

MER- MEDICAL EXAMINATION REPORT

Date of Examination	26/10/24.		
NAME	Raghu. S.		
AGE	40	Gender	M
HEIGHT(cm)	176	WEIGHT (kg)	93
B.P.	120/80 ; PR - 84/min BMI - 30.0 kg/m ²		
ECG			
X Ray			
Vision Checkup	Color Vision :	Report Attached.	
	Far Vision Ratio :		
	Near Vision Ratio :		
Present Ailments	-		
Details of Past ailments (If Any)	-		
Comments / Advice : She / He is Physically Fit	YES		

Dr. RAMESH RAJA PRABHOO
 MBBS.,FRSH (London),CCGDM,ACMDC.,
 PG (Diab), Johns Hopkins.
 University School of Medicine - USA
 Cardio-Diabetologist & Obesity Consultant
 Regd.No: 72228
 Signature with Stamp of Medical Examiner

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 Saibaba Colony, Coimbatore - 641 011

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Raghu. S on 26/10/24

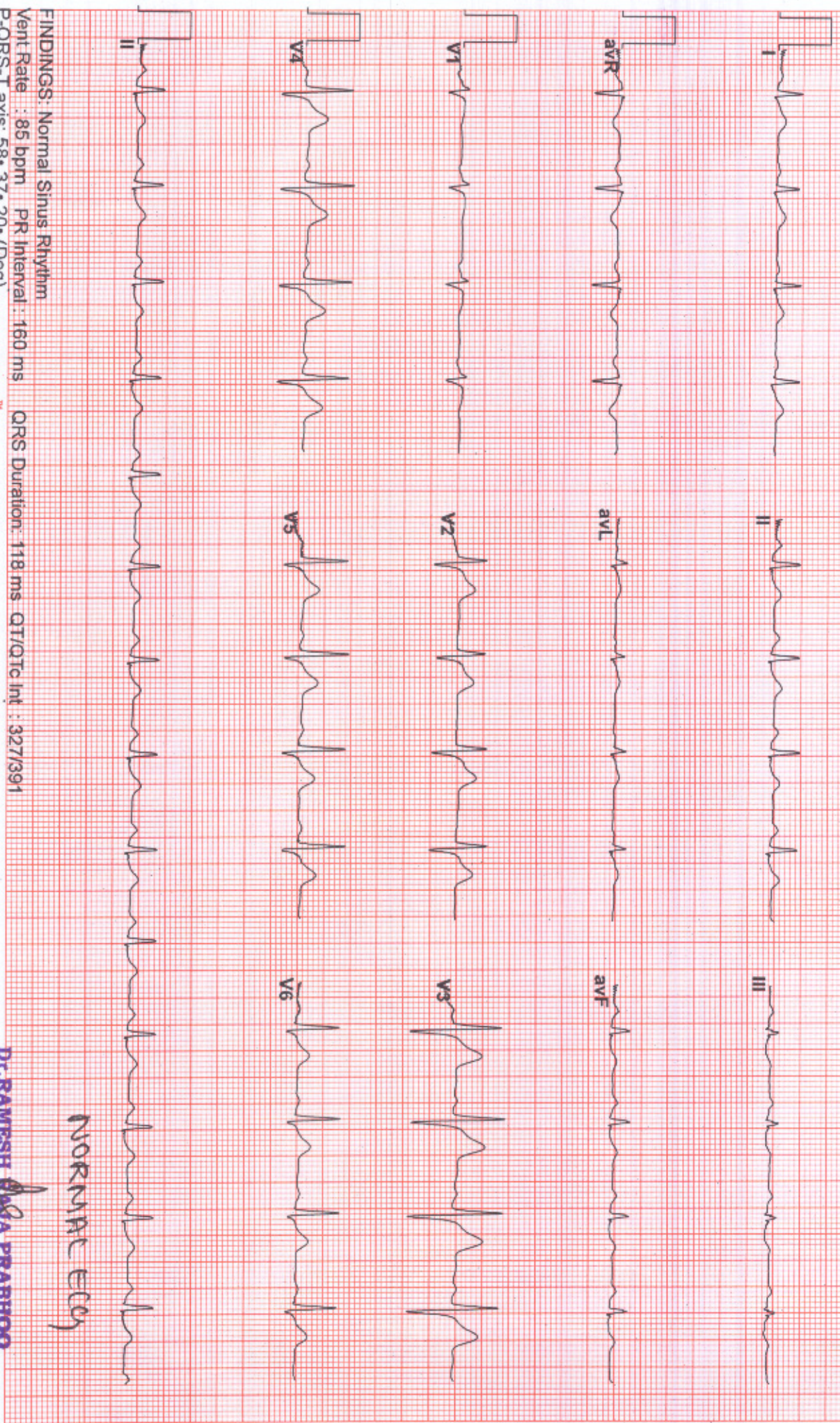
After reviewing the medical history and on clinical examination it has been found that he/she is

	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. RAMESH RAJA PRABHOO
 MBBS., FRSH (London), CCGDM, ACMDG.,
 PG (Diab), Johns Hopkins.
 Dr. University School of Medicine - USA
 Medical Officer & Obesity Consultant
 The Apollo Clinic, (Tata)

This certificate is not meant for medico-legal purposes

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FINDINGS: Normal Sinus Rhythm
 Vent Rate : 85 bpm PR Interval : 160 ms
 P-QRS-T axis: 58 • 37 • 20 • (Deg)

Comments :
 QRS Duration: 118 ms QT/QTc Int : 327/391

NORMAL ECG

Advice:


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 www.ramaprabhoos.com
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 Regd. No: 71228

