

Certificate Of Health Assessment



Name	Age	Position	Department
CANDRA RETNANING AYU	36 yo	DOCUMENT CONTROL	-

COMPANY :

INSPEKTINDO SINERGI PERSADA

CONCLUSION

FIT TO WORK	✓
FIT WITH MEDICAL NOTE	
TEMPORARY UNFIT	
UNFIT	

Issued Date	Doctors Name	Prepared By
30 December 2020	Jennifer Tannus Tan, MD <small>SIP : SIP.5.B.15A/31.74.02.1004.01.005.K.1.a.b/4/-1.779.3/e/2</small>	
Expired Date		Verified By
30 December 2021	dr. Muhammad Ilyas, Sp.Ok <small>SIP : 29.B.15b/31.74.04.1004.02.009.K.1/3/-1.779.3/e/2019</small>	 PT. KARTIKA BINA MEDIKATAMA

No. Formulir : FM-DR-008-05
 No. Revisi : 00
 Tanggal Terbit : 2 Mei 2011

Certificate Number : **MP-WTC2/2-20201230/1012**
 MCU Validity Check
<https://mcu-validasi.medikaplaza.com>

TO WHOM IT MAY CONCERN

Kepada yang berkepentingan

This is certify that today Wednesday, 30 December 2020 Medika Plaza Clinic has performed urine drug screening and/or breath alcohol test to :

Dengan ini menyatakan bahwa, pada hari ini Rabu, 30 Desember 2020 Medika Plaza Clinic telah melakukan urine drug screening dan/atau breath alcohol test kepada :

CANDRA RETNANING AYU

With the results are as follows :

Dengan hasil sebagai berikut :

Drugs Test <i>Uji Obat</i>	Result <i>Hasil</i>		
URINE DRUGS SCREENING			
- Amphetamine	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Met-Amphetamine	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Cocain	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- THC/Canabis/Marijuana	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Morphine/Opiates	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- P C P/Phencyclidine	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Barbiturate	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Benzodiazepin	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Methadone	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Propoxyphene	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Oxycodone	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- MDMA	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- 6-MAM	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
BREATH ALCOHOL TEST			
- Alcohol	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A

Jakarta, December 30, 2020



PT. KARTIKA BINA MEDIKATAMA
(dr. Vivi Surjaningsih, Sp.PK)
Clinical Patologist

HEALTH ASSESSMENT REPORT

Of

CANDRA RETNANING AYU
01047379

Wednesday, 30 December 2020

MP WTC 2 CLINIC

World Trade Centre 2, Lower Ground Floor
Jl. Jend. Sudirman, Kav. 29 Jakarta Selatan 12920
Tlp : (62-21) 295 22 611, Fax : (62-21) 295 22 611
www.medikaplaza.com

MP WTC 2 CLINIC

World Trade Centre 2, Lower Ground Floor
Jl. Jend. Sudirman, Kav. 29 Jakarta Selatan 12920
Tlp : (62-21) 295 22 611, Fax : (62-21) 295 22 611
www.medikaplaza.com

PATIENT DATA

MedRec.	: 01047379	EMPLOY. STATUS	: PreEmploye
NAME	: CANDRA RETNANING AYU	BIRTHDATE	: 02 March 1984
EMPLOYEE No.	:	SEX	: Female
JOB TITLE	: DOCUMENT CONTROL	STATUS	: Divorce
COMP. NAME	: INSPEKTINDO SINERGI PERSADA	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Dyslipidemia
2. Increasing of Direct Bilirubin level
3. Anti Hbs Non Reactive
4. Uncorrected previous glasses
5. Overweight

Your fitness status is fit for work

SUGGESTION :

1. Low fat and carbohydrate diet and exercise regularly minimal 3 times a week
2. Take enough rest minimal 8 hours/day. Repeat Increasing of Direct Bilirubin level examination 1 month later and consult to an Internist if still increase
3. Need to get Hepatitis B vaccination (booster)
4. You need to change the glasses for distant vision
5. Reduce body weight gradually 0.5 Kgs/week, by doing regular exercise (aerobic/jogging), 3-4x/week, 30-45 minutes and reduce high calorie diet until maximal body weight is 70.56 Kgs (present body weight is 72 Kgs). Consultation with a Nutritionist for evaluation of overweight

