

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	SHASHI MEHRA
DATE OF BIRTH	10-05-1975
PROPOSED DATE OF HEALTH CHECKUP FOR EMPLOYEE SPOUSE	29-06-2021
BOOKING REFERENCE NO.	21J156872100000910S
SPOUSE DETAILS	
EMPLOYEE NAME	MR. MEHRA VIKAS
EMPLOYEE EC NO.	156872
EMPLOYEE DESIGNATION	BRANCH OPERATIONS
EMPLOYEE PLACE OF WORK	NEW DELHI,SERVICE BRANCH
EMPLOYEE BIRTHDATE	01-02-1968

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 **28-06-2021** till **31-03-2022**. 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/-

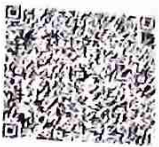
Chief General Manager
HRM Department
Bank of Baroda

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

ಭಾರತ ಸರ್ಕಾರ
GOVERNMENT OF INDIA



ಶಶಿ ಮೆಹ್ರಾ
Shashi Mehra
ಹುಟ್ಟಿದ ವರ್ಷ / Year of Birth : 1977
ಸ್ತ್ರೀ / Female



9971 6749 1783

ಆಧಾರ್ - ಶ್ರೀಸಾಮಾನ್ಯನ ಅಧಿಕಾರ

(Handwritten Signature)


(Handwritten Signature)


DR. ARCHANA RAIN
M.B.B.S., DC
CHILD SPECIALIST
Reg. No.-MCI-9056


ಭಾರತೀಯ ವಿಶಿಷ್ಟ ಗುರುತಿನ ಪ್ರಾಧಿಕಾರ
UNIQUE IDENTIFICATION AUTHORITY OF INDIA


ವಿಳಾಸ:
W/O ವಿಕಾಸ್ ಮೆಹ್ರಾ, #೯ ೧ನೇ
ಫ್ಲೋರ್, ೧೪ನೇ ಡಿ ಕ್ರಾಸ್,
ರೋಯಲ್ ಬೇಕರಿ ಹತ್ತಿರ,
ಈಜಿಪುರ, ಬೆಂಗಳೂರು ದಕ್ಷಿಣ,
ವಿವೇಕನಗರ, ಬೆಂಗಳೂರು,
ಕರ್ನಾಟಕ, 560047

Address:
W/O Vikas Mehra, #9 1st Floor,
14th D Cross, Near Royal
Bekary, Ejipura, Bangalore
South, Viveknagar, Bangalore,
Karnataka, 560047


1947
1800 180 1947


help@uidai.gov.in


www.uidai.gov.in


ಪಿ.ಒ. ಮಾರ್ಕ್ ಸಂಖ್ಯೆ 1947,
ಬೆಂಗಳೂರು-560001

(Handwritten Signature)

Aakash Hospital

Care with Concern

(A unit of Dr. Gaba & Associates Medicare Pvt. Ltd.)



90/43, Malviya Nagar, New Delhi-110017 #011 40501000 (100 Lines), 9871027922
info@aakashhospital.com, www.aakashhospital.com

Name of patient: Mrs. Shashi Mehra		Age: 46	M/F: f
Address:			
Consultant:	Speciality: Physician	Date: 12/07/2021	

Investigations :	Presenting Complaints:	Provisional Diagnosis
<p>X-Ray CBC LFT KFT Lipid Profile Uric = R USG - WH All Reports enclosed.</p> <p>Systemic Examination :</p> <p>CNS - S1 S2 ⊕ CNS tension normal R/S B/L A ⊕ P.A soft/normal</p>	<p>Mild fever. on/off dry cough 2 weeks</p> <p>Present History :</p> <p>Past History : Covid Recovered Hypertension on medication</p> <p>Family History :</p> <p>H/o any Allergy :</p> <p>Vitals : BP: 110/80 Pulse: 110/min Temp: 99°F</p> <p>Pain Scale (0-10)</p> <p>Wt/Ht (if required)</p> <p>Immunization Spa: 95%</p>	<p>Rx</p> <p>Adh</p> <p>- Cap. Dom. 0 m</p> <p>- Tab. Doxycycline 100 mg po</p> <p>- Tab. Augmentin 625 mg po</p> <p>Syp. Linctus 0 po</p> <p>Eye - Exam.</p> <p>Ear: Clear, Hearing Normal</p> <p>Dental: Normal.</p>
<ul style="list-style-type: none"> Followup/Next visit Diet / Nutrition Explained Preventive Steps Explained Prognosis Explained 		<p>Signature: [Signature]</p> <p>Date/Time: 12/7/21</p>

