...Your wellness partner

Arcofemi Healthcare Pvt Ltd

(Formerly known as Arcofemi Healthcare Ltd) F-701A, Lado Sarai, Mehrauli, New Delhi - 110030

Emelt wellness@mediwheel.in, Website: www.mediwheel.in

Tel: +91-11-41195959, Fax: +91-11-29523020

CIN: U24240DL2011PTC216307

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner holding a Medical degree)

This is to certify that **Kunjal Soni** aged **39**<u>yr</u>. Based on the examination, I certify that he is in good dental and physical health and it is free from any physical defects such as deafness, color blindness, and any chronic or contagious diseases.

Place: Mumbai

Date: 08/03/2025

Name & Signature of

Medical officer



Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 08/03/2025 14:20:44

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

COMPLETE BLOOD COUNT *				
Test		Result	Unit	Biological Ref Range
Hemoglobin (SLS) Photometric	:	12.0	g/dL	12-14 g/dL
Total RBC (Electrical Impedence)	:	4.24	10^6/µL	3.0-6.0 10^6/μL
Hematocrit (PCV) (Calculated)	:	36.4	%	36-54 %
Mean Corpuscular Volume (MCV) (calulated)	:	85.8	fL	78-101 fL
Mean Corpuscular Hemoglobin (MCH) (Calculated)	:	28.3	pg	27-32 pg
Mean Corpuscular Hemoglobin Concentration (MCHC)	:	33.0	g/dL	31.5-34.5 g/dL
(Calculated) Red Cell Distribution Width (RDW-CV) (Electrical Impedence)	-:	11.00	%	12-15 %
Total Leucocytes Count (Light Scattering)	:	8000	/cumm	4000-11000 /cumm
Neutrophils	:	50	%	40-75 %
(Calculated)				
Eosinophils Percentage	:	01	%	1-6 %
(Calculated)				
Lymphocyte Percentage	:	45	%	20-45 %
(Calculated)				
Basophils Percentage	:	0	%	0-1 %
(Calculated)				
Monocytes Percentage	:	04	%	1-10 %
(Calculated)				
RBC Morphology	:	Normocytic,	Normochromic	
WBC Morphology	:	Normal Morp	ohology	
Platelet Count (Electrical Impedence)	:	322000	/ul	150000-450000 /ul

E.S.R

Sample Type:EDTA whole blood(Westergren)
Sample Type: EDTA Whole Blood

Platelets on Smear

Test done with THREE PART CELL COUNTER (Sysmex KX-21)

Note: Tests marked with * are included in NABL scope.

Adequate

mm at 1hr

22

*All Samples Processed At Excellas Clinics Mulund Centre .







Adequate

0-20 mm at 1hr



Registration ID : 33836 Sample Collection : 08/03/2025 11:04:59

Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

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Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

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*ESR NOT IN NABL scope.

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 08/03/2025 14:20:44)









Registration ID: 33836 : 08/03/2025 11:04:59 Sample Collection

: MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59 Name

Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 18:44:03 Age/Sex : 39 Yrs. / F

: J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd Ref. By

SERVICES LTD

HbA1c (Whole Blood)

Test Result Unit Reference Range Non-diabetic: 4-6 HbA1C-Glycosylated Haemoglobin 5.60 %

> Excellent Control: 6-7 Fair to good control: 7-8 Unsatisfactory control: 8-10

Poor Control: >10

EDTA Whole Blood, Method: HPLC

65.1-136.3 mg/dL mg/dl Estimated Average Glucose (eAG) 114.02 mg/dl

EDTA Whole Blood, Method: Calculated

Interpretation:

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 18:44:03)

Blood Sugar Fasting (FBS) & Post Prandial Blood Sugar (PPBS)

Test Result Unit Biological Ref. Range GLUCOSE (SUGAR) FASTING, 94 mg/dL Non-Diabetic: < 100 mg/dl (Fluoride Plasma Used) Impaired Fasting Glucose: 100-

125 mg/dl Diabetic: >/= 126 mg/dl

Method: GOD-POD

GLUCOSE (SUGAR) PP, (Fluoride 98 mg/dl Non-Diabetic: < 140 mg/dl

Plasma Used) Impaired Glucose Tolerance: 140-

199 mg/dl Diabetic: >/= 200 mg/dl

Test Done on - Automated Biochemistry Analyzer (EM 200)

*All Samples Processed At Excellas Clinics Mulund Centre .

