

**PROFORMA FOR HEALTH CHECK UP**

Date :

Name

Age

Sex : MIF

Brief clinical history, if any :

Examination

(A) **Physical****Investigations :**1) **Haemogram**

- (i) Hb %
- (ii) TLC
- (iii) DLC
  - (a) Polymorphs
  - (b) Lymphocytes
  - (c) Eosinophils
  - (d) Basophils
  - (e) Monocytes

(iv) Peripheral Smear

2). **Blood Sugar**

- (i) Fasting
- (ii) Post-Prandial

3) **Lipid Profile**

- (i) Total Cholesterol
- (ii) HDL Cholesterol
- (iii) LDL Cholesterol
- (iv) VLDL Cholesterol
- (v) Triglycerides

4) **Liver Function Tests**

- (i) S. Bilirubin (Total)
- (ii) S. Bilirubin (Direct)
- (iii) S.G.O.T.
- (iv) S.G.P.T.
- (v) Alk. phosphatase

5) **Kidney Function Tests**

- (i) Blood Urea
- (ii) S. Creatinine
- (iii) S. Uric Acid
- (iv) Electrolytes

Na+  
K  
Calcium  
Inorganic Phosphates

6) **Cardiac Profile**

- (i) CPK
- (ii) CK-MB
- (iii) S LDH
- (iv) SGOT
- (v) S.CRP

**For Men**

- (vi) PSA

**For Women**

- (vii) PAP SMEAR

7) **Urine Examination**

- (i) Routine
- (ii) Sugar
- (iii) Albumin
- (iv) Microscopic exam.

8) **E.C.G. Report**9) **X-ray Chest PA View Report**10) **Ultra Sound Abdomen Report**11) **TMT Report**12) **Mammography Report (Women)**13) **Gynaecological health check up**

- i) Pelvic Examination
  - (a) Local Examination
  - (b) Per Vaginum (PN)
  - (c) Per Speculum
- (ii) Surgical Examination
- (iii) Breast Examination

- 14) (i) Urological Examination (For Men Only)  
 (ii) Rectal Examination (For Men Only)

15. **Systemic Examination**

- (i) Resp System  
 (ii) CVS  
 (iii) Abdomen  
 (iv) CNS  
 (v) Locomotor System  
 (vi) Dental Examination

16. **Eye Examination**

- (i) Distant Vision  
 (ii) Vision with Glasses  
 (iii) Colour Vision  
 (iv) Tonometry  
 (v) Fundus Examination

17. **ENT**

- (i) Oral Cavity  
 (ii) Nose  
 (iii) Throat  
 (iv) Larynx

**Any other investigation**

**Advise**

**B. Medical Report of the Officer**

1.	Haemoglobin level of the officer	Normal/Low
2.	Blood Sugar Level	Satisfactory/Normal/High/Low
3.	Cholesterol level of the officer	Normal/High/Low
4.	Liver functioning	Satisfactory/Normal/dysfunctioning
5.	Kidney Status	Normal/Both-one kidney not functional optimally
6.	Cardiac Status	Normal/enlarged/blocked/not normal

**C : SUMMARY OF MEDICAL REPORT ( ONLY COPY OF THIS PART IS TO BE ATTACHED TO PAR)**

1.	Overall Health of the officer	
2.	Any other remarks based on the health medical checkup of the officer	
3.	Health profile grading	

Date:

Signature of Medical Authority  
Designation