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Others (Document Control (Onshore))

Responsible Doctor


Jennifer Tannus Tan, MD

Notes:

If you need the further information or consultation, please contact us via :

Email : - dr.yunianti@medikaplaza.com
- dr.shezarina.pratita@medikaplaza.com
- dr.jennifer.tannus@medikaplaza.com

Telepon Klinik : (62-21) 295 22 611

PRIVATE

Printed by : dindin

CLINICAL EVALUATION

Name : CANDRA RETNANING AYU	Sex : Female	MR : 01047379	Visit : 30/12/2020
Comp. : INSPEKTINDO SINERGI PERSADA		DOB : 02 March 1984	

EXAMINATION	RESULT	NOTES
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ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint No complaint

MEDICAL HISTORY

Alergy	No	
Imunisasi	Yes	
Surgery	Yes	Tonsilectomy when child
Hospitalization	Yes	Tonsilectomy when child
Disease	No	

SPECIAL FOR WOMAN

Reguler periode	Yes	First day of last menstruation: December
Dysmenorhea	No	
Pregnancy history	Yes	G0P2A0
Abortion	No	
Vaginal discharge	No	

LIFE STYLE

Alcohol intake	No	
Smoking	No	
Exercise	Yes	3x/week, jogging

FAMILY MEDICAL HISTORY

Diabetes Melitus	No
Hypertension	No
Heart disease	No
Lung TB	No
Kidney disease	No
Astma	No
Mental disease	No
Epilepsy	No
Cancer	No
Color blind	No
Stroke	No
Liver disease	No
Bone & joint	No
Others disease	No

WORK EXPOSURE

Noise	No
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CLINICAL EVALUATION

Name : CANDRA RETNANING AYU	Sex : Female	MR : 01047379	Visit : 30/12/2020
Comp. : INSPEKTINDO SINERGI PERSADA		DOB : 02 March 1984	

EXAMINATION	RESULT	NOTES
Heat Stress	No	
Cold Stress	No	
Vibration	No	
Involving height	No	
Radiation	No	
Dust	No	
Toxic chemical	No	
Irritating fluid	No	
Smoke	No	
Bacterium/Virus/Parasite	No	
Blood	No	
Animal	No	
Operating heavy mobile equipment	No	
Manual Handling	No	
Sitting continuously over 4 hours	No	
Stand continuously over 4 hours	No	
Using monitor screen more than 4 hours per day	No	
Exposure	No	
Unergonomic body positions	No	
Shift work	No	
Work is not accordance with skills and knowledge	No	
Workload does not accordance with time	No	
Work conflict	No	
Inappropriate task	No	
Career barriers	No	
Family conflict	No	
Working arround rotating machinery	No	
Administration work	No	
Handling food product	No	
Others	Yes	Document Control (Onshore)
PHYSICAL EXAMINATION		
General Appearance	Good	
Body shape	Picnicus	
VITAL SIGN		
Body Weight	72 Kg	
Body Height	168 Cm	
BMI	25.51 Kg/m ²	

CLINICAL EVALUATION

Name : CANDRA RETNANING AYU

Sex : Female

MR : 01047379

Visit : 30/12/2020

Comp.: INSPEKTINDO SINERGI PERSADA

DOB : 02 March 1984

EXAMINATION	RESULT	NOTES
Normal Weight	52.21 - 70.56 Kg	
BMI Conclusion	Overweight	
Blood Pressure	100/70 mmHg	
Pulse	79 x/minute	
Body Temperature	36 °C	
RR	20	
Neck Circumference	38 Cm	
Arm Circumference	32 Cm	
Chest size	99 Cm	
Abdominal Circumference	91 Cm	
SKIN		
Skin	Normal	
EYE		
Left	Normal	
Right	Normal	
ENT		
Auricle	Normal	
Ear canal	Normal	
Drums	Normal	
Septum/Conchae	Normal	
Sinuses	Normal	
Pharynx	Normal	
Tonsil	Normal	
MOUTH		
Gum	Normal	
Dental	Normal	
NECK		
General	Normal	
Thyroid Gland	Normal	
CHEST		
Form	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
ABDOMEN		
Form	Flat	
Palpation	Supple	

