



Mediwheel
...Your wellness partner

Arcofemi Healthcare Pvt Ltd

(Formerly known as Arcofemi Healthcare Ltd)

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Tel: +91-11-41195959, Fax: +91-11-29523020

CIN: U24240DL2011PTC216307

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner holding a Medical degree)

This is to certify that **MRS. DEEPA SHIBROOR** aged, **41yr**. Based on the examination, I certify that he is in good mental and physical health and it is free from any physical defects such as deafness, colour blindness, and any chronic or contagious diseases.

Place: Mumbai

Date: 10/10/2024

Dr. Nitesh Kumar
MBBS
BCMR 47093

Name & Signature of

Medical officer



25675 101024

Registration ID : 25675

Sample Collection : 10/10/2024 08:27:42

Name : MRS. DEEPA SHIBROOR

Sample Received : 10/10/2024 08:27:42

Age/Sex : 41 Yrs. / F

Printed : 11/10/2024 11:50:57

Report Released : 10/10/2024 11:44:33

Ref. By : J M MUTUAL FUND

Sent By : Arcofemi Healthcare Pvt Ltd

COMPLETE BLOOD COUNT

Test	Result	Unit	Biological Ref Range
Hemoglobin (SLS) Photometric	: 13.6	g/dL	12-14 g/dL
Total RBC (Electrical Impedence)	: 5.22	10 ⁶ /μL	3.0-6.0 10 ⁶ /μL
Hematocrit (PCV) (Calculated)	: 46.0	%	36-54 %
Mean Corpuscular Volume (MCV) (calculated)	: 88.1	fL	78-101 fL
Mean Corpuscular Hemoglobin (MCH) (Calculated)	: 26.1	pg	27-32 pg
Mean Corpuscular Hemoglobin Concentration (MCHC) (Calculated)	: 29.6	g/dL	31.5-34.5 g/dL
Red Cell Distribution Width (RDW- CV) (Electrical Impedence)	: 16.00	%	12-15 %
Total Leucocytes Count (Light Scattering)	: 9500	/cumm	4000-11000 /cumm
Neutrophils (Calculated)	: 62	%	40-75 %
Eosinophils Percentage (Calculated)	: 01	%	1-6 %
Lymphocyte Percentage (Calculated)	: 32	%	20-45 %
Basophils Percentage (Calculated)	: 0	%	0-1 %
Monocytes Percentage (Calculated)	: 05	%	1-10 %
RBC Morphology	: Normocytic, Normochromic		
WBC Morphology	: Normal Morphology		
Platelet Count (Electrical Impedence)	: 312000	/ul	150000-450000 /ul
Platelets on Smear	: Adequate		Adequate
E.S.R	: 20	mm at 1hr	0-20 mm at 1hr

Sample Type: EDTA whole blood (Westergren)

Sample Type : EDTA Whole Blood

Test done with THREE PART CELL COUNTER (Sysmex KX-21)

*All Samples Processed At Excellas Clinics Mulund Centre .

*ESR NOT IN NABL scope.

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 11:44:33)



Dr. Santosh Khairnar
Dr. Santosh Khairnar
 M.D. (Pathologist)
 Reg. No.-
 2000/08/2926





25675 101024

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----- End Of Report -----



NABL MELT-00683

Dr. Santosh Khairnar
Dr. Santosh Khairnar
M.D. (Pathologist)
Reg. No.-
2000/08/2926





25675 101024

Registration ID : 25675	Sample Collection : 10/10/2024 08:27:42
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Age/Sex : 41 Yrs. / F	Printed : 11/10/2024 11:50:57
Ref. By : J M MUTUAL FUND	Report Released : 10/10/2024 16:36:21
Sent By : Arcofemi Healthcare Pvt Ltd	

Blood Sugar Fasting (FBS) & Post Prandial Blood Sugar (PPBS)

Test	Result	Unit	Biological Ref. Range
GLUCOSE (SUGAR) FASTING, (Fluoride Plasma Used)	: 133	mg/dL	Non-Diabetic: < 100 mg/dl Impaired Fasting Glucose: 100-125 mg/dl Diabetic: >= 126 mg/dl
<i>Method: GOD-POD</i>			
GLUCOSE (SUGAR) PP, (Fluoride Plasma Used)	: 186	mg/dl	Non-Diabetic: < 140 mg/dl Impaired Glucose Tolerance: 140-199 mg/dl Diabetic: >= 200 mg/dl

Test Done on - Automated Biochemistry Analyzer (EM 200)

*All Samples Processed At Excellas Clinics Mulund Centre .

