

## GENERAL HEALTH CHECK-UP REPORT

**Subject:** You

**Date:** [Today's Date]

**Examiner:** [Physician Initials]

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### Overview:

You presented for a routine annual physical exam today. Your vital signs were within acceptable limits: blood pressure measured at 122/78 mmHg, resting heart rate at 68 bpm, respiratory rate normal, and temperature 98.4°F. Overall appearance was healthy and well-groomed, with good responsiveness and appropriate affect throughout the encounter.

Your weight and BMI are stable compared to last year, though approaching the upper end of the recommended range. This is not concerning at this time, but maintaining awareness around nutrition and physical activity remains valuable, especially as metabolism naturally shifts with age.

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### Minor Finding #1 – Mild Elevation in LDL Cholesterol:

Your lab results indicate a slightly elevated LDL cholesterol level, sitting just above the recommended threshold. While your total cholesterol and HDL remain balanced, the LDL trend suggests that your current pattern could benefit from a few gentle adjustments over the coming months. Even modest improvements in dietary fat sources—perhaps leaning more toward olive oil, nuts, and fiber-rich foods—can help shift this marker in the right direction without drastic change. You mentioned occasional fast food intake; minimizing this when possible may also have a ripple effect on lipid levels.

No medication is indicated at this time, and the current results don't warrant intervention beyond observation. We'll keep an eye on the trend during your next routine lab draw.

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### Minor Finding #2 – Slight Decrease in Vitamin D:

Your 25-hydroxyvitamin D level is marginally below optimal range. This is a very common finding, especially in those with indoor work routines or limited sun exposure. You're not currently experiencing fatigue or musculoskeletal symptoms, so there's no clinical urgency, but your levels may respond well to subtle daily choices—more outdoor time when feasible, and including a few vitamin D-rich foods like fortified dairy or salmon when convenient. If access to sunlight is limited during colder months, low-dose supplementation can be considered on a personal basis.

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**Other Systems Reviewed:**

- **Cardiac and Pulmonary:** Normal heart sounds, clear lung fields, no murmurs or adventitious sounds.
- **Abdomen:** Soft, non-tender, no organomegaly or masses detected.
- **Skin:** No lesions of concern, moles stable. Continue sun protection practices.
- **Neurological:** Reflexes intact, coordination and gait normal.
- **Mood and Sleep:** You described sleep as “usually decent,” though a bit lighter in recent weeks. No signs of anxiety or depression observed, though it’s always good to stay attuned to the quality of rest and patterns of mood over time.

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**Summary:**

You appear to be in good general health with two mild findings worth monitoring—neither of which is alarming but both of which could shift favorably with gradual, consistent habits. It was good to hear that you’re staying active and making an effort to eat balanced meals overall. Continue tuning in to how your body responds day to day, especially with energy, digestion, and mood, as these can be early indicators of internal shifts.

Let’s plan to revisit these trends at your next annual check-up, unless new symptoms arise in the meantime.

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**Physician Notes:**

You asked good questions today and showed clear interest in staying ahead of health concerns. That mindset alone tends to lead to positive long-term outcomes. Let me know if you'd ever like to review your numbers in more depth or consider preventive screenings beyond the standard schedule.