

## Health Report

Patient Name *(Your name)* :

Age/Gender *(Your age/gender)* :

Dear [REDACTED]

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

**Predicting your risk:** Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

**Preventing onset or progress of chronic lifestyle diseases:** Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

**Overcoming barriers to your wellbeing:** Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments

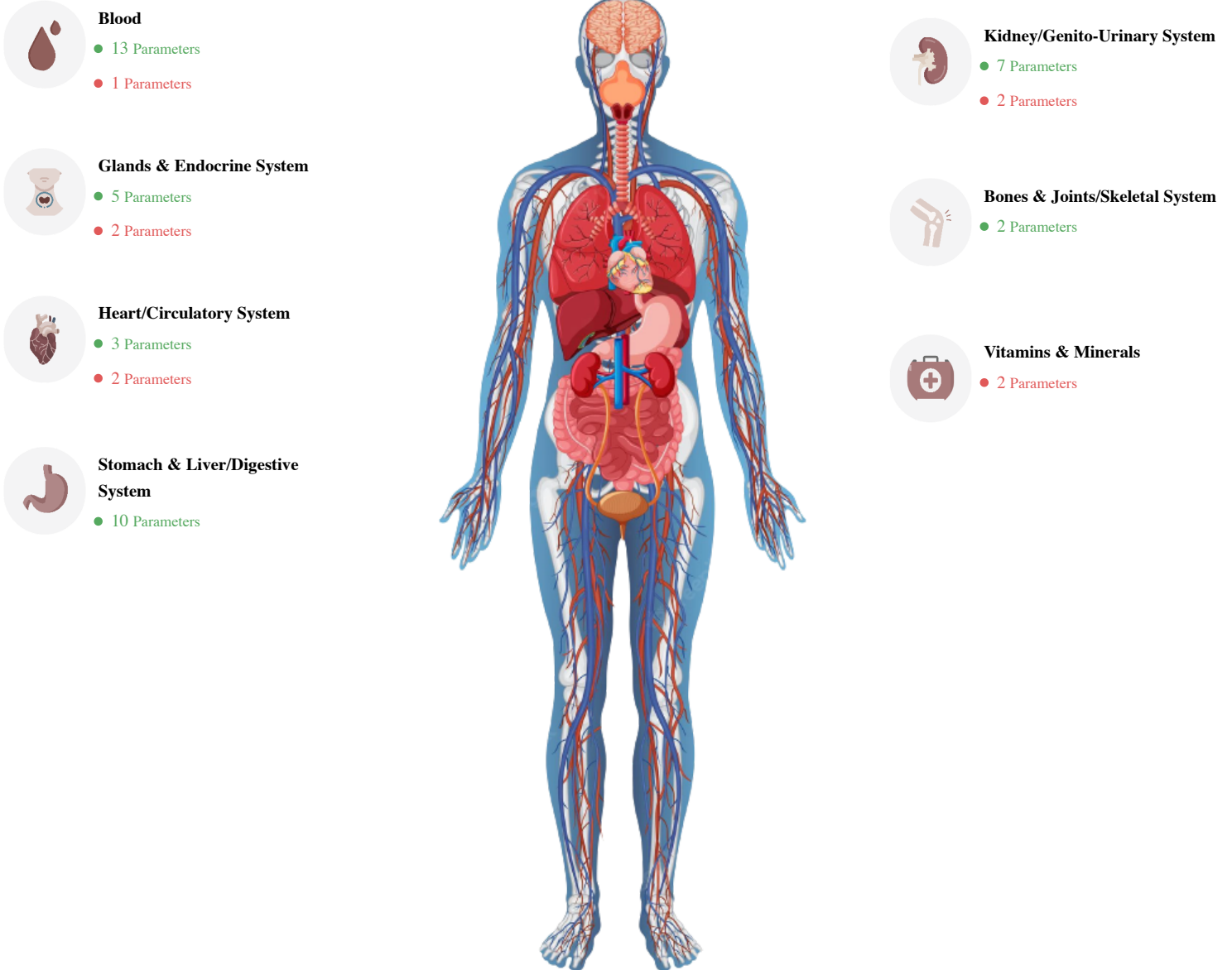
We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.

You can visit your ProHealth physician in person at this center.

Stay Healthy and happy!