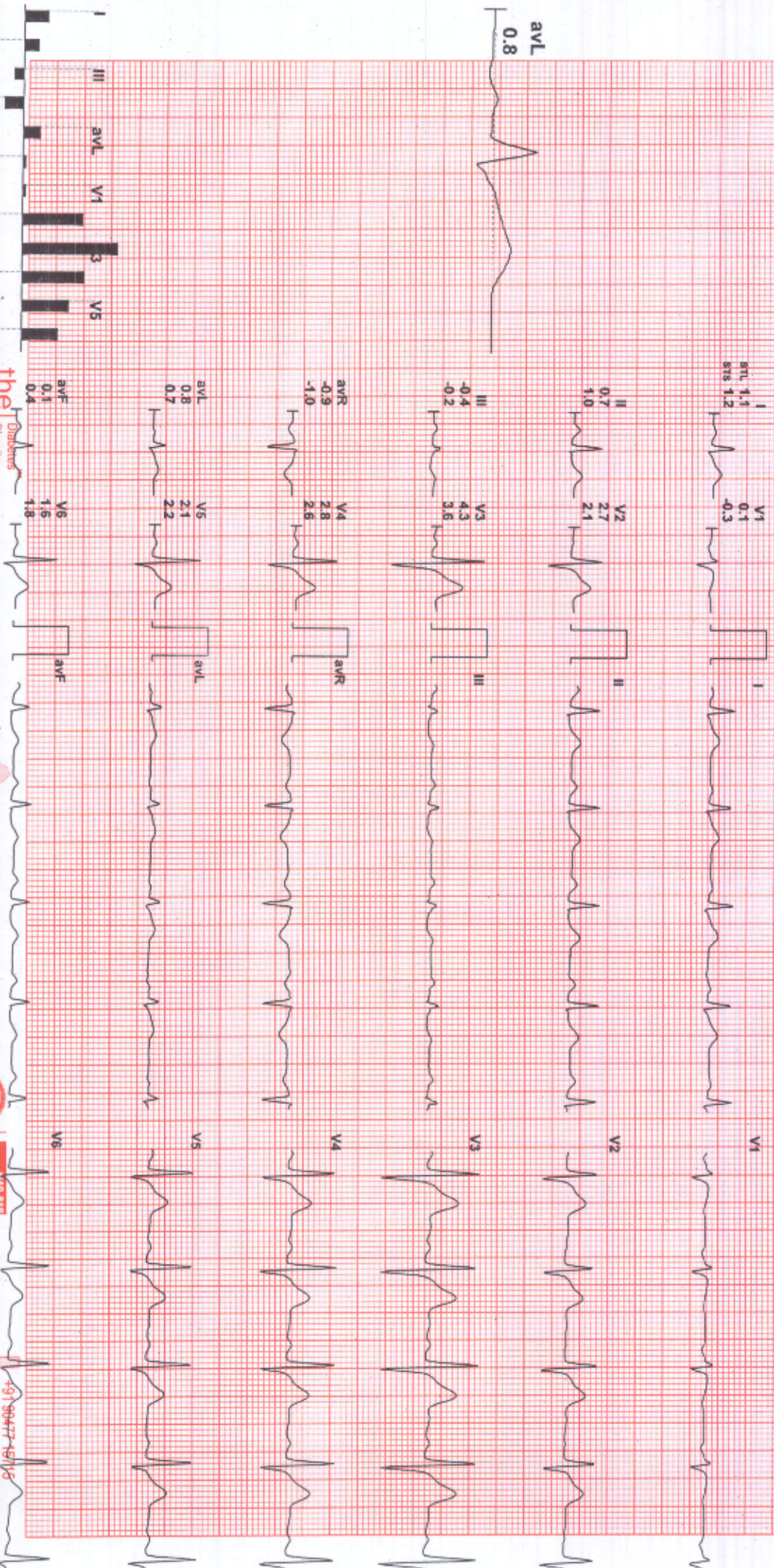
123458063 / MR RAGHUS / 40 Yrs / M

Date: 26 - 10 - 2024 10:57:38 AM METS: 1.0 HR: 87 bpm 48% Tgt. BP: 130/80 Raw ECG, BLC, Notch, (0.05-100)Hz
4X 80 mS Post-J

Resting ECG



ExtTime: 00:00 1.1 mph. 0.0%
25 mm/Sec. - 1.0 Cm/mV



I	0.1	V1	0.3
II	0.7	V2	2.7
III	-0.4	V3	4.3
aVR	-0.9	V4	2.8
aVL	0.8	V5	2.1
aVF	0.1	V6	1.6
	0.7		1.8

COMMENTS:

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Smoking
& Sleep

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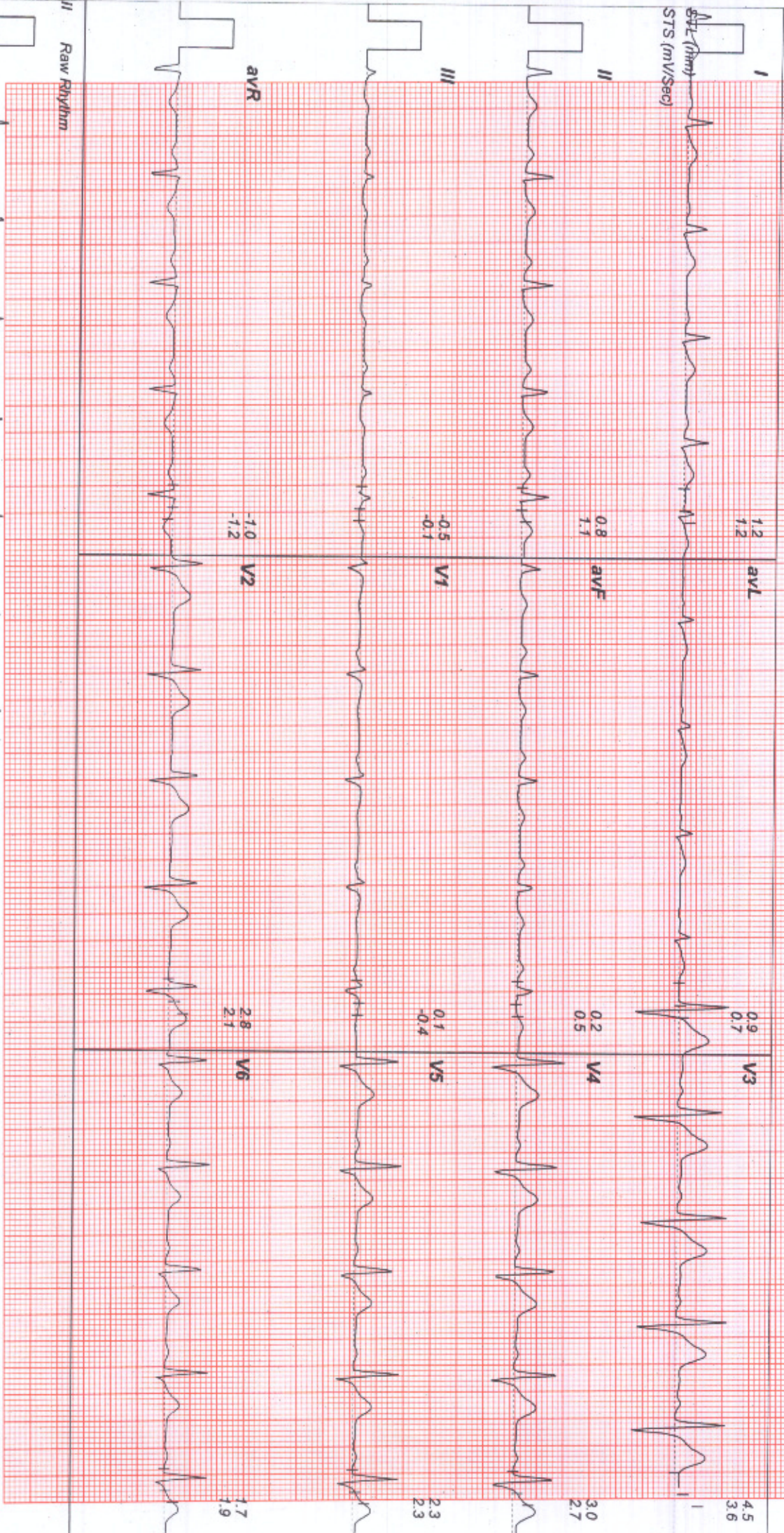
RMS TMT MARK-II(4.0) RECORDERS AND MEDICARE SYSTEMS (P) Ltd, CHANDIGARH

123458063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 10:57:38 AM METs: 01.00 HR: 92 Target HR: 51% of 180 BP: 130/80 Posit @ 77ms ETime: 00:51 Speed: 00:00 mph Grade: 00:00% 25 mm/Sec 1.0 Cm/mV

Linked Medians Report

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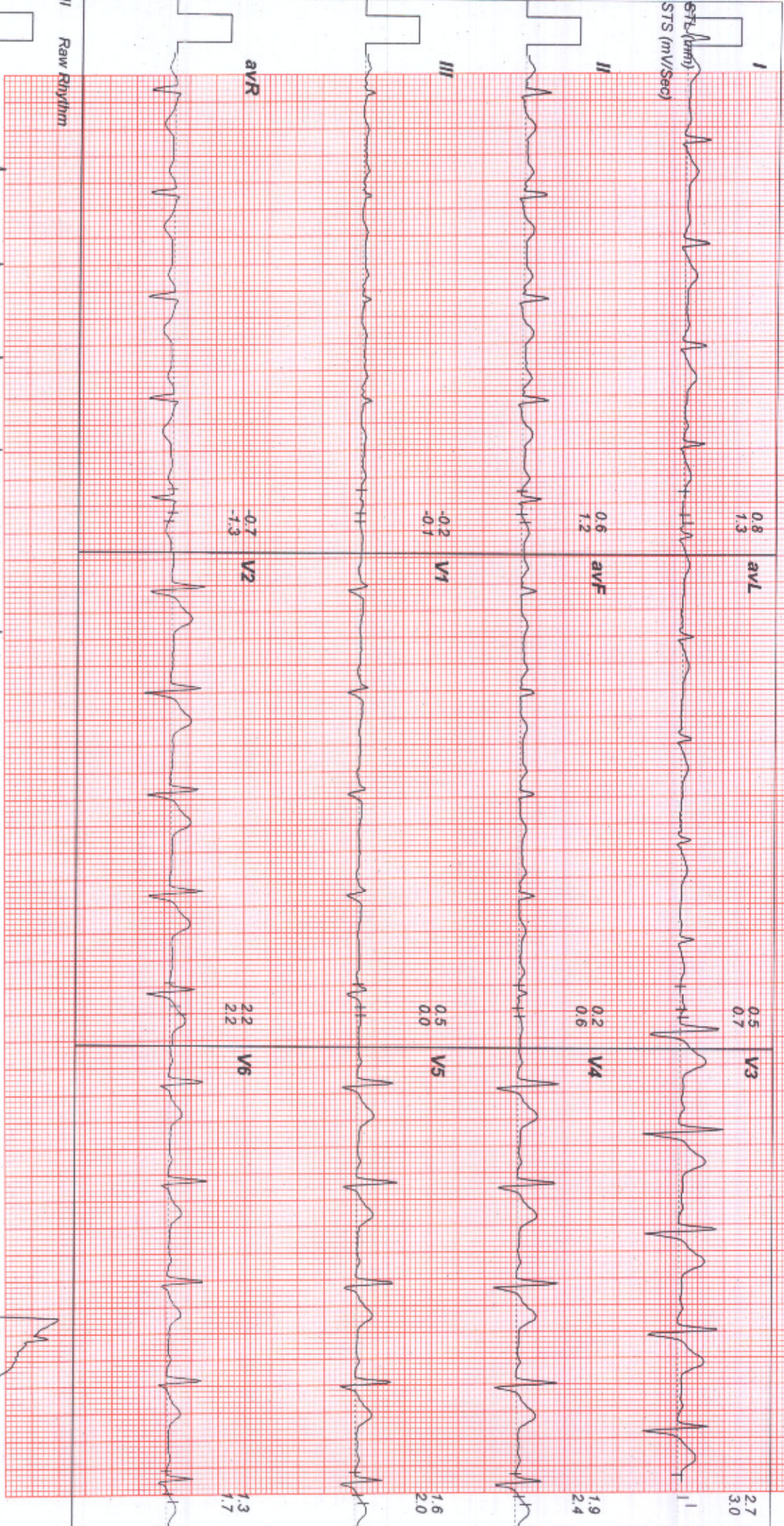