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 16:36:21)
HbA1c (Whole Blood)

Test	Result	Unit	Reference Range
HbA1C-Glycosylated Haemoglobin	: 6.50	%	Non-diabetic: 4-6 Excellent Control: 6-7 Fair to good control: 7-8 Unsatisfactory control: 8-10 Poor Control: >10

EDTA Whole Blood, Method: HPLC

Estimated Average Glucose (eAG)	: 139.85	mg/dl	65.1-136.3 mg/dL mg/dl
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EDTA Whole Blood, Method: Calculated
Interpretation:

- The term HbA1c refers to Glycated Haemoglobin. Measuring HbA1c gives an overall picture of what the average blood sugar levels have been over a period of weeks/month. Higher the HbA1c, the greater the risk of developing diabetes-related complications.
- HbA1c has been endorsed by clinical groups and ADA (American Diabetes Association) guidelines 2012, for the diagnosis of diabetes using a cut-off point of 6.5%. ADA defined biological reference range for HbA1c is between 4-6%. Patients with HbA1c value between 6.0-6.5% are considered at risk for developing diabetes in the future. Trends in HbA1c area a better indicator of glucose control than standalone test.
- To estimate the eAG from the HbA1c value, the following equation is used: $eAG(mg/dl) = 28.7 * A1c - 46.7$.
- Diabetic must aspire to keep values under 7% to avoid the various complications resulting from diabetes.

*Note - This test is outsourced and processed at Millenium Special Labs Pvt Ltd.

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 18:16:49)


Dr. Santosh Khairnar
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 2000/08/2926





25675 101024

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BLOOD GROUP


Test	Result	Unit	Biological Ref. Range
Blood Group	: 'A' Rh POSITIVE		

Slide and Tube Agglutination Test

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 15:36:37)

----- End Of Report -----




Dr. Santosh Khairnar
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2000/08/2926





25675 101024

Registration ID : 25675	Sample Collection : 10/10/2024 08:27:42
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Age/Sex : 41 Yrs. / F	Printed : 11/10/2024 11:50:57
Ref. By : J M MUTUAL FUND	Report Released : 10/10/2024 16:36:35
Sent By : Arcofemi Healthcare Pvt Ltd	

LIPID PROFILE

Test	Result	Unit	Biological Ref. Range
Total Cholesterol	: 112	mg/dl	Desirable: <200 Borderline high = 200-239 High: > 239
<i>Serum, Method: CHOD-PAP</i>			
S. Triglyceride	: 80	mg/dl	Desirable: <161 Borderline High: 161 - 199 High: > 200 - 499/ Very High:>499
<i>Serum, Method: GPO-Trinder</i>			
HDL Cholesterol	: 33	mg/dl	42.0-88.0 mg/dl
<i>serum,Direct method</i>			
LDL Cholesterol	: 63.00	mg/dl	Optimal: <100; Near Optimal: 100-129; Borderline High: 130-159; High: 160-189; Very high: >190
<i>Serum, (Calculated)</i>			
VLDL Cholesterol	: 16.0	mg/dl	5-30 mg/dl
<i>Serum, Method: Calculated</i>			
LDL/HDL Ratio	: 1.9		Optimal: <2.5 Near Optimal: 2.5-3.5 High >3.5
<i>Serum, Method: Calculated</i>			
TC/HDL Ratio	: 3.4		Optimal: <3.5 Near Optimal: 3.5 - 5.0 High >5.0
<i>Serum, Method: Calculated</i>			

Test Done on - Automated Biochemistry Analyzer (EM 200).

