

**Document Type: Medical Record - Routine Physical Exam**

**Date of Service: January 20, 2005**

**[Harmony Health Clinic - Logo: A stylized green leaf over interlocking circles]**

**Patient Name: John Doe**

**Date of Birth: 01/15/1970**

**SUBJECTIVE:**

Patient reports feeling generally well. No specific complaints. Denies fever, chills, new aches, or pains.

**OBJECTIVE:**

- **Vitals:** BP: 125/80 mmHg, HR: 72 bpm, Temp: 98.6°F, Respiration Rate: 16 bpm.
- **Physical Exam:** General: Appears well, no acute distress. HEENT: Normocephalic, atraumatic. Lungs: Clear to auscultation bilaterally. Heart: Regular rate and rhythm, no murmurs. Abdomen: Soft, non-tender, non-distended, normoactive bowel sounds. Extremities: No edema, full range of motion. Skin: Warm, dry, intact.

**ASSESSMENT:**

Healthy male, age 35. Routine health maintenance. Elevated cholesterol noted, to be monitored.

**PLAN:**

1. Continue healthy lifestyle, emphasizing heart-healthy diet and regular exercise.
2. Follow up in 1 year for next annual physical.
3. Discuss cholesterol management if levels persist or rise.

---

**LAB RESULTS (Attached):**

- **Lab Date:** 01/18/2005 (Performed by Unity Diagnostics Lab)
  - **Lipid Panel:**
    - Total Cholesterol: 220 mg/dL (High - *Reference Range: <200 mg/dL*)
    - LDL: 140 mg/dL (High - *Reference Range: <100 mg/dL*)
    - HDL: 50 mg/dL (Good)
    - Triglycerides: 100 mg/dL (Normal)
  - **Complete Blood Count (CBC):** All within normal limits.
  - **Basic Metabolic Panel (BMP):** All within normal limits.
  - **Urinalysis:** Negative.
-

**Physician Signature:**

Dr. Evelyn Reed, MD

January 25, 2005