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 16:09:22)







^{1.}The term HbA1c refers to Glycated Haemoglobin. Measuring HbA1c gives an overall picture of what the average blood sugar levels have been over a period of weeks/month. Higher the HbA1c, the greater the risk of developing diabetes-related complications.

^{2.}HbA1c has been endorsed by clinical groups and ADA (American Diabetes Assocation) guidelines 2012, for the diagnosis of diabetes using a cut-off point of 6.5%. ADA defined biological reference range for HbA1c is between 4-6%. Patients with HBA1c value between 6.0-6.5% are considered at risk for developing diabetes in the future. Trends in HbA1c area a better indicator of glucose control than standalone test.

^{3.}To estimate the eAG from the HbA1c value, the following equation is used: eAG(mg/dl) =28.7*A1c-46.7.

^{4.}Diabetic must aspire to keep values under 7% to avoid the various complications resulting from diabetes.

^{*}Note - This test is outsourced and processed at Millenium Special Labs Pvt Ltd.



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Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 18:44:03

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

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BLOOD GROUP

Test Result Unit Biological Ref. Range

Blood Group : 'O' Rh POSITIVE

Slide and Tube Aggllutination Test

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 08/03/2025 19:19:14)







Registration ID : 33836 83625 Sample Collection : 08/03/2025 11:04:59

Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 16:09:26

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

		LIPID PROFILE	
Test	Resul	t Unit	Biological Ref. Range
Total Cholesterol	: 204	mg/dl	Desirable: <200 Borderline high = 200-239 High: > 239
Serum, Method: CHOD-PAP			
S. Triglyceride	: 129	mg/dl	Desirable: <161 Borderline High: 161 - 199 High: > 200 - 499/ Very High:>499
Serum, Method: GPO-Trinder			
HDL Cholesterol serum,Direct method	: 49	mg/dl	42.0-88.0 mg/dl
LDL Cholesterol	: 129.20) mg/dl	Optimal: <100; Near Optimal: 100-129; Borderline High: 130-159; High: 160-189; Very high: >190
Serum, (Calculated)	0.5.0		5.00 / II
VLDL Cholesterol Serum, Method: Calculated	: 25.8	mg/dl	5-30 mg/dl
LDL/HDL Ratio	: 2.6		Optimal: <2.5 Near Optimal: 2.5-3.5 High >3.5
Serum, Method: Calculated			
TC/HDL Ratio	: 4.2		Optimal: <3.5 Near Optimal: 3.5 - 5.0 High >5.0
Serum, Method: Calculated			

Test Done on - Automated Biochemistry Analyzer (EM 200).

Interpretation

- 1.Triglycerides: When triglycerides are very high greater than 1000 mg/dL, there is a risk of developing pancreatitis in children and adults. Triglycerides change dramatically in response to meals, increasing as much as 5 to 10 times higher than fasting levels just a few hours after eating. Even fasting levels vary considerably day to day. Therefore, modest changes in fasting triglycerides measured on different days are not considered to be abnormal.
- 2. HDL-Cholesterol: HDL- C is considered to be beneficial, the so-called "good" cholesterol, because it removes excess cholesterol from tissues and carries it to the liver for disposal.
- 3. LDL-Cholesterol: Desired goals for LDL-C levels change based on individual risk factors.

