



बैंक ऑफ़ बड़ौदा
Bank of Baroda

नाम
Name RAJEEV KUMAR

कर्मचारी कूट क्र
E. C. No. 102322

जारीकर्ता प्राधिकारी (उप.क्षे.प्र.)
Issuing Authority (D.R.M.)



धारक के हस्ताक्षर
Signature of Holder

Mo. Rajeevkumar

S. No.	Service Sub Group	Service Name
1	Haematology	HEMOGRAM (CBC+ESR)
2	Blood Bank	Blood Grouping And Typing (Abo And Rh)
3	Others	BMI
4	Bio Chemistry	Lipid Profile (all Parameters)
5	Bio Chemistry	Renal Function Test
6	Bio Chemistry	LIVER FUNCTION TEST (PACKAGE)
7	Bio Chemistry	GGTP: Gamma Glutamyl Transpeptidase - Serum
8	Cardiology	ECG
9	Consultations	Fitness by General Physician
10	Consultations	Ophthal by General Physician
11	Haematology	Urine Routine (CUE)
12	X-Ray	X-Ray Chest PA ✓
13	Ultrasound	Ultrasound - Whole Abdomen
14	Consultations	Consultation - Dental ✓
15	Consultations	Package Consultation - ENT ✓
16	Consultations	Dietician consultation ✓
17	Bio Chemistry	Glycosylated Hemoglobin (HbA1C) - Whole Blood
18	Bio Chemistry	THYROID PROFILE - I(T3,T4 AND TSH)
19	Bio Chemistry	GLUCOSE - SERUM / PLASMA(FASTING AND POST PRANDIAL)
20	Bio Chemistry	URINE GLUCOSE(FASTING)
21	Bio Chemistry	URINE GLUCOSE(POST PRANDIAL)
22	Cardiology	2 D ECHO

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

2000 Kcal/dit

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr. Ravev Kumar on 04/04/23.

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> • Medically Fit 	<input type="checkbox"/>
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1. <u>Grade II fatty liver</u></p> <p>2. <u>↑ Triglyceride</u></p> <p>3. <u>Hypothyroidism</u></p> <p>However, the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>3 months</u></p>	✓
<ul style="list-style-type: none"> • Currently Unfit. Review after _____ recommended 	<input type="checkbox"/>
<ul style="list-style-type: none"> • Unfit 	<input type="checkbox"/>

Dr. Saurabh Agarwal
Medical Officer
Apollo Clinic,

Dr. Saurabh Agarwal
MBBS, MD, FIDM (UK), FAGE
Reg. No. 68395
Apollo Clinic Hazratganj

This certificate is not meant for medico-legal purposes

Licensee: TECHNO MEDICALS INDIA

GST : 09ADNPA2038G1ZS
Address : TECHNO HERITAGE, Jehangirabad Palace,
Next to DM Residence, Hazratganj, Lucknow 226001

Online appointments : www.apolloclinic.com
Email : hazratganj.lko@apolloclinic.com

TO BOOK AN APPOINTMENT



Patient Name- Mr. Rajeev Kumar	Date- 04/04/23
Age- 32	Sex- m
B P - Systolic 136 Diastolic 73 mmhg	R.B.S.-
Pulse- 69 b/min.	SPO2- 99%
Temp- 95.4°F	Height-
Weight- 86.5 KGS.	BMI-
Consultant- Dr Saurabh Agarwal.	Fat-

- Grade II fatty liver
- ↑ Triglyceride
- Hypothyroidism

Rx

- ① Tab Meplagan 1-0-1 X 1 month
- ② Tab Evion 600 IU 1-0-0 X 1 month
- ③ Tab Thyronorm 25ugm 1-0-0 X 1 month
(morning)

Advice: Avoid oily spicy food
Diet modification
Exercise 30 min/day

Saurabh

Inw: USG Abdomen }
Lipid profile } After 3 months
Thyroid profile }

Dr. Saurabh Agarwal
MBBS, MD, FDM (UK), FAGE
Reg. No. 30395
Hazratganj

Valid for 7 Days

Patient Name- Mr. Rajeesh Kumar	Date- 04/04/23
Age- 32	Sex- M
B P – Systolic	R.B.S.-
Diastolic	SPO2-
Pulse-	Height-
Temp-	BMI-
Weight-	Fat-
Consultant- Dr. Sanhita Sinha.	

Routine ENT Check

No ENT complaints

H/o tobacco chewing.

Ear	R	L
EAC	N.	N.
TM	N.	N.
Mastoid	Non tender.	Non tender.
TFT.		AC > BC.
Rinne	AC > BC.	
Weber	Central.	
ABC.	SAE	SAE.
FN.	N.	N.
Nystagmus	No	NO.
Nose -	B/L HIT.	
PNS -	Non tender.	

Valid for 7 Days

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TO BOOK AN APPOINTMENT

 **7897 123 777**

Rayee Kumar
Age - 32y/M

Vm $\left\{ \begin{array}{l} 6/9P \\ 6/9P \end{array} \right.$

ClO - none

VmE PH $\left\{ \begin{array}{l} 6/6 \\ 6/6 \end{array} \right.$

N/m $\left\{ \begin{array}{l} N/6 \\ N/6 \end{array} \right.$

C/m $\left\{ \begin{array}{l} 38/38 \\ 38/38 \end{array} \right\}$ MINL

Subjective Improvement -

R \rightarrow - 0.75 DC X 60° - 6/6

L \rightarrow - 0.75 DC X 170° - 6/6

N/m $\left\{ \begin{array}{l} N/6 \\ N/6 \end{array} \right.$

* Constant Use.