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123458063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 10:57:38 AM METs: 01.00 HR: 102 Target HR: 56% of 180 BP: 130/80 PostU @50ms ExTime: 02:07 Speed: 00:00 mph Grade: 00:00 % 25 mm/Sec 1.0 Cm/mV

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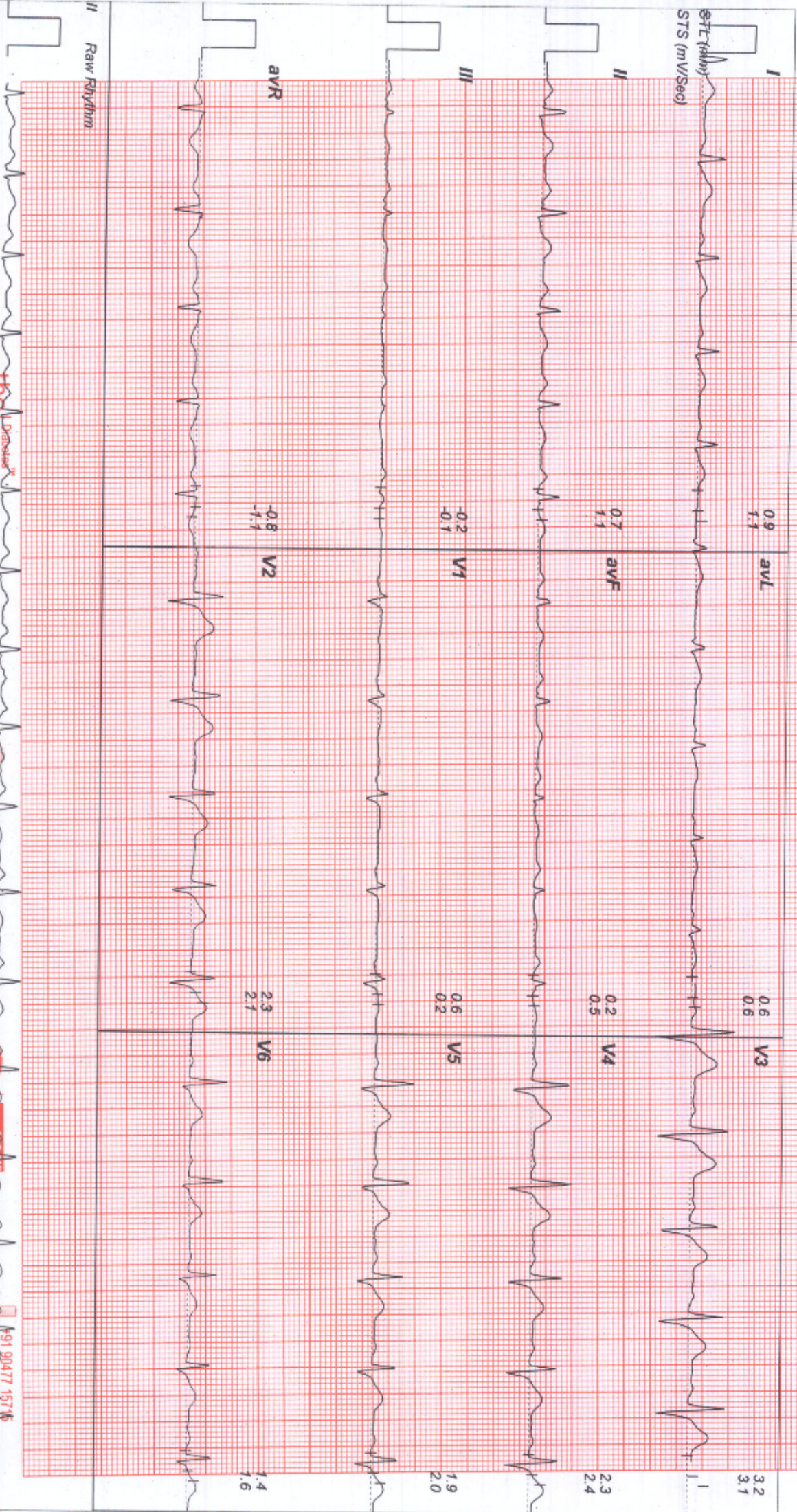
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Date: 26 - 10 - 2024 10:57:38 AM METs : 01.00 HR : 101 Target HR : 56% of 180 BP : 130/80 PostU @67ms ExtTime : 02:25 Speed : 00.00 mph Grade : 00.00 % 25 mm/Sec 1.0 Cm/IV

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HV



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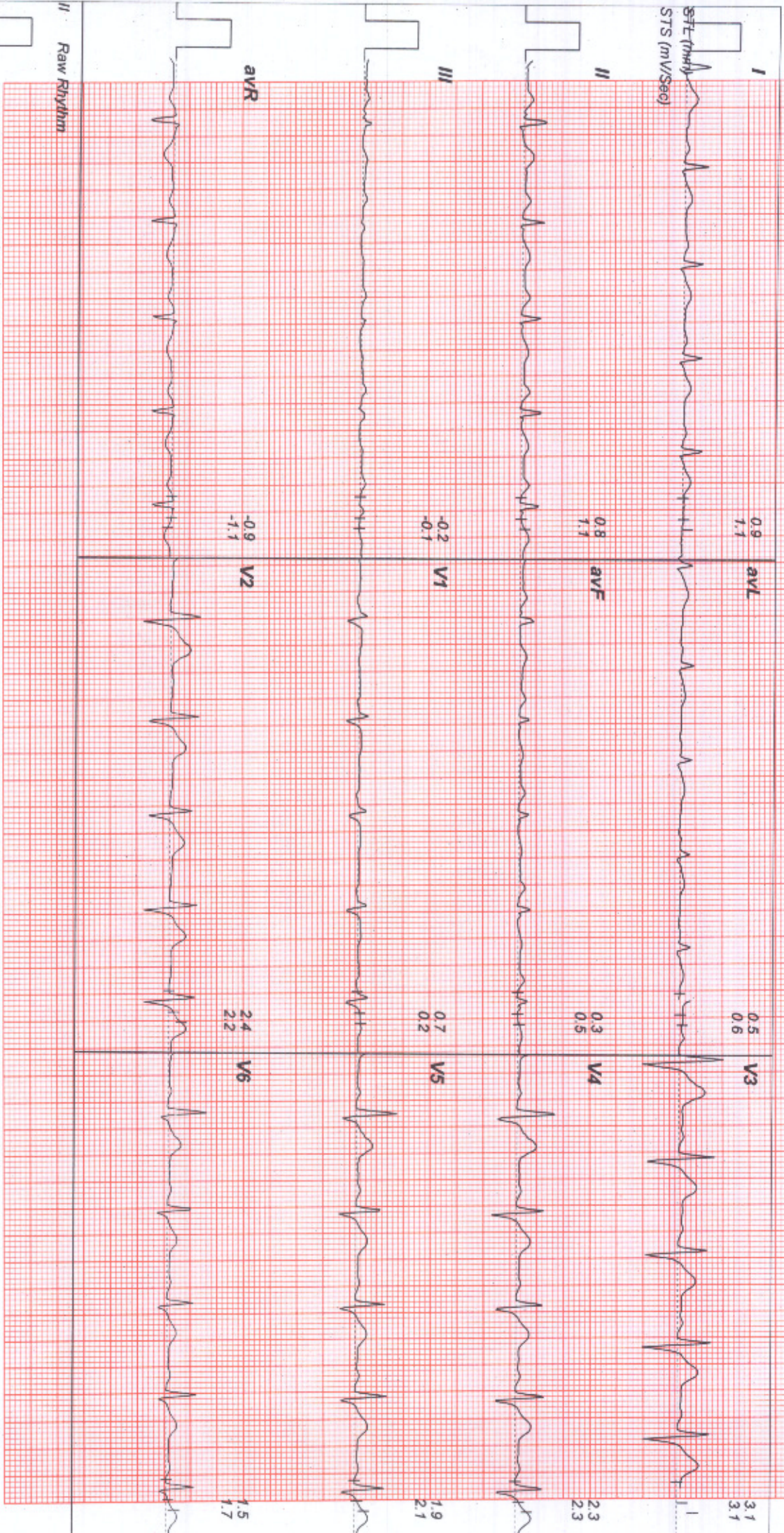
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123458063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 10:57:38 AM METs: 01.00 HR: 97 Target HR: 53% of 180 BP: 130/80 PostJ @67ms ExTime - 00:00 Speed: 01.70 mph Grade: 10:00% 25 mm/Sec. 1.0 Cm/IV

