

Certificate Of Health Assessment



Name	Age	Position	Department
MEGA APRITA	32 yo	GENERAL AFFAIR SENIOR	-

COMPANY :

INSPEKTINDO SINERGI PERSADA, PT

CONCLUSION

FIT TO WORK	✓
FIT WITH MEDICAL NOTE	
TEMPORARY UNFIT	
UNFIT	

Issued Date	Doctors Name	Prepared By
16 March 2022	Puteri Melati, MD PKTK : KEP.264/BINWASK3-PNK3/KK/VI/2019 SIP : 23/B.15a/31.74.04.1004/-1.779.3/e/2019	
Expired Date		Verified By
16 March 2023	dr. Muhammad Ilyas, Sp.Ok SIP : 29/B.15b/31.74.04.1004.02.009.K.1/3/-1.779.3/e/2019	 PT. KARTIKA BINA MEDIKATAMA

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

Certificate Number : MP-BOP/1-20220316/135636
 MCU Validity Check
<https://mcu-validasi.medikapla.com>

PT. KARTIKA BINA MEDIKATAMA

MP BELTWAY CLINIC

Beltway Office Park, Annex Building, Ground Floor
Jl. TB. Simatupang Kav.41, Jakarta Selatan 12550
Tlp : (62-21) 808 66 099, Fax : (62-21) 808 66 098
www.medikaplaza.com

PATIENT DATA

MedRec.	: 01.00060025	EMPLOY. STATUS	: Employee
NAME	: MEGA APRITA	BIRTHDATE	: 28 April 1989
EMPLOYEE No.	: -	SEX	: Female
JOB TITLE	: GENERAL AFFAIR SENIOR	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Increase ESR count
2. Leukocyturia (+3) (Has been consult to internist)
3. Overweight
4. Lhermitte test positive Suspect radicular pain syndrome
5. Decreasing of hearing acuity on low and high frequency of right ear and Decreasing of hearing acuity on high frequency of left ear

Your fitness status is fit to work

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Administration work
- Sitting continuously over 4 hours
- Using monitor screen more than 4 hours per day
- Unergonomic body positions

SUGGESTION :

1. Repeat ESR count examination after 1 month and consultation with an Internist if still increase
2. Drink more water at least 2lt/day (8-10 glasses/day). Repeat urinalysis after 2 weeks.
3. 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 68.06Kgs (present body weight is 70Kgs). Consultation with a Nutritionist for evaluation of overweight
4. Consultation with a physiotherapist Medika Plaza if any complaint of Lhermitte test positive Suspect radicular pain syndrome
5. Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment

Responsible Doctor



Puteri Melati, MD

Notes:

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

Email : - enjelita@medikaplaza.com
- Rezkha.Amalia@medikaplaza.com
- Puteri.Melati@medikaplaza.com

Telepon Klinik : (62-21) 8086 6099

PRIVATE

Printed by : reysti

Dr. Wayan Giri Putra Semaradana M.Biomed, Sp.PD

Speciality: Internist

684/SIPD/DPMPSTSP/VIII/2019



17 March, 2022

XNVE0K-7844

Name : **mega aprita**

Gender : **Female**

DOB : **27/04/1989 (32 years)**

Doctor notes from **Dr. Wayan Giri Putra Semaradana M.Biomed, Sp.PD**

Notes from the doctor describing your problem

Symptoms :

konsul hasil lab MCU. pasien a.n Mega Aprita, perempuan, 32 thn. tidak ada gejala.

Advice :

jangan tahan kencing, jangan banyak makan minum yg asam2 seperti vit C, dan jangan kurang atau terlalu banyak minum air putih. Fit to work dgn kondisi ini. ttd dr. Wayan Giri Putra Semaradana, Sp.PD

Possible diagnosis :

N39.0; Infeksi pada saluran kemih; Urethritis dan Sindroma Urethra

Certificate Of Health Assessment



Name	Age	Position	Department
MEGA APRITA	32 yo	GENERAL AFFAIR SENIOR	-

COMPANY :