If you want HOME VISIT for Doctor/Nurse/Injection/Dressings
Please call : 011 40501000, 991006

24 HOURS
EMERGENCY

24 HOURS
PHARMACY

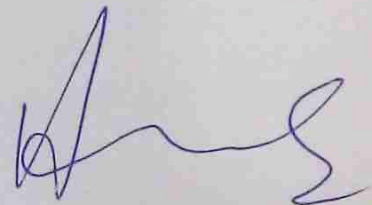
24 HOURS
LABORATORY

24 HOURS
AMBULANCE
SERVICES

24 HOURS
HOME CARE

- Specialis
- 24 Hours
Medical
- 24 Hour
- Advan
- Ortho
- 25 Be
- Delu
- with
- ICU
- Advan
- We a
- cash
- Full

10.07.2021
12:11pm


Dr. ARCHANA RAINA
M.B.B.S., DCH
CHILD SPECIALIST
Reg. No.-MCI-9056



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CIN No. U85110DL2004PTC125538

90/43, Malviya Nagar, New Delhi-110017

#+91-11-40501000 (100 Lines), 9871027922

info@aakashhospital.com, www.aakashhospital.com

NAME: MRS SHASHI MEHRA AGE: 46 YRS SEX: FEMALE

REF.BY: MEDICAL DATE: 10.07.21

ULTRASOUND WHOLE ABDOMEN

LIVER: - Normal sized, with homogenously increased echotexture indicative of diffuse grade I fatty changes. No focal lesion seen. Intra hepatic biliary system not dilated. Intra hepatic veins radicles are normal.

GALL BLADDER: - Normal distention. No mass lesion or calculus seen in the lumen. Extra hepatic biliary system is not dilated.

PANCREAS: - Normal size and echotexture. No focal lesion seen. Pancreatic duct not dilated.

SPLEEN: - Normal size and echotexture. No focal lesion seen. Spleno-portal axis is normal.

KIDNEYS: - Both kidneys normally identified in the respective renal fossae. They demonstrate normal size, contour and echo pattern with no evidence of hydronephrosis or calculus seen on either side.

Right kidney measures approx. 11.0 cm in the long axis.

Left kidney measures approx. 10.8 cm in the long axis.


URINARY BLADDER: - Moderately distended. No calculus or diverticulum's seen. Walls are normal. Both UV Junctions are normal.

UTERUS: - Normal sized, demonstrating normal endometrial echo complex and even echo-textured myometrium.

OVARIES: - Normally visualized.

Retroperitoneum does not show any abnormally enlarged lymph nodes. No pleural effusion or ascites seen. Bowel loops are unremarkable. Both iliac fossae are normal.

Correlate clinically


DR. R. BUGGAL
MD(RADIOLOGY)
DMC-2595

AREA OF EXPERTISE

• Interventions
(Vascular & Nonvascular)

• Biopsy
• Drainages

• 3D & 4D Scans
• Varicose Vein





NAME: MRS SHASHI MEHRA	AGE: 46 Y	SEX: FEMALE
REF.BY: MEDICAL	DATE: 10.07.21	X RAY NO: 22620

CHEST (PA VIEW)

The diaphragmatic domes have smooth contours, a normal arched shape and occupy a normal position.

The costophrenic angles are clear.

Both lungs are normally aerated and are applied to the chest wall on all sides.

The mediastinum is centered and of normal width.

The cardiac and vascular shadows show a normal configuration.

The thoracic skeleton is symmetrically shaped and the spine is unremarkable.

The soft tissue envelope of chest shows no abnormalities.