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ExStit



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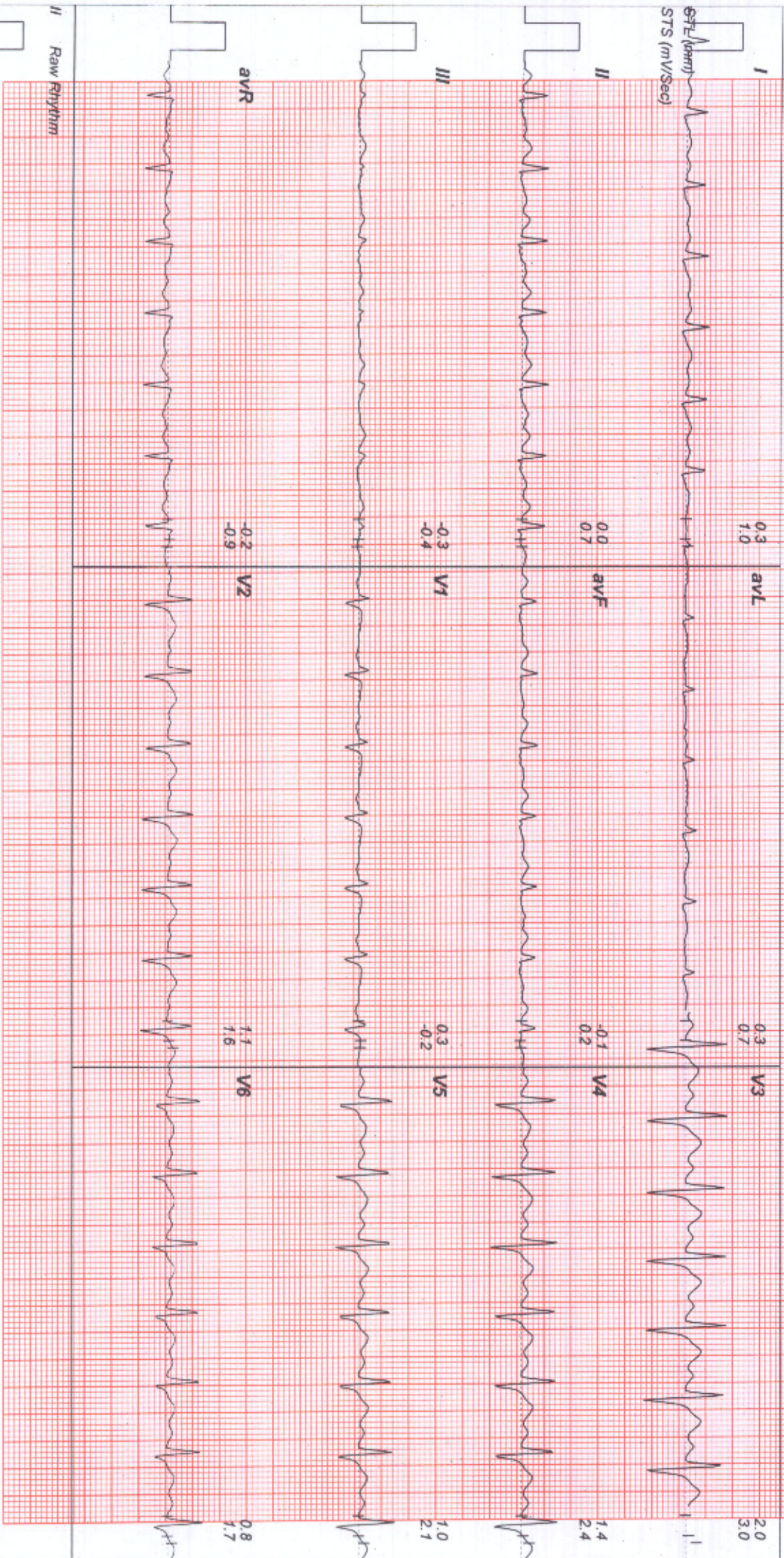
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123458063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 26-10-2024 10:57:38 AM METs: 04.70 HR: 133 Target HR: 73% of 180 BP: 140/90 PostJ @ 47ms Ex Time: 03:00 Speed: 01.70 mph Grade: 10.00 % 25 mm/Sec: 1.0 Cm/mV

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BRUCE : Stage 1 (03:00)



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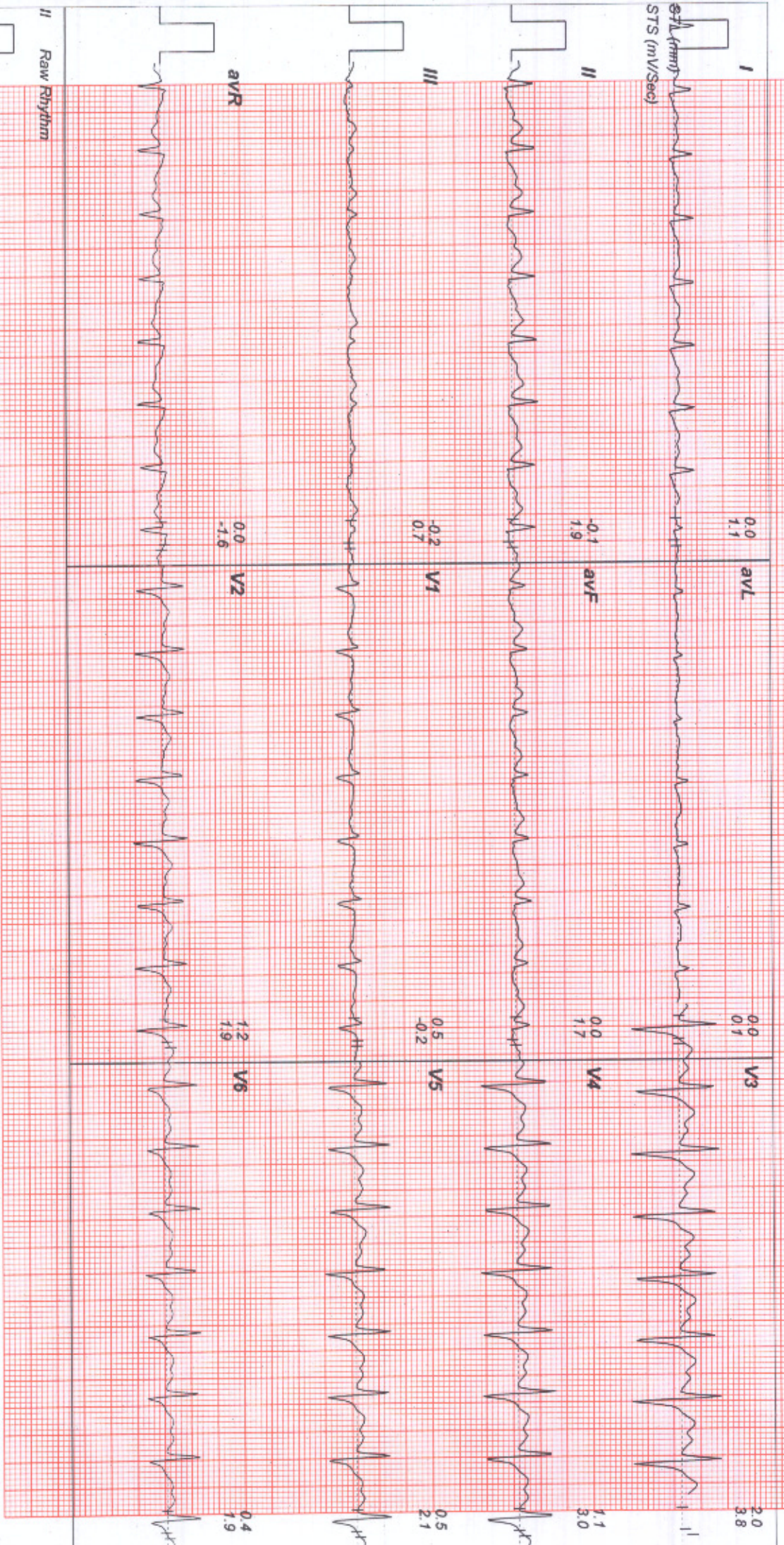


