



**Ms. RUCHI SHAHI (37 /F)**

UHID : ASHB.0000050235

AHC No : BPLAH10220

Date : 28/09/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS  
CHECK FEMALE

**Dear Ms. RUCHI SHAHI**

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 : Ms. RUCHI SHAHI (37 /F)

Date : 28/09/2024

Address :

Examined by : Dr. AKHIL KUMAR TIWARI

UHID : ASHB.0000050235

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK  
FEMALE

AHC No : BPLAH10220



### Chief Complaints

For corporate health checkup

Pain In Lower Chest

### Present Known illness

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

Others - Allergic Bronchitis



### Drug Allergy

Dust :28/09/2024



### 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

**Gynaec history** : Last menstrual period - 4-9-24; Pregnant - No; Periods - regular; No of Children - 2; No of deliveries - 2; Deliveries - normal vaginal delivery

**Central nervous system** : - Nil Significant

**Eyes** : - Nil Significant

**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

No. of children - 2

Profession - government employee

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Sedentary



**Family history**

Father - has expired

Aged - 40

Cause - accident

Mother - alive

Aged - 54

Brothers - 2

Sisters - 0

Coronary artery disease - none

Cancer - None

**Physical Examination**



**General**

General appearance - normal  
 Build - over weight  
 Height - 157  
 Weight - 64.8  
 BMI - 26.29  
 Pallor - No  
 Oedema - no  
 SpO2 - 99



**Head and ENT**

- No significant finding



**Oral and Dental**

- No significant finding



**Cardiovascular system**

Heart rate (Per minute) - 96  
 Rhythm - Regular  
 - B.P. Sitting  
 Systolic(mm of Hg) - 124  
 Diastolic(mm of Hg) - 84  
 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

**Gynaec findings**

Gynaec checkup done by - Dr Anupa Lokwani

Marital status - married

No of Children - 2

Male - 2

Deliveries - BOTH NVD

Last child birth - 14 YRS

Abortion - 1

Periods - regular

L M P - 04/09/24

Breast examination - NORMAL

P/S - NAD

Pap smear - Taken

**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	1.010		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			
Bilirubin:	Nil			
RBC	Nil			
Pus Cells	2-3	/hpf		0.0 - 5.0/HPF
Epithelial Cells	1-2	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Absent			
Casts:	Absent			ABSENT
Crystals:	Absent			

**CBC**

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	14.6	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	43.1	%	●	35.5-44.9
RBC Count	4.50	Million/ul	●	4.00-5.20
MCV-	95.8	fl	●	80-100
MCH-	32.5 *	pg	●	27-32
MCHC-	33.9	g/dL	●	32-36
RDW	14.4	%	●	12.2-16.1
TLC COUNT	6.01	10 <sup>3</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	59	%	●	40-80
Lymphocytes	27	%	●	20-40

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

Monocytes	10	%	●	2-10
Eosinophils	4	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	210.7	10 <sup>3</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	9.5	fl	●	6.5-12.0

**ERYTHROCYTE SEDIMENTATION RATE (ESR)**

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	1	mm/1st hr	●	0-20

**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)	84	mg/dL	●	70-100

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	78	mg/dL	●	70-140

**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	4.8	%	●	4.0-5.6

**CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Total Cholesterol	137	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240

**HDL CHOLESTEROL - SERUM / PLASMA**

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



Test Name	Result	Unit	Level	Range
HDL Cholesterol	51	mg/dL	●	>40

**LDL CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
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 / PLASMA**

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	54	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500

**VLDL CHOLESTEROL - SERUM**

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	11 *		●	15-30

**TOTAL CHOLESTEROL AND HDL RATIO**

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	2.7 *		●	3.5-5.0

**PROTEIN TOTAL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.0	g/dL	●	6.6-8.3

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.6	g/dL	●	3.5-5.2

**GLOBULIN - SERUM**

Test Name	Result	Unit	Level	Range
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● Within Normal Range    ● Borderline High/Low    ● Out of Range