IMP: NORMAL STUDY

DR.R.DUGGAL
MD(RADIOLOGY)
DMC-2595

AREA OF EXPERTISE

- Interventions (Vascular & Nonvascular)
- FNAC
- Biopsy
- Drainages
- Doppler Scans
- 3D & 4D Scans
- Varicose Vein Laser Treatment





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Name	Mrs. SHASHI MEHRA	Srl No.	30	Sample Coll.	10/07/202122:58:22
Ref. By	MEDIWHEEL	Age	46 Yrs. Female	Report printing	12/07/202117:33:14
UHID		Dep.	OPD	Patient Id	2107100030

Test Name	Result	Unit	Normal Value
COMPLETE HAEMOGRAM			
HAEMOGLOBIN (Hb)	10.9	gm/dl	11.5 - 16.5
TOTAL LEUCOCYTE COUNT (TLC)	7,900	/cumm	4000 - 11000
DIFFERENTIAL LEUCOCYTE COUNT (DLC)			
NEUTROPHIL	65.6	%	40 - 75
LYMPHOCYTE	28.7	%	20 - 45
EOSINOPHIL	4.3	%	01 - 06
MONOCYTE	0.9	%	02 - 10
BASOPHIL	0.5	%	0.0 - 1.0
ESR (WESTEGREN's METHOD)	40	mm/1st hr.	0 - 20
R B C COUNT	4.01	Millions/cmm	3.8 - 4.8
P.C.V / HAEMATOCRIT	32.8	%	35 - 45
M C V	81.8	fl.	80 - 100
M C H	27.2	Picogram	27.0 - 31.0
M C H C	33.2	gm/dl	33 - 37
PLATELET COUNT	2.37	Lakh/cmm	1.50 - 4.00
RDW	14.4	FL	11.6 - 14.0

**** End Of Report ****

Page 1


Dr. MEENA METRE
MBBS, MD
CONSULTANT PATHOLOGIST



90/43, Malviya Nagar, New Delhi-110017
#011 40501000 (100 Lines), 9871027922
info@aakashhospital.com, www.aakashhospital.com

Name	Mrs. SHASHI MEHRA	Srl No.	30	Sample Coll.	10/07/202122:58:22
Ref. By	MEDIWHEEL	Age	46 Yrs. Female	Report printing	12/07/202117:33:16
UHID		Dep.	OPD	Patient Id	2107100030

Test Name	Result	Unit	Normal Value
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HAEMATOLOGY

BLOOD GROUP ABO	"A"
RH TYPING	POSITIVE

**** End Of Report ****



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Name	Mrs. SHASHI MEHRA	Sri No.	30	Sample Coll.	10/07/202122:58:22
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UHID		Dep.	OPD	Patient Id	2107100030

Test Name	Result	Unit	Normal Value
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BIOCHEMISTRY

BLOOD SUGAR FASTING GOD-POD Method	82	mg/dl	70 - 110
BLOOD SUGAR PP GOD-POD Method	102	mg/dl	80 - 140
<u>LIVER FUNCTION TEST (LFT)</u>			
BILIRUBIN TOTAL Diazo Method	0.5	mg/dl	0 - 1.0
CONJUGATED (D. Bilirubin) Diazo Method	0.1	mg/dl	0.00 - 0.25
UNCONJUGATED (I.D. Bilirubin)	0.4	mg/dl	0.00 - 0.70
TOTAL PROTEIN Biuret Method	6.4	gm/dl	6.6 - 8.3
ALBUMIN BCG Method	3.8	gm/dl	3.4 - 4.8
GLOBULIN	2.6	gm/dl	2.3 - 3.5
A/G RATIO	1.4		
SGOT IFCC Method	29	IU/L	0 - 32
SGPT IFCC Method	30	IU/L	0.0 - 33.0
ALKALINE PHOSPHATASE IFCC Method	168	U/L	35.0 - 104.0
GAMMA GT Glupa C Method	36	IU/L	6.0 - 42.0
LFT INTERPRET			



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Name	Mrs. SHASHI MEHRA	Srl No.	30	Sample Coll.	10/07/202122:58:22
Ref. By	MEDIWHEEL	Age	46 Yrs. Female	Report printing	12/07/202117:33:18
UHID		Dep.	OPD	Patient Id	2107100030