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Linked Medians Report
BRUCE : Stage 2 (03:00)



123458063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker
 Date: 26 - 10 - 2024 10:57:38 AM METS : 07.10 HR : 150 Target HR : 83% of 180 BP : 150/100 PostU @37ms ExTime : 06:00 Speed : 02.50 mph Grade : 12.00% 25 mm/Sec 1.0 Cm/mV



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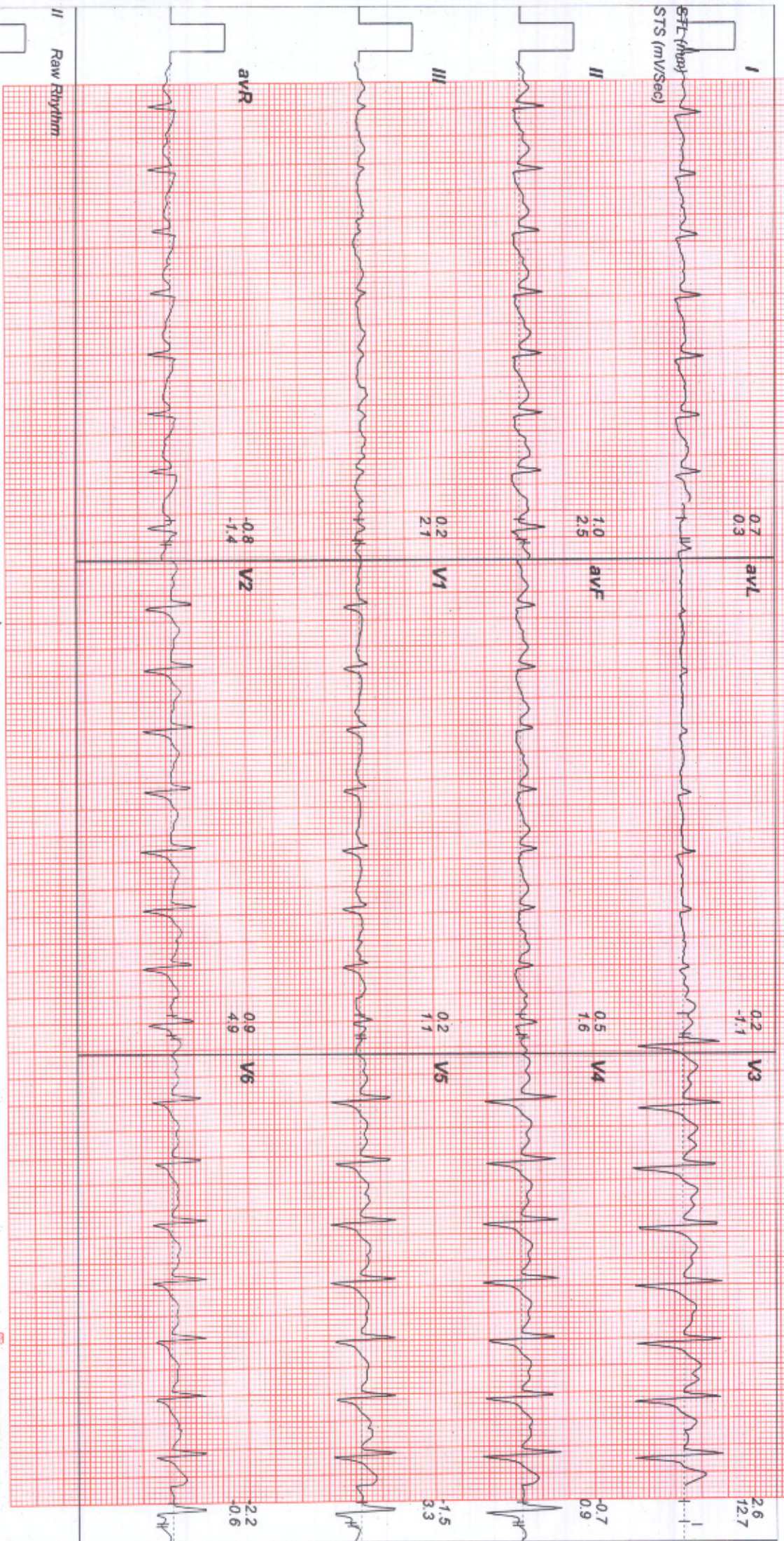
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123458063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 10:57:38 AM METs: 08.20 HR: 164 Target HR: 91% of 180 BP: 150/100 PostU @20ms Ex Time: 07:03 Speed: 03.40 mph Grade: 14.00% 25 mm/Sec 1.0 Cm/mV

Linked Medians Report PeakEx



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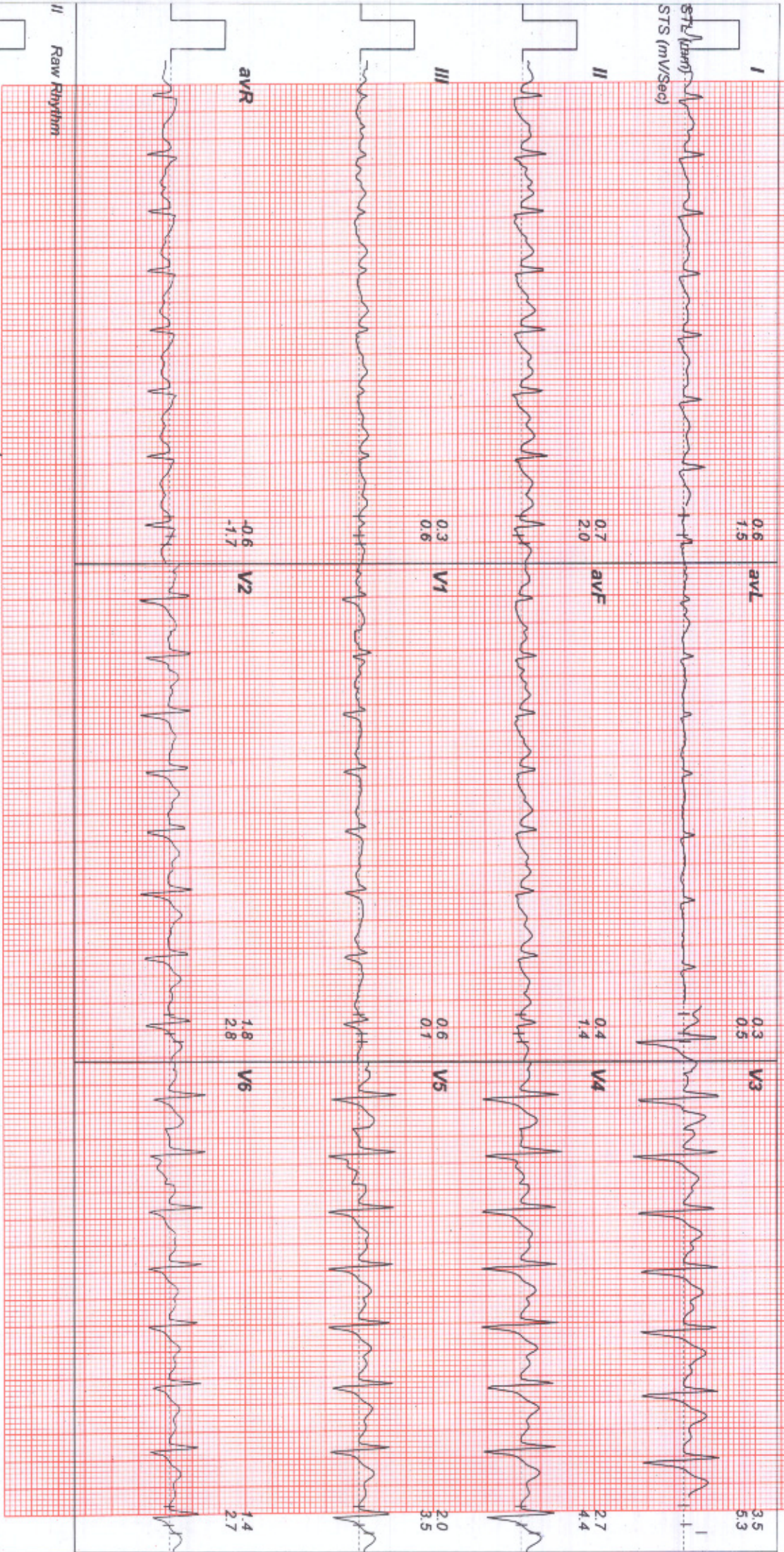
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123458063 / MR RAGHU S / 40 YRS / Male / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 10:57:38 AM METs : 01.10 HR : 137 Target HR : 76% of 180 BP : 150/100 PostU @57ms Ex Time : 07:03 Speed : 01:10 mph Grade : 00.00 % 25mm/Sec 1.0 Cm/My