GLOBULIN	2.4 *	g/dL	●	2.6-4.6
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**ALBUMIN/GLOBULIN RATIO**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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ALBUMIN AND GLOBULIN RATIO	2.0		●	0.9-2.0
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**AST (SGOT) - SERUM**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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AST (SGOT)	22	U/L	●	< 35
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**ALT(SGPT) - SERUM / PLASMA**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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ALT(SGPT) - SERUM	17	U/L	●	<35
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**BILIRUBIN, TOTAL - SERUM**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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BILIRUBIN TOTAL	0.8	mg/dL	●	0.3-1.2
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**BILIRUBIN CONJUGATED (DIRECT) - SERUM**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
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**BILIRUBIN UNCONJUGATED (INDIRECT) - SERUM**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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BILIRUBIN UNCONJUGATED (INDIRECT)	0.6	mg/dL	●	0.1-1.2
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**ALKALINE PHOSPHATASE - SERUM/PLASMA**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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Alkaline Phosphatase - Serum	50	U/L	●	30-120
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**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

<b>Test Name</b>	<b>Result</b>	<b>Unit</b>	<b>Level</b>	<b>Range</b>
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● Within Normal Range      ● Borderline High/Low      ● Out of Range

GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM 14 U/L ● 0-38

**CREATININE - SERUM / PLASMA**

**Test Name Result Unit Level Range**

CREATININE - SERUM / PLASMA 0.61 mg/dL ● 0.55-1.02

**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 3.9 mg/dL ● 2.6-6.0

**BUN (BLOOD UREA NITROGEN)**

**Test Name Result Unit Level Range**

BUN (BLOOD UREA NITROGEN) 7.7 mg/dL Female: <50yrs 7.01-18.7 mg/dl  
Female:>50yrs 9.81-20.1 mg/dl

**TOTAL T3: TRI IODOTHYRONINE - SERUM**

**Test Name Result Unit Level Range**

TOTAL T3: TRI IODOTHYRONINE - SERUM 1.01 ng/ml ● 0.60-1.81

**TOTAL T4: THYROXINE - SERUM**

**Test Name Result Unit Level Range**

TOTAL T4: THYROXINE - SERUM 12.17 µg/dL ● 5.01 - 12.45

**TSH: THYROID STIMULATING HORMONE - SERUM**

TSH is a test that measures the amount of the hormone TSH in the blood. It can tell you if it's overactive (hyperthyroidism) or underactive (hypothyroidism). The test also detect thyroid disorder before you have any symptoms.

**Test Name Result Unit Level Range**

TSH: Thyroid Stimulating Hormone 2.12 µIU/mL ● 0.35-5.50

**PAP SMEAR /CERVICAL SMEAR**

Histopathology

Lab Ref No:

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

ASP/857/24

Specimen:

Received two conventional alcohol -fixed smears for cervical cytology. Papanicolaou staining done.

SPECIMEN ADEQUACY:

Unsatisfactory for evaluation.

Microscopic Description:

Smears show only few superficial squamous cells and few endocervical cells.

INTERPRETATION/RESULT:

Unsatisfactory for evaluation (due to low squamous cell cellularity).

COMMENTS AND SUGGESTIONS:

Kindly repeat Pap smear.

#### **X-RAY CHEST PA**

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref

#### **ULTRASOUND - WHOLE ABDOMEN**

IMPRESSION:- Sonography Study Reveals:-

- No significant abnormality detected.

ADV:- Clinical Correlation.

#### **CARDIOLOGY**

ECG

TMT/2D ECHO

### Executive Summary



MEDICALLY AND PHYSICALLY FIT.

