

Patient Name : Miss.SARIKA D KURTADKAR  
Age/Gender : 31 Y 9 M 12 D/F  
UHID/MR No : STAR.0000064074  
Visit ID : STAROPV71407  
Ref Doctor : Dr.SELF  
Emp/Auth/TPA ID : 36E1493

Collected : 10/Jul/2024 01:39PM  
Received : 10/Jul/2024 01:55PM  
Reported : 10/Jul/2024 02:46PM  
Status : Final Report  
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

**DEPARTMENT OF HAEMATOLOGY**

**PERIPHERAL SMEAR , WHOLE BLOOD EDTA**

Methodology : Microscopic

RBC : Normocytic normochromic

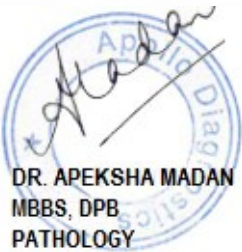
WBC : Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

**IMPRESSION : Normocytic normochromic blood picture**

Note/Comment : Please Correlate clinically



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**DEPARTMENT OF HAEMATOLOGY**

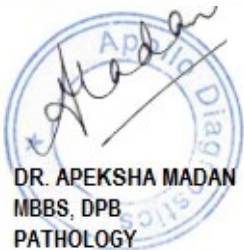
**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>HEMOGRAM , WHOLE BLOOD EDTA</b>				
<b>HAEMOGLOBIN</b>	13.4	g/dL	12-15	CYANIDE FREE COLOUROMETER
PCV	40.40	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	4.6	Million/cu.mm	3.8-4.8	Electrical Impedance
MCV	87.8	fL	83-101	Calculated
MCH	29.1	pg	27-32	Calculated
MCHC	33.1	g/dL	31.5-34.5	Calculated
R.D.W	12.6	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	4,930	cells/cu.mm	4000-10000	Electrical Impedance
<b>DIFFERENTIAL LEUCOCYTIC COUNT (DLC)</b>				
NEUTROPHILS	56	%	40-80	Electrical Impedance
LYMPHOCYTES	33	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	09	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
<b>ABSOLUTE LEUCOCYTE COUNT</b>				
NEUTROPHILS	2760.8	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	1626.9	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	98.6	Cells/cu.mm	20-500	Calculated
MONOCYTES	443.7	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	1.7		0.78- 3.53	Calculated
<b>PLATELET COUNT</b>	405000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
<b>ERYTHROCYTE SEDIMENTATION RATE (ESR)</b>	02	mm at the end of 1 hour	0-20	Modified Westergren
<b>PERIPHERAL SMEAR</b>				

Methodology : Microscopic

RBC : Normocytic normochromic

Page 2 of 9

**DR. APEKSHA MADAN**  
MBBS, DPB  
PATHOLOGY

SIN No:BED240179798

**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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**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

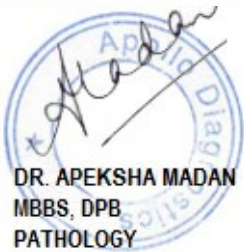
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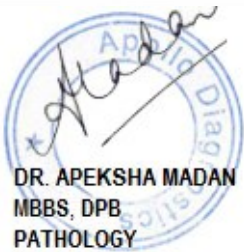


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**DEPARTMENT OF HAEMATOLOGY**

**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA</b>				
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 - PMC PACK I - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING , NAF PLASMA	101	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:**

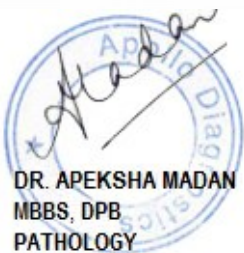
- 1.The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	102	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
ALANINE AMINOTRANSFERASE	13	U/L	4-44	JSCC



SIN No:SE04776438

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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

**(ALT/SGPT) , SERUM**

**Comment:**

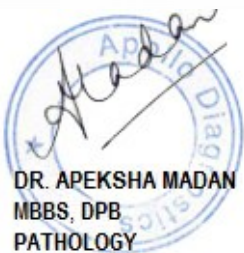
ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.