Test Name	Result	Unit	Normal Value
<u>KIDNEY FUNCTION TEST (RFT)</u>			
BLOOD UREA Urease GLDH Method	25.9	mg /dl	15.0 - 45.0
SERUM CREATININE ENZYMATIC Method	0.6	mg%	0.5 - 1.4
SERUM URIC ACID Uricase-POD Method	5.8	mg%	2.4 - 5.7
BLOOD UREA NITROGEN (BUN)	12.1	mg%	6.0 - 20.0
SODIUM	136	mmol/L	136.0 - 149.0
POTASSIUM	4.4	mmol/L	3.5 - 5.5
CHLORIDE	105	mmol/L	98.0 - 109.0
<u>LIPID PROFILE</u>			
TRIGLYCERIDES GPO-Method	100	mg/dL	40.0 - 165.0
TOTAL CHOLESTEROL	154	mg/dL	123.0 - 199.0
H D L CHOLESTEROL DIRECT	37.8	mg/dL	40.0 - 79.4
V L D L	20.1	mg/dL	4.7 - 22.1
L D L CHOLESTEROL DIRECT	96.0	mg/dL	63.0 - 129.0
TOTAL CHOLESTEROL/HDL RATIO	4.07		0.0 - 4.97
LDL / HDL CHOLESTEROL RATIO	2.54		0.00 - 3.55

This test has been performed on EM 200

INTERPRETATION

TRIGLYCERIDE:- Level > 250mg/dL is associated with an approximately 2-fold greater risk of coronary vascular disease. Elevation of triglycerides can be seen with obesity, medication, fast less than 12 hrs.,



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Ref. By	MEDIWHEEL	Age	46 Yrs. Female	Report printing	12/07/202117:33:20
UHID		Dep.	OPD	Patient Id	2107100030

Test Name	Result	Unit	Normal Value
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alcohol intake, diabetes melitus, and pancreatitis.

CHOLESTEROL:- Its fractions and triglycerides are the important plasma lipids in defining cardiovascular risk factors and in the management of cardiovascular disease. Highest acceptable and optimum values of cholesterol values of cholesterol vary with age. Values above 220 mgm/dl are associated with increased risk of CHD regardless of HDL & LDL values.

HDL-CHOLESTEROL:- Level <35 mg/dL is associated with an increased risk of coronary vascular disease even in the face of desirable levels of cholesterol and LDL - cholesterol.

LDL - CHOLESTEROL & TOTAL CHOLESTEROL:- Levels can be strikingly altered by thyroid, renal and liver disease as well as hereditary factors. Based on total cholesterol, LDL- cholesterol, and total cholesterol/HDL - cholesterol ratio, patients may be divided into the three risk categories :-

	<u>CHOLESTEROL</u>	<u>LDL-CHOLESTEROL</u>	<u>CHO/HDL RATIO</u>
Acceptable/Low Risk	: < 200 mg/dL	: <130 mg/dL	: < 4.5
Borderline High Risk	: 200-239 mg/dL	: 130-159 mg/dl	: 4.5 - 6.0
High Risk	: > 240 mg /dL	: > 160 mg/dL	: > 6.0

APO A1 & APO B:- Recent studies have shown that Apolipoproteins A1 & B might be the best indicators of Coronary Artery Disease risk in an individual. Patients who have normal lipid profile may have abnormal Apo A1 & Apo B values. Ratio of Apo B : Apo A1 is >1 in cases of increased CHD risk.

URINE EXAMINATION TEST

PHYSICAL EXAMINATION

QUANTITY	25	ml.	
COLOUR	PALE YELLOW		Pale yellow



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Ref. By	MEDIWHEEL	Age	46 Yrs. Female	Report printing	12/07/202117:33:21
UHID		Dep.	OPD	Patient Id	2107100030

Test Name	Result	Unit	Normal Value
TRANSPARENCY	CLEAR		
SPECIFIC GRAVITY	1.015		1.005-1.030
PH	6.0		6.0-7.5

CHEMICAL EXAMINATION

ALBUMIN	NIL		Nil
REDUCING SUGAR	NIL		Nil
KETON	NIL		
LEUCOCYTE	NIL		
NITRITES	NEGATIVE		
BLOOD	NIL		

MICROSCOPIC EXAMINATION

PUS CELLS	1-2	/HPF	0-5
RBC'S	NIL	/HPF	0-2
CASTS	NIL		Occasional
CRYSTALS	NIL		
EPITHELIAL CELLS	2-4	/HPF	0-3
BACTERIA	NIL		Nil

**** End Of Report ****

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#011 40501000 (100 Lines), 9871027922
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PATIENT NAME : MRS. SHASHI MEHRA

REG No : 20211156

UID No : 101423015

REF. BY Dr. : SELF

AGE / SEX : 46 Years / F

REG.DATE/TIME : 10/07/2021

PRINT DATE : 12/07/2021

AREA : SAKET



BIOCHEMISTRY

Investigation

Result

Unit

Biological Reference Interval

HbA1c WHOLE BLOOD (HPLC)

5.60

%

4.8 - 5.9

CLINICAL EVALUATION:

RECOMMENDED DCCT NGSP GUIDELINES FOR HbA1c LEVELS :

Normal 4.8 % - 5.9%

Target for diabetics : < 7 %

Therapeutic action required > 8 %

.....END OF REPORT.....