Printed By : Akhil Kumar Tiwari

**Dr.AKHIL KUMAR TIWARI**

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

4

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**

**Dr. ARPITA AGARWAL**

MBBS, MS, FLVPEI (GLAUCOMA AND CATARACT.)  
 CATARACT, GLAUCOMA AND REFRACTIVE SURGEON  
 EX FELLOW AND CONSULTANT LV PRASAD EYE INSTITUTE, HYDERABAD  
 EX CONSULTANT PEOPLES'S HOSPITAL, BHOPAL  
 EX CONSULTANT ASG EYE HOSPITAL, BHOPAL

NAME *Ruchi*

AGE/SEX *36/F*

DATE *28/9/24*

c/o

*Nbc*  
*nil systema.*

VN	UNAIDED	WITH GLASS	PINHOLE
RE	<i>6/6</i>		
LE	<i>6/6</i>		

AR	SPH	CYL	AXIS
RE	<i>0.0</i>		
LE	<i>+0.25</i>		

REFRACTION;

*Nv → Nc Pg*

SUB	SPH	CYL	AXIS	VN
RE				
LE				
NV				

RE	
LE	

*ad tuboer 4 lines x axis*  
*1*  
*Agarwal*



Location:  
Room:  
Order Number:  
Indication:  
Medication 1:  
Medication 2:  
Medication 3:

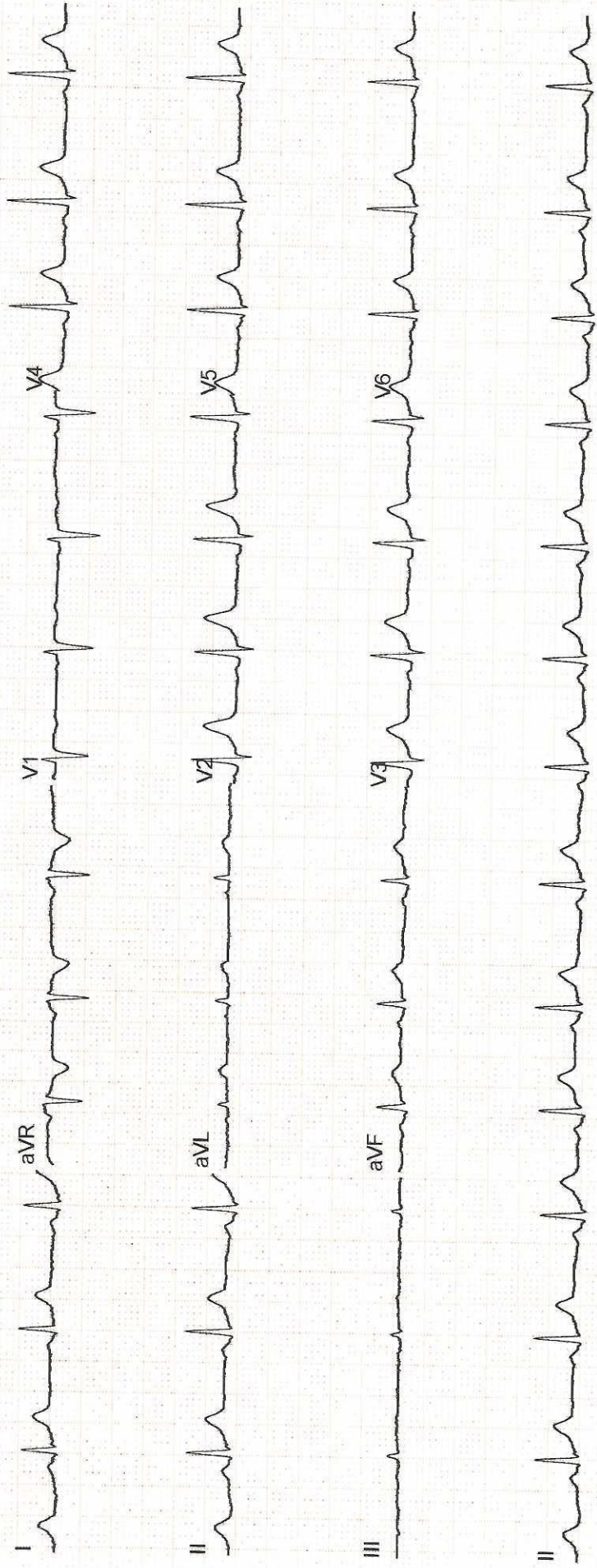
81 bpm  
-- / -- mmHg

Technician:  
Ordering Ph:  
Referring Ph:  
Attending Ph:

Female

Normal sinus rhythm  
Normal ECG

QRS : 72 ms  
QT / QTcBaz : 344 / 399 ms  
PR : 122 ms  
P : 76 ms  
RR / PP : 740 / 740 ms  
P / QRS / T : 46 / 49 / 46 degrees

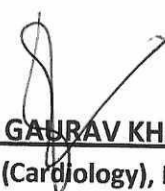




# ECHOCARDIOGRAPHY REPORT

Patient's Name	Ruchi Shahi	Date	28/09/2024
Age/Sex	36Y/F	UHID	HC-50235
Referred By	Health Check Up	Done By	Dr.Gaurav Khandelwal

- Left Ventricle : Normal Left Ventricular Size, Wall Thickness & Function.***
- Left Ventricular Ejection Fraction is within Normal Limits (LVEF : 60%)***
- Left Atrium : Normal Left Atrial Size & Functions.***
- Right Ventricle : Normal Right Ventricular Size & Functions.***
- Right Atrium : Normal Right Atrial Size & Function.***
- Valvular Structures : Normal Mitral, Tricuspid, Pulmonic & Aortic Valve Structures.***
- Aortic Root is Normal.***
- No Evidence of Pericardial Effusion.***
- No LA / LV Clot***

  
**DR. GAURAV KHANDELWAL**  
DM (Cardiology), FACC, FESC, FSCAI, FIC  
INTERVENTIONAL CARDIOLOGIST

**ULTRA SONOGRAPHY ABDOMEN**

Patient Name:	RUCHI SHAHI	Patient ID:	ASHB.0000050235
Age:	37 Years	Sex:	F
Accession Number:	17101.224011108	Modality:	US
Referring Physician:	Akhil Kumar Tiwari	Study:	ULTRASOUND - WHOLE ABDOMEN
Study Date:	28-Sep-2024		

**Liver:-** is normal in size and echotexture. Portal and hepatic venous system appears normal. Intra and extra hepatic biliary radicals are not dilated.

**Gall Bladder:-** is normal in size and shape. Its lumen is echofree.

**Pancreas** is normal in size outline and echopattern.

**Spleen** is normal in size and echopattern.

**Both kidneys** are normal in size, shape and echogenicity. Central pelvicalyceal sinus and corticomedullary ratio are normal.

Right kidney measures:- 8.9x3.8cm

Left kidney measures:- 10.4x3.9cm

No evidence of ascites is seen.

**Urinary bladder** is normal in shape and contour. Its wall is normal.

**Uterus and ovaries:-** are normal in size and echopattern. Cervix shows normal echopattern. No adnexal mass. No free fluid in POD. Endometrial thickness 6mm.

Uterus measures:- 8.2x4.2x3.6cm

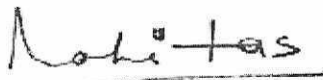
Right ovary measures 2.5x1.1cm.

Left ovary measures 4.2x3.6cm.

**IMPRESSION:-** Sonography Study Reveals:-

- **No significant abnormality detected.**

**ADV:-** Clinical Correlation.



**DR. HARI SANTOSH**  
**CONSULTANT RADIOLOGIST**



Patient Name:	RUCHI SHAHI	Patient ID:	ASHB.0000050235
Age:	37 Years	Sex:	F
Accession Number:	17101.124016351	Modality:	DX
Referring Physician:	Akhil Kumar Tiwari	Study:	CHEST
Study Date:	28-Sep-2024		

**X-RAY CHEST (PA VIEW)**

Both lung fields are clear. No active pleural or parenchymal lesion is seen.

The hila, mediastinum, bony thoracic cage and the diaphragmatic domes are normal.

The costophrenic and cardiophrenic angles are clear.

The cardiac silhouette is unremarkable.

**IMP:- RADIOGRAPHIC IMAGE REVEALS:-**

Normal findings are seen.

Thanks for Ref



**DR. HARI SANTOSH**  
CONSULTANT RADIOLOGIST

Date: 28-Sep-2024 14:50:41