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
<b>BILIRUBIN, TOTAL , SERUM</b>	0.20	mg/dL	0.1-1.2	Azobilirubin

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>BUN/CREATININE RATIO , SERUM</b>				
BLOOD UREA NITROGEN	<b>4.5</b>	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.58	mg/dL	0.4-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	7.74			Calculated

**DR. APEKSHA MADAN**  
MBBS, DPB  
PATHOLOGY

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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE , SERUM	0.58	mg/dL	0.4-1.1	ENZYMATIC METHOD

  
DR. APEKSHA MADAN  
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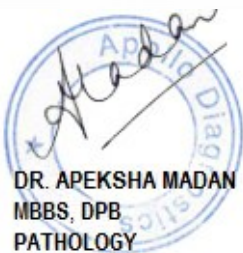
**DEPARTMENT OF CLINICAL PATHOLOGY**

**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>COMPLETE URINE EXAMINATION (CUE) , URINE</b>				
<b>PHYSICAL EXAMINATION</b>				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Physical measurement
pH	6.0		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.015		1.002-1.030	Dipstick
<b>BIOCHEMICAL EXAMINATION</b>				
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
<b>CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY</b>				
PUS CELLS	3-4	/hpf	0-5	Microscopy
EPITHELIAL CELLS	8-10	/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.



SIN No:UR2383832

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**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

**\*\*\* End Of Report \*\*\***

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**DR. APEKSHA MADAN**  
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Tardeo (Mumbai Central), Mumbai, Maharashtra  
Ph: 022 4332 4500

**OUT- PATIENT RECORD**

Date : 10/7/24  
 MRNO :  
 Name : Miss. Sarika Kurtaika  
 Age/Gender :  
 Mobile No : 3111 female  
 Passport No :  
 Aadhar number :

Pulse : 84/min	B.P : 120/80	Resp : 18/min	Temp : (N)
Weight : 53.5	Height : 156cm	BMI : 22.0	Waist Circum : 76cm

General Examination / Allergies  
History

Clinical Diagnosis & Management Plan

MEU + 2

Unmarried, Nonvegetarian  
 Sleep @ No Allergy.  
 No addiction  
 FH: Nil.  
 . Normal Report  
 . Fit Physically.



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

*(Handwritten Signature)*

**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, 7<sup>th</sup> Floor, Ameerpet, Hyderabad, Telangana - 500038  
 Ph No: 040 - 4904 7777 | www.apollohl.com



TOUCHING LIVES

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Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination

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**Comment:**

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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)	102	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
ALANINE AMINOTRANSFERASE	13	U/L	4-44	JSCC

Page 5 of 9



*A Madan*  
 DR. APEKSHA MADAN  
 MBBS, DPB  
 PATHOLOGY  
 SIN No:SE04776438

Patient Name : Miss.SARIKA D KURTADKAR  
 Age/Gender : 31 Y 9 M 12 D/F  
 UHID/MR No : STAR.0000064074  
 Visit ID : STAROPV71407  
 Ref Doctor : Dr.SELF  
 Emp/Auth/TPA ID : 36E1493

Collected : 10/Jul/2024 01:39PM  
 Received : 10/Jul/2024 01:55PM  
 Reported : 10/Jul/2024 02:47PM  
 Status : Final Report  
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

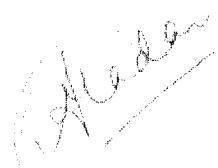
**DEPARTMENT OF BIOCHEMISTRY**  
**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

(ALT/SGPT) , SERUM

**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
BILIRUBIN, TOTAL , SERUM	0.20	mg/dL	0.1-1.2	Azobilirubin
Test Name	Result	Unit	Bio. Ref. Range	Method
BUN/CREATININE RATIO , SERUM				
BLOOD UREA NITROGEN	4.5	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.58	mg/dL	0.4-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	7.74			Calculated

DR. APEKSHA MADAN  
 MBBS, DPB  
 PATHOLOGY

SIN No:SE04776438



TOUCHING LIVES

Patient Name : Miss.SARIKA D KURTADKAR  
Age/Gender : 31 Y 9 M 12 D/F  
UHID/MR No : STAR.0000064074  
Visit ID : STAROPV71407  
Ref Doctor : Dr.SELF  
Emp/Auth/TPA ID : 36E1493



Collected : 10/Jul/2024 01:39PM  
Received : 10/Jul/2024 01:55PM  
Reported : 10/Jul/2024 02:14PM  
Status : Final Report  
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY  
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE , SERUM	0.58	mg/dL	0.4-1.1	ENZYMATIC METHOD