N. Magoon

Dr.N.Magoon
MD(Pathology)
Consultant

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REG No : 20211156
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REF. BY Dr. : SELF

AGE / SEX : 46 Years / F
REG.DATE/TIME : 10/07/2021
PRINT DATE : 12/07/2021
AREA : SAKET



HORMONE

<u>Investigation</u>	<u>Result</u>	<u>Unit</u>	<u>Biological Reference Interval</u>
T3 SERUM (CLIA)	1.56	nmol/L	0.92 - 2.79
T4 SERUM (CLIA)	139.00	nmol/L	58.1 - 140.6
TSH SERUM(CLIA)	3.73	uIU/ml	0.35 - 5.5

Remarks :

(1) 4.2 to 15 μ IU/mL - Correlate clinically as physiological and other factors may falsely elevate TSH level. (2) TSH Values may be transiently altered because of non thyroidal illness. (3) Some drugs may decrease TSH values, e.g., L-dopa, Glucocorticoids. (4) Some drugs may increase TSH values, e.g., Iodine, Lithium, Amiodarone. Abbreviations.

.....END OF REPORT.....



N. Magoon

Dr. N. Magoon
MD(Pathology)
Consultant



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CIN No. U85110DL2004PTC125538

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NAME: MRS SHASHI MEHRA AGE: 46 YRS SEX: FEMALE

REF.BY: MEDICAL DATE: 10.07.21

ULTRASOUND WHOLE ABDOMEN

LIVER:-Normal sized, with homogenously increased echotexture indicative of diffuse grade I fatty changes. No focal lesion seen. Intra hepatic biliary system not dilated. Intra hepatic veins radicles are normal.

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Right kidney measures approx. 11.0 cm in the long axis.

Left kidney measures approx. 10.8 cm in the long axis.

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UTERUS: - Normal sized, demonstrating normal endometrial echo complex and even echo-textured myometrium.

OVARIES: - Normally visualized.

Retroperitoneum does not show any abnormally enlarged lymph nodes. No pleural effusion or ascites seen. Bowel loops are unremarkable. Both iliac fossae are normal.

Correlate clinically


DR. R. DUGGAL
MD(RADIOLOGY)
DMC-2595

AREA OF EXPERTISE

- Interventions (Vascular & Nonvascular)
- FNAC

- Biopsy
- Drainages
- Doppler Scans

- 3D & 4D Scans
- Varicose Vein Laser Treatment





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info@aakashhospital.com, www.aakashhospital.com

NAME: MRS SHASHI MEHRA	AGE: 46 Y	SEX: FEMALE
REF.BY: MEDICAL	DATE: 10.07.21	X RAY NO: 22620

CHEST (PA VIEW)

The diaphragmatic domes have smooth contours, a normal arched shape and occupy a normal position.

The costophrenic angles are clear.

Both lungs are normally aerated and are applied to the chest wall on all sides.

The mediastinum is centered and of normal width.

The cardiac and vascular shadows show a normal configuration.

The thoracic skeleton is symmetrically shaped and the spine is unremarkable.

The soft tissue envelope of chest shows no abnormalities.