Apollo ProHealth Care team

## Lab Report Summary



## Lab Parameters Needing Attention

### Blood

#### PCV

**Description:** PCV or hematocrit means the portion of RBCs in a certain amount of whole blood. A low hematocrit may indicate blood loss, iron deficiency or other disorders. If hematocrit is higher than normal, causative factors may include dehydration or other chronic conditions.

**35.90\*** %

36 - 46 %

### Glands & Endocrine System

#### HbA1c, GLYCATED HEMOGLOBIN

**Description:** The HbA1c test measures the average glucose concentration attached to haemoglobin over three months. It's a three-month average because that's typically how long a red blood cell survives. Physicians use an HbA1c test to diagnose and gauge the severity of diabetes or prediabetes in adults. Prediabetes means your blood sugar levels indicate you are at risk for diabetes. If you already have diabetes, an HbA1c test can help monitor your glucose levels and response to treatment.

**6.2\*** %

#### ESTIMATED AVERAGE GLUCOSE (eAG)

**131\*** mg/dL

### Heart/Circulatory System

#### TRIGLYCERIDES

**Description:** During digestion, your body breaks down fats in your meal into smaller molecules called triglycerides. High blood triglyceride levels increase your risk of developing cardiovascular disease. Risk factors for high triglyceride levels include high-calorie diets, obesity, uncontrolled diabetes, and drinking too much alcohol.

**199\*** mg/dL

0 - 149.99 mg/dL

#### VLDL CHOLESTEROL

**Description:** VLDL Cholesterol i.e Very-low-density protein produced in the liver

**39.8\*** mg/dL

5 - 30 mg/dL

### Kidney/Genito-Urinary System

#### UREA

**Description:** Urea is the final by-product of protein breakdown. It is predominantly cleared from the body by the kidneys and excreted in the urine. Blood levels of urea can indicate how well your kidneys are working. A level higher than the normal range may indicate underlying kidney disease and poor renal function.

**16.00\*** mg/dL

17 - 43 mg/dL

#### BLOOD UREA NITROGEN

**7.5\*** mg/dL

8 - 23 mg/dL

### Vitamins & Minerals

#### VITAMIN B12

**50\*** pg/mL

120 - 914 pg/mL

#### VITAMIN D (25 - OH VITAMIN D)

**Description:** Vitamin D helps the body absorb calcium from foods and supplements and is particularly important for bone health. It also protects against heart disease, diabetes, and some cancers. You can receive Vitamin D from two primary sources: diet (fortified dairy foods, breakfast cereal, certain fish) and ultraviolet light, such as sunlight. Your liver and kidney metabolize vitamin D into 25-hydroxyvitamin D, the active, circulating form. With age, your body gradually loses its ability to synthesize vitamin D. Assessing vitamin D blood levels can gauge requirements for diet and lifestyle modification, including vitamin D supplementation.

