

Certificate Of Health Assessment



Name	Age	Position	Department
VICTOR HOTMAN LUKMAN SIBUEA	30 yo	SUPERVISOR	-

COMPANY :

INSPEKTINDO SINERGI PERSADA, PT

CONCLUSION

Fit for work to the job described	
Fit with Medical Note (Restriction and/or Limitation)	✓
Temporary Unfit	
Unfit for work to the job described	

Issued Date	Doctors Name	Prepared By
11 October 2019	Puteri Melati, MD	
Expired Date		Verified By
11 October 2020	dr. Muhammad Ilyas, Sp.Ok	 PT. KARTIKA BINA MEDIKATAMA

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

Certificate Number : MP-BOP/1-20191011/117043
 MCU Validity Check
<https://mcu-validasi.medikaplaza.com>

PT. KARTIKA BINA MEDIKATAMA

TO WHOM IT MAY CONCERN

Kepada yang berkepentingan

This is certify that today Friday, 11 October 2019 Medika Plaza Clinic has performed urine drug screening and/or breath alcohol test to :

Dengan ini menyatakan bahwa, pada hari ini Jumat, 11 Oktober 2019 Medika Plaza Clinic telah melakukan urine drug screening dan/atau breath alcohol test kepada :

VICTOR HOTMAN LUKMAN SIBUEA

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 checked="" type="checkbox"/> Negative	<input 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 checked="" type="checkbox"/> Negative	<input 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 checked="" type="checkbox"/> Negative	<input 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, October 11, 2019


PT. KARTIKA BINA MEDIKATAMA
 (dr. Eſther Pŕerwantoro, Sp.PK)

Clinical Patologist

HEALTH ASSESSMENT REPORT

Of

VICTOR HOTMAN LUKMAN SIBUEA
01051796

Friday, 11 October 2019

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.medikapla.com

PATIENT DATA

MedRec.	: 01051796	EMPLOY. STATUS	: Employee
NAME	: VICTOR HOTMAN LUKMAN SIBUEA	BIRTHDATE	: 14 January 1989
EMPLOYEE No.	: 14049	SEX	: Male
JOB TITLE	: SUPERVISOR	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: Indonesia

SUMMARY

MEDICAL FINDING :

1. Increase ESR count
2. Dyslipidemia
3. Hyperuricemia
4. Increase SGPT and Gamma GT level
5. Overweight
6. Calculus teeth

Your fitness status is fit with medical note:

Dyslipidemia

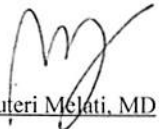
PERCEPTIONS OF EXPOSURE BY WORKERS :

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

SUGGESTION :

1. Repeat ESR count examination after 1 month and consultation with an Internist if still increase
2. Low fat and carbohydrate diet and exercise regularly minimal 3 times a week. Consultation with an Internist for further evaluation of Dyslipidemia
3. Low purine diet such as meats including organ meats, alcoholic beverages, beans, shrimp, scallops, some vegetables in limited amount such as: spinach, cauliflower, asparagus and mushroom
4. Take enough rest minimal 8 hours/day. Repeat Increase SGPT and Gamma GT level examination 1 month later and consult to an Internist if still increase
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 76.56Kgs (present body weight is 84.7Kgs). Consultation with a Nutritionist for evaluation of overweight
6. Consultation with a Dentist for dental care, minimal once a year or better once in six month

Responsible Doctor



Puteri Melati, MD

Notes:

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

Email : - beltway.doctor@medikapla.com
- beltway.doctor2@medikapla.com
Telepon Klinik : (62-21) 8086 6000

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 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	No

LIFE STYLE

Alcohol intake	No
Smoking	Yes
Exercise	No

Mild smoker

FAMILY MEDICAL HISTORY

Diabetes Melitus	No
Hypertension	Yes
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

Father

WORK EXPOSURE

Noise	No
Heat Stress	No
Cold Stress	No
Vibration	No
Involving height	No
Radiation	No
Dust	No