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Recovery : (01:00)



Raw Rhythm

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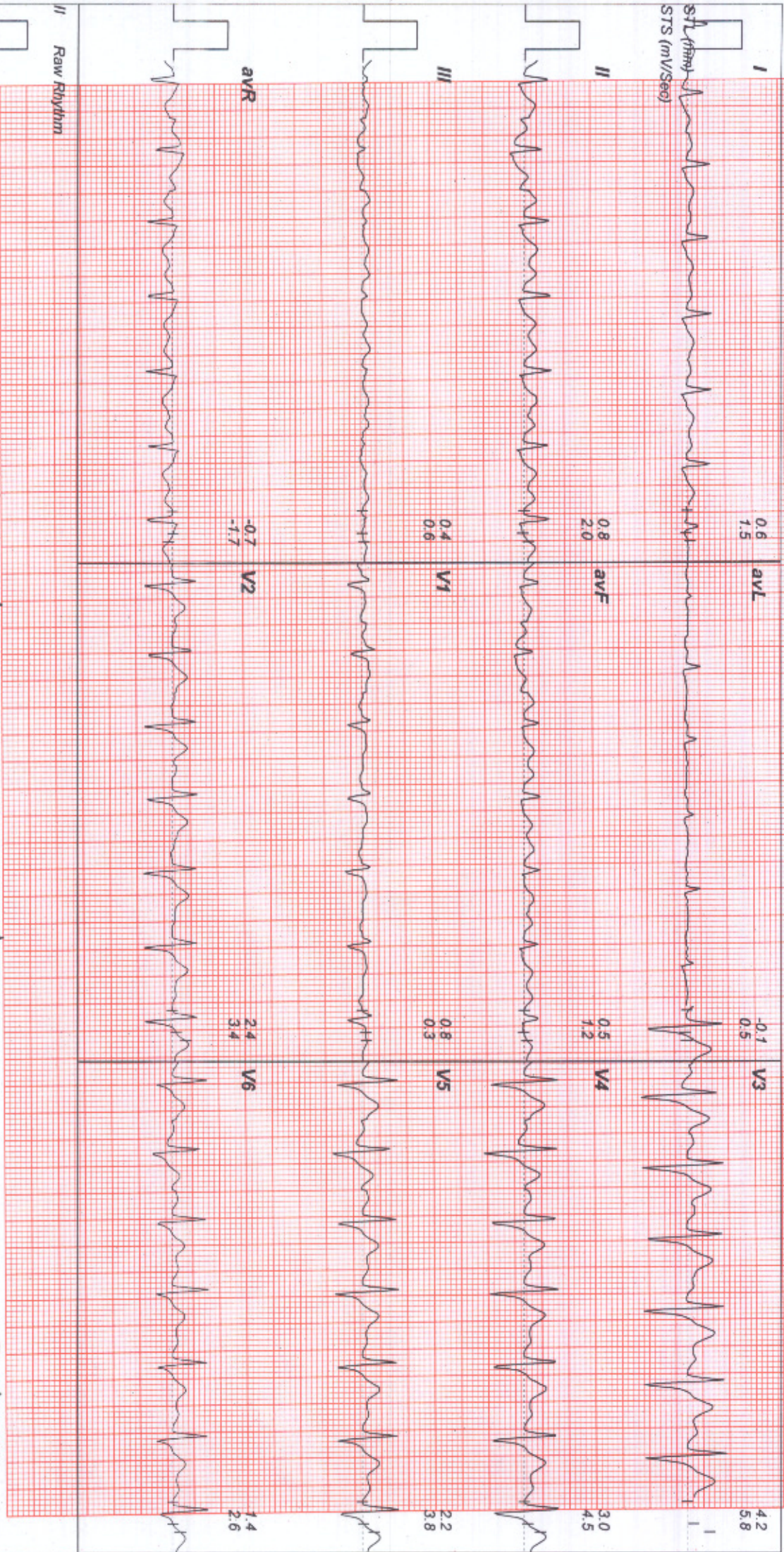
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123456063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 10:57:38 AM METs : 01.00 HR : 122 Target HR : 67% of 180 BP : 140/90 PostJ @ 50ms ExTime : 07:03 Speed : 01.10 mph Grade : 00.00 % 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report
Recovery : (02:00)

