

# CITY GENERAL HOSPITAL

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New York, NY 10001

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## COMPREHENSIVE HEALTH ASSESSMENT REPORT

### Patient Information

Patient Name:	John Michael Smith
Patient ID:	PTN-2024-789456
Date of Birth:	March 15, 1985 (Age: 39 years)
Gender:	Male
Report Date:	November 10, 2025
Referring Physician:	Dr. Sarah Johnson, MD

### Vital Signs

Parameter	Value	Normal Range	Status
Blood Pressure	128/82 mmHg	90-120/60-80 mmHg	Slightly Elevated
Heart Rate	72 bpm	60-100 bpm	Normal
Body Temperature	98.6°F (37.0°C)	97.0-99.0°F	Normal
Respiratory Rate	16 breaths/min	12-20 breaths/min	Normal
BMI	26.8	18.5-24.9	Overweight

### Blood Test Results

Test	Result	Reference Range	Status

Hemoglobin	14.2 g/dL	13.5-17.5 g/dL	Normal
White Blood Cells	7,200 /µL	4,500-11,000 /µL	Normal
Platelets	245,000 / µL	150,000-400,000 / µL	Normal
Fasting Glucose	118 mg/dL	70-100 mg/dL	Elevated (Pre-diabetic)
Total Cholesterol	215 mg/dL	<200 mg/dL	Elevated
LDL Cholesterol	145 mg/dL	<100 mg/dL	High
HDL Cholesterol	42 mg/dL	>40 mg/dL	Normal
Triglycerides	168 mg/dL	<150 mg/dL	Elevated
Creatinine	1.0 mg/dL	0.7-1.3 mg/dL	Normal
Liver Enzymes (ALT)	28 U/L	7-56 U/L	Normal

Mental Health Assessment

Depression Scale (PHQ-9): 8/27 (Mild depression)

Anxiety Scale (GAD-7): 6/21 (Mild anxiety)

Stress Level: Moderate

Sleep Quality: Fair (5-6 hours per night)

Clinical Summary

Patient presents for routine health assessment. Overall health is good with some areas requiring attention. Notable findings include slightly elevated blood pressure, pre-diabetic glucose levels, and elevated cholesterol. Mental health screening indicates mild depression and anxiety symptoms, likely related to work stress and irregular sleep patterns.

# Recommendations

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1. **Lifestyle Modifications:**

- Implement a balanced diet with reduced saturated fats and simple carbohydrates
- Increase physical activity to at least 150 minutes per week
- Maintain regular sleep schedule (7-8 hours per night)
- Stress management techniques (meditation, yoga, or counseling)

2. **Medical Follow-up:**

- Repeat lipid panel in 3 months
- Monitor blood pressure weekly at home
- HbA1c test to confirm pre-diabetic status

3. **Mental Health Support:**

- Consider counseling or therapy for stress management
- Evaluate need for anti-anxiety medication if symptoms persist
- Regular exercise as mood stabilizer

4. **Next Appointment:** Schedule follow-up in 3 months or sooner if symptoms worsen

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Dr. Sarah Johnson, MD  
Internal Medicine  
License #: NY-78945

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