

## Teleconsult Summary

Patient: ZACHARY GO  
Doctor: ASHLEY FLORES

Consult Date: 2023-10-04

## Patient Information

Birthdate: 1972-12-28  
Maxicare Card Number: 1168 0110 5240 9342  
Company: WESERV SYSTEMS INTERNATIONAL| INC.

Height: 180 cm      Blood Pressure: 135/80  
Weight: 95 kg      BMI: 29.32 (Overweight)

Diagnosis: I10: Essential (Primary) Hypertension: Essential (Primary) Hypertension  
E11: Type 2 diabetes mellitus

## Treatment Plan

Patient well advised.

- Low salt, low fat, low sugar intake diet
- Continue other medications as prescribed
- Moderate to vigorous intensity exercises at least 30 minutes 2-3x a week
- Advised BP monitoring, AM and PM.
- Advised diet and lifestyle modifications. Avoid oily, fatty foods, fast food, limit white rice, switch to healthier oils (olive oil- extra virgin, canola oil)
- Kindly comply with the scheduled consult of your specialist (Endocrinologist)
- FOR REPEAT LABORATORY TESTING AFTER 3 MONTHS:

Fasting blood sugar (FBS), Fasting Lipid Profile, Blood Uric Acid (BUA), SGPT, Creatinine, HbA1C, Complete Blood Count (CBC), Potassium (K), Sodium (Na), Urinalysis, BUN , SGOT, Urine Albumin/Creatinine Ratio

- To request repeat laboratory tests, send us an email at [mgbestlife@maxicare.com.ph](mailto:mgbestlife@maxicare.com.ph) or visit the nearest Maxicare Primary Care Clinic.
- Once with the result, please send it to our team at [mg-bestlife@maxicare.com.ph](mailto:mg-bestlife@maxicare.com.ph) to schedule an appointment with our doctors. For scheduling of home service for laboratory tests and/or follow up consults once with repeat laboratory test results, or if with other concerns, please send an e-mail to

**Disclaimer:** This summary **does not** serve as a medical certificate. This teleconsult summary is based on our doctor's understanding of the information you provided during the teleconsult. The summary may be changed when new information is provided. Please consult with a doctor if your symptoms persist.

## MG HEALTH SOLUTIONS, INC.

24F Centuria Medical Makati, Kalayaan cor. Salamanca St.,  
Poblacion, Makati, 1210, Metro Manila



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this email address: mg-bestlife@maxicare.com.ph.

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