Rajeev Kumar 32/M

4.4.23.

d/c - regular dental checkup

d/c - stains ++

calculus ++.

Ellis class I # 

H/o trauma 20 yrs back.

Adv - ① oral prophylaxis

② advise composite build up 

Grat

Dr. ROHIT MADAN
MDS (Periodontist & Oral Implantologist)
Consultant Dentist
DCI Reg. No. 002259
Apollo Clinic, Hazratganj

To,

The Coordinator,
Mediwheel (Arcofemi Healthcare Limited)
Helpline number: 011- 41195959

Dear Sir / Madam,

Sub: Annual Health Checkup for the employees of Bank of Baroda

This is to inform you that the following spouse of our employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

PARTICULARS OF HEALTH CHECK UP BENEFICIARY	
NAME	KIRAN KUMARI
DATE OF BIRTH	12-08-1996
PROPOSED DATE OF HEALTH CHECKUP FOR EMPLOYEE SPOUSE	31-03-2023
BOOKING REFERENCE NO.	22M102322100057012S
SPOUSE DETAILS	
EMPLOYEE NAME	MR. KUMAR RAJEEV
EMPLOYEE EC NO.	102322
EMPLOYEE DESIGNATION	HEAD CASHIER "E" _II
EMPLOYEE PLACE OF WORK	JAGDISHPUR, INDUSTRIAL AREA
EMPLOYEE BIRTHDATE	15-08-1989

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from **31-03-2023** till **31-03-2023**. The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a **cashless facility** as per our tie up arrangement. We request you to attend to the health checkup requirement of our employee's spouse and accord your top priority and best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

We solicit your co-operation in this regard.

Yours faithfully,

Sd/-

Chief General Manager
HRM Department
Bank of Baroda

(Note: This is a computer generated letter. No Signature required. For any clarification, please contact Mediwheel (Arcofemi Healthcare Limited))

SUGGESTIVE LIST OF MEDICAL TESTS

FOR MALE	FOR FEMALE
CBC	CBC
ESR	ESR
Blood Group & RH Factor	Blood Group & RH Factor
Blood and Urine Sugar Fasting	Blood and Urine Sugar Fasting
Blood and Urine Sugar PP	Blood and Urine Sugar PP
Stool Routine	Stool Routine
Lipid Profile	Lipid Profile
Total Cholesterol	Total Cholesterol
HDL	HDL
LDL	LDL
VLDL	VLDL
Triglycerides	Triglycerides
HDL / LDL ratio	HDL / LDL ratio
Liver Profile	Liver Profile
AST	AST
ALT	ALT
GGT	GGT
Bilirubin (total, direct, indirect)	Bilirubin (total, direct, indirect)
ALP	ALP
Proteins (T, Albumin, Globulin)	Proteins (T, Albumin, Globulin)
Kidney Profile	Kidney Profile
Serum creatinine	Serum creatinine
Blood Urea Nitrogen	Blood Urea Nitrogen
Uric Acid	Uric Acid
HBA1C	HBA1C
Routine urine analysis	Routine urine analysis
USG Whole Abdomen	USG Whole Abdomen
General Tests	General Tests
X Ray Chest	X Ray Chest
ECG	ECG
2D/3D ECHO / TMT	2D/3D ECHO / TMT
Stress Test	Thyroid Profile (T3, T4, TSH)
PSA Male (above 40 years)	Mammography (above 40 years) and Pap Smear (above 30 years).
Thyroid Profile (T3, T4, TSH)	Dental Check-up consultation
Dental Check-up consultation	Physician Consultation
Physician Consultation	Eye Check-up consultation
Eye Check-up consultation	Skin/ENT consultation
Skin/ENT consultation	Gynaec Consultation

LETTER OF APPROVAL / RECOMMENDATION

To,

The Coordinator,
Mediwheel (Arcofemi Healthcare Limited)
Helpline number: 011- 41195959

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PARTICULARS	EMPLOYEE DETAILS
NAME	MR. KUMAR RAJEEV
EC NO.	102322
DESIGNATION	HEAD CASHIER "E" _II
PLACE OF WORK	JAGDISHPUR, INDUSTRIAL AREA
BIRTHDATE	15-08-1989
PROPOSED DATE OF HEALTH CHECKUP	31-03-2023
BOOKING REFERENCE NO.	22M102322100057002E

