

<b>Patient Name</b>	: Mr. SATISH K	<b>Age/Gender</b>	: 42 Y/M
<b>UHID/MR No.</b>	: CMYS.0000061093	<b>OP Visit No</b>	: CMYSOPV126303
<b>Sample Collected on</b>	:	<b>Reported on</b>	: 17-06-2024 12:53
<b>LRN#</b>	: RAD2353471	<b>Specimen</b>	:
<b>Ref Doctor</b>	: SELF		
<b>Emp/Auth/TPA ID</b>	: 3923 3592 8153		

**DEPARTMENT OF RADIOLOGY**

**ULTRASOUND - WHOLE ABDOMEN**

**LIVER:** It is normal in size, outline and is increased 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 11.1X4.5 cm with parenchymal thickness of 1.4 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**LEFT KIDNEY:** It measures 12.1X5.1 cm with parenchymal thickness of 1.5 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.

**LOSTATE:** It is normal in size, outline and echotexture.

No e/o free fluid in the abdomen.

**IMPRESSION:** GRADE I FATTY LIVER.

Chetan H, DNB

Consultant Radiologist.

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

<b>Patient Name</b>	: Mr. SATISH K	<b>Age/Gender</b>	: 42 Y/M
<b>UHID/MR No.</b>	: CMYS.0000061093	<b>OP Visit No</b>	: CMYSOPV126303
<b>Sample Collected on</b>	:	<b>Reported on</b>	: 17-06-2024 17:08
<b>LRN#</b>	: RAD2353471	<b>Specimen</b>	:
<b>Ref Doctor</b>	: SELF		
<b>Emp/Auth/TPA ID</b>	: 3923 3592 8153		

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**DEPARTMENT OF RADIOLOGY**

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**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.**

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

## Your appointment is confirmed

noreply@apolloclinics.info <noreply@apolloclinics.info>

Mon 10-06-2024 12:31

To:satyam-337@yahoo.com.in <satyam-337@yahoo.com.in>

Cc:Mysore Apolloclinic <mysore@apolloclinic.com>;Yogeesh KV <mkt.mysore@apolloclinic.com>;Syamsunder M <syamsunder.m@apollohl.com>



Dear **SATISH K,**

Greetings from Apollo Clinics,

Your corporate health check appointment is confirmed at **KALIDASA RAOD clinic** on **2024-06-17** at **08:30-08:45**.

Payment Mode	
Corporate Name	<b>ARCOFEMI HEALTHCARE LIMITED</b>
Agreement Name	<b>[ARCOFEMI MEDIWHEEL MALE AHC CREDIT PAN INDIA OP AGREEMENT]</b>
Package Name	<b>[ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324]</b>

**"Kindly carry with you relevant documents such as HR issued authorization letter and or appointment confirmation mail and or valid government ID proof and or company ID card and or voucher as per our agreement with your company or sponsor."**

**Note: Video recording or taking photos inside the clinic premises or during camps is not allowed and would attract legal consequences.**

**Note: Also once appointment is booked, based on availability of doctors at clinics tests will happen, any pending test will happen based on doctor availability and clinics will be updating the same to customers.**

**Instructions to be followed for a health check:**

1. Please ensure you are on complete fasting for 10-To-12-Hours prior to check.
2. During fasting time do not take any kind of alcohol, cigarettes, tobacco or any other liquids (except Water) in the morning. If any medications taken, pls inform our staff before health check.
3. Please bring all your medical prescriptions and previous health medical records with you.
4. Kindly inform our staff, if you have a history of diabetes and cardiac problems.

**For Women:**

1. Pregnant women or those suspecting are advised not to undergo any X-Ray test.
2. It is advisable not to undergo any health check during menstrual cycle.

**For further assistance, please call us on our Help Line #: 1860 500 7788.**


**Clinic Address: 23, KALIDASA ROAD, VV MOHLLA, MYSORE.**

**Contact No: (0821) 400 6040 - 41.**

P.S: Health Check-Up may take 4 - 5hrs for completion on week days & 5 - 6hrs on Saturdays, kindly plan accordingly, Doctor Consultation will be completed after all the Reports are ready.

Warm Regards,  
Apollo Clinic

8.9.12.