CLINICAL EVALUATION

Name : CANDRA RETNANING AYU

Sex : Female

MR : 01047379

Visit : 30/12/2020

Comp. : INSPEKTINDO SINERGI PERSADA

DOB : 02 March 1984

EXAMINATION	RESULT	NOTES
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
-	No	
Hernia inguinal	No	
EXTRIMITIES		
Bones,joint	Normal	
Muscles,tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
RECTAL EXAMINATION		
Hemorrhoid	Negative	
Rectum	Normal	
SENSORIK EXAMINATION		
Tes Raba	Normal	
MOTORIK EXAMINATION		
Tes Grip	Normal	
REFLEX EXAMINATION		
Physiologic reflex	Normal	
Patologic reflex	Normal	
OTHERS EXAMINATION		
Coordination	Normal	
LYMPHE SYSTEM		
Submandibula	Normal	
Neck Gland	Normal	
Armpit gland	Normal	
Inguinal	Normal	

OPHTHALMOLOGY DIAGNOSTIC

Name : CANDRA RETNANING AYU	Sex : Female	MR : 01047379	Visit : 30/12/2020
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Comp. : INSPEKTINDO SINERGI PERSADA	DOB : 02 March 1984
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EXAMINATION		Right	Left
Reading		J1	
Previous Glasses		20/30	20/30
Without Glasses	Distant	-	-
	Near	-	-
Correction	Distant	-	-
	Near	-	-
		-	-
Tonometry		-	-
Funduscopy		-	-
Visual Fields		Normal	
Colour Blind Test		Normal	

Impression : Uncorrected previous glasses

RADIOLOGY DIAGNOSTIC

Name : CANDRA RETNANING AYU

Sex : Female

MR : 01047379

Visit : 30/12/2020

Comp. : INSPEKTINDO SINERGI PERSADA

DOB : 02 March 1984

EXAMINATION**RESULT**

THORAX PA

No abnormality seen in both lungs.
Normal bronchovascular markings in both hili.
The heart is normal in size and shape.
The mediastinum is not widened.
Both sinuses and diaphragms are good.
No evidence of pleural effusion.
No abnormality of chest skeletal.

Impression

Normal Chest x-ray

LABORATORY RESULT

Name : CANDRA RETNANING AYU	MR : 01047379	Visit : 30/12/2020	#Lab : IN727429033012
Comp. : INSPEKTINDO SINERGI PERSADA	Sex : Female	DOB : 02 March 1984	

EXAMINATION	RESULT	NORMAL RANGE
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HEMATOLOGI

ABO/Rh Typing "B" Rh(+) positive

Automated Blood Count

White Blood Cell (WBC)	9.0	3.6 - 11.0
Erythrocyte (RBC)	4.9	3.8 - 5.2
Haemoglobin	13.4	11.7 - 15.5
Hematocrit	41	35 - 47
Thrombocytes	384	150 - 440

MCV, MCH, MCHC

MCV	83	80 - 100
MCH	27	26 - 34
MCHC	33.0	32 - 36
ESR	17	0 - 20

Differential Count

Basophils	0	0 - 1
Eosinophil	6 *	2 - 4
Bands / Stab	1 *	3 - 5
Neutrophils	50	50 - 70
Lymphocytes	37	25 - 40
Monocytes	6	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	225 *	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	71.9 *	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	119	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	169 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

LABORATORY RESULT

Name : CANDRA RETNANING AYU	MR : 01047379	Visit : 30/12/2020	#Lab : IN727429033012
Comp. : INSPEKTINDO SINERGI PERSADA	Sex : Female	DOB : 02 March 1984	

EXAMINATION	RESULT	NORMAL RANGE
Ureum	19.3	10.0 - 50.0
Creatinine	0.7	0.6- 1.3
Uric Acid	5.92	2.60 - 6.00

BLD CHEMISTRY/LIVER FUNCTION

Total Bilirubin	0.71	0.1 - 1.0
Direct Bilirubin	0.23 *	0.0 - 0.2
Indirect Bilirubin	0.48	0.0 - 0.8
SGOT(AST)	12	9 - 45
SGPT (ALT)	9 *	13 - 45
Alkaline Phosphatase	66	30 - 120
Gamma GT	17	0 - 30