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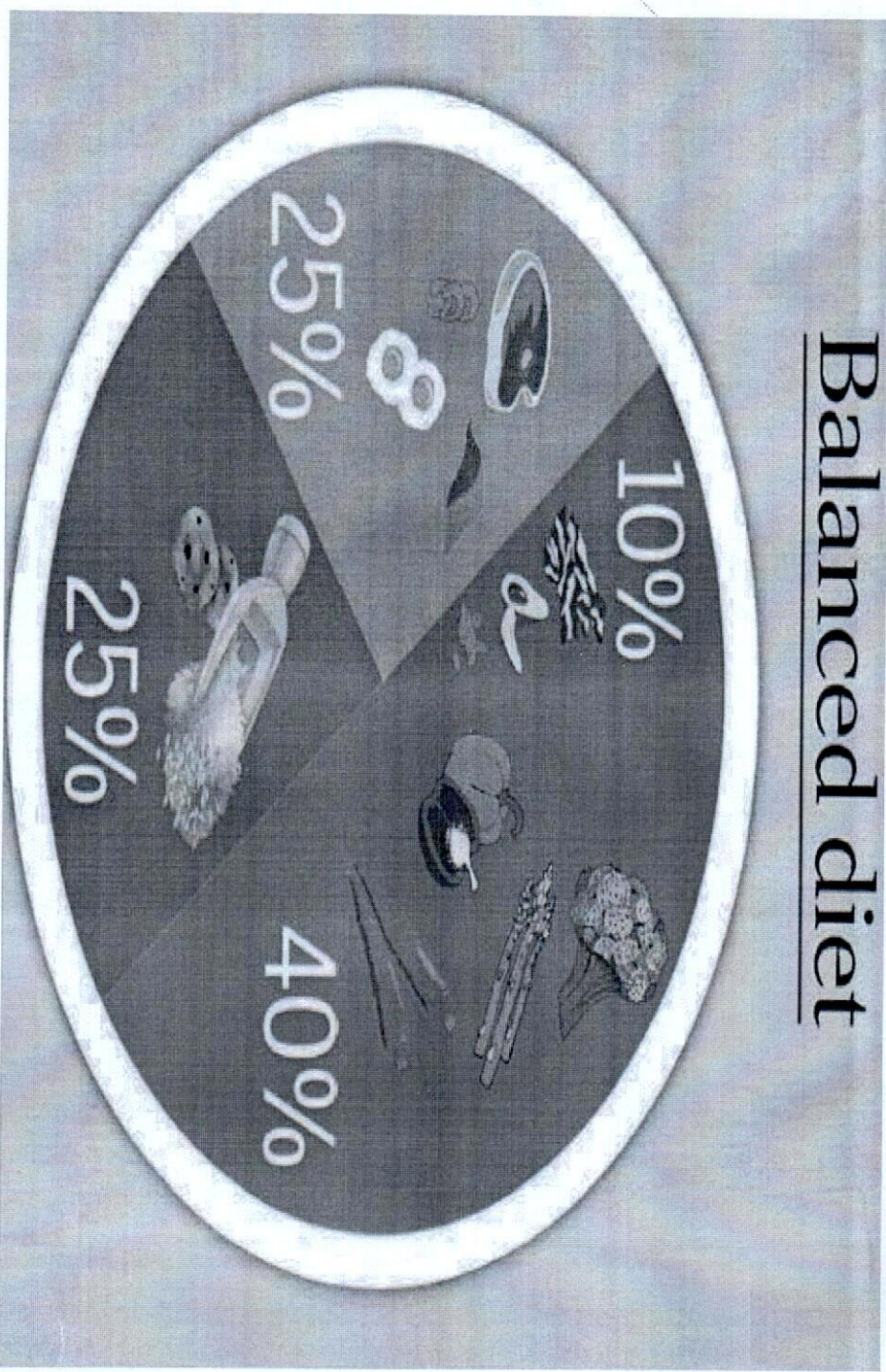
Chief General Manager
HRM Department
Bank of Baroda

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Dental Check-up consultation	Physician Consultation
Physician Consultation	Eye Check-up consultation
Eye Check-up consultation	Skin/ENT consultation
Skin/ENT consultation	Gynaec Consultation

Balanced diet



- Fruits and vegetables
- Fibre-rich carbohydrates
- Protein
- Fats

WEEK 1

Early morning (7:00 am)

Flax Seeds (roasted)(1tsp) + 1/4th Lemon + 1 glass Luke warm water / Apple cider vinegar (1 ~~4~~th tsp) + a pinch of cinnamon powder in a glass of luke warm water ↪

Breakfast (9:30 to 10:00 am)

Open panaceer sandwich with mint chutney / 2-3 idlis (sautéed with veggies) / 2 egg omelette with 2 whole grain bread slices / 2 small multigrain mixed vegetable or Dal stuffed parathas / Oats porridge with nuts (1 bowl) / Dalia Veg Poha (1 bowl)

Mid-Noon (12:00 pm)

Mattha (butter milk) (150ml) / A fruit (papaya, Guava, Apple, orange, Pear, kiwi)

Lunch (2:00 pm)

2 multigrain roti + 1 bowl vegetable subji / non-veg subji + 1 bowl boiled pulse (rajma, kadhi, chana, black chana, green moong etc) / 1 bowl brown rice + 1 bowl mixed vegetable subji with dal (1 bowl)

Evening tea (5:00 pm)

2 multigrain flour khakras / mixed seeds / Roasted makhana (25gm) + Tea / green tea

Dinner (8:00 Pm)

Lauki Curry / Turai / Matar Mushroom / matar nutrella chunks + 2 multigrain chapati + Salad / Lemon rice with Coconut chutney + Fruit Yogurt

Post-dinner (if you are up late)

1 cup turmeric milk

WEEK 2

Early morning (7:00)

10 ml aloe vera + wheatgrass juice / luke warm water

Breakfast (9:30 – 10:00pm)