INSPEKTINDO SINERGI PERSADA, PT

CONCLUSION

FIT TO WORK	
FIT WITH MEDICAL NOTE	✓
TEMPORARY UNFIT	
UNFIT	

Issued Date	Doctors Name	Prepared By
16 March 2022	Puteri Melati, MD <i>PKTK : KEP.264/BINWASK3-PNK3/KK/VI/2019</i> <i>SIP : 23/B.15a/31.74.04.1004/-1.779.3/e/2019</i>	
Expired Date		Verified By
16 March 2023	dr. Muhammad Ilyas, Sp.Ok <i>SIP : 29/B.15b/31.74.04.1004.02.009.K.1/3/-1.779.3/e/2019</i>	 PT. KARTIKA BINA MEDIKATAMA

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

Certificate Number : MP-BOP/1-20220316/135636

MCU Validity Check

<https://mcu-validasi.medikapla.com>

PT. KARTIKA BINA MEDIKATAMA

HEALTH ASSESSMENT REPORT

Of

MEGA APRITA

01.00060025

Wednesday, 16 March 2022

MP BELTWAY CLINIC

Beltway Office Park, Annex Building, Ground Floor

Jl. TB. Simatupang Kav.41, Jakarta Selatan 12550

Tlp : (62-21) 808 66 099, Fax : (62-21) 808 66 098

www.medikaplaza.com

MP BELTWAY CLINIC

Beltway Office Park, Annex Building, Ground Floor
Jl. TB. Simatupang Kav.41, Jakarta Selatan 12550
Tlp : (62-21) 808 66 099, Fax : (62-21) 808 66 098
www.medikaplaza.com

PATIENT DATA

MedRec.	: 01.00060025	EMPLOY. STATUS	: Employee
NAME	: MEGA APRITA	BIRTHDATE	: 28 April 1989
EMPLOYEE No.	: -	SEX	: Female
JOB TITLE	: GENERAL AFFAIR SENIOR	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Increase ESR count
2. Leukocyturia (+3)
3. Overweight
4. Lhermitte test positive Suspect radicular pain syndrome
5. Decreasing of hearing acuity on low and high frequency of right ear and Decreasing of hearing acuity on high frequency of left ear

Your fitness status is fit with medical note:

1. Leukocyturia (+3)
2. Lhermitte test positive Suspect radicular pain syndrome

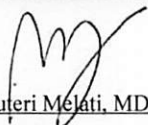
SUGGESTION :

1. Repeat ESR count examination after 1 month and consultation with an Internist if still increase
2. Drink more water at least 2lt/day (8-10 glasses/day). Repeat urinalysis after 2 weeks. Consultation with an Internist for further evaluation of Leukocyturia (+3)
3. 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 68.06Kgs (present body weight is 70Kgs). Consultation with a Nutritionist for evaluation of overweight
4. Consultation with a physiotherapist Medika Plaza for further evaluation of Lhermitte test positive Suspect radicular pain syndrome
5. Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Administration work
- Sitting continuously over 4 hours
- Using monitor screen more than 4 hours per day
- Unergonomic body positions

Responsible Doctor



Puteri Melati, MD

Notes:

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

Email : - enjelita@medikaplaza.com
- Rezkha.Amalia@medikaplaza.com
- Puteri.Melati@medikaplaza.com

Telepon Klinik : (62-21) 8086 6099

PRIVATE

Printed by : murhasanah

CLINICAL EVALUATION

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	
EXAMINATION	RESULT	NOTES	

ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint

No complaint

MEDICAL HISTORY

Alergy	No
Imunisasi	Yes
Surgery	No
Hospitalization	No
Disease	Yes

Asthma, sinusitis

SPECIAL FOR WOMAN

Reguler periode	Yes
Dysmenorhea	No
Pregnancy history	Yes
Abortion	No
Vaginal discharge	No

First day of last mens : March 2nd, 2022

P2A0

LIFE STYLE

Alcohol intake	No
Smoking	No
Exercise	Yes

Badminton 1x/week

FAMILY MEDICAL HISTORY

Diabetes Melitus	No
Hypertension	Yes
Heart disease	Yes
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

