

Report ID: INV-1-58-20251226152217 | Date: 2025-12-26 15:22:17

## PATIENT INFORMATION

Patient Name : Tarun B K Age : N/A  
Gender : Not Specified Visit Type : Wellness Assessment

## ANTHROPOMETRIC MEASUREMENTS

Height (cm)	170.0 cm	Weight (kg)	62.0 kg
BMI Reference	WHO Standards	WHO Category	Optimal Health Range

21.45  
NORMAL

## CLINICAL INTERPRETATION

Based on the recorded Body Mass Index (BMI) of **21.45**, the patient is clinically classified as **Normal**. This assessment indicates a **Low 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

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Medical &amp; Wellness Report

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