**15.4\*** ng/mL

30 - 100 ng/mL

Purpose of Visit : Routine Health Check

## Past Medical History

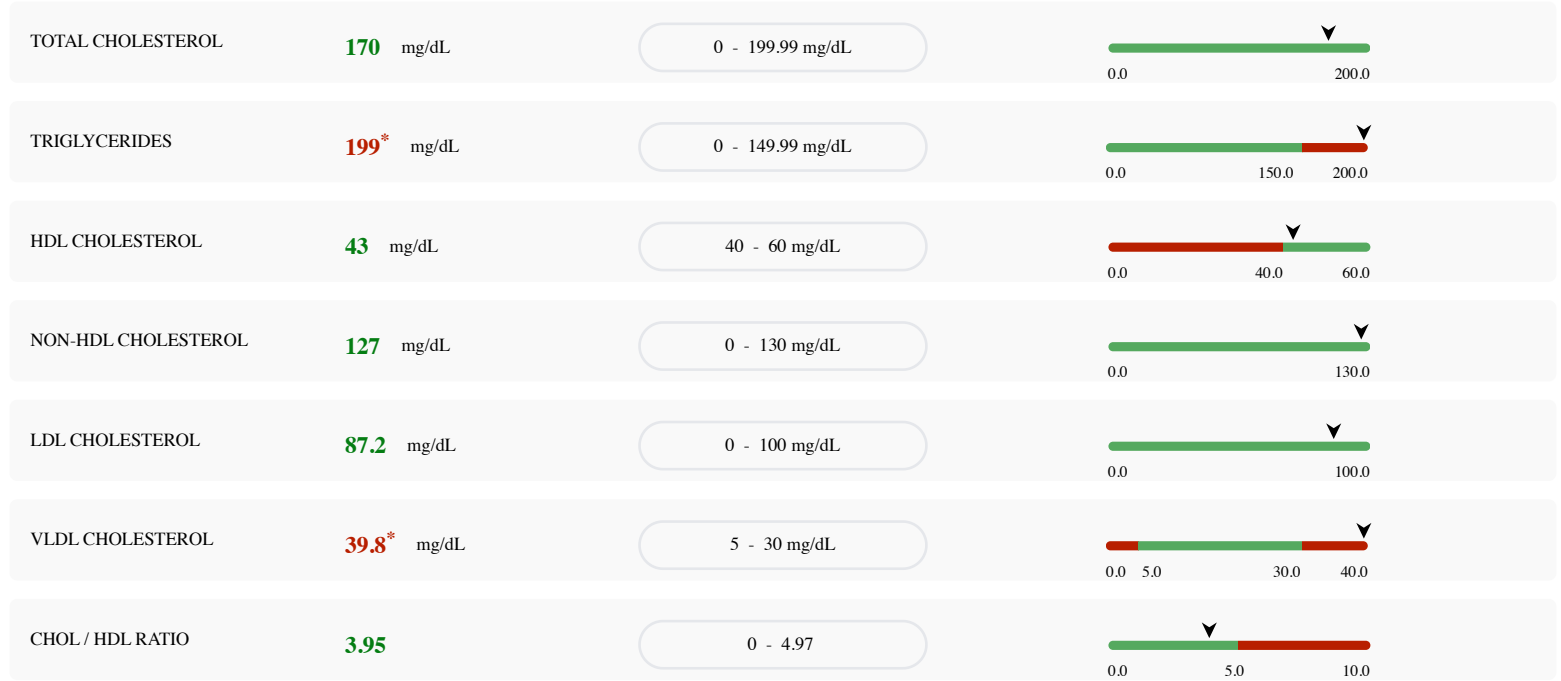
Personal History

## Lab Panel Results

### LIPID PROFILE

Sample Collected on : 17-02-2024

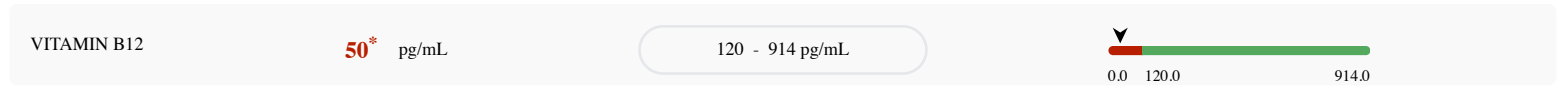
The different kinds of cholesterol and other fats in the blood are together called lipids. A Lipid profile gives results for four different types which is Total Cholesterol, LDL - Bad cholesterol HDL - Good Cholesterol and Triglycerides - Common type of fat in the body



### VITAMIN B12

Sample Collected on : 17-02-2024

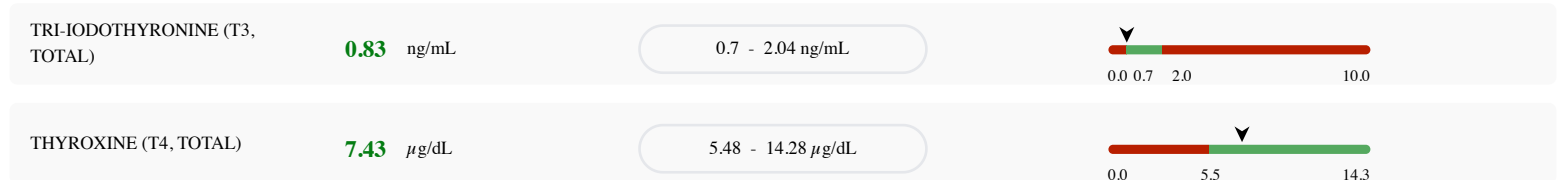
Vitamin B12 is a vitamin that is required for DNA Synthesis in your body in turn required to keep your Nerves and Blood Cells Healthy



### THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)

Sample Collected on : 17-02-2024

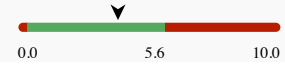
Thyroid profile test is done to assess the proper functioning of thyroid gland. Thyroid hormones regulate many aspects of the body's metabolism, including temperature, weight, and energy.