Mother, sister

Father

WORK EXPOSURE

Noise	No
-------	----

CLINICAL EVALUATION

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	

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	Yes	
Stand continuously over 4 hours	No	
Using monitor screen more than 4 hours per day	Yes	
Exposure	No	
Unergonomic body positions	Yes	
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	Yes	
Handling food product	No	
Others	No	
PHYSICAL EXAMINATION		
General Appearance	Good	
Body shape	Picnicus	
VITAL SIGN		
Body Weight	70 Kg	
Body Height	165 Cm	
BMI	25.71 Kg/m ²	

CLINICAL EVALUATION

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	
EXAMINATION	RESULT	NOTES	

Normal Weight	50.37 - 68.06 Kg
BMI Conclusion	Overweight
Blood Pressure	120/70 mmHg
Pulse	78 x/minute
Body Temperature	36.6 °C
RR	22
Neck Circumference	33 Cm
Arm Circumference	32 Cm
Chest size	91 Cm
Abdominal Circumference	87 Cm
SKIN	
Skin	Normal
EYE	
Left	Normal
Right	Normal
ENT	
Auricle	Normal
Ear canal	Normal
Drums	Normal
Septum/Conchae	Not Examined
Sinuses	Not Examined
Pharynx	Not Examined
Tonsil	Not Examined
MOUTH	
Gum	Not Examined
Dental	Not Examined
NECK	
General	Normal
Thyroid Gland	Normal
CHEST	
Form	Normal
Lung	Normal
Heart	Normal
Breast	Normal
ABDOMEN	
Form	Flat
Palpation	Supple

CLINICAL EVALUATION

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	

EXAMINATION	RESULT	NOTES
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
Nyeri Ketok (CVA)	No	
Hernia inguinal	No	
EXTRIMITIES		
Bones, joint	Normal	
Muscles, tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
RECTAL EXAMINATION		
Hemorrhoid	Negative	
Rectum	Not Examined	
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	
MUSKULOSKLETAL EXAMINATION		
Lhermitte Test	Positive	spasme upper trapezius dextra
Spurling Test	Negative	
Neers Test	Negative	
Yergason Test	Negative	
Phalen Test	Negative	
Tinel Test	Negative	
Finkelstein Test	Negative	
Straight Leg Raise Test	Negative	

OPHTHALMOLOGY DIAGNOSTIC

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	

EXAMINATION	Right	Left
Reading	J1	
Previous Glasses	20/20	20/20
Without Glasses	Distant	-
	Near	-
Correction	Distant	S-1.25 20/20
	Near	-
Depth Perception	-	
Tonometry	19.0 mmHg	20.0 mmHg
Funduscopy	NORMAL	NORMAL
Visual Fields	-	
Colour Blind Test	Normal	

Impression : Myopia simplex ODS

RADIOLOGY DIAGNOSTIC

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	

EXAMINATION	RESULT
-------------	--------

THORAX PA (PRINT FILM)	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 sinus and diaphragms are good. No evidence of pleural effusion.
------------------------	---

Impression	Normal heart and lungs.
------------	-------------------------

LABORATORY RESULT

Name : MEGA APRITA	MR : 01.00060025	Visit : 16/03/2022	#Lab : IN771731323636
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Female	DOB : 28 April 1989	
EXAMINATION	RESULT	NORMAL RANGE	

HEMATOLOGI

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

Automated Blood Count

White Blood Cell (WBC)	8.6	3.6 - 11.0
Erythrocyte (RBC)	4.3	3.8 - 5.2
Haemoglobin	12.6	11.7 - 15.5
Hematocrit	36	35 - 47
Thrombocytes	344	150 - 440

MCV, MCH, MCHC

MCV	84	80 - 100
MCH	29	26 - 34
MCHC	34.9	32 - 36
ESR	45 *	0 - 20

Differential Count

Basophils	1	0 - 1
Eosinophil	6 *	2 - 4
Bands / Stab	3	3 - 5
Neutrophils	50	50 - 70
Lymphocytes	34	25 - 40
Monocytes	6	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	149	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	45.6	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	91	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	61	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

LABORATORY RESULT

Name : MEGA APRITA	MR : 01.00060025	Visit : 16/03/2022	#Lab : IN771731323636
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Female	DOB : 28 April 1989	

EXAMINATION	RESULT	NORMAL RANGE
Creatinine	0.71	0.60 - 1.30
Uric Acid	6.45 *	2.60 - 6.00