*All Samples Processed At Excellas Clinics Mulund Centre

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 16:09:26)





----- End Of Report -----

Dr. Santosh Khairnar M.D. (Pathologist) Reg. No.-2000/08/2926





Registration ID : 33836 Sample Collection : 08/03/2025 11:04:59

Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 16:09:38

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

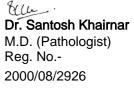
*All Samples Processed At Excellas Clinics Mulund Centre .

LIVER FUNCTION TEST				
Test		Result	Unit	Biological Ref. Range
S. Bilirubin (Total)	:	0.32	mg/dl	0-2.0 mg/dl
Serum, Method: Diazo (walter & Gerarde)				
S. Bilirubin (Direct)	:	0.16	mg/dl	0-0.4 mg/dl
Serum, Method: Diazo (walter & Gerarde)				
S. Bilirubin (Indirect)	:	0.16	mg/dl	0.10-1.0 mg/dl
Serum, Method: Calculated				
Aspartate Transaminase (AST/SGOT)	:	18.1	IU/L	0-31 IU/L
Serum, Method: UV Kinetic with P5P				
Alanine Transaminase (ALT/SGPT)	:	22.0	IU/L	0-34 IU/L
Serum, Method: UV Kinetic with P5P				
S. Alkaline Phosphatase	:	86.0	IU/L	42-98 IU/L
Serum, Method: IFCC with AMP buffer				
Total Proteins	:	6.2	gm/dl	6.4-8.3 gm/dl
Serum, Method: Biuret				
S. Albumin	:	3.8	gm/dl	3.5-5.2 gm/dl
Serum, Method: BCG				
S. Globulin	:	2.4	gm/dl	2.3-3.5 gm/dl
Serum, Method: Calculated				
A/G Ratio	:	1.58		0.90-2.00
Serum, Method: Calculated				
Gamma GT	:	45	U/L	0-38 U/L
Serum, Method: G glutamyl carboxy nitroanilide	/EM 2	1001		
Test Done on - Automated Biochemistry Analyzer	(⊏IVI 2	(00).		

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 16:09:38)











Registration ID : 33836 Sample Collection : 08/03/2025 11:04:59

Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 16:09:51

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

BLOOD UREA NITROGEN (BUN)

Test Result Unit Biological Ref. Range

Urea : 26.70 mg/dl 13-40 mg/dl

Serum, Method: Urease - GLDH

Blood Urea Nitrogen : 12.48 mg/dl 5-18 mg/dl

Test Done on - Automated Biochemistry Analyzer (EM 200)

*All Samples Processed At Excellas Clinics Mulund Centre

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 16:09:51)

SERUM CREATININE

Test Result Unit Biological Ref. Range

S. Creatinine : 0.61 mg/dl 0.60-1.1 mg/dl 0.60-1.1 mg/dl

Serum, Method: Enzymatic

Test Done on - Automated Biochemistry Analyzer (EM 200).

*All Samples Processed At Excellas Clinics Mulund Centre

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 16:09:43)

SERUM URIC ACID

Test Result Unit Biological Ref. Range

S. Uric Acid : 3.60 mg/dl 2.6-6.0 mg/dl

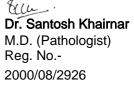
Serum, Method: Uricase - POD

Test Done on - Automated Biochemistry Analyzer (EM 200).

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 16:09:53)











Registration ID : 33836 Sample Collection : 08/03/2025 11:04:59

Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 16:09:51

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

BUN CREAT RATIO (BCR)

Test Result Unit Biological Ref. Range

BUN/Creatinine ratio : 20.45 5-20

Serum, Method: Calculated

NOTE:

A blood urea nitrogen (BUN)/creatinine ratio (BCR) >20 is used to distinguish pre-renal azotemia (PRA) and acute tubular necrosis (ATN)

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 16:10:08)

