

**1809438, Adarsh Mertia**

23 Y old Male, DOB: 09/02/1999

Account Number: SIP44852

Appointment Facility: LCHC BGL- 15

11/09/2022**Progress Notes: Anupama Menon, MBBS, M.Med (Fam Med)****Reason for Appointment**

1. Gym fitness

Vital Signs

Temp 96.8 F, BP 118/80 mm Hg, HR 78 /min, Ht 64.57 in, Wt 134.7 lbs, BMI 22.71 Index, RR 18 /min, Oxygen sat % 98 %, Ht-cm 164.01 cm, Wt-kg 61.1 kg.

Assessments

1. Fitness certificate - 0.0 (Primary)

Treatment**1. fitness certificate**

Notes: Fit to join gym currently.

Advised to start/continue exercises with guidance from trainers

Review if any concerns.

Follow Up

prn

Electronically signed by Dr. Anupama Menon on 11/09/2022 at 08:19 AM IST**Sign off status: Pending**

**LCHC BGL- 15
CISCO,BGL-15,
Cessma Business Park
Bangalore,**

**Patient: 1809438, Adarsh Mertia DOB: 09/02/1999 Progress Note: Anupama Menon, MBBS, M.Med
(Fam Med) 11/09/2022**

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Patient: 1809438, Adarsh Mertia DOB: 09/02/1999 Progress Note: Anupama Menon, MBBS, M.Med
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