISTENCY	SEMISOLID			Macroscopy
MUCUS	ABSENT			Macroscopy
CHEMICAL EXAMINATION				
OCCULT BLOOD			ABSENT	Macroscopy
pH	NEGATIVE		NEGATIVE	Guaiac Method
MICROSCOPIC EXAMINATION				
PUS CELLS	1-2	/hpf	0-5	Microscopy
RED BLOOD CELLS	ABSENT	/hpf	Nil	Microscopy
OVA	ABSENT		ABSENT	Lugols Iodine
CYSTS	ABSENT		ABSENT	Lugols Iodine
EPITHELIAL CELLS	ABSENT	/hpf	<10	MICROSCOPY
VEGETABLE CELLS	ABSENT		ABSENT	Microscopy
MUSCLE FIBRES	ABSENT		ABSENT	Microscopy
STARCH GRANULES	ABSENT		ABSENT	Microscopy
FAT GLOBULES	ABSENT		ABSENT	Microscopy

*** End Of Report ***



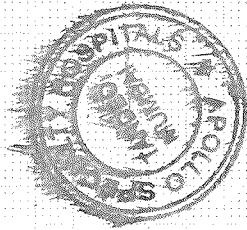
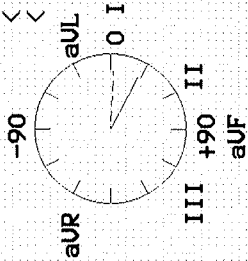

 DR. APEKSHA MADAN
 MBBS, DPB
 PATHOLOGY
 SIN No:ST367956

Measurement Results:

QRS : 100 ms
 QT/QTcB : 402 / 408 ms
 PR : 126 ms
 P : 102 ms
 RR/PP : 956 / 965 ms
 P/QRS/T : 28/ 28/ 4 degrees

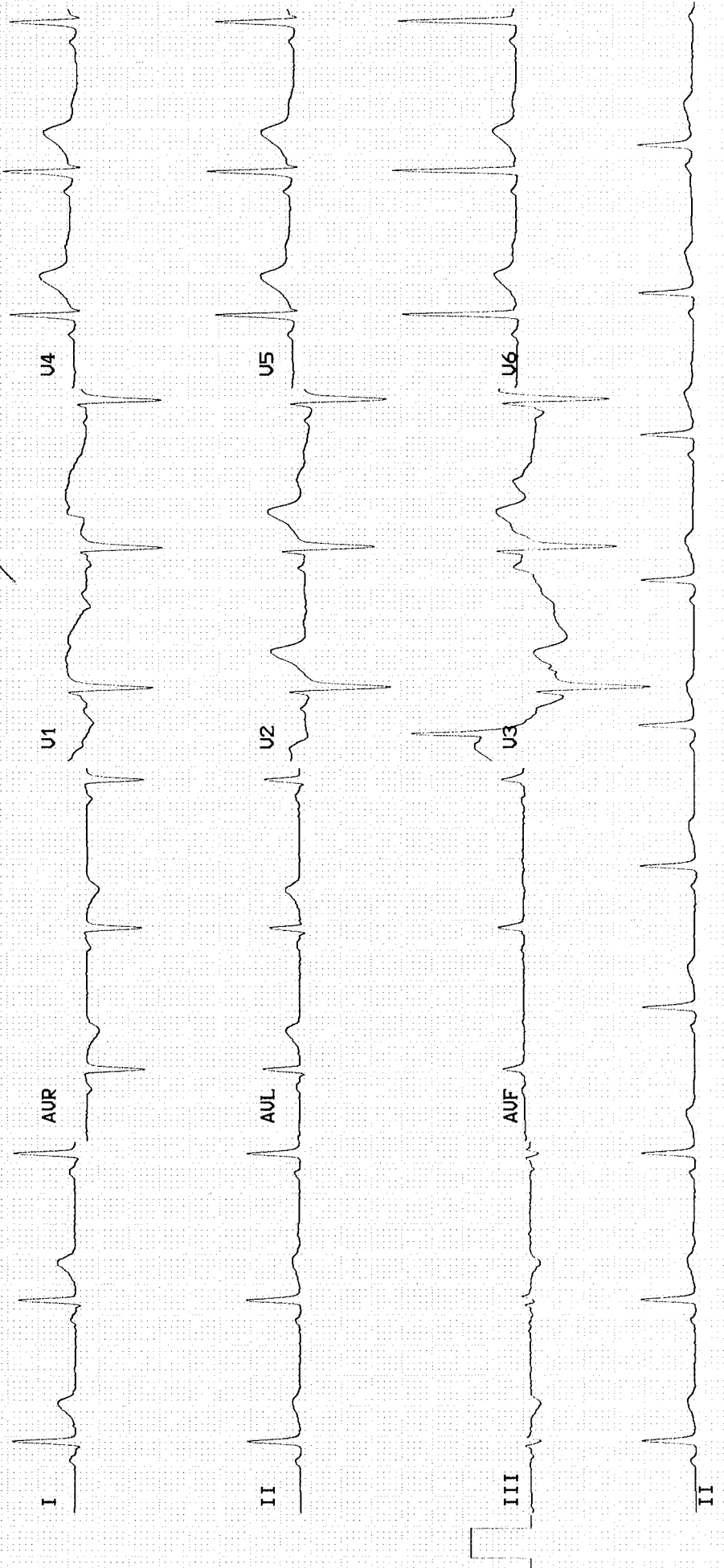
< P
 < T
 < QRS

Interpretation:
 12SL - Interpretation:
 Normal sinus rhythm
 Normal ECG



DR. (MRS) CHHAYA P. VAJA
 M.D. (MUM)
 Physician & Cardiologist
 Reg. No. 56942

Unconfirmed report.