----- End Of Report -----





Dr. Santosh Khairnar M.D. (Pathologist) Reg. No.-2000/08/2926



Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 09/03/2025 08:10:20

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

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EXAMINATION OF URINE

Test Result Unit Biological Ref. Range

PHYSICAL EXAMINATION

Quantity : 30 ml

Colour : Pale yellow

Appearance : Clear

 Reaction (pH)
 :
 5.0
 4.5 - 8.0

 Specific Gravity
 :
 1.010
 1.010 - 1.030

CHEMICAL EXAMINATION

Protein Absent Absent Abesnt Glucose Absent **Ketones Bodies** Absent Abesnt Occult Blood Absent Absent Bilirubin Absent Absent Absent Normal Urobilinogen

MICROSCOPIC EXAMINATION

Epithelial Cells : 0 - 1 / hpf
Pus cells : 0 - 1 / hpf
Red Blood Cells : Absent / hpf

Casts : Absent / lpf Absent / lpf Crystals : Absent Absent

OTHER FINDINGS

Yeast Cells : Absent Absent Bacteria : Absent Absent Absent

Mucus Threads : Absent Spermatozoa : Absent

Deposit : Absent Absent Absent Absent Absent

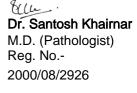
sample type:Urine

Method: Visual and Microscopic

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 09/03/2025 08:10:20)











Registration ID : 33836 Sample Collection : 08/03/2025 11:04:59

Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 18:52:15

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

X RAY CHEST PA VIEW

Both the lung fields appear normal.

Cardiac silhouette is within normal limits.

Bilateral hilar shadows appear normal.

Bilateral costophrenic angles appear normal.

Bony thorax appears normal.

Soft tissues appear normal.

IMPRESSION:

No significant abnormality detected.

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 18:52:15)

----- End Of Report -----





Dr. Reshma Gokran MD (Radiologist) Reg. No-2009/09/3296



Registration ID : 33836 Sample Collection : 08/03/2025 11:04:59

Name : MRS. KUNJAL SONI Sample Received : 08/03/2025 11:04:59

Age/Sex : 39 Yrs. / F Printed : 11/03/2025 16:02:39 Report Released : 10/03/2025 18:52:13

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

OPTHALMIC EVALUATION

Examination	Right Eye	Left Eye
Distance Vision	6/6	6/6
Near Vision	N/6	N/6
Color Vision	No	rmal
Remarks	No	rmal

(Collected At: 08/03/2025 11:04:59, Received At: 08/03/2025 11:04:59, Reported At: 10/03/2025 18:52:13)







Patient Name : MRS. KUNJAL SONI

Age / Sex : 39 years / Female

Ref. Doctor : SELF

Client Name : EXCELLAS CLINICS PVT LTD

Sample ID : 250316261

Printed By : EXCELLAS CLINICS PVT LTD



Patient ID / Billing ID: 1435764 / 1640178

Specimen Collected at EXCELLAS CLINICS PVT

Sample Collected On: 08/03/2025, 02:44 p.m. Reported On : 08/03/2025, 04:04 p.m.

: 10/03/2025, 07:41 p.m. Printed On



TEST DONE	OBSERVED VALUE	UNIT	REFERENCE RANGE	метнор
T3, T4, TSH SERUM				
T3-TOTAL	0.90	ng/mL	0.80 - 2.0	ECLIA
(TRIIODOTHYRONINE),SERUM				
T4-TOTAL (THYROXINE),	9.35	μg/dL	5.1 - 14.1	ECLIA
SERUM ^				
TSH (THYROID STIMULATING	9.96	μIU/mL	0.27 - 5.3	ECLIA
HORMONE) SERUM ^				
Interpretation				

Interpretation

Decreased TSH with raised or within range T3 and T4 is seen in primary hyperthyroidism, toxic thyroid nodule, sub-clinical hyper-thyroidism, on thyroxine ingestion, post-partum and gestational thyrotoxicosis Raised TSH with decreased T3 and T4 is seen in hypothyroidism and with intermittent T4 therapy. Alterations in TSH are also seen in non-thyroidal illnesses like HIV infection, chronic active hepatitis ,estrogen producing tumors, pregnancy, new-born, steroids, glucocorticoids and may cause false thyroid levels for thyroid function tests as with increased age ,marked variations in thyroid hormones are seen. In pregnancy T3 and T4 levels are raised, hence FT3 and Ft4 is to be done to determine hyper or hypothyroidism

NOTE

Tests marked with ^ are included in NABL scope.