DR. APEKSHA MADAN  
MBBS, DPB  
PATHOLOGY

SIN No:SE04776438

Page 7 of 9



Patient Name : Miss.SARIKA D KURTADKAR  
Age/Gender : 31 Y 9 M 12 D/F  
UHID/MR No : STAR.0000064074  
Visit ID : STAROPV71407  
Ref Doctor : Dr.SELF  
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**DEPARTMENT OF CLINICAL PATHOLOGY**  
**ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>COMPLETE URINE EXAMINATION (CUE) , URINE</b>				
<b>PHYSICAL EXAMINATION</b>				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Physical measurement
pH	6.0		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.015		1.002-1.030	Dipstick
<b>BIOCHEMICAL EXAMINATION</b>				
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
<b>CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY</b>				
PUS CELLS	3-4	/hpf	0-5	Microscopy
EPITHELIAL CELLS	8-10	/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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DR. APEKSHA MADAN  
MBBS, DPB  
PATHOLOGY

SIN No:UR2383832







TOUCHING LIVES

Patient Name : Miss.SARIKA D KURTADKAR  
Age/Gender : 31 Y 9 M 12 D/F  
UHID/MR No : STAR.0000064074  
Visit ID : STAROPV71407  
Ref Doctor : Dr.SELF  
Emp/Auth/TPA ID : 36E1493



Collected : 10/Jul/2024 01:39PM  
Received : 10/Jul/2024 01:55PM  
Reported : 10/Jul/2024 02:47PM  
Status : Final Report  
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

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

\*\*\* End Of Report \*\*\*

DR. APEKSHA MADAN  
MBBS, DPB  
PATHOLOGY

SIN No:UR2383832

Page 9 of 9



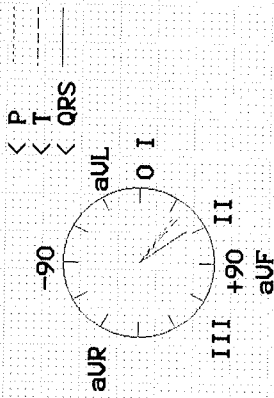
GE MAC1200 ST

*Mrs. Sarika*

HR **85** bpm

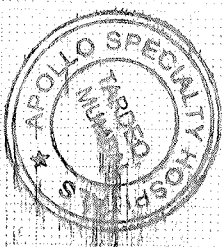
Measurement Results:

QRS	:		:	
QT/QTcB	:	372 /	:	442 ms
PR	:	150 ms	:	
P	:	112 ms	:	
RR/PP	:	698 /	:	705 ms
P/QRS/T	:	37/ 55/	:	41 degrees