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	18	9 - 45
SGPT (ALT)	20	13 - 45
Gamma GT	18	0 - 30

BLD CHEMISTRY/DIABETES

Glucose Fasting	85	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

SEROLOGI / IMUNOLOGI

SARS CoV-2 Rapid Antigen	Negative	Negative
--------------------------	----------	----------

URINALYSIS

Complete Urine Analysis

Macroscopic

Color	Light Yellow	
Turbidity	Slightly Cloudy	Clear
Specific Gravity	1.019	1.000 - 1.030
pH	6.0	4.5 - 8.0
Leucocyte	Positive 3 (500)	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	20-25	0 - 4
Cylinder	Negative	
Epithels Squamous	3-5	5 - 15
Crystals	Negative	
Bacteria	Negative	Negative
Others	Negative	

STOOL / RECTAL SWAP

Faeces Complete

LABORATORY RESULT

Name : MEGA APRITA	MR : 01.00060025	Visit : 16/03/2022	#Lab : IN771731323636
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Female	DOB : 28 April 1989	

EXAMINATION	RESULT	NORMAL RANGE
-------------	--------	--------------

Macroscopic

Color	Brown	
Consistency	Smooth	
Mucus	Negative	Negative
Blood	Negative	Negative
Pus	Negative	Negative
Parasit	Negative	Negative
Lipid	Negative	Negative

Microscopic

RBC	0-1	0 - 1
WBC	0-1	0 - 5
Amoeba	Negative	
Ephitels	Positive	Positive
Worm Eggs	Negative	Negative
Yeast	Negative	Negative
Muscle Fiber	Negative	Negative
Others	Negative	Negative

Digestive

Amylum	Negative	Negative
Fat	Negative	
Fibers	Positive	Positive

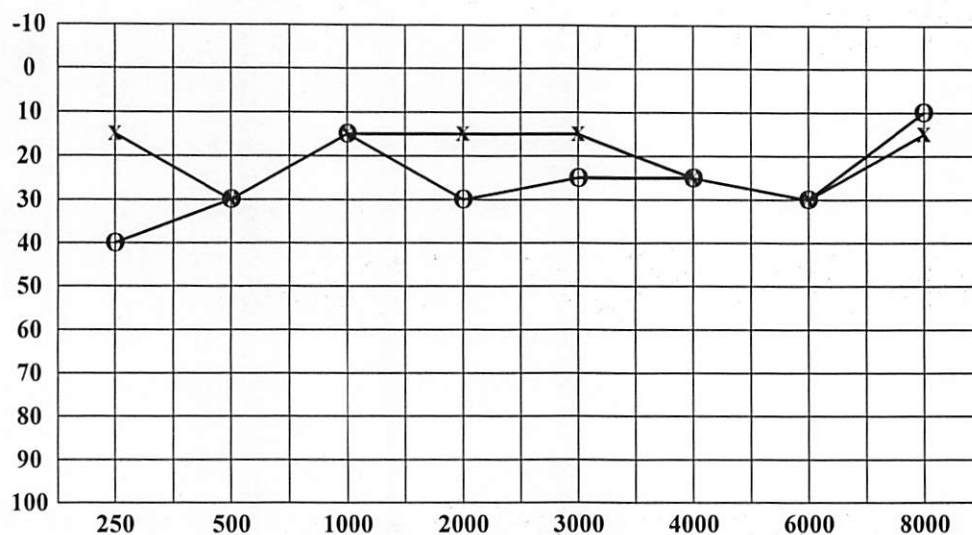
AUDIOMETRY DIAGNOSTIC

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	15	30	15	15	15	25	30	15
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	40	30	15	30	25	25	30	10
BC	-	-	-	-	-	-	-	-



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

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

Conclusion Right Ear : Hearing threshold = 25 dB
 (Within normal limit)
 With decreasing on frequency 250Hz & 6000Hz

Conclusion Left Ear : Hearing threshold = 21.25 dB
 (Within normal limit)
 With decreasing on frequency 6000Hz

CARDIOLOGY DIAGNOSTIC

Name : MEGA APRITA	Sex : Female	MR : 01.00060025	Visit : 16/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 28 April 1989	
EXAMINATION	RESULT	Comments :	

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