2 medium vegetable uthappam / 1 bowl vegetable upma + chutney / 2 medium paneer, oats and ragi cheela with green chutney/ 1 bowl fruit, flaxseed and oats porridge

Mid-Noon (12:00 pm)

Yakult (sugar Free) / a fruit + multiseeds (10gms)

Lunch (2:00 pm)

Dosa (1) + sambhar (1 bowl) / missi roti (2) + paneer curry / veg pulao + tomato chutney / dal Baati (2) chokha

Evening Tea (5:00 pm)

Tea + Marigold biscuits / Roasted Chana, laiyya

Dinner (8:00pm)

Bhelpuri (150-200gm) / Chickpea salad / Veg salad (paneer broccoli, bell pepper, beans) / egg salad + Soup

Post-dinner (if you are up late)

1 glass turmeric milk

WEEK 3

Early morning (7:00 am)

1 tsp Chia seeds (soaked in 1 cup water) + Luke warm water (1 glass) + ½ lemon

Breakfast (9:30am to 10:00am)

Paneer prantha with curd (1) / Moong dal veggie cheela / cucumber, tomato, onion club sandwich / Egg poached (2) + nuts (1 walnut, 5 almonds)

Mid-Noon (12:00pm)

fistful of Assorted nuts + 100ml coconut water

Lunch (2:00 pm)

2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick dal / 1 bowl brown rice + 1 bowl mixed vegetable sambhar + 1 bowl subji + 1 bowl low-fat curd

Evening tea (5:00pm)

2-3 dhokla / 2 Atta mathni (homemade) + tea

Dinner (8:00 pm)

1 bowl fruit and veggie mixed salad of choice + 2 bran rotis (wheat roti or oat bran) + 1 bowl of subji / Palak dal / idli Sambhar

Post-dinner (if you are up late)

1 cup turmeric milk

WEEK 4

Early morning (7:00 am)

10 ml Amla juice + 1 glass luke warm water / 3-4 walnuts and almonds + water.

Breakfast (9:30 – 10:00am)

2 medium dal paranthas (less oil) (made from leftover dal if any) + 1 bowl low-fat curd / Steamed sprouts (100gm) with a papaya / apple, almond smoothie (150ml)

Mid-Noon (12:00pm)

Granola bar / Mattha (butter milk) (150ml) / A fruit (papaya, Guava, Apple, orange, Pear, kiwi)

Lunch (2:00 pm)

1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhdi / 2 multigrain roti + 1 bowl non-veg subjii or egg bhurji or paneer bhurji/ 2 vegetable millet uttapams + 1 bowl sambhar / kalbi chana with wheat kulcha

Evening Tea (5:00 pm)

Tea with rusk (1) / roasted peanut makhana + tea

Dinner (8:00 pm)

Veg pasta (wheat) (150gm) / paneer tikka with bell peppers (200gm) / veg frankie (2) / soy Manchurian + veg pulao (150gm)

Post-dinner (if you are up late)

1 glass warm milk / fruit pudding

Do's

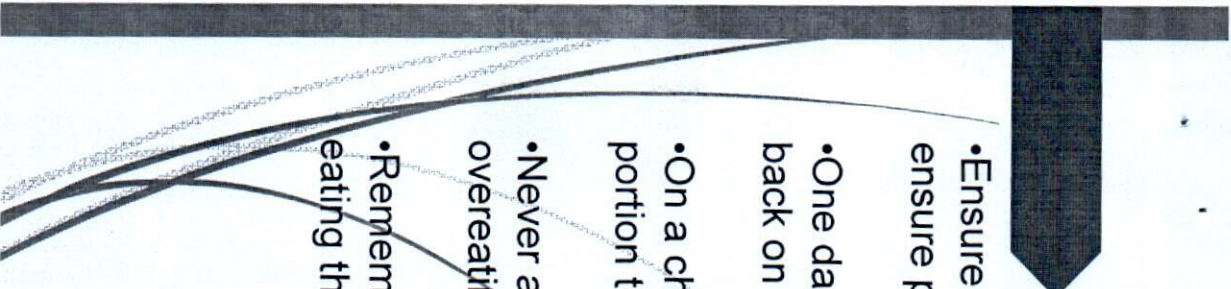
1. Have plenty of water throughout the day.
2. 15 minutes of breathing exercise is advisable (specially deep breathing and anulom vilom)
3. Try to include more fibre in ur diet. (green veggies
4. fruits and whole grains)
5. Chew your food properly, eat slowly.
6. Take sound sleep, stress less.
7. Be more active throughout the day.
8. Include ,Am panna
9. Make fix time for eating.
10. Avoid meal gapping.
11. Prefer cooked food.
12. Have fresh,hot, home cooked meals.
13. Have small portion of meals in frequent intervals.
14. Have more fermented food items.