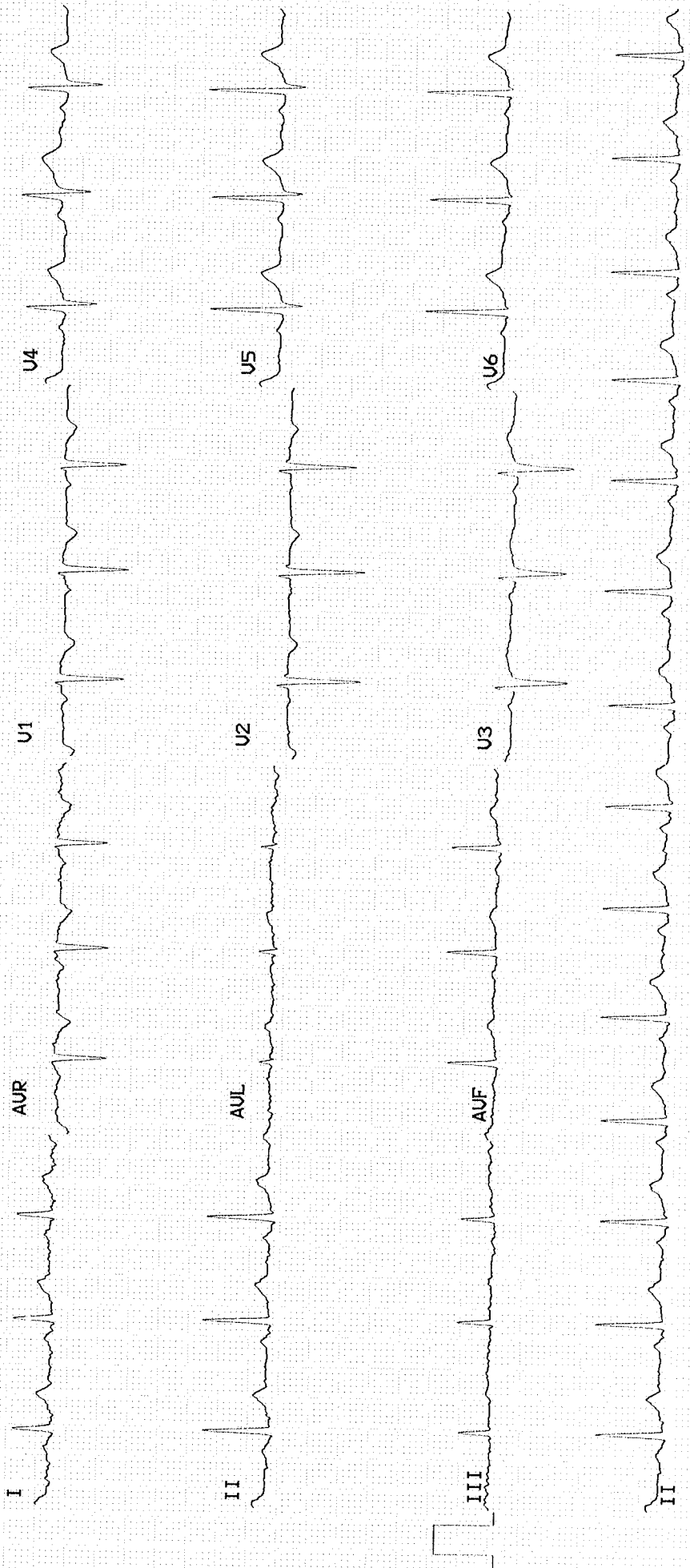


Interpretation:  
 12SL - Interpretation:  
 Normal sinus rhythm  
 Normal ECG

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



Unconfirmed report.



01 10/7/24

Patient Name : Miss. Sarika D Kurtadkar Age : 31 Y F  
UHID : STAR.0000064074 OP Visit No : STAROPV71407  
Reported on : 10-07-2024 16:58 Printed on : 10-07-2024 16:58  
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:10-07-2024 16:58

---End of the Report---

  
**Dr. VINOD SHETTY**  
Radiology

Smita Kustadkar .

Age - 21 yrs .

Date - 10/11/2024 .

- No gynaec complaints .

LMP - 15/06/2024 .

BMC - 1-2 days | 25-27 days - Regular  
- Moderate  
- Painless .

PH - Not significant

Family history - Not significant .

OIE - P/A @ NO Q/T/R .



**EYE REPORT**

Name: Sarika Kurladkar

Date: 1 July 2024

Age / Sex: 31 / F.

Ref No.:

Complaint: Nil.

— Ant. Seg: WNL —

Examination Un K Plano  
6/6, NG

— 0.4:1 —

FR +

**Spectacle Rx**

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks:

Medications:

Trade Name	Frequency	Duration

Follow up:



Consultant:

Dr. Kusrat J. Eshack (Mistry)  
M.D., D.O.M.S. (GOLD MEDALIST)  
Reg. No. 2012/10/2914  
Mob:- 8850 1353 73



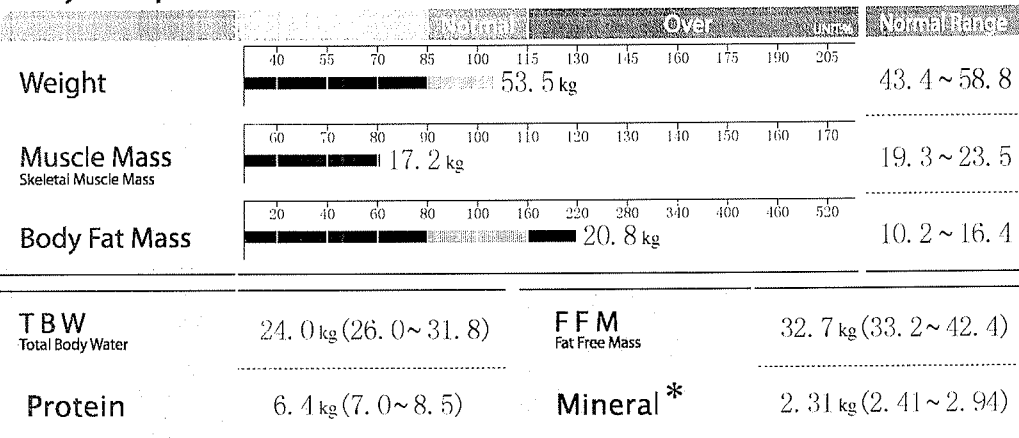
ID *Miss. Sarika*  
Age 31

Height 156cm  
Gender Female

Date 10. 7. 2024  
Time 11:33:41

APOLLO SPECTRA HOSPITAL

## Body Composition



## Segmental Lean

	Lean Mass Evaluation
Left	1.5kg Normal
Trunk	1.6kg Normal
Right	15.8kg Normal
Left	5.1kg Under
Right	5.0kg Under

\* Mineral is estimated.