Name : Mr. SATISH K Address : MYSORE Plan : ARCOFEMI MEDIWHEEL MALE AHC CREDIT PAN INDIA OP AGREEMENT		Age: 42 Y Sex: M	UHID:CMYS.0000061093  OP Number:CMYSOPV126303 Bill No :CMYS-OCR-23380 Date : 17.06.2024 08:08
Sno	Service Type/ServiceName	Department	
1	ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324		
<del>1</del>	<del>GAMMA GLUTAMYL TRANSFERASE (GGT)</del>		
<del>2</del>	<del>PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL)</del>		
<del>3</del>	<del>LIVER FUNCTION TEST (LFT)</del>		
<del>4</del>	<del>GLUCOSE, FASTING</del>		
<del>5</del>	<del>HEMOGRAM + PERIPHERAL SMEAR</del>		
<del>6</del>	<del>DIET CONSULTATION - P</del>		
<del>7</del>	<del>COMPLETE URINE EXAMINATION</del>		
<del>8</del>	<del>URINE GLUCOSE(POST PRANDIAL)</del>		
<del>9</del>	<del>PERIPHERAL SMEAR</del>		
<del>10</del>	<del>ECG</del>	6/2/87.	
<del>11</del>	<del>RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT)</del>	41-170	
<del>12</del>	<del>DENTAL CONSULTATION</del>		
<del>13</del>	<del>GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)</del>		
<del>14</del>	<del>URINE GLUCOSE(FASTING)</del>	120/70	
<del>15</del>	<del>HbA1c, GLYCATED HEMOGLOBIN</del>		
<del>16</del>	<del>X-RAY CHEST PA</del>		
<del>17</del>	<del>ENT CONSULTATION - P</del>		
<del>18</del>	<del>CARDIAC STRESS TEST(TMT) - P</del>		
<del>19</del>	<del>FITNESS BY GENERAL PHYSICIAN - P</del>		
<del>20</del>	<del>BLOOD GROUP ABO AND RH FACTOR</del>		
<del>21</del>	<del>LIPID PROFILE</del>		
<del>22</del>	<del>BODY MASS INDEX (BMI)</del>		
<del>23</del>	<del>OPHTHAL BY GENERAL PHYSICIAN</del>		
<del>24</del>	<del>ULTRASOUND - WHOLE ABDOMEN</del>		
<del>25</del>	<del>THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)</del>		

## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Satish K on 17/06/2024

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

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <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"> <li>• Currently Unfit. Review after _____ recommended</li> </ul>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

Dr. Pravish

**Apollo Clinic**  
The Apollo Clinic, Mysore.  
Kaldasa Road, Mysore - 02  
Ph: 0821 4006040/41

Apollo Health and Lifestyle Limited

(CIN: U85110TG2006PLC115819)

Regd. Office: T-10/60/62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph: No. (04) 4904 7777 | Fax No. 4904 7744 | E-mail ID: enquiry@apollohi.com | www.apollohi.com

**APOLLO CLINICS NETWORK KARNATAKA**

**Bangalore:** Basavanahalli | Bellandur | Electronic City | Fraser Town | HSR Layout | Indra Nagar | JP Nagar | Kundalahalli | Koramangala | Sarjapur Road | **Mysore:** (VV Muhalla)

Online appointments: www.apollohi.live.com

*This certificate is not meant for medico-legal purposes*

TO BOOK AN APPOINTMENT

**1860 500 7788**

Date : 17-06-2024  
MR NO : CMYS.0000061093  
Name : Mr. SATISH K  
Age/ Gender : 42 Y / Male

Department : GENERAL  
Doctor :  
Registration No :  
Qualification :

Consultation Timing: 08:08

Height : 70	Weight : 87	BMI :	Waist Circum : 170
Temp :	Pulse :	Resp :	B.P : 170/70

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Cause for muscle weakness  
TC - 246, TG - 283, LDL - 153.  
Urine - R<sub>2</sub> - Normal  
TMT - negative for indole isomers  
USG Abdomen & pelvis - Grade I fatty liver  
Chest Xray / PA view - Normal  
AS  
Life style modification



Follow up date :

Doctor Signature

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

Date : 17-06-2024  
MR NO : CMYS.0000061093

Department : GENERAL (ENT)  
Doctor :

Name : Mr. SATISH K  
Age/ Gender : 42 Y / Male

Registration No : Dr. Praveen Kumar R  
Qualification : MS (ENT)

Consultation Timing: 08:08

Height : 170	Weight : 87	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/70

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Come for never heard clearly

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Ear - bilateral TM @

Nose - nasal mucosa @

oral cavity & oropharynx - @

neck @

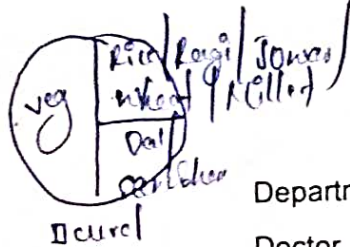
to remain

Follow up date :

