

Reference ID :	466-3	Date :	7/2/2016
Name :	TEST	Employee ID :	TEST/02072016
Factory :	TEST	Department :	TEST
		Company :	TEST

PERSONAL & ACCEPTABLE MEDICAL RANGES*

Gender	Male	Training Heart zone	157-137
Age	33	Height	178 Cms
Sedentary Metabolic Rate	1992 Calories	Prescribed Intake	1492 Calories

Parameter	Personal Details (Previous)	Personal Details (Current)	Acceptable PATH Ranges
Weight	80	83	65 - 75 Kgs
Body Mass Index (BMI)		26.0	18-25
Resting Pulse Rate	92	96	Below 72 beats/minute
Lung capacity (Intake)	32	24	45 seconds or more
Peak Expiratory Volume	640	520	451 cc or more
Blood Pressure	120/90	196/128 (Medication)	110/70 to 130/85 mg/Hg
Blood Sugar (Fasting)			70-120 mg/dl
Blood Sugar (Random)	99	112	70-180 mg/dl
Cholesterol	165	169	Below 200 mg/dl

PERSONAL & ACCEPTABLE HEALTH & LIFESTYLE STATUS

Parameter	Personal Status (Previous)	Personal Status (Current)	Acceptable Score
Medical	Needs Improvement *	Satisfactory	Satisfactory
Nutrition & Diet	Satisfactory	Satisfactory	Satisfactory
Exercise & Fitness	Needs Improvement *	Needs Improvement *	Satisfactory
Stress	Fair	Satisfactory	Satisfactory
Health Behaviour	Satisfactory	Satisfactory	Satisfactory
Overall Health		60.0	60

Above 97=Excellent, 75-96=Satisfactory, 60-74=Satisfactory, below 60=Needs Improvement

* A modification required / Needs Improvement rating in any category requires early change. We recommend that you consult your Health Care professional for counseling.

Personal Status (Current) based on 28 Parameter Scan.

PERSONAL & ACCEPTABLE OCCUPATIONAL RISK STATUS

Parameter	Personal Status (Previous)	Personal Status (Current)	Acceptable Status
Lungs Function	Good	Good	Good/ Satisfactory
Sight & Vision	Good	Good	Good/ Satisfactory
Hearing & Auditometry	Good	Good	Good/ Satisfactory

SUGGESTION FOR IMPROVEMENT

=> **WEIGHT/ BMI MANAGEMENT:** In order to maintain your acceptable range in Weight/ BMI; you will need to reduce your food intake by eating a small meal post sunset and by doing exercise/ walking daily for one hour.

=> **LUNG CAPACITY/ PULSE:** In order to improve your stamina (i.e. strengthen your heart & improve your lung capacity), you are advised to exercise for one hour daily. Please consult a physician prior to starting exercise.

=> **BLOOD PRESSURE:** Since you have Blood Pressure & are on medication, please consult your Doctor for specific advice. In addition, please keep your weight within your permitted weight range, walk for an hour daily, avoid commercial and preserved food, sleep for 8 hours daily, avoid smoking and alcohol.

* **Foods to Eat:** Vegetable especially leafy vegetable, wheat, brown rice, cereals and other fibrous foods, garlic, ginger, onion, lime juice, citrus fruits. Use unsaturated vegetable oils only

* **Foods to Avoid:** Saturated fat such as butter, cream, margarine, fat meats (lamb, beef, pork, organ meats), eggs, coconut and its related products, ground nuts, cashew nuts, etc. Also, cut down use of table salt and simple carbohydrates such as sugar, flour products, etc.

=> **EXERCISE & FITNESS:** Exercise is beneficial for maintaining good health and reducing the effect of stress. It helps in managing weight, alleviates joint ailments, improving sleep, etc. One hour of exercise such as walking daily is recommended along with free hand exercise.

=> **ALCOHOL CONSUMPTION:** Alcohol consumption can be detrimental to health, if consumed daily. If taken in excess it could lead to accident and injuries. Please avoid alcohol intake.

This is an automated report. Signature not required.

Additional Comments, if any:

Counselor's Signature