Interpretation

1. Triglycerides: When triglycerides are very high greater than 1000 mg/dL, there is a risk of developing pancreatitis in children and adults. Triglycerides change dramatically in response to meals, increasing as much as 5 to 10 times higher than fasting levels just a few hours after eating. Even fasting levels vary considerably day to day. Therefore, modest changes in fasting triglycerides measured on different days are not considered to be abnormal.
2. HDL-Cholesterol: HDL- C is considered to be beneficial, the so-called "good" cholesterol, because it removes excess cholesterol from tissues and carries it to the liver for disposal.
3. LDL-Cholesterol: Desired goals for LDL-C levels change based on individual risk factors.

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Ref. By : J M MUTUAL FUND

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LIVER FUNCTION TEST

Test	Result	Unit	Biological Ref. Range
S. Bilirubin (Total) <i>Serum, Method: Diazo (walter & Gerarde)</i>	: 0.48	mg/dl	0-2.0 mg/dl
S. Bilirubin (Direct) <i>Serum, Method: Diazo (walter & Gerarde)</i>	: 0.26	mg/dl	0-0.4 mg/dl
S. Bilirubin (Indirect) <i>Serum, Method: Calculated</i>	: 0.22	mg/dl	0.10-1.0 mg/dl
Aspartate Transaminase (AST/SGOT) <i>Serum, Method: UV Kinetic with P5P</i>	: 29.8	IU/L	0-31 IU/L
Alanine Transaminase (ALT/SGPT) <i>Serum, Method: UV Kinetic with P5P</i>	: 25.5	IU/L	0-34 IU/L
S. Alkaline Phosphatase <i>Serum, Method: IFCC with AMP buffer</i>	: 84	IU/L	42-98 IU/L
Total Proteins <i>Serum, Method: Biuret</i>	: 6.5	gm/dl	6.4-8.3 gm/dl
S. Albumin <i>Serum, Method: BCG</i>	: 3.9	gm/dl	3.5-5.2 gm/dl
S. Globulin <i>Serum, Method: Calculated</i>	: 2.6	gm/dl	2.3-3.5 gm/dl
A/G Ratio <i>Serum, Method: Calculated</i>	: 1.50		0.90-2.00
Gamma GT <i>Serum, Method: G glutamyl carboxy nitroanilide</i> <i>Test Done on - Automated Biochemistry Analyzer (EM 200).</i>	: 18	U/L	0-38 U/L

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Age/Sex : 41 Yrs. / F Printed : 11/10/2024 11:50:57 Report Released : 10/10/2024 16:37:05
Ref. By : J M MUTUAL FUND Sent By : Arcofemi Healthcare Pvt Ltd

SERUM CREATININE

Test	Result	Unit	Biological Ref. Range
S. Creatinine	: 0.69	mg/dl	0.60-1.1 mg/dl

Serum, Method: Enzymatic

Test Done on - Automated Biochemistry Analyzer (EM 200).

All Samples Processed At Excellas Clinics Mulund Centre(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 16:37:05)***BLOOD UREA NITROGEN (BUN)**

Test	Result	Unit	Biological Ref. Range
Urea	: 15.90	mg/dl	13-40 mg/dl

Serum, Method: Urease - GLDH

Blood Urea Nitrogen : 7.43 mg/dl 5-18 mg/dl

Test Done on - Automated Biochemistry Analyzer (EM 200)

All Samples Processed At Excellas Clinics Mulund Centre(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 16:37:10)***SERUM URIC ACID**

Test	Result	Unit	Biological Ref. Range
S. Uric Acid	: 5.80	mg/dl	2.6-6.0 mg/dl

Serum, Method: Uricase - POD

Test Done on - Automated Biochemistry Analyzer (EM 200).

