


Patient Name	Ms Rajani Tyagi	UHID	360469
Age/Gender	63 Y,2 M/Female	Doctor	Dr Ritu Chaudhary
Referred By		Mobile No	7599224494
Address	M-22, SHIVLOK COLONY, PHASE-3,LAND MARK: Near Uttaranchal Dairy,Haridwar	Employer Name	HCL Technologies Ltd
Employee Id	51788623	Relationship	Mother
Bill Date Time	04-02-2025 01:20 PM	Appointment date and time	10-02-2025 02:20 PM

<b>Vitals</b>	Height	Weight	BMI
	154 cm	70 kg	29.52 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 consult  
No gynae complaints

#### History of Present Illness

**History**  
No gynae complaints

#### Current Medication

**Are you taking any medicine Currently**

☒ No

#### History (HRA)

#### Social History

☒ Yes

#### Do You Smoke?

☒ No

#### Do You Consume Alcohol?

☒ No

#### Do you consume tobacco?

☒ No

#### Do you sleep for at least 7 hours daily on an average?

☒ Yes

**Over the last 2 weeks, have you been bothered by the feeling of nervousness, anxiety, being on edge, or not being able to stop or control worrying?**

☒ 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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**Do you do any exercise for at least 150 minutes of moderate-intensity aerobic activity or at least 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination weekly (such as jogging, walking, gym, yoga, meditation etc.)?**

☒ Yes

**Past Medical History:**

☒ No

**Family History:**

☒ Yes

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

☒ Hypertension

**Any Past Surgical History:**

☒ No

**Any Past Hospitalization History:**

☒ No

**Allergy** : No Known Allergy

**Examination**

**General Examination**

**Physical Examination conducted**

☒ No

**Consciousness**

Examination not done in teleconsultation

**Systemic Examination**

**Vitals**

Vital Name	Vital Value	Vital Units	Vital Condition	Vital Modify Date & Time
Height	154	cm	Normal	10 February 2025 14:01
Weight	70	kg	Normal	10 February 2025 14:01
BMI	29.52	kg/m2	Critical	10 February 2025 14:01

**Obstetric & Gynaecology Examination**

**Gynaecology History:**

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#### General History:

Menopausal

#### Obstetric History?

☒ Yes

#### General History:

P2L2 both NVD

**Diagnosis** : E78.5 Hyperlipidemia, unspecified  
E03.9 Hypothyroidism, unspecified  
R73.03 Prediabetes  
Z01.41 Encounter for routine gynecological examination

**Investigation Advised** : VITAMIN B-12 (Pathology) , Qty: 1 , serviceDate: 10-02-2025 , Priority: Routine  
Pap Smear (LBC) (Pathology) , Qty: 1 , serviceDate: 10-02-2025 , Priority: Routine  
USG WHOLE ABDOMEN (Radiology) , Qty: 1 , serviceDate: 10-02-2025 , Appointment Time: 02:06 PM , Priority: Routine  
Mammogram (Radiology) , Qty: 1 , serviceDate: 10-02-2025 , Appointment Time: 02:06 PM , Priority: Routine

#### Medicines Prescribed

Medicine name	Dose	Frequency	Duration	QTY	Meal Relation	Remarks
Tab AtoZ	1 (Tablet)	Once In A Day	15 Days	15	After Meal	

**Preventive Education** : 1. To effectively manage your weight, stick to a calorie deficit diet.  
2. Measure and Watch Your Weight - Keeping track of your body weight on a daily or weekly basis  
3. Do Exercise As Suggested  
4. Self breast examination monthly as advised  
Perineal hygiene  
Do not wash vulva with soap

**Referral Request** : Internal Medicine (for lab reports)  
Dietetics (for overweight)

**Followup** : 12-03-2025 (sos)

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**Dr Ritu Chaudhary**  
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18830