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	

EXAMINATION	RESULT	NOTES
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	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	Yes	
Handling food product	No	
Others	No	
PHYSICAL EXAMINATION		
General Appearance	Good	
Body shape	Picnicus	
VITAL SIGN		
Body Weight	84.7 Kg	
Body Height	175 Cm	
BMI	27.65 Kg/m ²	
Normal Weight	56.66 - 76.56 Kg	
BMI Conclusion	Overweight	
Blood Pressure	120/80 mmHg	
Pulse	94 x/minute	
Body Temperature	36.2 °C	
RR	16	

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp.: INSPEKTINDO SINERGI PERSADA, PT	DOB : 14 January 1989		

EXAMINATION	RESULT	NOTES
Neck Circumference	36 Cm	
Arm Circumference	33 Cm	
Chest size	93 Cm	
Abdominal Circumference	90 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	Abnormal	Calculus teeth
NECK		
General	Normal	
Thyroid Gland	Normal	
CHEST		
Form	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
ABDOMEN		
Form	Flat	
Palpation	Supple	
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
-	No	
Hernia inguinal	No	
EXTRIMITIES		

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT	DOB : 14 January 1989		

EXAMINATION	RESULT	NOTES
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	
LIMPHE SYSTEM		
Submandibula	Normal	
Neck Gland	Normal	
Armpit gland	Normal	
Inguinal	Normal	

OPHTHALMOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	

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

Impression :

RADIOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA

Sex : Male

MR : 01051796

Visit : 11/10/2019

Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 14 January 1989

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 sinus and diaphragms are good.
No evidence of pleural effusion.

Impression

Normal chest.
No evidence of specific process in both lungs.

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 11/10/2019	#Lab : IN68283082704
Comp.: INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 January 1989	

EXAMINATION	RESULT	NORMAL RANGE
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HEMATOLOGI

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

Automated Blood Count

White Blood Cell (WBC)	8.7	3.8 - 11.0
Erythrocyte (RBC)	5.1	4.4 - 5.9
Haemoglobin	15.2	13.2 - 17.3
Hematocrit	44	40 - 52
Thrombocytes	281	150 - 440

MCV, MCH, MCHC

MCV	87	80 - 100
MCH	30	26 - 34
MCHC	34.6	32 - 36
ESR	55 *	0 - 10

Differential Count

Basophils	1	0 - 1
Eosinophil	2	2 - 4
Bands / Stab	3	3 - 5
Neutrophils	60	50 - 70
Lymphocytes	25	25 - 40
Monocytes	9 *	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	241 *	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	43.6	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	136 *	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Tryglicerides	308 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 11/10/2019	#Lab : IN68283082704
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 January 1989	

EXAMINATION	RESULT	NORMAL RANGE
Ureum	24.4	10.0 - 50.0
Creatinine	0.9	0.6- 1.3
Uric Acid	9.69 *	3.50 - 7.20

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	24	13 - 45
SGPT (ALT)	58 *	13 - 50
Alkaline Phosphatase	53	30 - 120
Gamma GT	60 *	0 - 50

BLD CHEMISTRY/DIABETES

Glucose Fasting	98	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

Blood Glucose 2 PP

Blood Sugar 2 Hours PP	99	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

TOXICOLOGY - DRUGS SCREENING

Barbiturate	Negative	Negative
MDMA	Negative	Negative
Methadone	Negative	Negative
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	Light Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.018	1.000 - 1.030
pH	5.5	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 11/10/2019	#Lab : IN68283082704
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 January 1989	

EXAMINATION	RESULT	NORMAL RANGE
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	1-2	5 - 15
Crystals	Negative	
Bacteria	Negative	Negative
Others	Negative	

STOOL / RECTAL SWAP

Faeces Complete

Macroscopic

Color	Brown	
Consistency	Smooth	
Mucus	Negative	Negative
Blood	Negative	Negative
Pus	Negative	Negative
Parasitologi Faeces	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