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 16:37:15)

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2000/08/2926





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Ref. By : J M MUTUAL FUND Sent By : Arcofemi Healthcare Pvt Ltd

BUN GREAT RATIO (BCR)

Test	Result	Unit	Biological Ref. Range
BUN/Creatinine ratio	: 10.76		5-20

Serum, Method: Calculated


NOTE:

A blood urea nitrogen (BUN)/creatinine ratio (BCR) >20 is used to distinguish pre-renal azotemia (PRA) and acute tubular necrosis (ATN)

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 16:37:37)

----- End Of Report -----




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Age/Sex : 41 Yrs. / F

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Report Released : 10/10/2024 16:47:08

Ref. By : J M MUTUAL FUND

Sent By : Arcofemi Healthcare Pvt Ltd

THYROID FUNCTION TEST

Test	Result	Unit	Biological Ref. Range
Total T3	: 1.4	ng/dl	0.70-2.04 ng/dl
<i>Serum, Method: CLIA</i>			
Total T4	: 9.03	µg/dl	5.1-14.1 µg/dl
<i>Serum, Method: CLIA</i>			
TSH (Thyroid Stimulating Hormone)	: 1.93	µIU/ml	0.27-5.3 µIU/ml
<i>Serum, Method: CLIA</i>			


Interpretation Decreased TSH with raised or within range T3 and T4 is seen in primary hyperthyroidism, toxic thyroid nodule, sub-clinical hyperthyroidism, on thyroxine ingestion, post-partum and gestational thyrotoxicosis Raised TSH with decreased T3 and T4 is seen in hypothyroidism and with intermittent T4 therapy. Alterations in TSH are also seen in non-thyroidal illnesses like HIV infection, chronic active hepatitis, estrogen producing tumors, pregnancy, new-born, steroids, glucocorticoids and may cause false thyroid levels for thyroid function tests as with increased age, marked variations in thyroid hormones are seen. In pregnancy T3 and T4 levels are raised, hence FT3 and Ft4 is to be done to determine hyper or hypothyroidism.

*Note - This test is outsourced and processed at Millenium Special Labs Pvt Ltd.

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 16:47:08)

----- End Of Report -----




Dr. Santosh Khairnar
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Reg. No.-
2000/08/2926





25675 101024

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 Sample Received : 10/10/2024 08:27:42
 Age/Sex : 41 Yrs. / F
 Printed : 11/10/2024 11:50:57
 Report Released : 10/10/2024 12:02:04
 Ref. By : J M MUTUAL FUND
 Sent By : Arcofemi Healthcare Pvt Ltd

EXAMINATION OF URINE


Test	Result	Unit	Biological Ref. Range
<u>PHYSICAL EXAMINATION</u>			
Quantity	30	ml	
Colour	Pale yellow		
Appearance	Clear		
Reaction (pH)	5.0		4.5 - 8.0
Specific Gravity	1.015		1.010 - 1.030
<u>CHEMICAL EXAMINATION</u>			
Protein	Absent		Absent
Glucose	Absent		Absent
Ketones Bodies	Absent		Absent
Occult Blood	Absent		Absent
Bilirubin	Absent		Absent
Urobilinogen	Absent		Normal
<u>MICROSCOPIC EXAMINATION</u>			
Epithelial Cells	2 - 3	/ hpf	
Pus cells	1 - 2	/ hpf	
Red Blood Cells	Absent	/ hpf	
Casts	Absent	/ lpf	Absent / lpf
Crystals	Absent		Absent
<u>OTHER FINDINGS</u>			
Yeast Cells	Absent		Absent
Bacteria	Absent		Absent
Mucus Threads	Absent		
Spermatozoa	Absent		
Deposit	Absent		Absent
Amorphous Deposits	Absent		Absent

sample type:Urine

Method:Visual and Microscopic

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 12:02:04)

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X RAY CHEST PA VIEW

Both the lung fields appear normal.

Cardiac silhouette is within normal limits.

Bilateral hilar shadows appear normal.

Bilateral costophrenic angles appear normal.

Bony thorax appears normal.

Soft tissues appear normal.