Don't

1. Avoid raw foods. (pulses, beans, sprouts, salads)
2. Avoid excessive coffee and tea.
3. Avoid banana, cheeku, and custard apple
4. don't sleep just after having meals.
5. Avoid bakery, packed, processed and canned foods.
6. Avoid pickle, papad, and tomato ketchup, mayonnaise etc.
7. Reduce juices carbonated drinks and sodas.
8. Avoid stale food.
9. Avoid sweets and salty foods, (all junk)
10. Avoid fatty and fried food

Notes:

- Go for Daily Exercise (60 mins - 90 mins.)
- Avoid extra salt and salted foods like Papad, Pickle, Sauce, ketchup,
- Salted snacks and namkeens.
- 100 gm. of any leafy vegetables (Coriander leaves, Meethi, Bathua, and Spinach) include in diet daily.
- Avoid all fried foods, bakery foods, Rusk, Biscuits, and Ready to eat
- Cornflakes, masala oats, Maggie, food made of Maida, Sweets, Ice cream, Cake, Pastries, Pizza, Burger, Soft drinks, Soda water ,Chips,
- Pao, Bhatura, Paratha, White Bread, Maida noodles, Samosa, Patties, Package snacks.
- Oil -Use Mustard oil, Olive oil, Rice bran oil, and Ground nut oil. (Cold Pressed).
- Have 4 varieties of fruits daily. (Prefer Seasonal, Citrus fruits)
- Drink 2.5-3.5 litre of water per day. Prefer warm water.
- Take small bites and chew the foods properly.
- Prefer low sodium iodized salt. Avoid Extra salt and salted Foods.

- 
- Ensure all your meals have a protein source. If any meal is lacking in it, throw in an egg or dal to ensure protein.
 - One day in the week can be designated as a cheat day. It will help you to manage cravings and get back on your Indian diet chart for weight loss.
 - On a cheat day, do not overindulge in sweets or fried items. If you feel like it, have a small bite-sized portion to simply curb the craving.
 - Never at any point during the diet, starve yourself. There is evidence that starvation, in fact, leads to overeating.
 - Remember, the short-term goal is not going to yield results. Hence, always focus on clean, healthy eating that promotes weight loss and at the same time can be adopted throughout your life.

Weight loss tips to consider while following the above diet chart

- Superfoods are the biggest key to quick and healthy weight loss. **Superfoods** are nothing but regular foods that have concentrated with nutrients. They could be millets, seeds, certain grass varieties, or even fiber-rich foods. Consume them in measured amounts every day and see your weight melting.
- Always drink enough water. Many times thirst is masked as hunger. So when you are hungry, try drinking water first. It is a proven natural way to fill up the stomach and preventing yourself from gorging later.
- Always preclude lunch with salads or chewy soups. You will be tempted to eat less rice or roti or whatever is for lunch.

Report Doc No.: 5072

Patient No.: 3873-3863

Name : Mr. Rajeev Kumar / 32 Year / Male

Collected On : 04-04-2023

Referred By : ARCOFEMI MEDIWHEEL

Report On: 04-04-2023 05:54 PM

ARCOFEMI MEDIWHEEL MALE HEALTH PACKAGE

CBC (Complete Blood Count)

Hemoglobin Method : (Cyanmethemoglobin)	13.7 gm%	Normal 13-17 gm%
Hematocrit (PCV) Method : (Calculated parameter)	38.1 %	Normal 40-54 %
RBC Count Method : (Electrical Impedence)	4.54 million/cmm	Normal 4.2-5.5 million/cmm
MCV Method : (Calculated parameter)	83.9 fl	Normal 83-101 fl
MCH Method : (Calculated parameter)	30.2 pg	Normal 27-32 pg
MCHC Method : (Calculated parameter)	36.0 g/dl	Normal 31-37 g/dl
RDW-CV Method : (Electrical Impedence)	14.3 %	Normal 11.6-14 %
TLC (Total Leucocyte Count) Method : (Electrical Impedence)	7500 cells/cu.mm	Normal 4000-10000 cells/cu.mm
DLC (Differential Leucocyte Count) Method : (Electrical Impedence)		
Neutrophil	65 %	40-80
Lymphocyte	28 %	20-40
Eosinophil	03 %	1-6
Monocyte	04 %	2-10
Basophil	00 %	0-1
ABSOLUTE LEUCOCYTE COUNT Method : (Electrical Impedence)		
NEUTROPHILS	4875 cells/cu.mm	2000-7000
LYMPHOCYTES	2100 cells/cu.mm	1000-3000
EOSINOPHILS	225 cells/cu.mm	20-500
MONOCYTES	300 cells/cu.mm	200-1000
Platelet Count Method : (Electrical Impedence)	190 thousand/mm ³	Normal 150-450 thousand/mm ³

GBP (Peripheral Blood smear)

RBC : Normocytic normochromic

WBC : Total leucocyte count is within normal limit with normal distribution of cells

Platelets : Platelets are adequate in number.

No hemoparasite or immature cells seen .

Checked By

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Page 1 End

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Report Doc No.: **5072**
Name : **Mr. Rajeev Kumar / 32 Year / Male**
Referred By : **ARCOFEMI MEDIWHEEL**

Patient No.: **3873-3863**
Collected On : **04-04-2023**
Report On: **04-04-2023 05:54 PM**

ESR (Wintrobs) 12 mm/h Normal 0-10 mm/h

Blood Grouping/ABO RH Typing

Blood Group : "A"
Rh Factor : POSITIVE

Blood Sugar (Fasting) 91 mg/dl Normal 70-110 mg/dl
Method : (GOD-POD)

Blood Sugar (PP) 118 mg/dl Normal 80-160 mg/dl
Method : (GOD-POD)

Checked By 

Page 2 End

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TO BOOK AN APPOINTMENT



Report Doc No.: **5072**
Name : **Mr. Rajeev Kumar / 32 Year / Male**
Referred By : **ARCOFEMI MEDIWHEEL**