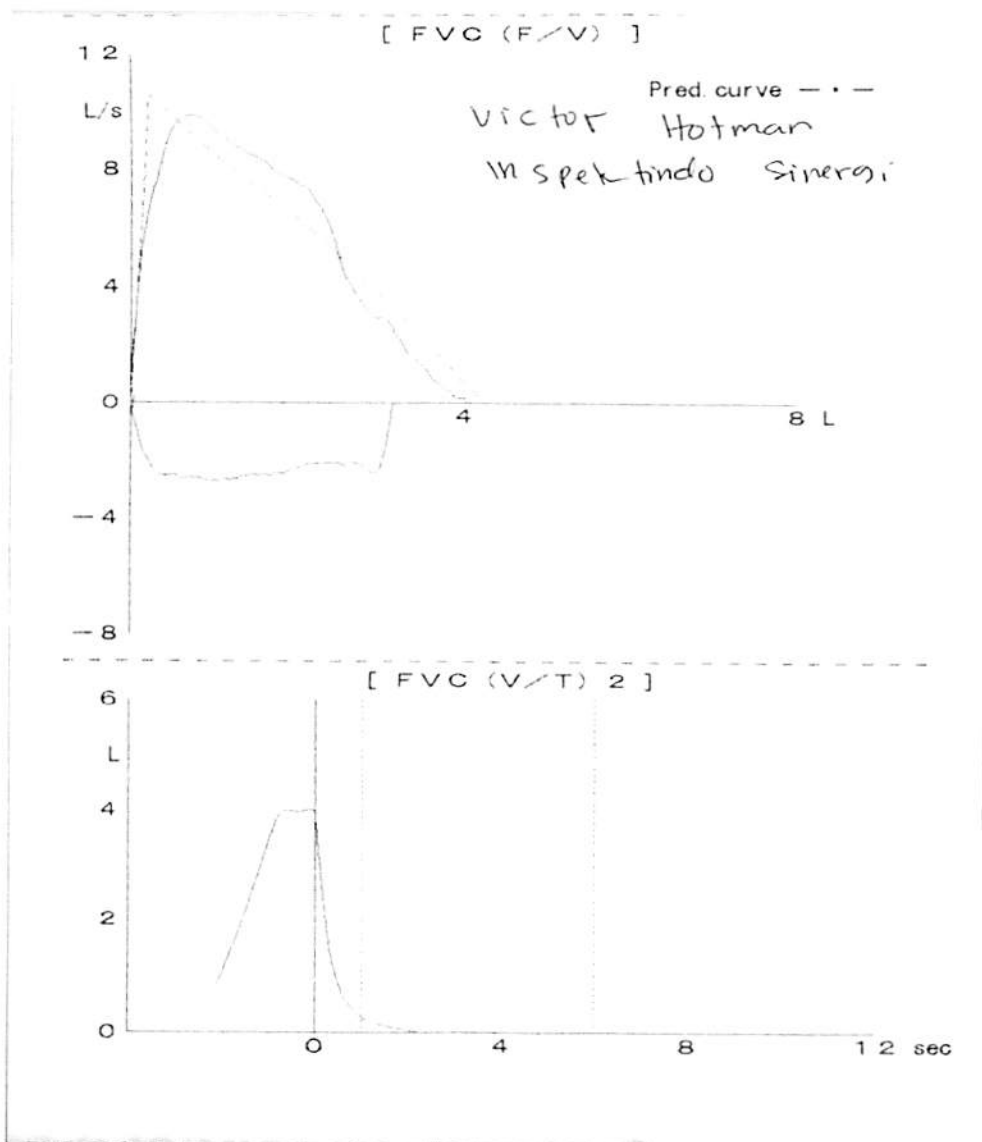
SPIROMETRY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT	DOB : 14 January 1989		

EXAMINATION	RESULT
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FVC Result	: 4.03 L---> 94.8 %
FEV1 Result	: 3.75 L---> 93.1 %
FEV1/FVC Result	: 93.05 %---> 115.4 %
PEF Result	: 9.84 L/S---> 93.3 %
Indonesian Standart Result	:
Index	:
Spirometry Result	: Normal