THYROID STIMULATING  
HORMONE (TSH)

**3.931**  $\mu\text{IU/mL}$

0.34 - 5.6  $\mu\text{IU/mL}$



## COMPLETE URINE EXAMINATION

Sample Collected on : 17-02-2024

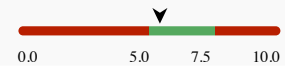
Complete Urine examination is urinalysis done on your urine to detect and manage a wide range of disorders, such as urinary tract infections, kidney or liver disease and diabetes. The parameters that are checked in urine are Acidity, Concentration, Protein, Sugar, Ketones, Nitrites, Bilirubin. Levels of WBs, RBCs, Bacteria, Yeasts, Casts and Crystals are assessed.

COLOUR PALE YELLOW	TRANSPARENCY CLEAR	URINE PROTEIN NEGATIVE	GLUCOSE NEGATIVE	URINE BILIRUBIN NEGATIVE
URINE KETONES (RANDOM) NEGATIVE	UROBILINOGEN NORMAL	BLOOD NEGATIVE	NITRITE NEGATIVE	LEUCOCYTE ESTERASE NEGATIVE
PUS CELLS 1-3 /hpf	EPITHELIAL CELLS 2-4 /hpf	RBC NIL /hpf	CASTS ABSENT	CRYSTALS ABSENT

pH

**5.5**

5 - 7.5



SP. GRAVITY

**1.025**

1.002 - 1.03



## COMPLETE BLOOD COUNT (CBC)

Sample Collected on : 17-02-2024

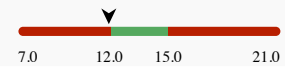
Haemogram/Complete Blood Count is a test panel that gives information about the cells in a your blood. Abnormally high or low counts may indicate the presence of many forms of disease

TOTAL LEUCOCYTE COUNT (TLC) 7,900 cells/cu.mm	CORRECTED TLC 7,900 Cells/cu.mm
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HAEMOGLOBIN

**12** g/dL

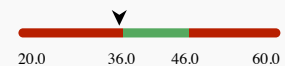
12 - 15 g/dL



PCV

**35.90\*** %

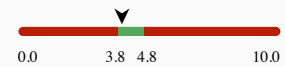
36 - 46 %



RBC COUNT

**4.07** Million/cu.mm

3.8 - 4.8 Million/cu.mm



MCV

**88.4** fL

83 - 101 fL



MCH

**29.5** pg

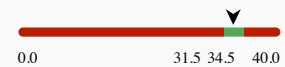
27 - 32 pg



MCHC

**33.3** g/dL

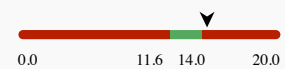
31.5 - 34.5 g/dL



R.D.W

**14.6\*** %

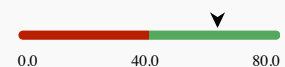
11.6 - 14 %

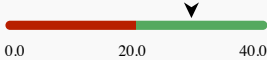
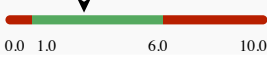
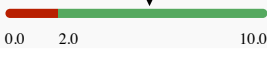

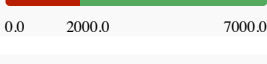

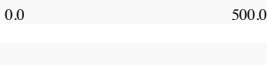

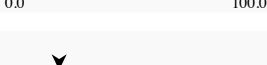
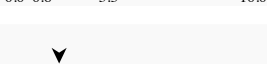