IMPRESSION:

No significant abnormality detected.



Dr. Deepak Mishra

D.N.B. (Radio-

Diagnosis)

Reg. No:

2021/09/7488





25675 101024

Registration ID : 25675

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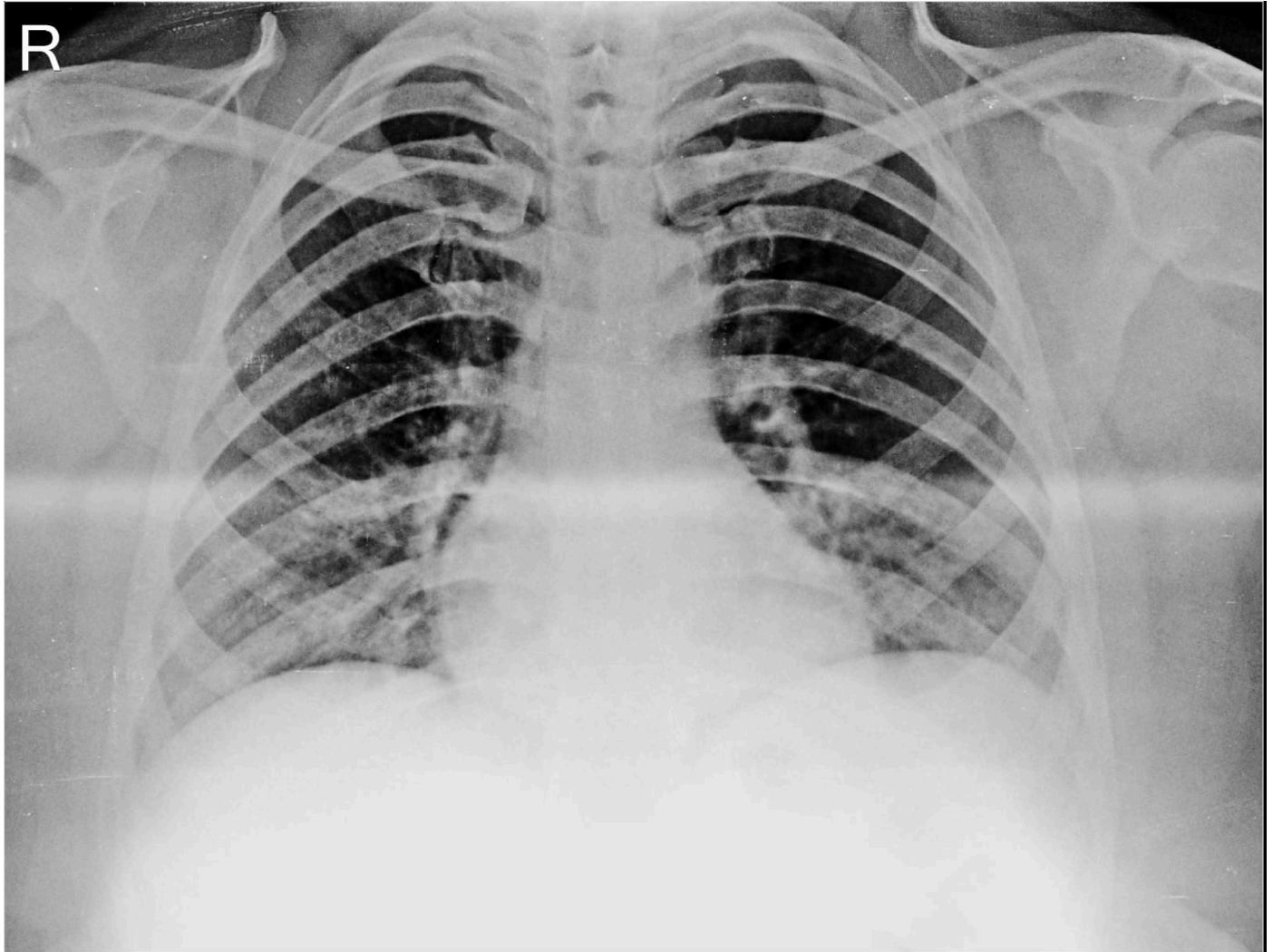
Age/Sex : 41 Yrs. / F