Impression : Normal Spirometric Functions



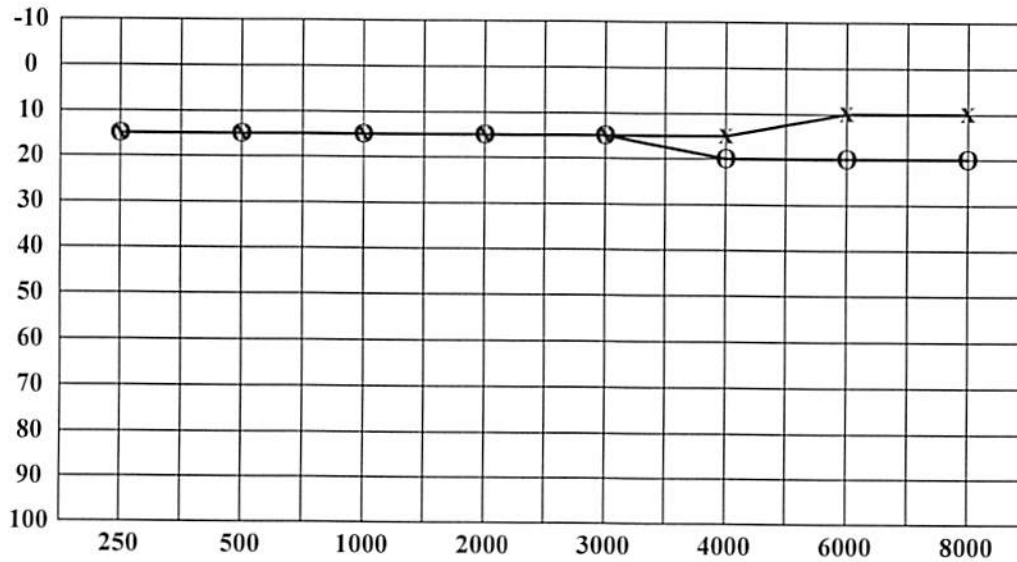
AUDIOMETRY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	

RESULT

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

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



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

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

Conclusion Right Ear : Hearing threshold = 16.25 dB
(Within normal limit)

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

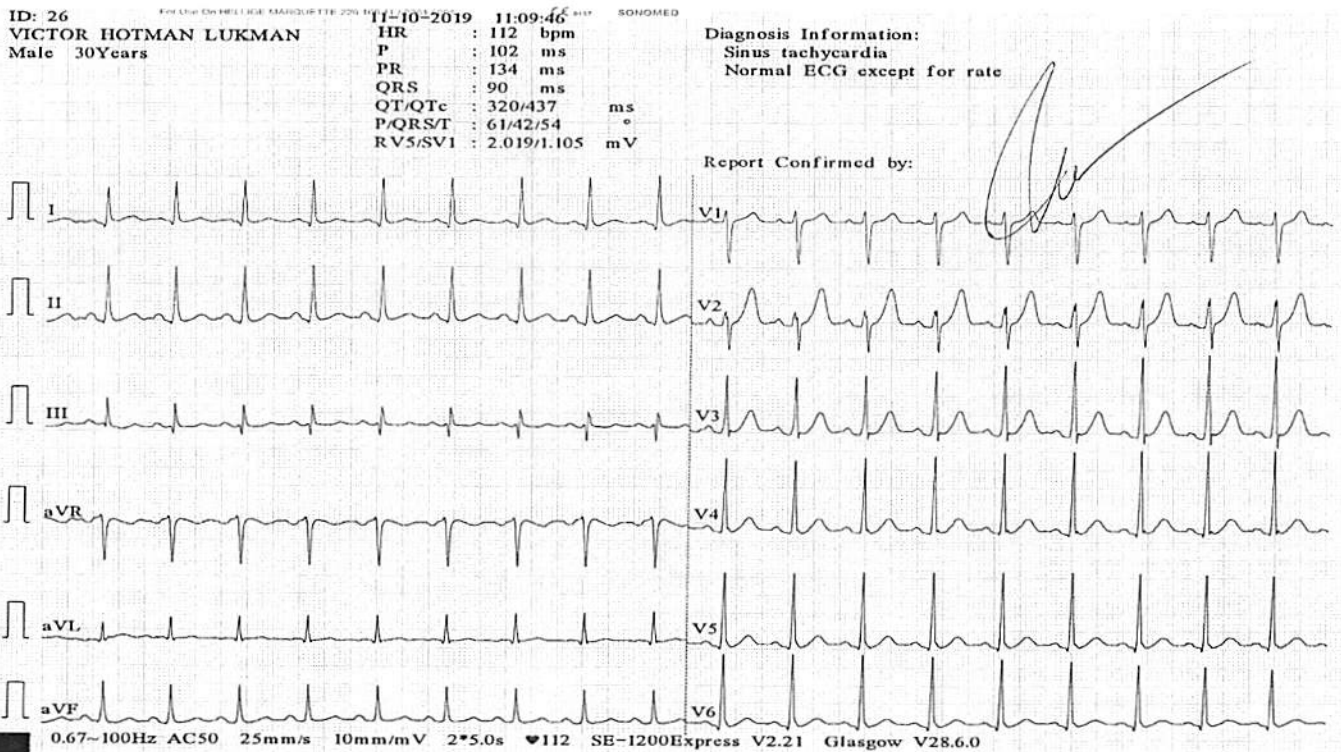
CARDIOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 11/10/2019
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	