Test results relate to the sample as received.

Marked variations in thyroid hormones are seen with age.

In pregnancy T3 and T4 levels are raised. Hence FT3 and FT4 is recommended to be done to determine hyper or hypothyrodism.

By ECLIA method, false low or false high values can be because of Biotin (Vitamin B7) consumption.

Processed By: NABL Accredited Dr. Vaidya's Laboratory, Thane

Scan QR for Authentication

Checked By:

Reviewed By B

Dr. Vivek Bonde MD Pathology

END OF REPORT

Toll Free No: 18002668992 | Email ID: info@drvaidyaslab.com | Website: www.drvaidyaslab.com





MEDICAL EXAMINATION REPORT			
Name Mr./ Mrs./ Miss	Kunjal Sonio		
Sex	Male / Female	*	
Age (yrs.)	UHID:		
Date	/ /20	Bill No :	
Marital Status	Single / Married / Widow / Wid No. of Children : —	ower:	
Present Complaints	A Hypothys	vid on Re.	
Past Medical History : Surgical History :	Mo	1	
Personal History	Diet : Veg ₩Mixed □ :		
	Addiction : Smoking □/ Tobacc	o Chewing □ / Alcohol □	
	Any Other:	OCE	
Family History	Father = HT / DM / IHD / Stroke	e / Any Other	
,	Mother = HT / DM / IHD / Stroke Siblings = HT / DM / IHD / Stroke	e / Any Other	
History of Allergies	Drug Allergy	100001(1	
E.	Any Other	*.	
History of Medication	For HT / DM / HD / Hypothyroid	sm	
×	Any Other -		
On Examination (O/E)	G. E.: Manul	*	
	G. E.: Namel R. S.: AC=125		
	C. V. S.: 5,52 P		
	C. N. S.: Course		
,,	C. V. S.: Sisz P C. N. S.: Common P/A: Soft		
	Any Other Positive Findings :	<i>N</i> 0	

Height (55 / cms	Weight 84.0 Kgs BMI 35			
Pulse (per min.)	Blood Pressure (mm of Hg) 113 176			
Gynaecology				
Examined by	Dr.			
Complaint & Duration				
Other Symptoms (Mict, bowels etc)				
Menstrual History	Menarche Cycle Loss Pain I.M.B P.C.B L.M.P Vaginal Discharge Cx. Smear Contraception			
Obstetric History				
Examination :				
Breast	· •			
Abdomen				
P.S.				
P.V.				
Gynaecology Impression & Recommendation	x			
Recommendation	EXCELLAS CLINICS PVT. LTD B-1, Vikas Paradise Commercial, B-1, Vikas Paradise Commercial, Below Axis Bank, LBS Marg, Below Axis Bank, LBS Marg, Near Santoshi Mata Mandir, Near Santoshi Mata Mandir, Mulund (West), Mumbai - 400080			
Physician Impression	Mulund (West), Mulund			
Examined By :	- Overweight = To Reduce Weight - Underweight = To Increase Weight			

Excellas Clinics Pvt Ltd PR Interval: 136 ms B-1, Vikas Paradise Com, LBS Marg, Mulund W, Mumbai - 400080 QRS Duration: 94 ms HR: 63 bpm Kgs/ Cms BP: ___/__ mmHg 44526/Kunjal Soni 39Yrs/Male QT/QTc: 426/438ms Ref.: Test Date: 08-Mar-2025(09:26:08) Notch: 50Hz 0.05Hz - 100Hz 10mm/mV 25mm/Sec P-QRS-T Axis: 34 - 36 - 34 (Deg) avR avL avF V1 V2 V3 **V4** V5

V6