

Report ID: INV-1-59-20251226152827 | Date: 2025-12-26 15:28:27

### PATIENT INFORMATION

Patient Name	: Tarun B K	Age	: 56 yrs
Gender	: Male	Visit Type	: Wellness Assessment

### ANTHROPOMETRIC MEASUREMENTS

Height (cm)	180.0 cm	Weight (kg)	75.0 kg
BMI Reference	WHO Standards	WHO Category	Optimal Health Range

23.15  
NORMAL

### CLINICAL INTERPRETATION

Based on the recorded Body Mass Index (BMI) of **23.15**, 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

LifeTrack Health Hub

Medical & Wellness Report

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