EXAMINATION	RESULT	Comments :
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TREADMILL	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Treadmill Exercise Test : Negative Cardiopulmonary Fitness Classification : Good METs : 13.4
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ELECTROCARDIOGRAPHY	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Normal ECG
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VICTOR HOTMAN LUKMAN, MR

ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

Patient info

orn: 1/14/1989
ge: 30
ex: Male
veight: 84.7 kg
leight: 175 cm
moker:
acemaker:

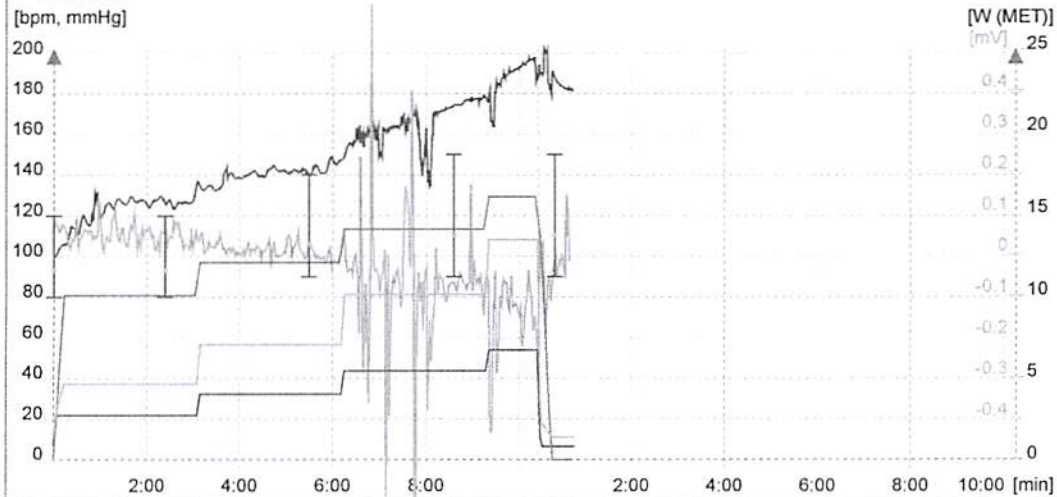
Medical history

Medications

Reason for admission

Reason for Stop

Trends



Conclusion

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MP+
PT. KARTIKA BINA MEDIKATAMA

Staff

Physician: Login
Technician:

Test info

Test date: 10/11/2019
 Test time: 9:32 AM
 Stress device: BTL Treadmill Emergency
 Protocol: Bruce
 Total duration: 10:24
 Stress achieved: 6.7km/h, 16.0% (~13.4MET) = 99% predicted (~13.5MET) - for 66 sec
 HR rest: 99
 HR peak: 198 = 105% predicted (189) ---
 10:24 Exercise (13.4MET)
 Handgrip test: ---
 BP rest: 120/80
 BP peak: ---
 BP recovery: 150/90
 DP rest: 11880
 DP peak: 26087 = 2.2x DP at rest
 ST depression max: V6 -3.39mV 01:37 Exercise 4.6ME
 ST elevation max: III 2.38mV 06:35 Exercise 10.1ME
 ST/HR index: 5.3 µV/bpm (abnormal)



