


Name : Mr. VARUNRAJ HM	Age: 33 Y	UHID:CMYS.0000060186
	Sex: M	
Address : MYSORE		OP Number:CMYSOPV123767
Plan : ARCOFEMI MEDIWHEEL MALE AHC CREDIT PAN		Bill No :CMYS-OCR-22785
INDIA OP AGREEMENT		Date : 23.03.2024 08:41

SNo	Service Type/ServiceName	Department
1	ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324	
	1 GAMMA GLUTAMYL TRANSFERASE (GGT)	
	2 2D ECHO ——— P	
	3 LIVER FUNCTION TEST (LFT)	
	4 GLUCOSE, FASTING	173
	5 HEMOGRAM - PERIPHERAL SMEAR	75.9
	6 DIET CONSULTATION — P	120/80
	7 COMPLETE URINE EXAMINATION	
	8 URINE GLUCOSE (POST PRANDIAL)	
	9 PERIPHERAL SMEAR	
	10 ECG	
	11 RENAL PROFILE RENAL FUNCTION TEST (RFT/KFT)	
	12 DENTAL CONSULTATION	
	13 URINE GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)	
	14 URINE GLUCOSE (FASTING)	
	15 HBA1C GLYCATED HEMOGLOBIN	
	16 XRAY CHEST PA	
	17 DENT CONSULTATION	
	18 FITNESS BY GENERAL PHYSICIAN ——— P	
	19 BLOOD GROUP ABO AND RH FACTOR	
	20 LIPID PROFILE	
	21 BODY MASS INDEX (BMI)	
	22 OPHTHAL BY GENERAL PHYSICIAN ——— P	
	23 ULTRASOUND - WHOLE ABDOMEN ——— P	
	24 THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)	

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr. Varunkaj. H.M on 23/03/24

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 checked="" 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.....</p> <p>2.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	
<ul style="list-style-type: none"> • Currently Unfit. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> • Unfit 	

Dr. [Signature]
Dr. Ravi Chethan Kumar A.N.
 Medical Officer, M.B.S., MD (General Medicine)
 KMC Reg. No. 82089
 The Apollo Clinic, K.D. Road, Mysore.

Apollo Health and Lifestyle Limited

CIN: URS1107G2000PLC115819
 Ringd Office 1 ID NO 62, Ashoka Road, Bangalore
 Ph. No (081) 4904 7777 Fax No 4904 7744 | Email ID enquiry@apolloh.com | www.apolloh.com

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 Bangalore (Basavanagudi) | Bellandur | Electronic City | Fraser Town | MSR Layout | Indira Nagar | JP Nagar | Kumbalangi
 Kuvempur (Sargapur Road) | Mysore (VV Mohalla)

Online appointments www.apolloclinic.com

Apollo Clinic
 # 23, 1st Floor
 Kalidasa Road, Mysore
 Book an Appointment
 No: 0821-401860 500 7788

Date : 23-03-2024
 MR NO : CMYS.0000060186
 Name : Mr. VARUNRAJ H M
 Age/ Gender : 33 Y / Male

Department : GENERAL
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:40

Height : 173	Weight : 75.9	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/80

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan

AHC

No Comorb

of 82

ap

PL

2.

ADR

- life style modification

- P/A 3 months
 lipid profile



Dr. Ravi Chethan Kumar A
 M.B.B.S., MD (General Medicine)
 KMC Reg. No. 82089
 Apollo Clinic, K.D. Road, Mysore.

Follow up date :

Doctor Signature

Apollo Clinic
 # 23, 1st Floor,
 Kalldasa Road, Mysore - 02
 Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060186
Name : Mr. VARUNRAJ H M
Age/ Gender : 33 Y / Male

Department : GENERAL
Doctor :
Registration No : RNT
Qualification :

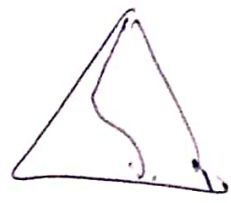
Consultation Timing: 08:40

Height : 173	Weight : 75.9	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/80

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

S shaped bow
Throat - normal
Ears - bl ear canal - normal
TM - Intact & retracted



Creeth

Follow up date :

Doctor Signature
Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060186
Name : Mr. VARUNRAJ H M
Age/ Gender : 33 Y / Male

Department : GENERAL Dietetics
Doctor : Pradhyana . B.P
Registration No :
Qualification : M.Sc Nutrition & Dietetics
PhD

Consultation Timing: 08:40

ID No - 6969

Height : 1.5	Weight : 75.9	BMI : 32.9	Waist Circum : 102
Temp :	Pulse :	Resp :	B.P : 170/80


General Examination /
Allergies History

HDL - 36
Non HDL - 163
LDL - 134.8
Chol/HDL - 5.59

Clinical Diagnosis & Management Plan

→ Advised low fat diet with fiber rich foods.
→ Regular physical exercise is must.

