

LETTER OF APPROVAL / RECOMMENDATION

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 employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

PARTICULARS	EMPLOYEE DETAILS
NAME	MR. KUMAR RAKESH
EC NO.	109228
DESIGNATION	HEAD PEON
PLACE OF WORK	MODINAGAR
BIRTHDATE	12-12-1986
PROPOSED DATE OF HEALTH CHECKUP	11-02-2023
BOOKING REFERENCE NO.	22M109228100040928E

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 **08-02-2023** till **31-03-2023** 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 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

  
S  
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))



भारत सरकार

GOVERNMENT OF INDIA



राकेश कुमार

Rakesh Kumar

जन्म तिथि/ DOB: 12/12/1986

पुरुष / MALE



8425 8535 4658

आधार-आम आदमी का अधिकार



भारतीय विशिष्ट पहचान प्राधिकरण  
UNIQUE IDENTIFICATION AUTHORITY OF INDIA

पता:

Address:

संबोधित: रामसरन दास,  
2230, घुक्ना,, गाजियाबाद,  
गाजियाबाद,  
उत्तर प्रदेश - 201001

S/O: Ramseran Das, 2230,  
GHUKNA, Ghaziabad, Ghaziabad,  
Uttar Pradesh - 201001

8425 8535 4658

Aadhaar-Aam Admi ka Adhikar



**Manipal Hospital Ghaziabad**

NH-24, Hapur Road, Near Landcraft Golflinks, Ghaziabad 201 002

0120 3535 353 / +91 88609 45566



URN : MH010772870

## OUTPATIENT RECORD

Hospital No: MH010772870	Visit No: H18000000209
Name: MR RAKESH KUMAR	Age/Sex: 36 Yrs/Male
Doctor Name: HEALTH CHECK MGD	Specialty: HC SERVICE MGD
Date: 11/02/2023 09:15AM	

BP Systolic: 137 mmHg	BP Diastolic: 92 mmHg	Pulse Rate: 59beats per minute
Saturation(Oxygen): 100%	Height: 165.5cm	Weight : 65.4kg
BMI: 23.88	Pain Score: 00	Ideal Body Weight (calculated): 61.92kg
Mean Arterial Pressure-MAP: 107 mmHg		

OPD Notes :

PRESENT OPHTHALMIC COMPLAINS - PHC  
 SYSTEMIC/ OPHTHALMIC HISTORY -N/C

EXAMINATION DETAILS	RIGHT EYE	LEFT EYE
VISION	6/6	6/6
CONJ	NORMAL	NORMAL
CORNEA	CLEAR	CLEAR
LENS	CLEAR	CLEAR
OCULAR MOVEMENTS	FULL	FULL
NCT	14	16

ADVISE / TREATMENT  
 E/D AQUALINA 4 TIMES DAILY BE  
 REVIEW AFTER 6 MTH

OPD Notes :

PHC PATIENT.  
 NO DENTAL COMPLAINTS.

ADV:

- DIGITAL OPG
- EXTRACTION OF RS
- REPLACEMENT OF MISSING TEETH
- ORAL PROPHYLAXIS
- MAINTAINANCE OF ORAL HYGIENE
- USE OF CHLORHEXIDINE MOUTHWASH
- TWICE BRUSHING DAILY
- USE OF DENTAL FLOSS AFTER MEALS
- REVIEW WITH OPG REPORTS

FOR DENTAL APPOINTMENTS CALL AT +91-9311094087

**HEALTH CHECK MGD**



**Manipal Hospital Ghaziabad**

NH-24, Hapur Road, Near Landcraft Golflinks, Ghaziabad 201 002

0120 3535 353 / +91 88609 45566



URN : MH010772870

Hospital No: MH010772870

Visit No: H18000000209

Name: MR RAKESH KUMAR

Doctor Name: HEALTH CHECK MGD

RADIOLOGY REPORT

<b>Name</b>	Rakesh KUMAR	<b>Modality</b>	DX
<b>Patient ID</b>	MH010772870	<b>Accession No</b>	R5150052
<b>Gender/Age</b>	M / 36Y 2M 1D	<b>Scan Date</b>	11-02-2023 09:38:00
<b>Ref. Phys</b>	Dr. HEALTH CHECK MGD	<b>Report Date</b>	11-02-2023 09:57:57