Printed : 11/10/2024 11:50:57

Report Released : 10/10/2024 13:35:53

Ref. By : J M MUTUAL FUND


Sent By : Arcofemi Healthcare Pvt Ltd



MRS. DEEPA SHIBROOR AGE:-42YRS/FEMALE. R04 CHEST PA 10-Oct-24 08:44 AM
EXCELLAS CLINICS PVT LTD TEL:-022-25695661/71

(Collected At: 10/10/2024 08:27:42, Received At: 10/10/2024 08:27:42, Reported At: 10/10/2024 13:35:53)

----- End Of Report -----



Dr. Deepak Mishra
D.N.B. (Radio-
Diagnosis)
Reg. No:
2021/09/7488



MEDICAL EXAMINATION REPORT

Name	Mr./Mrs./ Miss	Deepa	
Sex		Male/ Female <input checked="" type="checkbox"/>	
Age (yrs.)	42	UHID :	
Date		10 / 10 / 2024	Bill No. :
Marital Status		Married/ No. of Children / Unmarried/ Widow : ①	
Present Complaints		- No complaints	
Past Medical History	Surgical :	- P/H/O covid-19 in 2020 & 2021 (Home based Rx taken) - o/c/o Hysterectomy in 2024.	
Personal History		Diet : Veg <input checked="" type="checkbox"/> / Mixed <input type="checkbox"/> : Addiction : Smoking <input type="checkbox"/> / Tobacco Chewing <input type="checkbox"/> / Alcohol <input type="checkbox"/> } No Any Other	
Family History	Father = Mother = Siblings =	HT / DM / IHD / Stroke / Any Other → Passed away Mother = HT / DM / IHD / Stroke / Any Other → on Rx Siblings = HT / DM / IHD / Stroke / Any Other → No	
History of Allergies		Drug Allergy } No Any Other	
History of Medication		For HT / DM / IHD / Hypothyroidism } No Any Other	
On Examination (O/E)		G.E.: NAB R.S.: clear C.V.S.: conscious alert S12 ⊕ C.N.S.: conscious alert P/A: soft, NT Any Other Positive Findings : No	

Height	158 cms	Weight	94 Kgs
BMI	37.7		
Pulse (per min.)	138/90	Blood Pressure (mm of Hg)	138/90 mm of Hg
SpO2 - 98% on RA		Gynaecology	
Examined by	Dr.		
Complaint & Duration			
Other symptoms (Mict, bowels etc)			
Menstrual History	Menarche _____ Cycle _____ Loss _____ Pain _____ I.M.B. _____ P.C.B. _____ L.M.P. _____ Vaginal Discharge _____ Cx. Smear _____ Contraception _____		
Obstetric History			
Examination :			
Breast			
Abdomen			
P.S.			
P.V.			
Gynaecology Impression & Recommendation			
Recommendation			
Physician Impression			
Examined by :	- Overweight = To Reduce Weight - Underweight = To Increase Weight		

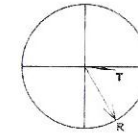
Excellas Clinics Private Ltd

B1, Vikas Paradise Commercial, Below Axis Bank, LBS Marg, Mulund (W),

10003/Deepa Shibroor 42Yrs/Female Kgs/ Cms BP: ___/___ mmHg

Ref.: Test Date: 10-Oct-2024(08:42:14) Notch: 50Hz 0.05Hz - 100Hz 10mm/mV 25mm/Sec

HR: 82 bpm



PR Interval: 136 ms
QRS Duration: 94 ms
QT/QTc: 343/402ms
P-QRS-T Axis: 47 - 60 - 6 (Deg) .



DR. MANSI SOLANKI
MBBS MD GENERAL MEDICINE
REG. NO. MMC 2024042065

NSR 82 bpm

correlate clinically