NEUTROPHILS

**61.8** %

40 - 80 %




LYMPHOCYTES	28.8 %	20 - 40 %	
EOSINOPHILS	3.1 %	1 - 6 %	
MONOCYTES	5.6 %	2 - 10 %	
BASOPHILS	0.7 %	0 - 2 %	
NEUTROPHILS	4882.2 Cells/cu.mm	2000 - 7000 Cells/cu.mm	
LYMPHOCYTES	2275.2 Cells/cu.mm	1000 - 3000 Cells/cu.mm	
EOSINOPHILS	244.9 Cells/cu.mm	20 - 500 Cells/cu.mm	
MONOCYTES	442.4 Cells/cu.mm	200 - 1000 Cells/cu.mm	
BASOPHILS	55.3 Cells/cu.mm	0 - 100 Cells/cu.mm	
Neutrophil lymphocyte ratio (NLR)	2.15	0.78 - 3.53	
PLATELET COUNT	249000 cells/cu.mm	150000 - 410000 cells/cu.mm	

#### GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)

Sample Collected on : 17-02-2024

The Post prandial test measures the level of glucose in your blood two hours post meal.

GLUCOSE, POST PRANDIAL (PP), 2 HOURS	102 mg/dL	70 - 140 mg/dL	
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#### RHEUMATOID FACTOR (RA) -(LATEX AGGLUTINATION)

Sample Collected on : 17-02-2024

RHEUMATOID FACTOR (RA)
NEGATIVE

#### VITAMIN D - 25 HYDROXY (D2+D3)

Sample Collected on : 17-02-2024

Vitamin D is a nutrient that is essential to keep your bones and teeth healthy. Vitamin D test is done to assess levels of Vitamin D in the body.

VITAMIN D (25 - OH VITAMIN D) **15.4\*** ng/mL

30 - 100 ng/mL



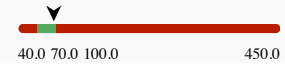
## GLUCOSE, FASTING

Sample Collected on : 17-02-2024

Fasting Glucose is the measurement of levels of blood glucose after fasting/not consuming food for 10-12 hours

GLUCOSE, FASTING **100** mg/dL

70 - 100 mg/dL



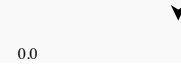
## HBA1C, GLYCATED HEMOGLOBIN

Sample Collected on : 17-02-2024

The HBA1C test measures the average blood sugar level over the past 3 months. This test helps in evaluating the long-term control of blood glucose concentrations in patients with diabetes

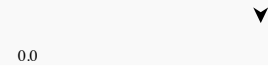
HBA1C, GLYCATED HEMOGLOBIN **6.2\*** %

0 - 0 %



ESTIMATED AVERAGE GLUCOSE (eAG) **131\*** mg/dL

0 - 0 mg/dL



## RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT)

Sample Collected on : 17-02-2024

Renal Function Test is a profile of biochemistry blood tests that are useful to assess the functions of your kidney. Blood levels of Parameters that are filtered by the kidney are measured to check the functional strength of your kidney

CREATININE **0.74** mg/dL

0.72 - 1.18 mg/dL



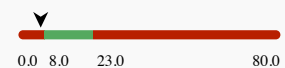
UREA **16.00\*** mg/dL

17 - 43 mg/dL



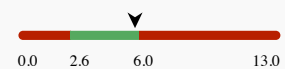
BLOOD UREA NITROGEN **7.5\*** mg/dL

8 - 23 mg/dL



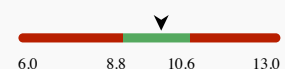
URIC ACID **5.90** mg/dL

2.6 - 6 mg/dL



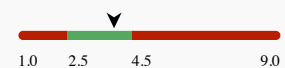
CALCIUM **9.90** mg/dL

8.8 - 10.6 mg/dL



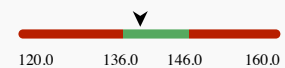
PHOSPHORUS, INORGANIC **4.00** mg/dL

2.5 - 4.5 mg/dL



SODIUM **139** mmol/L

136 - 146 mmol/L



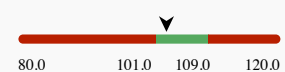
POTASSIUM **4.5** mmol/L

3.5 - 5.1 mmol/L



CHLORIDE **103** mmol/L

101 - 109 mmol/L







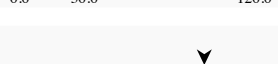

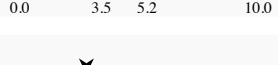





## LIVER FUNCTION TEST (LFT)

Sample Collected on : 17-02-2024


Liver function tests are blood tests used to help diagnose and monitor liver disease or damage by measuring the levels of certain enzymes and proteins made by the liver. LFT is done to measure the levels of - alanine aminotransferase (ALT) alkaline phosphatase (ALP), aspartate aminotransferase (AST), gamma-glutamyl transferase (GGT), bilirubin, albumin, total protein.

