

# ANNUAL HEALTH CHECK FOR THE CENTRAL CIVIL SERVICES GROUP 'A' OFFICERS ABOVE 40 YEARS OF AGE

Name : MR/ Mrs/Miss

Age :  Years

Sex : M  F

Marital Status: Married  Unmarried  Widow /widower  Divorcee

Residential Address :

Telecontact : (R) (O) (M)

E-mail ID : CGHS BEN ID NO (if, any):

Office Address :

Blood Group:

History of Known Conditions ( Tick appropriate Box)

Raised BP- Yes  No  If, yes Regular treatment- Yes  No

DM - Yes  No  If, yes- on Regular treatment-Yes  No

IHD Yes  No  If, yes- on Regular treatment- Yes  No

Stroke Yes  No  If, yes- on Regular treatment- Yes  No

CRF Yes  No  If, yes- on Regular Dialysis Yes  No

Family History of DM  HT  Obesity

Life Style- Smoker -Yes  No  If yes Number per day

Ex-Smoker  Years of Smoking

Alcohol Yes  No  Any Alh. Hepatitis in Past

If regular how many pegs per day

Regular Exercise Yes  No

For more than 20 mts atleast 3times in a week

GENERAL PHYSICAL EXAMINATION :

Weight :  (Kgs) Height :  ( mtrs ) BMI

Pulse :  / mt BP :  /  mm of Hg Temp. : F

SYSTEMIC EXAMINATION FINDINGS

**RESP SYSTEM**

**CVS**

**ABDOMEN**

**CNS**

**LOCOMOTOR SYSTEM**

**DENTAL EXAMINATION**

**EYE EXAMINATION**

DISTANT VISION

R

L

WITH GLASSES

R

L

NEAR VISION

COLOUR VISION

TONOMETRY

FUNDUS EXAMINATION

LOCAL FINDINGS

DIAGNOSIS & ADVICE

**ENT**

ORAL CAVITY

NOSE

THROAT

LARYNX

DIAGNOSIS & ADVICE

**GYNECOLOGICAL HEALTH CHECK (FOR WOMEN)**

**HISTORY :**

- 1. Periods : Regular / Irregular since days
  - Delayed / Polymenorrhea L.M.P. days ago
  - Menstrual Flow : Normal / Scanty / Excessive
- 2. Discharge P/V : None / Mucoïd / Purulent / Hemorrhagic
- 3. Mass protruding P/V : None / Present
- 4. Urinary complaints : None / Present
- 5. No. of Pregnancies : 6. No. of Deliveries :
- 7. No. of Abortions : 8. No. of LSCS :

**PELVIC EXAMINATION ( if indicated )**

- 1. Local Examination :
- 2. Per Vaginum (P/V) :
- 3. Per Speculum (P/S) :

**SURGICAL EXAMINATION**

**BREAST EXAMINATION :** Right Left

PRESENCE OF ANY LUMP

**UROLOGICAL EXAMINATION( FOR MEN ONLY)**

**RECTAL EXAMINATION( FOR MEN ONLY)**

## INVESTIGATIONS REPORTS

Investigation	Report	Normal Range
<b><u>HAEMOGRAM :</u></b>		
• Haemoglobin	gms	(14-17 gms M ),(11 - 16gmsF)
• T.L.C.		(4000-11000/cmm)
• D.L.C.		
Polymorphs		( 50 - 70 % )
Lymphocytes		( 20 - 40 % )
Eosinophils		( 1 - 4 % )
Basophils		( 0 - 1 % )
Monocytes		( 1 - 4 % )
• Peripheral smear		
<b><u>URINE EXAMINATION :</u></b>		
• Colour		
• Albumin	Absent / Traces / + / ++ / +++	( Absent )
• Sugar	Absent / Traces / + / ++ / +++	( Absent )
• Microscopic Ezam.		
<b><u>BLOOD SUGAR :</u></b>		
• Fasting	mg %	( 70 - 100 mg % )
• Post-prandial	mg %	( 80 - 110 mg % )
<b><u>LIPID PROFILE :</u></b>		
• Total Cholesterol	mg %	( 100 - 200 mg % )
• HDL Cholesterol	mg %	( 35 - 155 mg % )
• LDL Cholesterol	mg %	( Upto 130 mg % )
• VLDL Cholesterol	mg %	( 10 - 30 mg % )
• Triglycerides	mg %	( 50 - 150 mg % )
<b><u>LIVER FUNCTION TESTS :</u></b>		
• S. Bilirubin ( Total )	mg %	( Upto 1.0 mg % )
• S. Bilirubin ( Direct )	mg %	( Upto 1.0 mg % )
• S.G.O.T.	units/L	( 1 - 21 units / L )
• S.G.P.T.	units/L	( 7- 27 units / L )
<b><u>KIDNEY FUNCTION TESTS :</u></b>		
• Blood Urea	mg %	( 7 - 18 mg % )
• S. Creatinine	mg %	( 0.6 - 1.2 mg % )
• S. Uric Acid	mg %	( 2 - 7 mg % )
<b>FOR MEN :</b>		
• PSA	ng / ml	( 0 - 4 ng / ml )

FOR WOMEN:

- PAP SMEAR

**X-RAY – CHEST PA VIEW REPORT**

**ECG ( ELECTRO CARDIOGRAPHY ) REPORT**

**TMT REPORT**

**USG (ULTRASONOGRAPHY- ABDOMEN ) REPORT**

**MAMMOGRASPHY REPORT ( WOMEN ONLY)**

**SUMMARY OF THE MEDICAL REPORT**

<b>1.</b>	<b>Overall Health of the Officer</b>	
<b>2.</b>	<b>Any other remarks based on the health medical check up of the Officer</b>	
<b>3.</b>	<b>Health Profile Grading</b>	

**Signature of Physician with Seal**

Dated

Place: