

Report ID: INV-1-55-20251226151115 | Date: 2025-12-26 15:11:15

PATIENT INFORMATION

Patient Name : Tarun B K Age : 12 yrs
Gender : Male Visit Type : Wellness Assessment

ANTHROPOMETRIC MEASUREMENTS

| | | | |
|---------------|---------------|--------------|---------------------|
| Height (cm) | 170.0 cm | Weight (kg) | 25.0 kg |
| BMI Reference | WHO Standards | WHO Category | Nutritional Deficit |

8.65
UNDERWEIGHT

CLINICAL INTERPRETATION

Based on the recorded Body Mass Index (BMI) of **8.65**, the patient is clinically classified as **Underweight**. This assessment indicates a **High Risk** risk level according to World Health Organization (WHO) protocols. BMI is a specialized screening tool used by healthcare professionals to evaluate body composition and related health risks.

Rx - DOCTOR'S WELLNESS PRESCRIPTION

- Maintain a balanced nutritional intake focusing on whole grains, lean proteins, and micronutrients.
- Ensure consistent physical activity (minimum 150 minutes of moderate aerobic exercise weekly).
- Monitor hydration levels (2.5 - 3.0 Liters daily) and maintain a consistent sleep-wake cycle.
- Limit intake of processed carbohydrates, saturated fats, and high-sodium dietary items.
- Schedule a follow-up consultation with a clinical specialist for personalized metabolic evaluation.

Dr. Sarah Thompson (MD)

Primary Consultant (Endocrinology)

Reg No: LT-DR-001

Dr. Rajesh Kumar (MS)

Clinical Nutritionist

Reg No: LT-DR-002

Dr. Anita Desai (MD)

General Medicine

Reg No: LT-DR-003

Authorized Signature

LifeTrack Health Hub

Medical & Wellness Report

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