BILIRUBIN, TOTAL	0.47 mg/dL	0.3 - 1.2 mg/dL	
BILIRUBIN CONJUGATED (DIRECT)	0.10 mg/dL	0 - 0.19 mg/dL	
BILIRUBIN (INDIRECT)	0.37 mg/dL	0 - 1.1 mg/dL	
ALANINE AMINOTRANSFERASE (ALT/SGPT)	15 U/L	0 - 34.99 U/L	
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	15.0 U/L	0 - 34.99 U/L	
ALKALINE PHOSPHATASE	67.00 U/L	30 - 120 U/L	
PROTEIN, TOTAL	7.50 g/dL	6.6 - 8.3 g/dL	
ALBUMIN	4.50 g/dL	3.5 - 5.2 g/dL	
GLOBULIN	3.00 g/dL	2 - 3.5 g/dL	
A/G RATIO	1.5	0.9 - 2	

## CA -125

Sample Collected on : 17-02-2024

A CA 125 test measures the amount of the protein CA 125 (cancer antigen 125) in your blood.

CA -125	6.3 U/mL	0 - 35 U/mL	
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## Radiology Test

Radiology reports are available separately for your reference if applicable

## Physical Examination

### Vitals

Weight	: 69 Kgs
Height	: 157 Cms
BMI	: 27.99
Pulse	: 85 BPM
SpO2	: 98 %
Temperature	: 97 °F

### Physical Exam

Pallor	: No
Icterus	: No
Cyanosis	: No
Clubbing	: No
Koilonychia	: No
Edema	: No

### Cardiovascular System

Systolic BP(Mm Of Hg)	: 150
Diastolic BP(Mm Of Hg)	: 80

### Respiratory System


Rate Of Respiration(Per Minute)	: 16
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## Impressions

- PRE DIABETIC STAGE
- HYPERTENSION
- VITAMIN D DEFICIENCY
- VITAMIN B12 DEFICIENCY
- CERVICAL SPONDYLOSIS
- BILATERAL CAROTID PLAQUES

## Lab Reports

Your lab reports are available. Click on the link below to view your reports.

 [x-ray chest pa](#)
 [sono mamography - screening](#)
 [ultrasound screening whole abd...](#)
 [ecg](#)
 [complete blood count \(cbc\), glu...](#)

## Apollo's Artificial Intelligence Enabled Risk Scores

Based on current parameters, personal family history, AI enabled tools derive health risk scores to alert guest on his/her likely predisposition to a disease to aid early detection early medical intervention to mitigate the risk.

### AICVD Risk score Low Risk

Report Name	Your Score	Acceptable Score
<b>Risk of Heart Disease</b>	<b>4</b>	<b>7</b>

Info: Your likelihood to Cardiovascular disease is within acceptable range to other people of your age & gender in next 10 years

**Note:** The AICVD Cardiac 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.

### Pre-Diabetes Risk score Low Risk

Report Name	Your Score
<b>Prediabetes</b>	<b>2.5 / 100</b>

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

### COPD Risk Assessment Low Risk

Report Name	Your Score
<b>COPD Risk Assessment</b>	<b>Low risk (27.0%) of developing acute exacerbation of COPD in next 3 months.</b>

**Note:** The Apollo COPD screening tool provides an accurate, comprehensive risk assessment integrating clinical features, medication history, and air quality data, along with a clinical decision support tool to guide the next steps in management. This risk assessment tool does not diagnose COPD or asthma, but only assesses the risk of an acute exacerbation of COPD in the next 3 months

#### DISCLAIMER:

1. This test only derives the risk score to alert the guest of his/her likely risk predisposition to a disease. It is not a diagnostic tool and does not guarantee the accuracy of the result and cannot be independently acted upon.
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, the doctor shall be consulted for interpretation of the report.
4. Apollo clinic and its staff do 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 cardiac risk score without any intervention from their side.
5. It is deemed that by providing consent to derive the risk score, the guest has done so at his/her own risk and further agrees with this disclaimer without any limitation to any clauses or sub-clauses.