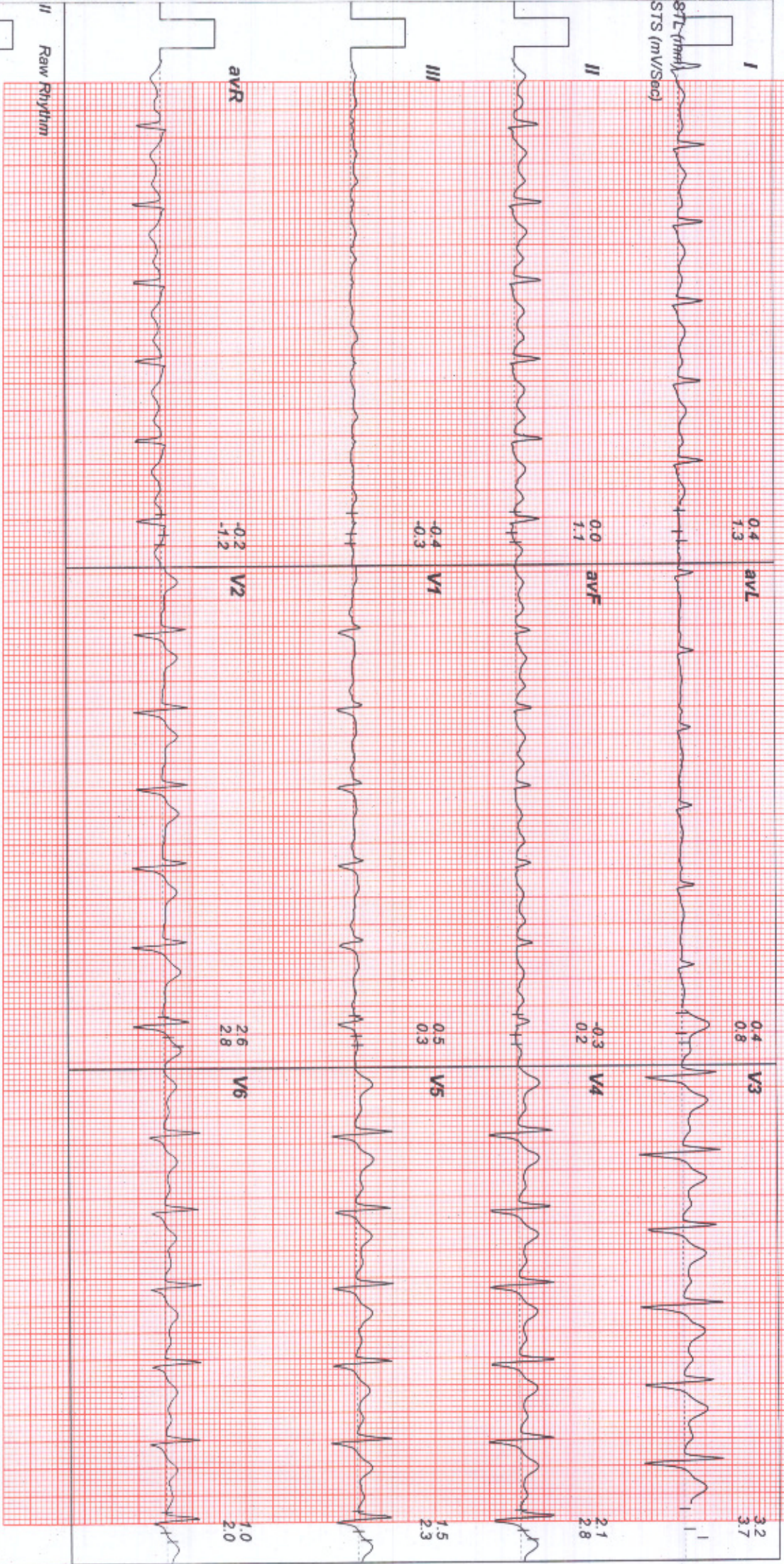


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Linked Medians Report
Recovery: (03:00)



123458063 / MR RAGHU S / 40 Yrs / Male / 0 Kg / 0 Cm / Non Smoker
 Date: 26 - 10 - 2024 10:57:38 AM METs : 01.00 HR : 122 Target HR : 67% of 180 BP : 130/80 PostJ @60ms EXTime : 07:03 Speed : 01.10 mph Grade : 00.00% 25 mm/Sec. 1.0 Cm/mV



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123458063 / MR RAGHU S / 40 Yrs / M / 0 Kg / 0 Cms / NonSmoker
 Date: 26 - 10 - 2024

Protocol : BRUCE

Medication : Nil
 Ref By : SELF

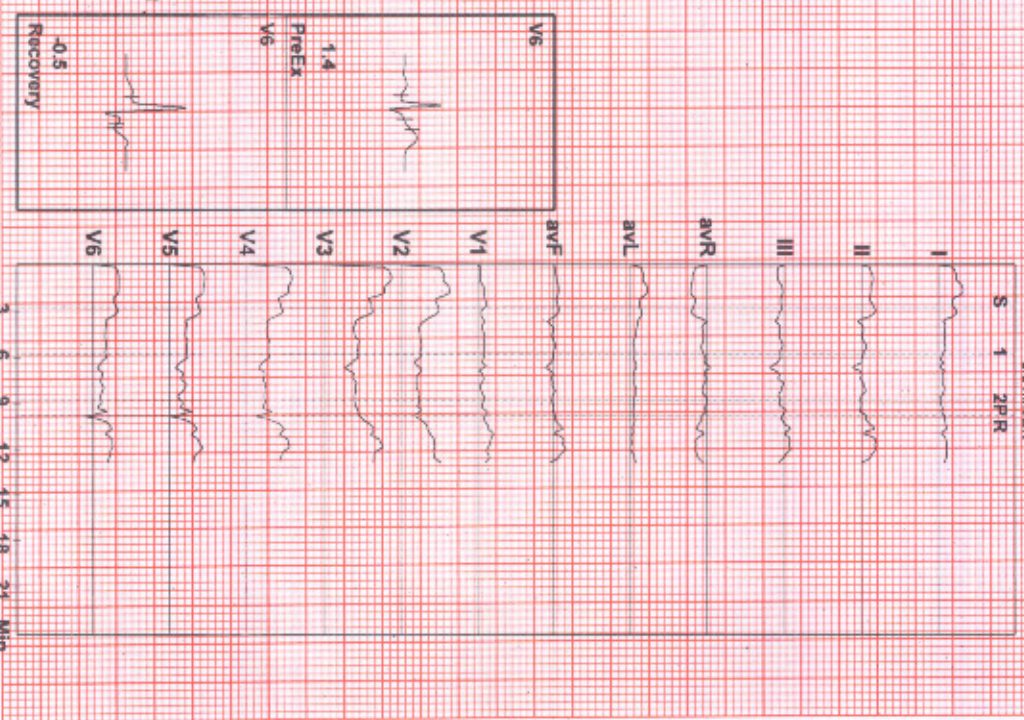
Objective : FOR TESTING PURPOSE ONLY
 History : Nil

Stage	StageTime (Min:Sec)	Speed (rpm)	Grade (%)	METS	H.R. (bpm)	B.P. (mmHg)	R.P.P. x100	PVC	Comments
Supine				1.0	92	130/80	119	-	
Standing				1.0	102	130/80	132	-	
HV				1.0	101	130/80	131	-	
ExStart				1.0	97	130/80	126	-	
Stage 1	3:00	1.7	10.0	4.7	133	140/90	186	-	
Stage 2	3:00	2.5	12.0	7.1	150	150/100	225	-	
PeakEx	1:03	3.4	14.0	8.2	164	150/100	246	-	
Recovery	1:00	1.1	0.0	1.2	137	150/100	205	-	
Recovery	2:00	1.1	0.0	1.0	122	140/90	170	-	
Recovery	3:00	1.1	0.0	1.0	122	130/80	158	-	
Recovery	3:07	1.1	0.0	1.0	118	130/80	153	-	

Findings:

Exercise Time : 07:04
 Max HR Attained : 164 bpm 91% of Target 180
 Max BP : 150/100
 Max Workload attained : 8.2 (Fair Effort Tolerance)

**TTM IS NEGATIVE
 FOR INDUCIBLE
 ISCHEMIA**



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 MRBS, FRCR (London), CCIM, ACCMDC,
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Name: MR.RAGHUS

Age: 40 YRS

ID No: PDF 1317/2023 Sex: Male

Ref By: Dr. RAMESH RAJA PRABHOO M.B.B.S; F.R.S.H.

Date : 26.10.2024

ULTRA SOUND SCAN OF ABDOMEN

Clinical status: Routine clinical examination.

Liver:

Liver is normal in size with mild increased echoes.
Intrahepatic biliary radicles are not dilated.
Portal and hepatic veins are normal.
No focal lesion.

Gallbladder: Gallbladder is normal in size.
No calculi or sludge seen in the gallbladder.

Spleen: Normal in size and echo pattern.

Pancreas: Head, body and tail of pancreas is normal.
No ductal calculi/ calcifications.

Kidneys:

Right kidney is normal in size with normal echoes.
Left kidney is normal in size with normal echoes.
Corticomedullary differentiation is maintained.

There is no free fluid in peritoneal cavity.

Urinary Bladder: is Normal.

Prostate: is Normal.

IMPRESSION:
FATTY LIVER
GRADE I

Dr. Rajalakshmi.C
M.B.B.S; D.M.R.D.
Registration No:58990

SDK-31

SF

Optometry OP - Case Record

Name : Mr. Raghu . S

Age/Gender : 40/M

Date : 26/10/24

Reg.No.: 1750999

Occupation :

40567

Complaints of

PG months/years old

Regular Check-up / Broken / Missed Spectacle

Fall of Foreign body Redness / Watering / Irritation

Pain LE RE Duration

Defective Vision DV NV Duration

Headache Duration

Medical check

Systemic Diseases :

Diabeties	Hypertension	Cardiac Disease
4y		
Others		

Present Spectacle Power

-1.75

Relevant Lab Report :

PPBS → 120mg/dl

Parameters	OD	OS
Unaided Vision	12	67
Pin Hole Vision		
Vision With PG		
NCT	20	20

Automated Refractometry

R - 1.75 x 80

L - 0.50 x 100

+ +

Subjective Refraction :

	Sph	Cyl	Axis	V/A
DV	+1.00	-1.00	80	66
NV ADD			add	+1.00D

	Sph	Cyl	Axis	V/A
	-0.50	-0.50	100	66
	nb	ld	@2	

Need Dilation / Cycloplegic Refraction
Tropicamide Plus / Cyclopentolate

	Sph	Cyl	Axis	V/A
DV				

	Sph	Cyl	Axis	V/A

Lens Prescription

Need PMT

[Signature]
Optometrist Signature



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Name MR RAGHU

Date 26.10.2024

AGE/SEX 40/M

CHEST X- RAY (PA VIEW)

- Both the lung fields are clear.
- Hilar shadows are normal.
- CP recesses are free bilaterally.
- Cardiac size and contour within normal limits.
- Diaphragmatic domes are regular bilaterally.