Patient No.: **3873-3863**
Collected On : **04-04-2023**
Report On: **04-04-2023 05:54 PM**

Kidney Function Test (KFT)

Serum Urea Method : <i>(UREASE)</i>	21 mg/dl	Normal 10-50 mg/dl
Serum Creatinine Method : <i>(Creatinine amidohydrolase)</i>	0.7 mg/dl	Normal 0.6-1.4 mg/dl
Serum Sodium Method : <i>(Direct ISE)</i>	137 mmol/L	Normal 135-146 mmol/L
Serum Potassium Method : <i>(Direct ISE)</i>	3.9 mmol/L	Normal 3.5-5.1 mmol/L

Checked By

Page 3 End

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Patient No.: **3873-3863**
Collected On : **04-04-2023**
Report On: **04-04-2023 05:54 PM**

Liver Function Test (LFT)

Serum Bilirubin - Total Method : <i>(Diazo sulfanilic)</i>	0.7 mg/dl	Normal 0.2-1.2 mg/dl
Serum Bilirubin - Direct Method : <i>(Diazo sulfanilic)</i>	0.3 mg/dl	Normal 0-0.3 mg/dl
Serum Bilirubin-Indirect Method : <i>(Calculated parameter)</i>	0.4 mg/dl	Normal 0.3-1 mg/dl
Serum SGOT/AST Method : <i>(UV with P-5-P)</i>	22 U/L	Normal 10-46 U/L
Serum SGPT/ALT Method : <i>(UV with P-5-P)</i>	36 U/L	Normal 10-49 U/L
Serum Alkaline Phosphatase (SALP) Method : <i>(p-nitrophenyl phosphate)</i>	88 U/L	Normal 40-129 U/L
Serum Gamma-Glutamyltransferase (GGT) Method : <i>(IFCC)</i>	34 U/L	Normal 0-55 U/L

Checked By

Page 4 End

Report Doc No.: **5072**
Name : **Mr. Rajeev Kumar / 32 Year / Male**
Referred By : **ARCOFEMI MEDIWHEEL**

Patient No.: **3873-3863**
Collected On : **04-04-2023**
Report On: **04-04-2023 05:54 PM**

Lipid Profile

Serum Cholesterol -Total Method : <i>(CHE/CHO/POD)</i>	156 mg/dl	Normal < 200
Serum Triglyceride Method : <i>(Enzymatic)</i>	216 mg/dl	Normal < 150
Serum Cholesterol VLDL Method : <i>(Calculated parameter)</i>	43.2 mg/dl	Normal < 30
Serum Cholesterol HDL Method : <i>(Polymer-Detergent)</i>	29 mg/dl	Normal > 40
Serum Cholesterol LDL Method : <i>(Calculated parameter)</i>	84 mg/dl	Normal < 100
Total Cholesterol/HDL Ratio Method : <i>(Calculated parameter)</i>	5.38	Normal 0-4.5
LDL/HDL Ratio Method : <i>(Calculated parameter)</i>	3.83	Normal 0-3

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Page 5 End

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Hazratganj, Lucknow 226001

Online appointments : www.apolloclinic.com
Email : hazratganj.lko@apolloclinic.com

TO BOOK AN APPOINTMENT



Report Doc No.: 5072
 Name : **Mr. Rajeev Kumar / 32 Year / Male**
 Referred By : **ARCOFEMI MEDIWHEEL**

Patient No.: 3873-3863
 Collected On : 04-04-2023
 Report On: 04-04-2023 05:54 PM

Urine R/M

DEPARTMENT OF CLINICAL PATHOLOGY			
URINE EXAMINATION REPORT			
TEST NAME	VALUE	UNIT	NORMAL VALUE
PSYSICAL EXAMINATION:-			
Urine Color	Pale Yellow		Pale yellow
Reaction	Acidic		Acidic/Alkaline
Appearance	Clear		Clear
Specific Gravity	1.025		1.010-1.025
CHEMICAL EXAMINATION:-			
Albumin	Absent		Trace/Nil
Glucose	Absent		Absent
Ketone	Absent		Absent
Blood	Absent		Absent
Bilirubin	Absent		Absent
Urobilinogen	Absent		Absent
Nitrite	Absent		Absent
MICROSCOPIC EXMINATION:-			
Pus Cells(WBC)	0-2	Cells/hpf	
Red Blood Cells (RBC)	Nil	Cells/hpf	
Epithelial Cell	3-4	Cells/hpf	
Casts	Nil	Nil	
Bacteria	Nil		
Crystals	Nil	Nil	

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TO BOOK AN APPOINTMENT

 **7897 123 777**

Report Doc No.: 5072
 Name : Mr. Rajeev Kumar / 32 Year / Male
 Referred By : ARCOFEMI MEDIWHEEL

 Patient No.: 3873-3863
 Collected On : 04-04-2023
 Report On: 04-04-2023 05:54 PM

HbA1c

TEST NAME	RESULT	UNIT	BIO. REF. RANGE	METHOD
HBA1C, GLYCATED HEAMOGLOBIN, WHOLE BLOOD EDTA	5.6	%		TURBIDIMETRIC

Comment:

Reference range as per American Diabetes Association (ADA):