Follow up date :


Doctor Signature 23/2/2024

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 23-03-2024
 MR NO : CMYS.0000060186
 Name : Mr. VARUNRAJ H M
 Age/ Gender : 33 Y / Male

Department : GENERAL [dental] ophthal
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:40

Height : 173	Weight : 75.9	BMI :	Waist Circum :
Temp :	Pulse : 92/min	Resp : 20/min	B.P : 120/80

General Examination /
 Allergies History
 NO-

Clinical Diagnosis & Management Plan
 Not wearing Spectacle.
 Wearing protective glan.
 No H/o Ty II DM / HTN.

Vision	(R)	(L)
Far	N6	N6
Near	6/6	6/6
Colour	Not affected	

Follow up date :

Doctor Signature

Regular checks.

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 Ph : 0821-4006040/41

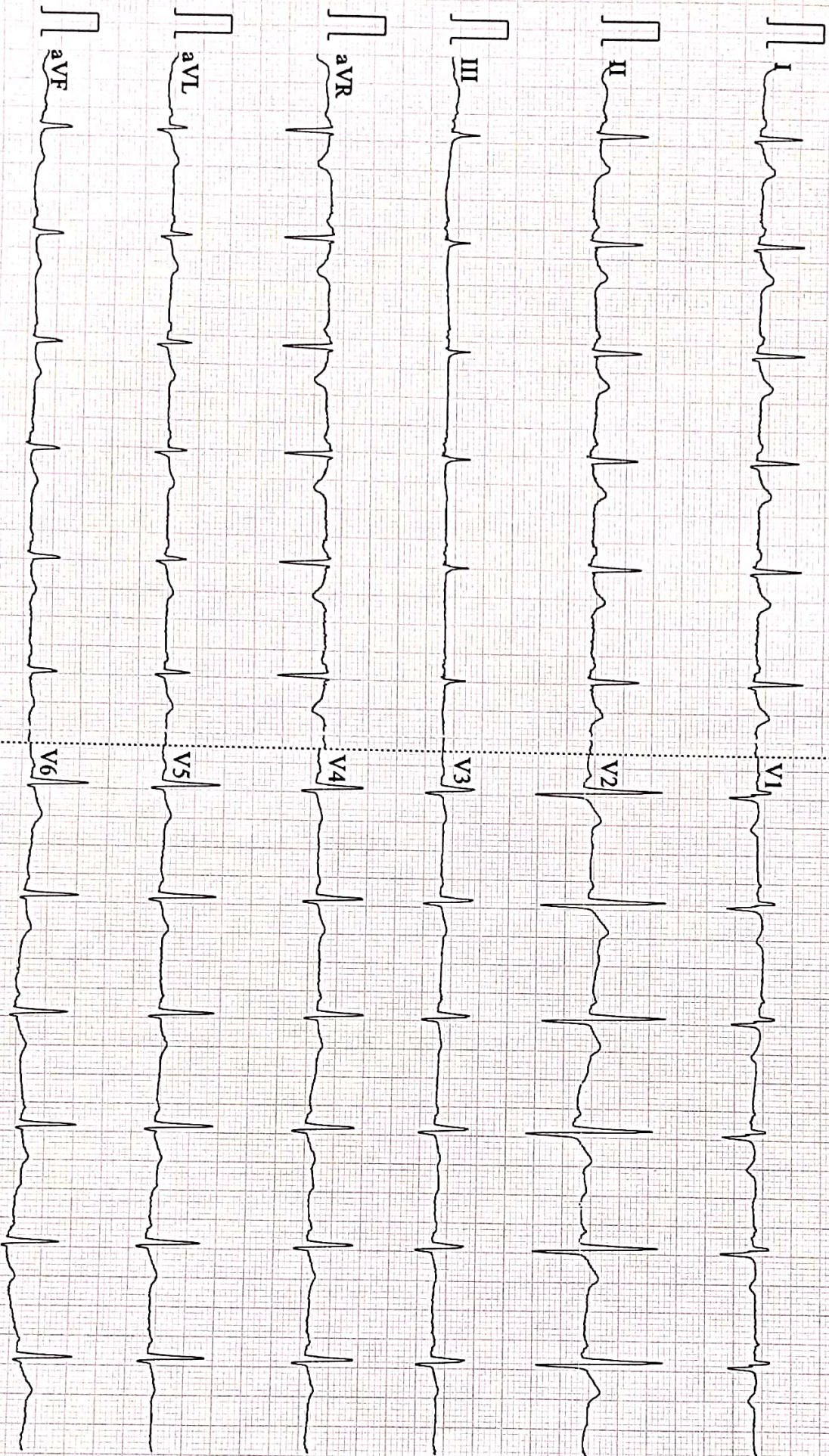
ID: 60186
MR VARUNRAJ H M
Male 33Years
173cm 75kg 120/80 mmHg