Doctor Signature

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





Date : 17-06-2024  
 MR NO : CMYS.0000061093  
 Name : Mr. SATISH K  
 Age/Gender : 42 Y / Male

Department : GENERAL (Diet)  
 Doctor : Machhara. B.P

Registration No :  
 Qualification : M.Sc Nutrition & Dietetics  
 PhD

Consultation Timing: 08:08

Height : 170	Weight : 87	BMI : 30 kg/m <sup>2</sup>	Waist Circum : 100
Temp :	Pulse :	Resp :	B.P : 120/70

General Examination / Allergies History

HbA1c - 5.9%  
 Total cholesterol - 246  
 Triglycerides - 282  
 HDL - 36  
 NON HDL - 210  
 LDL - 153.37  
 VLDL - 56.6  
 Chol/HDL - 6.84  
 uric acid - 7.50

Clinical Diagnosis & Management Plan

Δ<sup>sis</sup> - Grade I Fatty liver  
 ⇒ Advised low fat, diabetic diet with fiber rich foods.  
 ⇒ Take small frequent meals, do not skip meals.  
 ⇒ Include all variety of seasonal fruits, vegetables and green leafy vegetables.  
 ⇒ Avoid fruits like Mango, Papaya, Jackfruit, custard apple & big banana on daily basis.  
 ⇒ Avoid root vegetables like potato, sweet potato, Yam & Arbi on regular basis.  
 ⇒ Include nuts like Almonds & walnuts daily.  
 ⇒ Include seeds like flaxseeds, pumpkin seeds, sunflower seeds, watermelon seeds & sunflower seeds - 1 teaspoon each, dry roasted.  
 ⇒ Cooking oil - 1/2 liter/person/month. Use combination of oils like groundnut oil, Rice bran oil, Mustard oil, Gingely oil, coconut oil & etc. Do not mix the oils & boil it.  
 ⇒ Avoid alcohol, sugar, too much of salt, Salicylates & cream.

Follow up date :

Doctor Signature

*[Signature]*  
 17/06/2024

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

⇒ Avoid Bakery products, chat, junk foods, deep fried foods, packed & processed foods.

(Dental)

Date : 17-06-2024  
MR NO : CMYS.0000061093

Department : GENERAL  
Doctor :

Name : Mr. SATISH K  
Age/ Gender : 42 Y / Male

Registration No :  
Qualification :

Consultation Timing: 08:08

Height : 170	Weight : 87	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/70

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

c.i.s/b by Dr. Jyothishree

o/e

C4+, S4+

ADU - oral prophyllaxis

Gen. Teeth attrition noted

*Jyothishree*

Follow up date :

Doctor Signature

**Apollo Clinic**  
# 23, 1st Floor,  
Kallidasa Road, Mysore - 07  
Ph : 0821-4006040/41

Date : 17-06-2024  
MR NO : CMYS.0000061093

Department : GENERAL  
Doctor :

(Ophthal)

Name : Mr. SATISH K

Registration No :

Age/ Gender : 42 Y / Male

Qualification :

Consultation Timing: 08:08

Height : 170	Weight : 87	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/70

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Distance

OP  
6/6

OS  
6/6

Near

N6

N6

Colour vision

Normal

Normal

Follow up date :

Doctor Signature

*Xxxxxx*

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



Patient Name	: Mr. SATISH K	Age	: 42 Y M
UHID	: CMYS.0000061093	OP Visit No	: CMYSOPV126303
Reported on	: 17-06-2024 17:07	Printed on	: 17-06-2024 17:09
Adm/Consult Doctor	:	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:17-06-2024 17:07

---End of the Report---

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

**Apollo Health and Lifestyle Limited**

ICIN: UB511C7L2000P1C115819  
Kings Office: 110 RD 12, Atria, Rajahmundry Chambers, 5th Floor, Begumpet, Hyderabad, Tripunithra - 500 016.  
Tel: No: 080 4244 7777 Fax No: 4244 7744 E-mail: [enquiry@apolloh.com](mailto:enquiry@apolloh.com) | [www.apolloh.com](http://www.apolloh.com)

**APOLLO CLINICS NETWORK KARNATAKA**

Bangalore | Surbanahalli | Bellandur | Electronic City | Frazer Town | HSR Layout | Indira Nagar | JP Nagar | Kundalahalli |  
Koramangala | Narasipur Road | Mysore (CV Mahalle)

Online appointments: [www.apolloh.com](http://www.apolloh.com)

