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PATIENT INFORMATION

Patient Name : Tarun B K Age : 25 yrs
Gender : Male Visit Type : Wellness Assessment

ANTHROPOMETRIC MEASUREMENTS

Height (cm)	170.0 cm	Weight (kg)	70.0 kg
BMI Reference	WHO Standards	WHO Category	Optimal Health Range

24.22
NORMAL

CLINICAL INTERPRETATION

Based on the recorded Body Mass Index (BMI) of **24.22**, 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

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LifeTrack Health Hub

Medical & Wellness Report

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