BLD CHEMISTRY/DIABETES

Glucose Fasting	92	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

Blood Glucose 2 PP

Blood Sugar 2 Hours PP	89	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

SEROLOGI / IMUNOLOGI

HBsAg (Qualitative)	Non Reactive	Non Reactive
Anti HBs (Qualitative)	Non Reactive	
TPHA	Negative	Negative

TOXICOLOGY - DRUGS SCREENING

THC/Marijuana	Negative	Negative
Amphetamine	Negative	Negative
Benzodiazepines	Negative	Negative
Opiat	Negative	Negative
Cocain	Negative	Negative
Metamphetamine	Negative	Negative
Alcohol	Negative	Negative

URINALYSIS

Complete Urine Analysis

Macroscopic

Color	Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.015	1.000 - 1.030

LABORATORY RESULT

Name : CANDRA RETNANING AYU	MR : 01047379	Visit : 30/12/2020	#Lab : IN727429033012
Comp. : INSPEKTINDO SINERGI PERSADA	Sex : Female	DOB : 02 March 1984	

EXAMINATION	RESULT	NORMAL RANGE
pH	6.0	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilirubin	Negative	Negative
Blood	Negative	Negative
Urobilinogen	Normal	Normal
Protein	Negative	Negative
Keton	Negative	Negative
Microscopic		
RBC	0-1	0 - 1
WBC	0-1	0 - 4
Cylinder	Negative	
Epithels Squamous	0-1	5 - 15
Crystals	Negative	
Bacteria	Negative	Negative
Others	Negative	

AUDIOMETRY DIAGNOSTIC

Name : CANDRA RETNANING AYU

Sex : Female

MR : 01047379

Visit : 30/12/2020

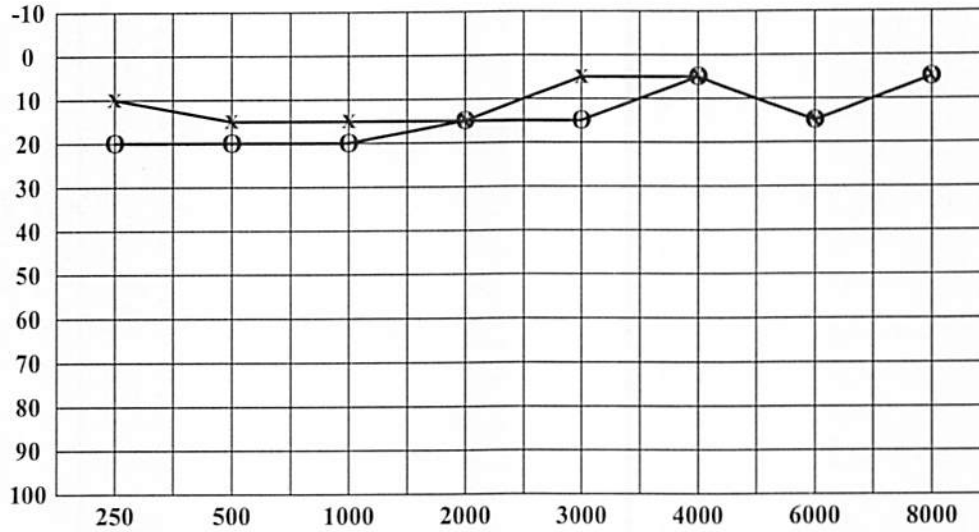
Comp. : INSPEKTINDO SINERGI PERSADA

DOB : 02 March 1984

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	10	15	15	15	5	5	15	5
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	20	20	20	15	15	5	15	5
BC	-	-	-	-	-	-	-	-



< : Right Ear (BC)
 > : Left Ear (BC)

 O : Right Ear (AC)
 X : Left Ear (AC)

Conclusion Right Ear : Hearing threshold = 15 dB
 (Within normal limit)

Conclusion Left Ear : Hearing threshold = 12.5 dB
 (Within normal limit)

CARDIOLOGY DIAGNOSTIC

Name : CANDRA RETNANING AYU

Sex : Female

MR : 01047379

Visit : 30/12/2020

Comp. : INSPEKTINDO SINERGI PERSADA

DOB : 02 March 1984

EXAMINATION	RESULT	Comments :
ELECTROCARDIOGRAPHY	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Normal ECG