TO BOOK AN APPOINTMENT

**1860 500 7788**

Patient Name: Mr. Satish K	Date: 17.06.2024	Referring Doctor: Self
Age / Sex : 42 yrs /Male	UHID :61093	
<b>ULTRASONOGRAPHY – ABDOMEN &amp; PELVIS</b>		

**LIVER:** It is normal in size, outline and is increased 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 11.1X4.5 cm with parenchymal thickness of 1.4 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**LEFT KIDNEY:** It measures 12.1X5.1 cm with parenchymal thickness of 1.5 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: GRADE I FATTY LIVER.**

  
**Dr. Chetan H. DNB**  
 Consultant Radiologist.

**Apollo Health and Lifestyle Limited**

REGD. OFFICE: URS110202000PLE115R19

REGD. OFFICE: 110/60/62, Avneka Raaghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

PH. No: 044 4904 7777 | Fax No: 4904 7744 | Email ID: enquiry@apollohi.com | www.apollohi.com

**APOLLO CLINICS NETWORK KARNATAKA**

Bangalore: Basavanagudi | Bellandur | Electronic City | Frazer Town | HSR Layout | Indira Nagar | JP Nagar | Kundalahalli | Koramangala | Sarjapur Road | Mysore: VY Mohalla

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860/500 7788**

APOLLO CLINIC  
KALIDASA ROAD  
MYSORE

## EXERCISE STRESS TEST REPORT

Patient Name: MR SATISH K.,  
Patient ID: 61093  
Height: 170 cm  
Weight: 87 kg

DOB: 14.06.1982  
Age: 42 yrs  
Gender: Male  
Race:

Study Date: 17.06.2024  
Test Type: --  
Protocol: BRUCE  
Medications:

Referring Physician: --  
Attending Physician: DR GURUPRASAD B V  
Technician: --

Medical History:

### Reason for Exercise Test:

### Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed [ mph ]	Grade [ % ]	HR [ bpm ]	BP [ mmHg ]	Comment
PRETEST	SUPINE	00:43	0.00	0.00	113	120/70	
EXERCISE	STAGE 1	03:00	1.70	10.00	130	120/70	
	STAGE 2	03:00	2.50	12.00	146	130/90	
	STAGE 3	02:09	0.00	14.00	151	140/90	
RECOVERY		03:04	0.00	0.00	118	140/90	

The patient exercised according to the BRUCE for 8:08 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 113 bpm rose to a maximal heart rate of 157 bpm. This value represents 88 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/70 mmHg, rose to a maximum blood pressure of 140/90 mmHg. The exercise test was stopped due to Target heart rate achieved.

### Interpretation

Summary: Resting ECG: normal.  
Functional Capacity: normal.  
HR Response to Exercise: appropriate.  
BP Response to Exercise: normal resting BP - appropriate response.  
Chest Pain: none.  
Arrhythmias: none.  
ST Changes: none.  
Overall impression: Normal stress test.

### Conclusions

GOOD EFFORT TOLERANCE  
NORMAL HR AND BP RESPONSE  
NO SIGNIFICANT ST T CHANGES NOTED DURING EXERCISE AND  
RECOVERY  
NO ANGINA, OR NO ARRHYTHMIAS,  
TMT NEGATIVE FOR EXERCISE INDUCED ISHCHEMIA

Physician \_\_\_\_\_

Technician \_\_\_\_\_

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

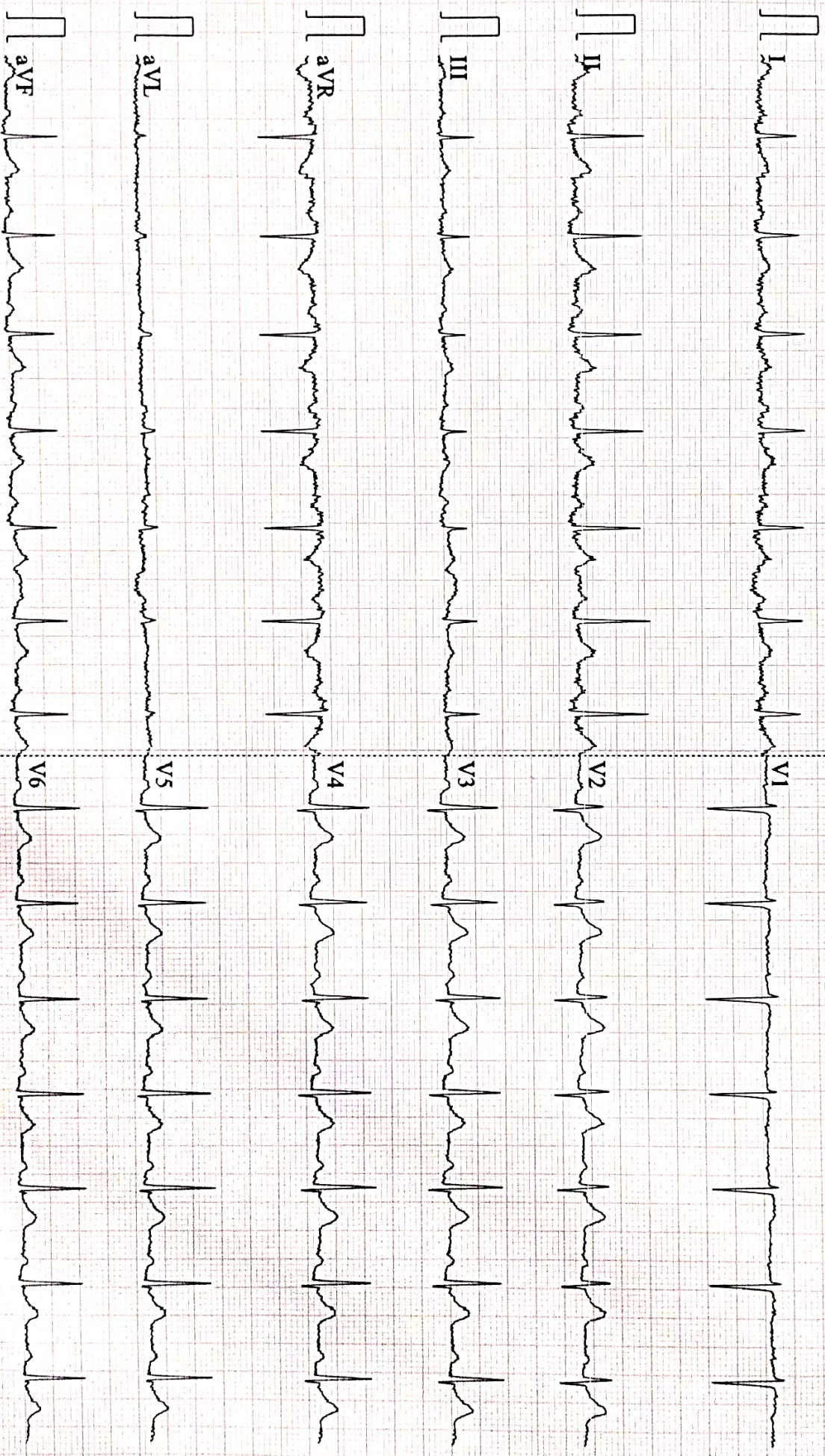
ID: 61093  
MR SATISH K  
Male 42Years  
170cm 87kg 120/70 mmHg

17-06-2024 09:55:48 AM

Diagnosis Information:

Unconfirmed Report.

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



0.5-45Hz AC50 25mm/s 10mm/mV 2\*5.0s 87 CARDIART

D V1.43 Glasgow V28.6.0 APOLLO CLINIC MYSURU

Name: Mr. SATISH K  
Age/Gender: 42 Y/M  
Address: MYSORE  
Location: MYSORE, KARNATAKA  
Doctor:  
Department: GENERAL  
Rate Plan: MYSORE\_16052024  
Sponsor: ARCOFEMI HEALTHCARE LIMITED  
Consulting Doctor: Dr. UMESH H B

MR No: CMYS.0000061093  
Visit ID: CMYSOPV126303  
Visit Date: 17-06-2024 08:08  
Discharge Date:  
Referred By: SELF

**HT-CHIEF COMPLAINTS AND PRESENT KNOWN ILLNESS**

**Chief Complaints**

COMPLAINTS:::: For Corporate Health Checkup,

**SYSTEMIC REVIEW**

**\*\*Weight**

--->: Stable,

Number of kgs: 82,

**HT-HISTORY**

**Past Medical History**

PAST MEDICAL HISTORY: Nil Significant,

\*\*Cancer: NILL,

**PHYSICAL EXAMINATION**

**SYSTEMIC EXAMINATION**

**IMPRESSION**

**IMPRESSION**

Finding Category : within normal limits,

**EKG**

: NORMAL,

**RECOMMENDATION**

**DISCLAIMER**

Disclaimer: The health checkup examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the consulting physician. Additional tests, consultations and follow up may be required in some cases.,

Doctor's Signature