REFERENCE GROUP	HBA1C IN %
NON DIABETIC ADULTS > 18 YEARS	<5.7
AT RISK (PREDIABETES) DIAGNOSING DIABETES	5.7-6.4
DIABETICS	≥6.5
EXCELENT CONTROL	6-7
FAIR TO GOOD CONTROL	7-8
UNSATISFACTORY CONTROL	8-10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

1. A1C test should be performed at least two times a year in patients who are meeting treatment goals (and who have stable glycemc control).
2. Lowering A1C to below or around 7% has been shown to reduce microvascular and neuropathic complications of type 1 and type 2 diabetes. When mean annual HbA1c is <1.1 times ULN (upper limit of normal), renal and retinal complications are rare, but complications occur in >70% of cases when HbA1c is >1.7 times ULN.
3. Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemc control when clinical conditions that affect erythrocyte survival are present. Fructosamine may be used as an alternate measurement of glycemc control.

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Report Doc No.: **5072**
Name : **Mr. Rajeev Kumar / 32 Year / Male**
Referred By : **ARCOFEMI MEDIWHEEL**

Patient No.: **3873-3863**
Collected On : **04-04-2023**
Report On: **04-04-2023 05:54 PM**


T3 T4 TSH

Serum T3 Method : <i>(Chemiluminescence Immunoassay)</i>	1.21 ng/ml	Normal 0.7-2 ng/ml
Serum T4 Method : <i>(Chemiluminescence Immunoassay)</i>	8.23 µg/dl	Normal 6.1-12.2 µg/dl
Serum Thyroid Stimulating Hormone (TSH) Method : <i>(Chemiluminescence Immunoassay)</i>	6.86 uIU/ml	Normal 0.3-5.6 uIU/ml

End of Report



Checked By



Dr. Divya Mehdiratta
MBBS, MD (Pathologist)

NAME	: MR. RAJIV KUMAR	RTNO	: 00
DATE	: 04.APRIL.2023	AGE	: 32 Y
REFERRED BY	: ARCOFEMI HEALTHCARE LTD	SEX	: M

ULTRASOUND WHOLE ABDOMEN

- **LIVER:** Liver is normal in size (14.5 cms) with normal shape & **increased echogenicity**. Biliary radicals are not dilated. No obvious focal lesion. Portal & hepatic veins are normal in caliber. Periportal region appears normal.
- **GALL BLADDER:** is partially distended. Wall thickness is normal. No pericholecystic fluid collection noted. CBD is not dilated.
- **PANCREAS:** is normal in size and contour. Parenchyma shows normal echotexture. No pancreatic duct dilatation is seen. No peri-pancreatic fluid collection seen.
- **SPLEEN:** is normal in size (11.0 cms), shape & position. Parenchyma shows normal echotexture. Splenic veins are not dilated.
- **B/L KIDNEYS:**
- Both kidneys are normal in size, site, shape, position. Cortical echoes are normal. Cortico-medullary differentiation is maintained. Pelvicalyceal system are not dilated. No obvious calculus / mass / cyst seen.
- **URINARY BLADDER:** is well distended with normal contour. Wall appears regular. No evidence of any calculus /mass lesion is seen.
- **PROSTATE:** appears normal in size measuring 37x32x32 mm and weighing 20.5 gms. Parenchyma shows normal echotexture. No focal lesion / prostatic calcification seen.
- No evidence of free fluid.

IMPRESSION:

➤ **GRADE II FATTY LIVER.**

ADV: Please correlate clinically



Note:- discrepancies due to technical or typing errors should be reported for correction for seven days. No compensation liability stands.

Typed by
Poonam Tiwari

Dr. Priyank K.S. Chaudhary
MBBS, DMRD, DNB(Radiodiagnosis)

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TO BOOK AN APPOINTMENT



PATIENT NAME :MR RAJEEV KUMAR

AGE / SEX: 32 YRS /M

UHID : 0000

DATE : 04 , APR, 2023

2-D ECHO & M-MODE EXAMINATION VALVES

1. MITRAL VALVES STUDY:

a) **Motion:** Normal b) **Thickness:** Normal c) **Calcium-** none

2. AORTIC VALVE STUDY

a) **Aortic root** 3.1 cm. b) **Aortic Opening** 2.0 cm. c) **Closure:** Central
d) **Calcium-** none e) **Eccentricity Index** 1 f) **Vegetation-** none
g) **Valve Structure :** Trileaflet

3. PULMONARY VALVE STUDY Normal

a) **EF Slope** Normal b) **A Wave** +
c) **Thickness** Normal d) **Others** -

4. TRICUSPID VALVE Normal.

5. AORTIC MITRAL CONTINUITY: maintained

Left Atrium 4.6x4.2 cm. Clot : none Others:
Right Atrium Normal Clot none I.A.S.: intact
IVC 13mm with normal respiratory variation

(Cont2)

(...2)

VENTRICLES

RIGHT VENTRICLE:	Normal	Ejection fraction: 70%
LEFT VENTRICLE :		Fractional Shortening 39%
IVS (D) 1.1cm.(S)	1.3 cm.	LV mass:115g
LVID(D) 3.67cm.(S)	2.24 cm.	
PW (D) 0.9cm (S)	1.1 cm	
RWMA: None		
IVS: Intact		

TOMOGRAPHIC VIEWS

PARASTERNAL LONG AXIS VIEW:

Normal
Good LV contractility

SHORT AXIS VIEWS:

Aortic Valve Level	AOV- Normal MV-Normal PV-Normal TV-Normal
Mitral Valve Level	
Papillary Muscle Level:	

APICAL 4 CHAMBER VIEW No clot / vegetation

OTHER SPECIAL VIEWS:

(Cont.....3)

(.....3)


PERICARDIUM
Normal
DOPPLER STUDIES

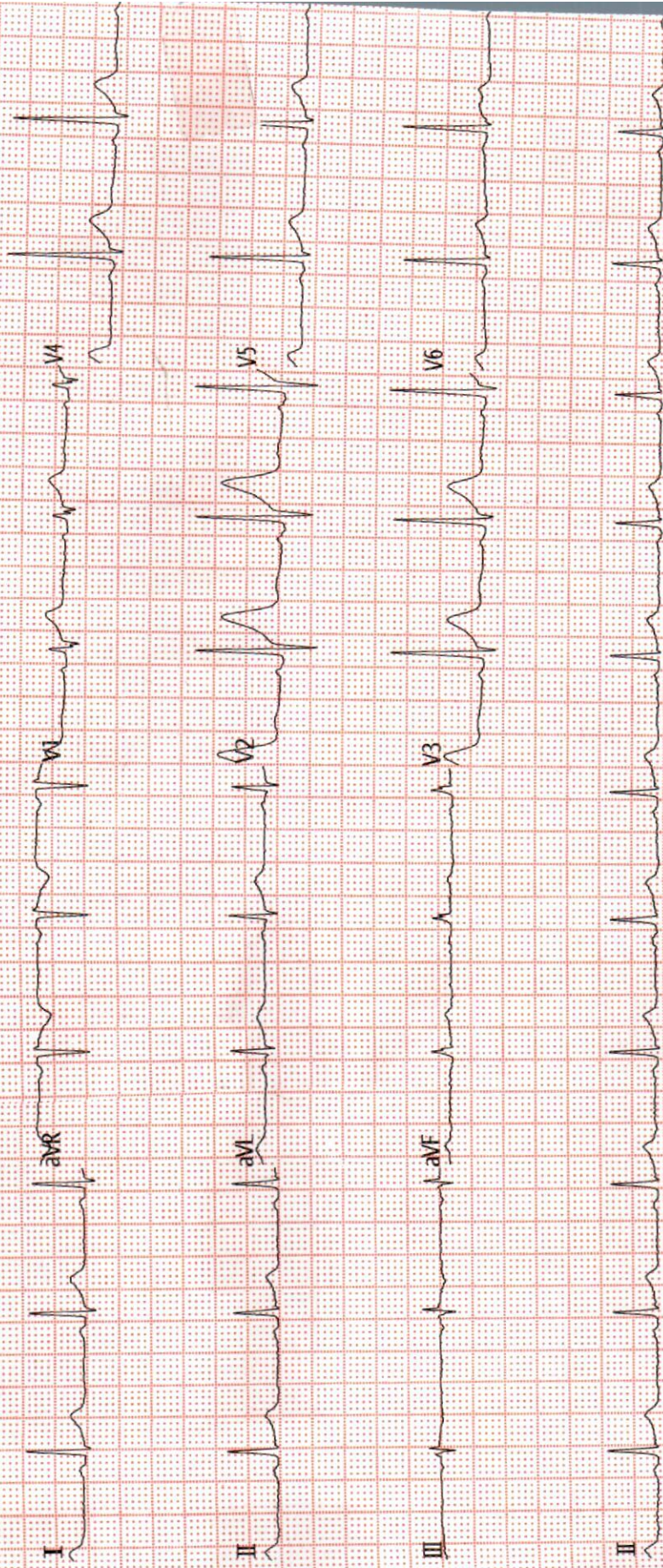
	Velocity (m/ sec)	Flow Pattern	Regurgitation	Gradient mmHg
MITRAL	E=0.75:A=0.49 E/A=1.5;E/e'=5.3	Normal	Nil	-
AORTIC	1.2	Normal	Nil	5.9
TRICUSPID	Normal	Normal	Nil	-
PULMONARY	0.9	Normal	Nil	3.3

CONCLUSIONS:

- No RWMA
- LVEF = 70%
- IAS/IVS intact
- No AR/MR/TR
- No clot / vegetation.
- No pericardial effusion.
- No Diastolic Dysfunction

NORMAL STUDY


DR. A.K SINGH
MD,DM (Cardiology)



Vent. Rate(BPM): 72

PR Int.(ms): 130
 P/QRS/T Int.(ms): 97 94 179
 QT/QTc Int.(ms): 358 393
 P/QRS/T Axis(Deg.): 20 33 14
 RV1/SV5 Amp.(mV): 0.24 0.08
 RV5/SV1 Amp.(mV): 1.49 0.16

<ECG Analysis Result>

800 Normal Sinus Rhythm
 122 Counter Clockwise Rotation
 *** Normal ECG ***

ST LEVEL (mV)

I	II	III	aVR	aVL	aVF
+0.02	+0.03	+0.01	-0.02	+0.00	+0.01
V1	V2	V3	V4	V5	V6
+0.08	+0.24	+0.13	+0.06	+0.03	+0.02

V2 33 Technician

Note: Unconfirmed Report. Need to Review