23-03-2024 09:07:00 AM

Diagnosis Information:

Unconfirmed Report.

Apollo Clinic
23, 1st Floor, - 02
Kallidasa Road, Mysore - 02
ph : 0821-4006040/41



0.5~45Hz ACS0 25mm/s 10mm/mV 2*5.0s 75 CARDIART

8 D V143 Glasgow V28.6.0 APOLLO CLINIC MYSURU

Patient Name : Mr. VARUNRAJ H M
UHID : CMYS.0000060186
Reported on : 23-03-2024 15:16
Adm/Consult Doctor :

Age : 33 Y M
OP Visit No : CMYSOPV123767
Printed on : 23-03-2024 15:16
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.

IMPRESSION :NORMAL STUDY .

Printed on:23-03-2024 15:16

---End of the Report---


Dr. CHETAN HOLEPPAGOL
MBBS, DNB(RADIO DIAGNOSIS)
Radiology

Apollo Health and Lifestyle Limited

(CIN: U85110TG2000PLC115819)
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TO BOOK AN APPOINTMENT

 **1860 500 7788**

Scanned with CamScanner

Patient Name: Mr. VARUNRAJ H M	Date: 23.03.2024	Referring Doctor: Self
Age / Sex : 33yrs /Male	UHID :060186	
ULTRASONOGRAPHY – ABDOMEN & PELVIS		

LIVER: It is normal in size, outline and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is distended and normal. No evidence of calculi.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal in size, outline and echopattern.

RIGHT KIDNEY: It measures 10x3.7 cm with parenchymal thickness of 1.3 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 11.1x4.5 cm with parenchymal thickness of 1.0 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No e/o calculi.

PROSTATE: It is normal in size, outline and echotexture.

No e/o free fluid in the abdomen.

IMPRESSION: NORMAL STUDY.


Dr. Chetan H, DNB
Consultant Radiologist.

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 **1860 500 7788**

Patient's Name : Mr. VARUNRAJ H M	Age & Sex; 33Yrs /Male
Date : 23.03.2024	UHID No:0060186

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 60 %
- No clots. No pericardial effusion

Findings

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

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Patient's Name : Mr. VARUNRAJ H M	Age & Sex: 33Yrs / Male
Date : 23.03.2024	UHID No:0960186

Measurements

AO : 3.0 cm
 LA : 2.9 cm

RV : 2.9 cm

LVIDd : 5.10 cm
 LVIDs : 3.23 cm
 IVSd : 0.96 cm
 IVSs : 1.25 cm
 PWd : 0.96 cm
 PWs : 1.16 cm
 EF : 60.0 %
 FS : 33.0 %

Doppler

MV	TV	AV	PV
E 0.81 m/s	E --- m/s	V max 0.93 m/s	V max 0.98 m/s
A: 0.67 m/s	A --- m/s		

Dr. GURU PRASAD. B. V, MBBS, PGDCC
CONSULTANT – NON-INVASIVE CARDIOLOGY

Dr. GURU PRASAD. B. V
 MBBS, PGDCC, CCARDI
 CCARDIO, PGCC, CCESD
 Non Invasive Cardiology
 UMC, No. 0960186

Apollo Health and Lifestyle Limited

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