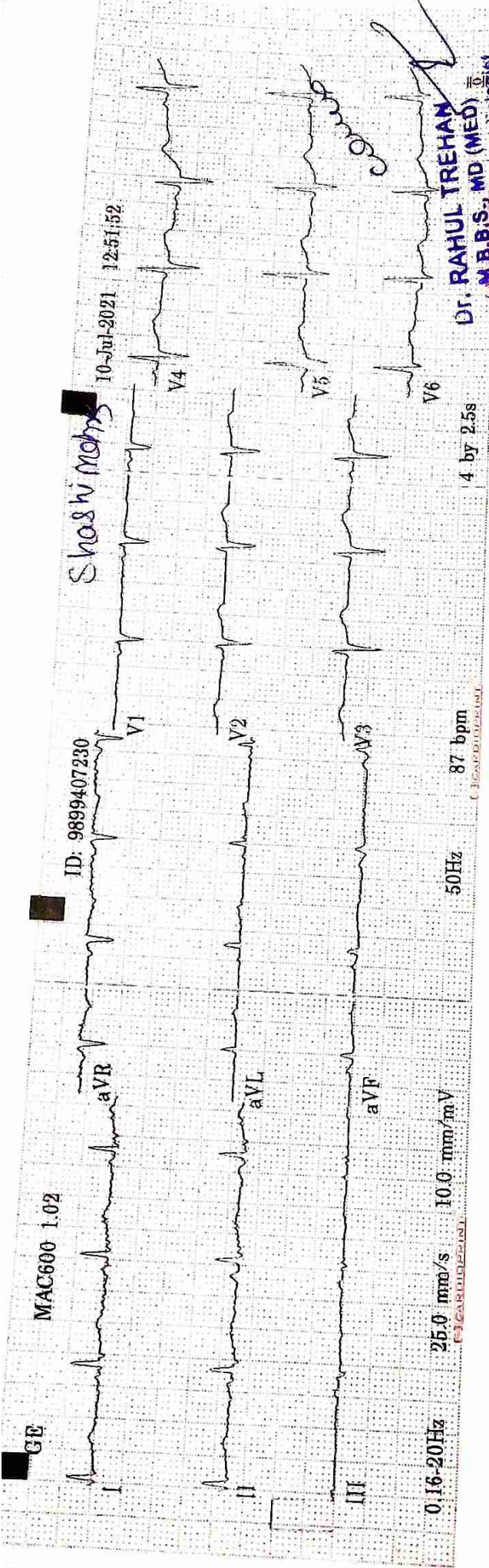
IMP: NORMAL STUDY

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- Interventions (Vascular & Nonvascular)
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- Varicose Vein Laser Treatment





MRS. SASHI MEHRA

ID: 9899407230

46years Female

Heart rate	87 bpm
QRS duration	72 ms
QT/QTc	380/457 ms
PR interval	108 ms
P duration	92 ms
RR interval	689 ms
P-R-T axes	57 27 52

MAC600 1.02

Dr. RAHUL TREHAN
M.B.B.S., MD (MED)
Consultant Physician Cardiologist



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info@aakashhospital.com, www.aakashhospital.com



Name of patient : Mrs. Shashi Mehra	Age : 46	M/F : F
Address :		
Consultant : Dr. Anamika Gaba / Dr. Anudita	Speciality : Gynaec	Date : 12/07/2021

<p>Investigations :</p> <p>c/o Dyspareunia</p> <p>Systemic Examination :</p> <p>USG Pelvis</p> <p>(N)</p> <p>TSH = 3.7 (N)</p>	<p>Presenting Complaints:</p> <p>Polymenorrhoea</p> <p>Present History :</p> <p>PMC = 4-5d, small clots (+)</p> <p>Past History : 20d</p> <p>Family History :</p> <p>H/o Hypothyroidism on Thyronorm 100 µg OD</p> <p>P2L2, Both NVD.</p> <p>Multibad inserted 3 yrs back.</p> <p>Vitals :</p> <p>BP : WMP → 5/7/21.</p> <p>Pulse :</p> <p>Temp :</p> <p>Pain Scale (0-10)</p> <p>Wt/Ht (if required)</p> <p>Immunization</p>	<p>Provisional Diagnosis</p> <p>Rx c/o curdy white discharge p/v</p> <p>c/o severe itching p/v</p>
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- Followup/Next visit
- Diet / Nutrition Explained
- Preventive Steps Explained
- Prognosis Explained

Signature : _____ Date/Time : _____

PAP Smear.

P/S = Cervix
vagina hyperplasia
Multi load healthy
seen HS →
↓
Removal
done.

Adv.

- Tab. Locon 200mg
on Day 1, 3, 7.
- Tab. Locon 400mg (1 tab)
(for husband) Start
- Candid - B oint
1 — 1 — 1 x 10d
- Candid - V6 suppository
HS P/V x 6d
- Cap Croflora 100
x 1 month
- Lactacyd vaginal
wash
- Tab Allegra 180mg
HS 80d
- P/V after 1 month.