

| | | | |
|----------------|---|---------------------------|---------------------|
| Patient Name | Mr Manish Kumar Sinha | UHID | 457035 |
| Age | 35 Y,9 M,4 D/Male | Doctor | Dr Prathieba M |
| Referred By | | Mobile No | 8910205855 |
| Address | 236 Sidheswar Nagar,Mainpura,,In Front Of Gate No.41,Patna-,Patna | Employer Name | HCLT |
| Employee Id | 52018677 | Relationship | self |
| Bill Date Time | 29-04-2023 04:27 PM | Appointment date and time | 27-07-2023 11:00 AM |

| | | | |
|--------|--------|--------|---|
| Vitals | Height | Weight | BMI |
| | 170 cm | 69 kg | 23.88 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 : Asymptomatic

History of Present Illness

History

This Patient BMI-23.88,LDL-124,Tri-149 and HBA1C-5, vitals unavailable advised to follow diet and workouts to ensure value reduction in 3 to 4 months duration, hence continue Pro health care plan.

Current Medication

| Medicine name | Dose | Frequency | Duration | Meal Relation | Remarks |
|---------------|------|-----------|----------|---------------|---------|
| No medication | 1 | | | | |

History (HRA)

Social History

☒ No

Past Medical History:

☒ Yes

☒ Others (Please Specify)

H/O Hyperlipidemia

Family History:

☒ Yes

☒ Father has history of following conditions :

☒ Diabetes

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Any Past Surgical History:

☒ No

Any Past Hospitalization History:

☒ No

Allergy : No Known Allergy

Examination

General Examination

Consciousness

VC PRO

Systemic Examination

Vitals

| Vital Name | Vital Value | Vital Units | Vital Condition | Vital Modify Date & Time |
|--------------|-------------|-------------|-----------------|--------------------------|
| Height | 170 | cm | Normal | 27 July 2023 15:58 |
| Weight | 69 | kg | Normal | 27 July 2023 15:58 |
| BMI | 23.88 | kg/m2 | Critical | 27 July 2023 15:58 |
| Height | 170 | cm | Normal | 17 July 2023 10:18 |
| Weight | 69.2 | kg | Normal | 17 July 2023 10:18 |
| BMI | 23.94 | kg/m2 | Critical | 17 July 2023 10:18 |
| Height | 170 | cm | Normal | 15 June 2023 11:02 |
| Weight | 69.7 | kg | Normal | 15 June 2023 11:02 |
| BMI | 24.12 | kg/m2 | Critical | 15 June 2023 11:02 |
| Height | 170 | cm | Normal | 22 May 2023 12:49 |
| Weight | 69 | kg | Normal | 22 May 2023 12:49 |
| BMI | 23.88 | kg/m2 | Critical | 22 May 2023 12:49 |
| Height | 170 | cm | Normal | 05 May 2023 11:38 |
| Weight | 69 | kg | Normal | 05 May 2023 11:38 |
| BMI | 23.88 | kg/m2 | Critical | 05 May 2023 11:38 |
| Height | 170 | cm | Normal | 19 April 2023 11:48 |
| Weight | 69 | kg | Normal | 19 April 2023 11:48 |
| BMI | 23.88 | kg/m2 | Critical | 19 April 2023 11:48 |
| Height | 170 | cm | Normal | 31 March 2023 10:03 |
| Weight | 69 | kg | Normal | 31 March 2023 10:03 |
| BMI | 23.88 | kg/m2 | Critical | 31 March 2023 10:03 |
| Height | 170 | cm | Normal | 30 March 2023 14:53 |
| Weight | 69 | kg | Normal | 30 March 2023 14:53 |
| Temperature | 98 | °F | Normal | 30 March 2023 14:53 |
| BMI | 23.88 | kg/m2 | Critical | 30 March 2023 14:53 |
| BP(Systolic) | 130 | mm/Hg | Abnormal | 30 March 2023 14:53 |

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

Patient Name: Mr Manish Kumar Sinha Age /Gender: 35 Y,9 M,4 D /Male Doctor: Dr Prathieba M /General Physician MBBS

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|------------------|-------|-------|----------|---------------------|
| BP(Diastolic) | 70 | mm/Hg | Normal | 30 March 2023 14:53 |
| Pulse Rate | 90 | bpm | Normal | 30 March 2023 14:53 |
| Respiratory Rate | 14 | /min | Normal | 30 March 2023 14:53 |
| SPO2 | 98 | % | Normal | 30 March 2023 14:53 |
| Height | 170 | cm | Normal | 17 March 2023 15:03 |
| Weight | 79 | kg | Normal | 17 March 2023 15:03 |
| Temperature | 98 | °F | Normal | 17 March 2023 15:03 |
| BMI | 27.34 | kg/m2 | Critical | 17 March 2023 15:03 |

Investigation Results Summary

| Name | Result | Reference Range | Verification Date/Time |
|------------------------------|--------|-----------------|------------------------|
| Care Plan - Regular Tests | | | 19 July 2023 23:29 |
| HbA1c | 5 | | 19 July 2023 23:29 |
| FASTING BLOOD SUGAR(GLUCOSE) | 108.5 | 70.0-100.0 | 19 July 2023 23:29 |
| TRIGLYCERIDES | 149 | | 19 July 2023 23:29 |
| LDL CHOLESTEROL - DIRECT | 124 | | 19 July 2023 23:29 |
| HDL CHOLESTEROL - DIRECT | 40 | 40.0-60.0 | 19 July 2023 23:29 |
| TOTAL CHOLESTEROL | 196 | | 19 July 2023 23:29 |
| LIPID PROFILE | | | 19 July 2023 23:29 |
| Care Plan - Regular Tests | | | 14 March 2023 17:59 |
| HbA1c | 5.3 | | 14 March 2023 17:59 |

Diagnosis : Hyperlipidemia, unspecified

Medicines Prescribed

| Medicine name | Dose | Frequency | Duration | QTY | Meal Relation | Remarks |
|---------------|-------------|-----------|----------|-----|---------------|---------|
| C HH omega | 1 (Capsule) | At Night | 90 Days | 90 | After Dinner | |

Preventive Education : 1. "Breathing exercises such as Inhale as deeply as you can via your nose. For five to ten seconds, hold your breath. Expel your breath gently and completely through your mouth. Your stomach should be going in as you breathe with pursed lips (as if blowing out a light). Rest for 10 seconds before repeating these steps."
2. Avoid fatty foods and do not skip meals.
3. 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.

Goal Setting

Below Mentioned Clinical Goals Have been Explained :

☒ yes

Health Goal for LDL Cholesterol (LDL-C):

| S. No. | Current LDL (mg/dL) | Target LDL (mg/dL) | Timeline in months | Remarks |
|--------|---------------------|--------------------|--------------------|---------|
| | 124 | 100 | 3 months | |

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Care Plan Compliance

Clinical Compliance in Care Plan

Q.1. Are you regularly taking all the medicines that have been prescribed to you?

☒ Not applicable

Q.2. Are you measuring your health parameters that have been advised to you for self-monitoring (like Blood Pressure, Weight, etc. as applicable)?

☒ Yes

Q.3. Are you taking your diet as prescribed to you?

☒ Yes

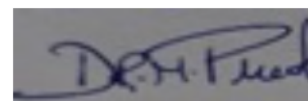
Q.4. Are you doing your exercise / physical activity as prescribed to you?

☒ Yes

Q.5. Do you get to sleep for atleast 6 hours daily on an average?

☒ Yes

Followup : 04-11-2023



Dr Prathieba M
MBBS

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