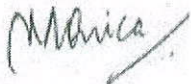
XR- CHEST PA VIEW

**FINDINGS:**

LUNGS: Normal.  
 TRACHEA: Normal.  
 CARINA: Normal.  
 RIGHT AND LEFT MAIN BRONCHI: Normal.  
 PLEURA: Normal.  
 HEART: Normal.  
 RIGHT HEART BORDER: Normal.  
 LEFT HEART BORDER: Normal.  
 PULMONARY BAY: Normal.  
 PULMONARY HILA: Normal.  
 AORTA: Normal.  
 THORACIC SPINE: Normal.  
 OTHER VISUALIZED BONES: Normal.  
 VISUALIZED SOFT TISSUES: Normal.  
 DIAPHRAGM: Normal.  
 VISUALIZED ABDOMEN: Normal.  
 VISUALIZED NECK: Normal.

**IMPRESSION:**

**No significant abnormality noted.**  
 Recommend clinical correlation.



Dr. Monica Shekhawat, MBBS, DNB,  
 Consultant Radiologist, Reg No MCI 11 10887



RADIOLOGY REPORT

Name	Rakesh KUMAR	Modality	US
Patient ID	MH010772870	Accession No	R5150053
Gender/Age	M / 36Y 2M 1D	Scan Date	11-02-2023 11:40:50
Ref. Phys	Dr. HEALTH CHECK MGD	Report Date	11-02-2023 11:54:19

**USG ABDOMEN & PELVIS**

**FINDINGS**

LIVER: Liver is normal in size (measures 137 mm), shape and echotexture. Rest normal.  
SPLEEN: Spleen is normal in size (measures 117 mm), shape and echotexture. Rest normal.  
PORTAL VEIN: Appears normal in size and measures 11.5 mm.  
COMMON BILE DUCT: Appears normal in size and measures 4.8 mm.  
IVC, HEPATIC VEINS: Normal.  
BILIARY SYSTEM: Normal.  
GALL BLADDER: Gall bladder is well distended. Wall thickness is normal and lumen is echofree. Rest normal.  
PANCREAS: Pancreas is normal in size, shape and echotexture. Rest normal.  
KIDNEYS: Bilateral kidneys are normal in size, shape and echotexture. Cortico-medullary differentiation is maintained. Rest normal.  
Right Kidney: measures 90 x 43 mm.  
Left Kidney: measures 97 x 44 mm.  
PELVI-CALYCEAL SYSTEMS: Compact.  
NODES: Not enlarged.  
FLUID: Nil significant.  
URINARY BLADDER: Urinary bladder is well distended. Wall thickness is normal and lumen is echofree. Rest normal.  
PROSTATE: Prostate is normal in size, shape and echotexture. It measures 34 x 31 x 23 mm with volume 13 cc. Rest normal.  
SEMINAL VESICLES: Normal.  
BOWEL: Visualized bowel loops appear normal.

**IMPRESSION**

**-No significant abnormality noted.**

Recommend clinical correlation.

Dr. Prabhat Prakash Gupta,  
MBBS,DNB,MNAMS,FRCR(I)  
Consultant Radiologist, Reg no DMC/R/14242

## LABORATORY REPORT

<b>Name</b>	: MR RAKESH KUMAR	<b>Age</b>	: 36 Yr(s) Sex :Male
<b>Registration No</b>	: MH010772870	<b>Lab No</b>	: 32230204449
<b>Patient Episode</b>	: H18000000209	<b>Collection Date</b>	: 11 Feb 2023 14:06
<b>Referred By</b>	: HEALTH CHECK MGD	<b>Reporting Date</b>	: 11 Feb 2023 15:40
<b>Receiving Date</b>	: 11 Feb 2023 14:11		

### BIOCHEMISTRY

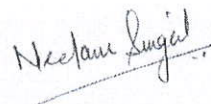
TEST	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b>THYROID PROFILE, Serum</b>			
T3 - Triiodothyronine (ECLIA)	1.30	ng/ml	[0.70-2.04]
T4 - Thyroxine (ECLIA)	6.40	micg/dl	[4.60-12.00]
Thyroid Stimulating Hormone (ECLIA)	3.400	μIU/mL	[0.340-4.250]

Note : TSH levels are subject to circadian variation, reaching peak levels between 2-4.a.m.and at a minimum between 6-10 pm.Factors such as change of seasons hormonal fluctuations,Ca or Fe supplements,high fibre diet, stress and illness affect TSH results.

- \* References ranges recommended by the American Thyroid Association
- 1) Thyroid. 2011 Oct;21(10):1081-125.PMID .21787128
  - 2) <http://www.thyroid-info.com/articles/tsh-fluctuating.html>

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-----END OF REPORT-----



Dr. Neelam Singal  
CONSULTANT BIOCHEMISTRY



## LABORATORY REPORT

**Name** : MR RAKESH KUMAR **Age** : 36 Yr(s) Sex : Male  
**Registration No** : MH010772870 **Lab No** : 202302001193  
**Patient Episode** : H18000000209 **Collection Date** : 11 Feb 2023 09:24  
**Referred By** : HEALTH CHECK MGD **Reporting Date** : 11 Feb 2023 16:00  
**Receiving Date** : 11 Feb 2023 10:36

### HAEMATOLOGY

TEST	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b>COMPLETE BLOOD COUNT (AUTOMATED)</b>		<b>SPECIMEN-EDTA Whole Blood</b>	
RBC COUNT (IMPEDENCE)	4.73	millions/cu mm	[4.50-5.50]
HEMOGLOBIN	15.6	g/dl	[13.0-17.0]
Method: cyanide free SLS-colorimetry			
HEMATOCRIT (CALCULATED)	42.9	%	[40.0-50.0]
MCV (DERIVED)	90.7	fL	[83.0-101.0]
MCH (CALCULATED)	33.0 #	pg	[27.0-32.0]
MCHC (CALCULATED)	36.4 #	g/dl	[31.5-34.5]
RDW CV% (DERIVED)	13.6	%	[11.6-14.0]
Platelet count	155	x 10 <sup>3</sup> cells/cumm	[150-400]
MPV (DERIVED)	12.2		
WBC COUNT (TC) (IMPEDENCE)	6.27	x 10 <sup>3</sup> cells/cumm	[4.00-10.00]
DIFFERENTIAL COUNT (VCS TECHNOLOGY/MICROSCOPY)			
Neutrophils	49.0	%	[40.0-80.0]
Lymphocytes	37.0	%	[17.0-45.0]
Monocytes	7.0	%	[2.0-10.0]
Eosinophils	7.0	%	[2.0-7.0]
Basophils	0.0	%	[0.0-2.0]
ESR	3.0	/1st hour	[0.0-

## LABORATORY REPORT

<b>Name</b>	: MR RAKESH KUMAR	<b>Age</b>	: 36 Yr(s) Sex :Male
<b>Registration No</b>	: MH010772870	<b>Lab No</b>	: 202302001193
<b>Patient Episode</b>	: H18000000209	<b>Collection Date</b>	: 11 Feb 2023 09:24
<b>Referred By</b>	: HEALTH CHECK MGD	<b>Reporting Date</b>	: 11 Feb 2023 17:59
<b>Receiving Date</b>	: 11 Feb 2023 10:36		

### BIOCHEMISTRY

TEST	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b>Glycosylated Hemoglobin</b>			
Specimen: EDTA			
HbA1c (Glycosylated Hemoglobin)	5.4	%	[0.0-5.6]
Method: HPLC			
As per American Diabetes Association(ADA)			
HbA1c in %			
Non diabetic adults >= 18years <5.7			
Prediabetes (At Risk )5.7-6.4			
Diagnosing Diabetes >= 6.5			
Estimated Average Glucose (eAG)	108	mg/dl	

Comments : HbA1c provides an index of average blood glucose levels over the past 8-12 weeks and is a much better indicator of long term glycemic control.

### ROUTINE URINE ANALYSIS (Semi Automated) Specimen-Urine

#### MACROSCOPIC DESCRIPTION

Colour	PALE YELLOW	(Pale Yellow - Yellow)
Appearance	CLEAR	
Reaction [pH]	7.0	(4.6-8.0)
Specific Gravity	1.005	(1.003-1.035)

#### CHEMICAL EXAMINATION

Protein/Albumin	Negative	(NEGATIVE)
Glucose	NIL	(NIL)
Ketone Bodies	Negative	(NEGATIVE)
Urobilinogen	Normal	(NORMAL)

## LABORATORY REPORT

<b>Name</b>	: MR RAKESH KUMAR	<b>Age</b>	: 36 Yr(s) Sex :Male
<b>Registration No</b>	: MH010772870	<b>Lab No</b>	: 202302001193
<b>Patient Episode</b>	: H18000000209	<b>Collection Date</b>	: 11 Feb 2023 10:36
<b>Referred By</b>	: HEALTH CHECK MGD	<b>Reporting Date</b>	: 11 Feb 2023 16:17
<b>Receiving Date</b>	: 11 Feb 2023 10:36		

### CLINICAL PATHOLOGY

#### MICROSCOPIC EXAMINATION (Automated/Manual)

Pus Cells	0-1 /hpf	(0-5/hpf)
RBC	NIL	(0-2/hpf)
Epithelial Cells	nil /hpf	
CASTS	nil	
Crystals	nil	
OTHERS	nil	

#### Serum LIPID PROFILE

Serum TOTAL CHOLESTEROL	196	mg/dl	[<200] Moderate risk:200-239 High risk:>240
TRIGLYCERIDES (GPO/POD)	130	mg/dl	[<150] Borderline high:151-199 High: 200 - 499 Very high:>500
HDL- CHOLESTEROL	41.0	mg/dl	[35.0-65.0]
Method : Enzymatic Immunoimhibition			
VLDL- CHOLESTEROL (Calculated)	26	mg/dl	[0-35]
<b>CHOLESTEROL, LDL, CALCULATED</b>	<b>129.0 #</b>	<b>mg/dl</b>	<b>[&lt;120.0]</b> Near/ Borderline High:130-159 High Risk:160-189
Above optimal-100-129			<4.0 Optimal 4.0-5.0 Borderline >6 High Risk
T.Chol/HDL.Chol ratio(Calculated)	4.8		
LDL.CHOL/HDL.CHOL Ratio(Calculated)	3.1		<3 Optimal 3-4 Borderline >6 High Risk

Note:





## LABORATORY REPORT

<b>Name</b>	: MR RAKESH KUMAR	<b>Age</b>	: 36 Yr(s) Sex :Male
<b>Registration No</b>	: MH1010772870	<b>Lab No</b>	: 202302001193
<b>Patient Episode</b>	: H18000000209	<b>Collection Date</b>	: 11 Feb 2023 09:24
<b>Referred By</b>	: HEALTH CHECK MGD	<b>Reporting Date</b>	: 11 Feb 2023 11:52
<b>Receiving Date</b>	: 11 Feb 2023 10:36		

### BIOCHEMISTRY

TEST	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b>LIVER FUNCTION TEST</b>			
<b>BILIRUBIN - TOTAL</b> Method: D P D	1.79 #	mg/dl	[0.30-1.20]
<b>BILIRUBIN - DIRECT</b> Method: DPD	0.30	mg/dl	[0.00-0.30]
<b>INDIRECT BILIRUBIN (SERUM)</b> Method: Calculation	1.49 #	mg/dl	[0.10-0.30]
<b>TOTAL PROTEINS (SERUM)</b> Method: BIURET	7.60	gm/dl	[6.60-8.70]
<b>ALBUMIN (SERUM)</b> Method: BCG	4.59	g/dl	[3.50-5.20]
<b>GLOBULINS (SERUM)</b> Method: Calculation	3.00	gm/dl	[1.80-3.40]
<b>PROTEIN SERUM (A-G) RATIO</b> Method: Calculation	1.52		[1.00-2.50]
<b>AST (SGOT) (SERUM)</b> Method: IFCC W/O P5P	40.00	U/L	[0.00-40.00]
<b>ALT (SGPT) (SERUM)</b> Method: IFCC W/O P5P	63.00	U/L	[17.00-63.00]
<b>Serum Alkaline Phosphatase</b> Method: AMP BUFFER IFCC)	158.0 #	IU/L	[32.0-91.0]
<b>GGT</b>	74.0 #		[7.0-50.0]



## LABORATORY REPORT

Name : MR RAKESH KUMAR Age : 36 Yr(s) Sex : Male  
Registration No : MH010772870 Lab No : 202302001193  
Patient Episode : H18000000209 Collection Date : 11 Feb 2023 09:24  
Referred By : HEALTH CHECK MGD Reporting Date : 11 Feb 2023 17:54  
Receiving Date : 11 Feb 2023 10:36

### BLOOD BANK

TEST	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
Blood Group & Rh Typing (Agglutination by gel/tube technique)			Specimen-Blood
Blood Group & Rh typing	B Rh(D) Positive		

**Technical note:**

*ABO grouping and Rh typing is done by cell and serum grouping by microplate / gel technique.*

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-----END OF REPORT-----



Dr. Alka Dixit Vats  
Consultant Pathologist

## LABORATORY REPORT

Name : MR RAKESH KUMAR Age : 36 Yr(s) Sex : Male  
Registration No : MH010772870 Lab No : 202302001194  
Patient Episode : H18000000209 Collection Date : 11 Feb 2023 09:24  
Referred By : HEALTH CHECK MGD Reporting Date : 11 Feb 2023 11:52  
Receiving Date : 11 Feb 2023 09:24

### BIOCHEMISTRY

TEST	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b>GLUCOSE-Fasting</b> Specimen: Plasma GLUCOSE, FASTING (F) Method: Hexokinase	100.0	mg/dl	[70.0-110.0]

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-----END OF REPORT-----



Dr. Charu Agarwal  
Consultant Pathologist

## LABORATORY REPORT

Name : MR RAKESH KUMAR Age : 36 Yr(s) Sex : Male  
Registration No : MH010772870 Lab No : 202302001195  
Patient Episode : H1800000209 Collection Date : 11 Feb 2023 14:10  
Referred By : HEALTH CHECK MGD Reporting Date : 11 Feb 2023 15:28  
Receiving Date : 11 Feb 2023 14:10

### BIOCHEMISTRY

TEST	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b>PLASMA GLUCOSE</b> Specimen: Plasma GLUCOSE, POST PRANDIAL (PP), 2 HOURS	85.0	mg/dl	[80.0-140.0]

Method: Hexokinase

#### Note:

Conditions which can lead to lower postprandial glucose levels as compared to fasting glucose are excessive insulin release, rapid gastric emptying, brisk glucose absorption, post exercise

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-----END OF REPORT-----



Dr. Alka Dixit Vats  
Consultant Pathologist



rakesh kr

36 years

Male

Caucasian

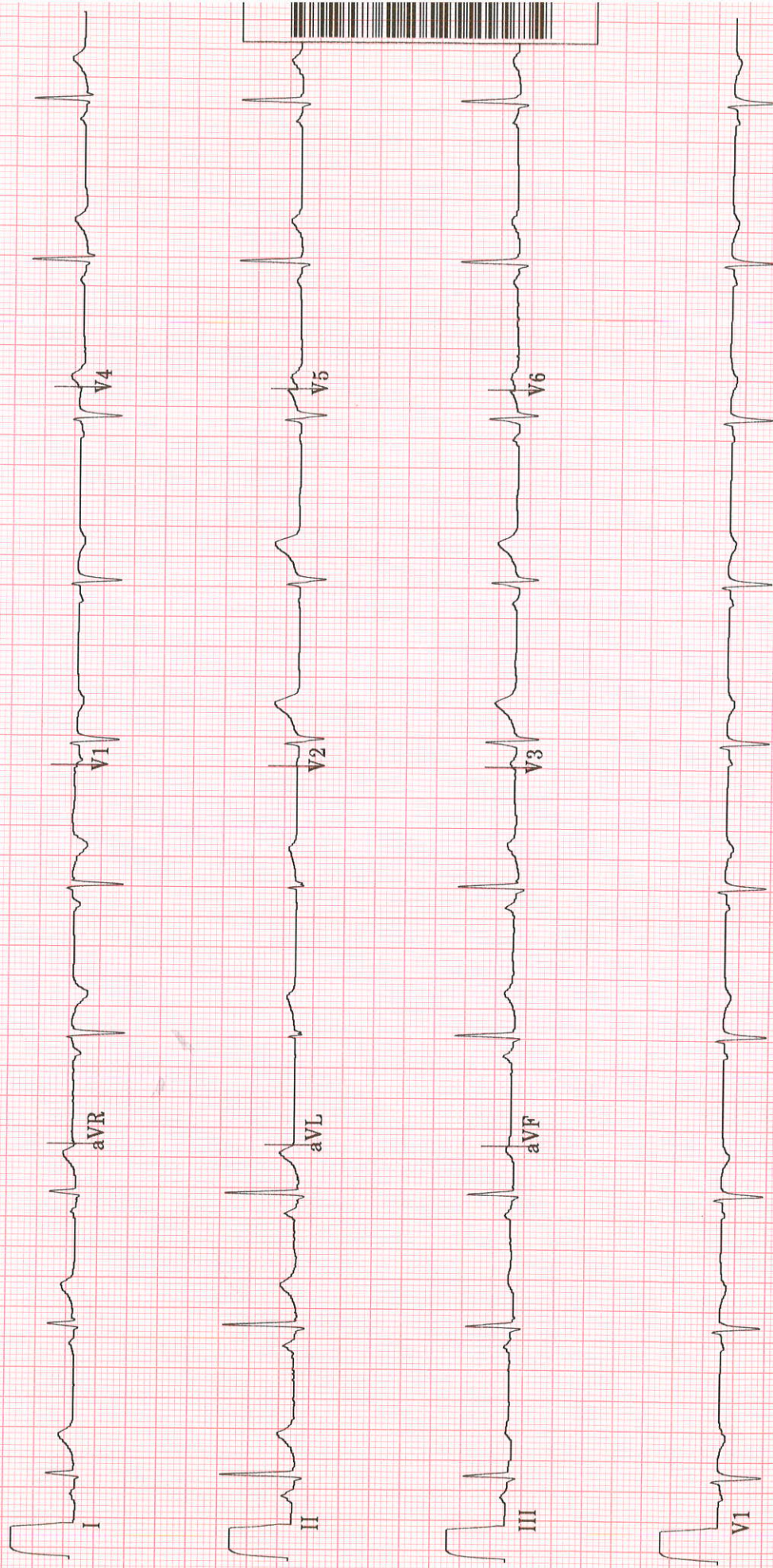
Vent. rate 59 l  
 PR interval 146 ms  
 QRS duration 82 ms  
 QT/QTc 390/386 ms  
 P-R-T axes 64 70 35

Technician:  
 Test ind.

Sinus bradycardia with sinus arrhythmia  
 Otherwise normal ECG

Referred by:

Unconfirmed



20 Hz

P/N 25.0 mm/s

10.0 mm/mV

Vital Signs™

4 by 2.5s + 1 rhythm Id PRINTED IN U.S.A.

MAC55 009C

12SL™ v239

ID:

11-Feb-2023 11:27:09

Manipal Hospitals, Ghaziabad





## TMT INVESTIGATION REPORT

Patient Name : Mr. Rakesh KUMAR	Location : Ghaziabad
Age/Sex : 36Year(s)/male	Visit No : V000000001-GHZB
MRN No : MH010772870	Order Date : 11/02/2023
Ref. Doctor : HCP	Report Date : 11/02/2023

<b>Protocol</b>	: Bruce	<b>MPHR</b>	: 184BPM
<b>Duration of exercise</b>	: 7min 01sec	<b>85% of MPHR</b>	: 156BPM
<b>Reason for termination</b>	: THR achieved	<b>Peak HR Achieved</b>	: 158BPM
<b>Blood Pressure (mmHg)</b>	: Baseline BP : 136/92mmHg	<b>% Target HR</b>	: 85%
	Peak BP : 146/92mmHg	<b>METS</b>	: 8.5METS

STAGE	TIME (min)	H.R (bpm)	BP (mmHg)	SYMPTOMS	ECG CHANGES	ARRHYTHMIA
PRE- EXC.	0:00	107	136/92	Nil	No ST changes seen	Nil
STAGE 1	3:00	111	136/92	Nil	No ST changes seen	Nil
STAGE 2	3:00	139	140/92	Nil	No ST changes seen	Nil
STAGE 3	1:01	158	146/92	Nil	No ST changes seen	Nil
RECOVERY	3:41	80	140/92	Nil	No ST changes seen	Nil

**COMMENTS:**

- No ST changes in base line ECG.
- No ST changes during exercise and recovery.
- Normal chronotropic response.
- Normal blood pressure response.
- Fair effort tolerance.

**IMPRESSION:**

Treadmill test is **negative** for exercise induced reversible myocardial ischemia.

**Dr. Bhupendra Singh**MD, DM (CARDIOLOGY), FACC  
Sr. Consultant Cardiology**Dr. Abhishek Singh**MD, DNB (CARDIOLOGY), MNAMS  
Sr. Consultant Cardiology**Dr. Sudhanshu Mishra**MD  
Cardiology Registrar

Manipal Hospital, Ghaziabad

NH - 24, Hapur Road, Opp. Bahmeta Village, Ghaziabad, Uttar Pradesh - 201 002

P : 0120-616 5666

Page 1 of 2

Manipal Health Enterprises Private Limited

CIN: U85110KA2003PTC033055

Regd. Off. The Annexe, #98/2, Rustom Bagh, Off. HAL Airport Road, Bengaluru - 560 017