

Patient Name	Mr Sushil Kumar Tyagi	UHID	360471
Age/Gender	63 Y,7 M,2 D/Male	Doctor	Dr Swati Kapoor
Referred By		Mobile No	7017828419
Address	M-22, SHIVLOK COLONY, PHASE-3,,LAND MARK: Near Uttaranchal Dairy,Haridwar	Employer Name	HCL Technologies Ltd
Employee Id	51788623	Relationship	Father
Bill Date Time	04-02-2025 01:18 PM	Appointment date and time	10-02-2025 10:00 AM

Vitals	Blood pressure	Height	Weight	BMI
	SYS 150 ⚠ / DIA 94 ⚠	167 cm	85 kg	30.48 kg/m2 ⚠

Consent (Tele-Consultation)

Before initiation of the present consult, the patient/consultee was informed and explained about telemedicine, that is, the facility of virtual consult/tele-consult through a tele-health mode, including its limitations, the rights and duties of the provider and the patient/consultee as per the statutory guideline for the same, and also the fact that the present consult's audio/video call may be recorded and used by other clinical providers confidentially for internal training and quality purposes. After having understood it, the patient/consultee has given his/her informed, verbal consent for this virtual consult.

Chief Complaint : Health Check Visit

History of Present Illness

History

pt asymptomatic

History (HRA)

Social History

☒ Yes

Do You Smoke?

☒ No

Do You Consume Alcohol?

☒ No

Past Medical History:

☒ No

Family History:

☒ Yes

☒ **Mother has history of following conditions :**

☒ Hypertension

Any Past Surgical History:

☒ No

Any Past Hospitalization History:

☒ No

HCL Avitas Pvt. Ltd.

Registered Office Address: 806 Siddharth 96, Nehru Place, New Delhi - 110019, India

Toll Free no: 1800-103-7070

Website: www.HCLHealthcare.in

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Allergy : No Known Allergy

Examination

General Examination

Physical Examination conducted

☒ No

Consciousness

vc

Systemic Examination

Vitals

Vital Name	Vital Value	Vital Units	Vital Condition	Vital Modify Date & Time
Height	167	cm	Normal	10 February 2025 10:11
Weight	85	kg	Normal	10 February 2025 10:11
BMI	30.48	kg/m2	Abnormal	10 February 2025 10:11
BP(Systolic)	150	mm/Hg	Abnormal	10 February 2025 10:11
BP(Diastolic)	94	mm/Hg	Abnormal	10 February 2025 10:11

Diagnosis : E55 Vitamin D deficiency
I10 Essential (primary) hypertension
Remarks: BP MONITORING CONTINUE SAME MEDICINE
R73.03 Prediabetes
Remarks: DIABETIC DIET DIETICIAN CONSULT REPEAT FASTING BLOOD SUGAR , HBA1C AFTER 3 MONTH
R94.5 Abnormal results of liver function studies
Remarks: REPEAT LFT after 3 month
E78.5 Hyperlipidemia, unspecified
Remarks: avoid fried , oily food DIETCIAN CONSULT REPEAT LIPID PROFILE AFTER 3 MONTH

Investigation Advised : Supreme Health Care Plan (SHCP) (Health Package) , Qty: 1 , serviceDate: 10-02-2025 , Appointment Time: 10:13 AM , Priority: Routine , Remarks: Lipid Porfile;HbA1c;Fasting Blood Sugar;Online Fitness Sessions; Consultations -Diet & Internal Medicine

Medicines Prescribed

Medicine name	Dose	Frequency	Duration	QTY	Meal Relation	Remarks
ROSUVAS FILM-COATED TAB 10mg	1	At Night	90 Days	1		
AMLO TAB 5mg	1	Once In A Day	10 Days	1		at 10 am
LUMIA CAP 60000IU	1			1		once a week with milk x 10 weeks

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Preventive Education : 1. Avoid saturated fats such as ghee, cheese, and butter; instead, use an oil that contains MUFA/PUFA, such as sunflower oil, olive oil, rice bran oil, and so on.

Referral Request : Dietetics

Followup : 20-02-2025



Dr Swati Kapoor
MBBS,MD Internal Medicine
Internal Medicine
DMC-13774