## Obesity Diagnosis

		Normal Range
BMI Body Mass Index (kg/m <sup>2</sup> )	22.0	18.5 ~ 25.0
PBF Percent Body Fat (%)	38.8	18.0 ~ 28.0
WHR Waist-Hip Ratio	0.93	0.75 ~ 0.85
BMR Basal Metabolic Rate (kcal)	1077	1171 ~ 1349

## Nutritional Evaluation

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

## Weight Management

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

## Segmental Fat

	PBF Fat Mass Evaluation
Left	47.3% 1.5kg Over
Trunk	45.0% 1.4kg Over
Right	38.8% 10.6kg Over
Left	36.7% 3.1kg Normal
Right	37.2% 3.1kg Normal

\* Segmental Fat is estimated.

## Muscle-Fat Control

Muscle Control + 6.6 kg Fat Control - 9.0 kg Fitness Score 64

## Impedance

Z	RA	LA	TR	RL	LL
20kHz	447.5	469.1	31.6	356.2	340.9
100kHz	402.8	422.8	28.6	326.6	316.1

\* 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: 53.5 kg / Duration: 30min. / unit: kcal)					
Walking 107	Jogging 187	Bicycle 161	Swim 187	Mountain Climbing 174	Aerobic 187
Table tennis 121	Tennis 161	Football 187	Oriental Fencing 268	Gate ball 102	Badminton 121
Racket ball 268	Tae-kwon-do 268	Squash 268	Basketball 161	Rope jumping 187	Golf 94
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

1400 kcal

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

## Customer Care

---

**From:** noreply@apolloclinics.info  
**Sent:** Tuesday, July 9, 2024 2:05 PM  
**To:** wellness@mediwheel.in  
**Cc:** cc.tardeo@apollospectra.com; syamsunder.m@apollohl.com  
**Subject:** Your appointment is confirmed



**Dear Sarika Kurtadkar,**

Greetings from Apollo Clinics,

Your corporate health check appointment is confirmed at **SPECTRA TARDEO clinic** on **2024-07-10** at **08:00-08:15**.

Payment Mode	
Corporate Name	<b>ARCOFEMI HEALTHCARE LIMITED</b>
Agreement Name	<b>[ARCOFEMI MEDIWHEEL PMC CREDIT PAN INDIA OP AGREEMENT]</b>
Package Name	<b>[ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324]</b>

**"Kindly carry with you relevant documents such as HR issued authorization letter and or appointment confirmation mail and or valid government ID proof and or company ID card and or voucher as per our agreement with your company or sponsor."**

**Note: Video recording or taking photos inside the clinic premises or during camps is not allowed and would attract legal consequences.**

**Note: Also once appointment is booked, based on availability of doctors at clinics tests will happen, any pending test will happen based on doctor availability and clinics will be updating the same to customers.**

### **Instructions to be followed for a health check:**

1. Please ensure you are on complete fasting for 10-To-12-Hours prior to check.

2. During fasting time do not take any kind of alcohol, cigarettes, tobacco or any other liquids (except Water) in the morning. If any medications taken, pls inform our staff before health check.
3. Please bring all your medical prescriptions and previous health medical records with you.
4. Kindly inform our staff, if you have a history of diabetes and cardiac problems.

#### **For Women:**

1. Pregnant women or those suspecting are advised not to undergo any X-Ray test.
2. It is advisable not to undergo any health check during menstrual cycle.

**For further assistance, please call us on our Help Line #: 1860 500 7788.**

**Clinic Address: FAMOUS CINE LABS,156, PT.M.M.MALVIYA RAOD,TARDEO,MUMBAI,400034 .**

**Contact No: 022 - 4332 4500.**

P.S: Health Check-Up may take 4 - 5hrs for completion on week days & 5 - 6hrs on Saturdays, kindly plan accordingly, Doctor Consultation will be completed after all the Reports are ready.

Warm Regards,  
Apollo Clinic

<b>Patient Name</b>	: Miss. Sarika D Kurtadkar	<b>Age/Gender</b>	: 31 Y/F
<b>UHID/MR No.</b>	: STAR.0000064074	<b>OP Visit No</b>	: STAROPV71407
<b>Sample Collected on</b>	:	<b>Reported on</b>	: 10-07-2024 16:58
<b>LRN#</b>	: RAD2374902	<b>Specimen</b>	:
<b>Ref Doctor</b>	: SELF		
<b>Emp/Auth/TPA ID</b>	: 36E1493		

**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