Impression: Normal X-Ray Chest.

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Patient Name: Mr. RAGHU S	Registered on: 26/10/2024 12:25 PM
Age / Sex: 40 YRS / M	Collected on: 26/10/2024
Referred By: Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on: 26/10/2024
LAB.REGN NO: 3333	Reported on: 26/10/2024 02:17 PM



**HAEMATOLOGY
CBC WITH ESR**

TEST	VALUE	UNIT	REFERENCE
Hemoglobin	14.6	g/dl	13 - 17
Total Leukocyte Count	7,200	cumm	4,000 - 10,000
Differential Leucocyte Count			
Neutrophils	62	%	45 - 75
Lymphocyte	35	%	20 - 45
Eosinophils	2	%	0 - 7
Monocytes	1	%	0 - 8
Basophils	0	%	< 2
Platelet Count	2.95	lakhs/cumm	1.5 - 4.1
Total RBC Count	4.62	million/cumm	4 - 5.5
Hematocrit Value, Hct	45.9	%	40 - 50
Mean Corpuscular Volume, MCV	99.4	fL	83 - 101
Mean Cell Haemoglobin, MCH	31.6	Pg	27 - 32
Mean Cell Haemoglobin CON, MCHC	31.8	%	31.5 - 34.5
Mean Platelet Volume, MPV	9.0	fL	7 - 13
Erythrocyte Sedimentation Rate (Wintrobe)	12	mm for 1st hour	0 - 15

TEST	VALUE	UNIT	REFERENCE
Blood Group & Rh.			
ABO	AB		
Rh (ANTI -D)	POSITIVE		

VERIFIED BY LAB INCHARGE



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Patient Name:	Mr. RAGHU S	Registered on:	26/10/2024 12:25 PM
Age / Sex:	40 YRS / M	Collected on:	26/10/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	26/10/2024
LAB.REGN NO:	3333	Reported on:	26/10/2024 02:17 PM



BIOCHEMISTRY

LIVER FUNCTION TEST (ALL PARAMETERS)

TEST	VALUE	UNIT	REFERENCE
Serum Bilirubin (Total)	0.6	mg/dl	0.2 - 1.2
Serum Bilirubin (Direct)	0.1	mg/dl	0 - 0.6
Serum Bilirubin (Indirect)	0.5	mg/dl	0 - 0.8
SGPT (ALT)	38.2	U/l	0 - 40
SGOT (AST)	29.5	U/l	0 - 40
Gamma Glutamyl Transferase, GGT	31.9	IU/L	15 - 73
Serum Alkaline Phosphatase	116.7	U/l	10 - 258
Serum Protein	7.6	g/dl	6.3 - 8.2
Serum Albumin	4.4	g/dl	3.5 - 5.2
Globulin	3.2	g/dl	2.8 - 5
A/G Ratio	1.38	g/dl	1.1 - 2.1

RFT

TEST	VALUE	UNIT	REFERENCE
Serum Creatinine	1.00	mg/dl	0.5 - 1.4
Serum Urea	22.0	mg/dl	19 - 45
Serum Uric Acid	6.8	mg/dl	3 - 8.5
Serum Calcium	9.0	mg/dl	8 - 11.5
Blood Urea Nitrogen	10.2	mg/dl	5 - 20

Method: Venipuncture
Instrument: Biochemical Analyzer

VERIFIED BY LAB IMAGE



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Patient Name:	Mr. RAGHU S	Registered on:	26/10/2024 12:25 PM
Age / Sex:	40 YRS / M	Collected on:	26/10/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	26/10/2024
LAB.REGN NO:	3333	Reported on:	26/10/2024 02:17 PM



3333

LIPID PROFILE - IV

TEST	VALUE	UNIT	REFERENCE
Total Cholesterol	199.5	mg/dl	50 - 200
Triglycerides	131.6	mg/dl	25 - 160
HDL Cholesterol	45.7	mg/dl	35 - 70
LDL Cholesterol	127.4	mg/dl	50 - 130
VLDL Cholesterol	26.32	mg/dl	10 - 40
Total Cholesterol / HDL Ratio	4.37	mg/dL	2 - 5

TEST	VALUE	UNIT	REFERENCE
Fasting Blood Sugar	H 134.0	mg/dl	70 - 110
PP 2HRS BLOOD SUGAR	H 192.0	mg/dl	90 - 160
HbA1c (Glycosylated Hemoglobin)			
HbA1c	H 7.3	%	4 - 5.6
Estimated average glucose	H 162.8	mg/dL	90 - 160

Interpretation as per American Diabetes Association (ADA) Guidelines

Reference Group	Non-Diabetic adults >= 18 years	At Risk (Prediabetes)	Diagnosing Diabetes	Therapeutic goals for glycemic control
HbA1c in%	4.0-5.6	5.7-6.4	>= 6.5	<7.0

Clinical significance:

Hemoglobin A1c (HbA1c) level reflects the mean glucose concentration over the previous period (approximately 8-12 weeks).

The following ranges may be used for interpretation of results. However, factors such as duration of diabetes, adherence to therapy and the age of the patient should also be considered in assessing the degree of blood glucose control.

Haemoglobin A1c (%) NSGP	mmol/mol/IFCC Unit	eAG (mg/dl)	Degree of Glucose Control Unit
>8	>63.9	>183	Action Suggested*
7-8	53.0 - 63.9	154-183	Fair Control
<7	<63.9	<154	Goal**
6-7	42.1 - 63.9	126-154	Near-normal glycemia
<6	<42.1	<126	Non-Diabetic level

VERIFIED BY LAB TRACE



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CORPORATE WELLNESS CLINIC



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ALLIED PUBLIC HEALTH | INDUSTRIAL SAFETY & HEALTH

Patient Name:	Mr. RAGHU S	Registered on:	26/10/2024 12:25 PM
Age / Sex:	40 YRS / M	Collected on:	26/10/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	26/10/2024
LAB.REGN NO:	3333	Reported on:	26/10/2024 02:17 PM



*High risk of developing long term complications such as Retinopathy, Nephropathy, Neuropathy etc.

**Some danger of hypoglycemic reaction in Type 1 diabetics. Some glucose intolerant individuals and "subclinical" diabetics may demonstrate HbA1c levels in this area.

SERUM PSA	0.38	ng/mL	0 - 4
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OTHERS

THYROID FUNCTION TEST (TFT)

TEST	VALUE	UNIT	REFERENCE
Serum Triiodothyronine, T3	115.37	ng/dl	80 - 200
Serum thyroxine, T4	9.58	µg/dl	5.1 - 14.1
Thyroid-Stimulating Hormone, TSH	2.96	µIU/mL	0.27 - 4.2

VERIFIED BY LAB INCHARGE



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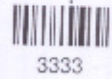
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ROUTINE URINE ANALYSIS
ROUTINE URINE ANALYSIS

TEST	VALUE	UNIT	REFERENCE
Urine Routine Examination			
Physical Examination			
Quantity	30	ml	
Colour	Yellow		Pale Yellow
Transparency	Clear		Clear
Specific Gravity	1.015		1.005 - 1.03
pH	5.8		5 - 7
Blood	Absent		Absent
Chemical Examination			
Protein / Albumin	Absent		Absent
Sugar / Glucose	GREENISH YELLOW (+)		Absent
Bilirubin	Absent		Absent
Microscopic Examination			
R.B.C.	Absent	/HPF	Absent
Pus Cells	0-3	/HPF	Absent
Epithelial Cells	1-4	/HPF	Absent
Casts	Absent		Absent
Crystals	Absent		Absent
Bacteria	Absent		Absent
Others	Absent		Absent

~~~ End of report ~~~

VERIFIED BY LAB IMAGE



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