Patient Name : Mr. DILIP KUMAR DWIVEDI Age : 33 Y M
UHID : STAR.0000063864 OP Visit No : STAROPV71071
Reported on : 29-06-2024 14:45 Printed on : 29-06-2024 14:45
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.

CONCLUSION :

No obvious abnormality seen

Printed on:29-06-2024 14:45

---End of the Report---

Dr. VINOD SHETTY
Radiology

EYE REPORT

Name: Dilip Dwivedi

Date: 29/6/24

Age / Sex: 33 / M

Ref No.:

Complaint: Nil. — Ant-Seq: wNL — Small crowded disc.

O.4:1

O.3:1; HNR R healthy

Examination

FR+

FR+

Spectacle Rx

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance	6/6	—	Plano	—	6/6	—	Plano	—
Read	N6	—	—	—	N6	—	—	—

Remarks:


Medications:

Trade Name	Frequency	Duration

Follow up:

Consultant:

Apollo Spectra Hospitals
Famous Cine Labs, 156, Pt. M. M.
Malviya Road, Tardeo, Mumbai - 400 034.
Tel.: 022 4332 4500 www.apollospectra.com



Dr. Naran J. Bakhari (Mistrey)
M.D., D.O.M.S. (GOLD MEDALIST)
Reg. No. 2017/10/2814
Mob:- 8850225873

ID 0 *Dilip Desivale* | Height 175cm | Date 29. 6. 2024 | APOLLO SPECTRA HOSPITAL
 Age 33 | Gender Male | Time 10:32:28

Body Composition

	Normal	Over	UNIT%	Normal Range	
Weight				57.3 ~ 77.5	
Muscle Mass Skeletal Muscle Mass				28.8 ~ 35.2	
Body Fat Mass				8.1 ~ 16.2	
TBW Total Body Water	40.8 kg (37.9 ~ 46.3)		FFM Fat Free Mass	55.7 kg (49.2 ~ 61.3)	
Protein	10.9 kg (10.2 ~ 12.4)		Mineral *	3.98 kg (3.51 ~ 4.28)	

* Mineral is estimated.

Segmental Lean		Lean Mass Evaluation
Left	3.0 kg Normal	3.0 kg Normal
	Trunk	
Right	24.8 kg Normal	8.9 kg Normal
	Trunk	
8.7 kg Normal		8.9 kg Normal

Segmental Fat		PBF Fat Mass Evaluation
Left	37.3% 1.9 kg Over	36.1% 1.8 kg Over
	Trunk	
Right	34.6% 13.9 kg Over	29.0% 3.9 kg Over
	Trunk	
29.0% 3.8 kg Over		29.0% 3.9 kg Over

* Segmental Fat is estimated.

Obesity Diagnosis

	Value	Normal Range
BMI Body Mass Index (kg/m ²)	26.8	18.5 ~ 25.0
PBF Percent Body Fat (%)	32.3	10.0 ~ 20.0
WHR Waist-Hip Ratio	0.96	0.80 ~ 0.90
BMR Basal Metabolic Rate (kcal)	1573	1728 ~ 2030

Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient <input checked="" type="checkbox"/> Excessive

Weight Management

Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

BMI	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	<input type="checkbox"/> Extremely Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	
WHR	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	

Muscle-Fat Control

Muscle Control	+ 1.6 kg	Fat Control	- 16.4 kg	Fitness Score	62
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Impedance

Z	RA	LA	TR	RL	LL
20kHz	348.8	360.8	23.6	259.7	266.0
100kHz	312.8	324.9	19.2	235.1	242.2

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 82.2 kg / Duration: 30min. / unit: kcal)											
Walking 164	Jogging 288	Bicycle 247	Swim 288	Mountain Climbing 268	Aerobic 288	Table Tennis 186	Tennis 247	Football 288	Oriental Fencing 411	Gate ball 156	Badminton 186
Racket ball 411	Tae-kwon-do 411	Squash 411	Basketball 247	Rope jumping 288	Golf 145	Push-ups development of upper body	Sit-ups abdominal muscle training	Weight training backache prevention	Dumbbell exercise muscle strength	Elastic band muscle strength	Squats maintenance of lower body muscle

• How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

• Recommended calorie intake per day

1600 kcal

* Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4weeks ÷ 7700**

Dear Dilip Dwivedi,

Greetings from Apollo Clinics,

Your corporate health check appointment is confirmed at **SPECTRA TARDEO clinic** on **2024-06-29** at **08:00-08:15**.

Payment Mode	CREDIT
Corporate Name	ARCOFEMI HEALTHCARE LIMITED
Agreement Name	[ARCOFEMI MEDIWHEEL PMC CREDIT PAN INDIA OP AGREEMENT]
Package Name	[ARCOFEMI - MEDIWHEEL - PMC PACK D - PAN INDIA - FY2324]

Warm Regards,
Apollo Clinic

Patient Name	: Mr. DILIP KUMAR DWIVEDI	Age/Gender	: 33 Y/M
UHID/MR No.	: STAR.0000063864	OP Visit No	: STAROPV71071
Sample Collected on	:	Reported on	: 29-06-2024 14:45
LRN#	: RAD2364452	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 816016330545		

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

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CONCLUSION :

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Dr. VINOD SHETTY
Radiology