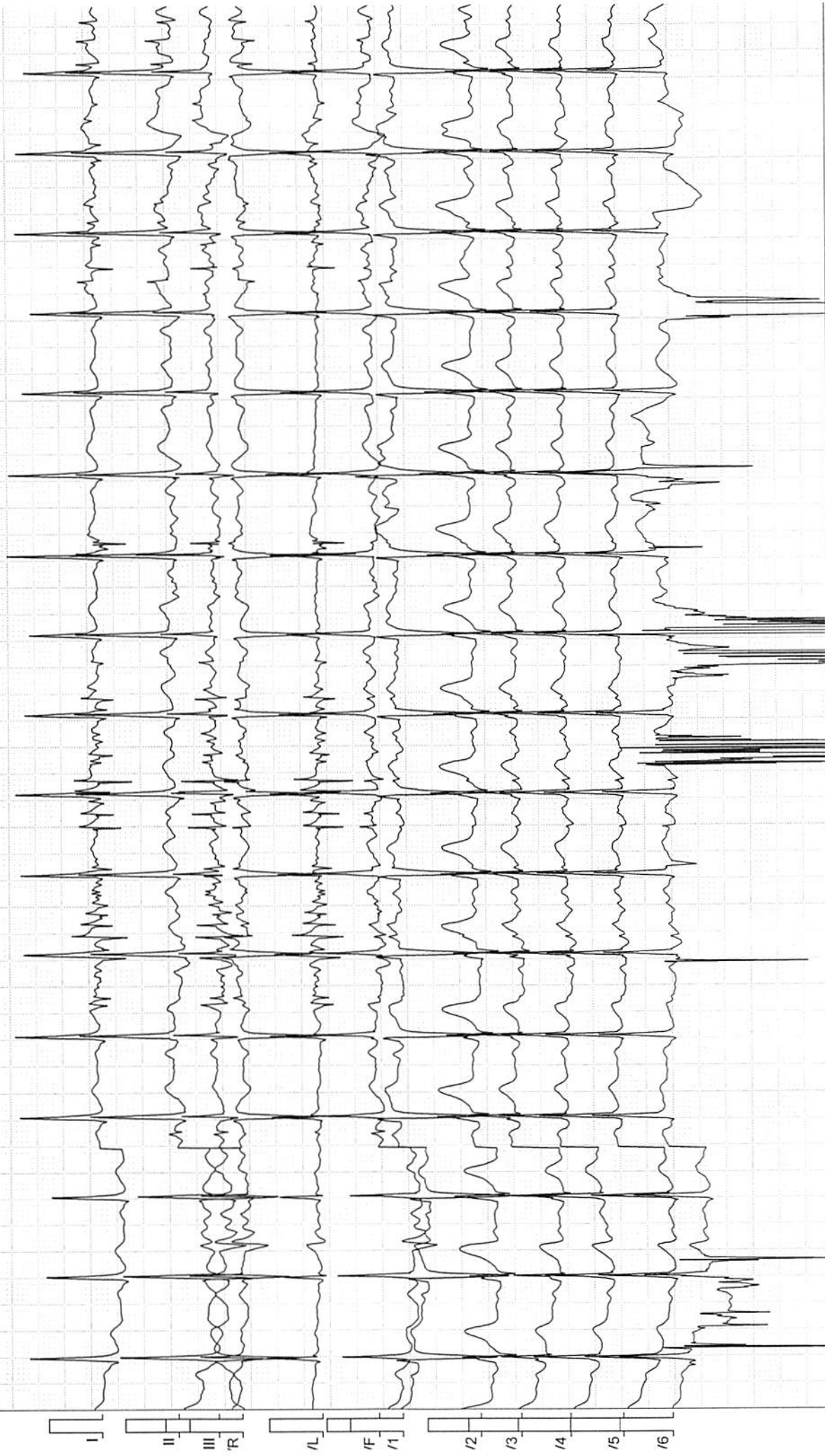
VICTOR HOTMAN LUKMAN, MR

ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

Time: P 00:06 - Reference

Load: 1.4MET, HR: 99bpm, BP: 120/80



Filter: 0.07 SpliHe - 90 Adapt, ~50 [Hz]

25.00 mm/sec 10.0 mm/mV



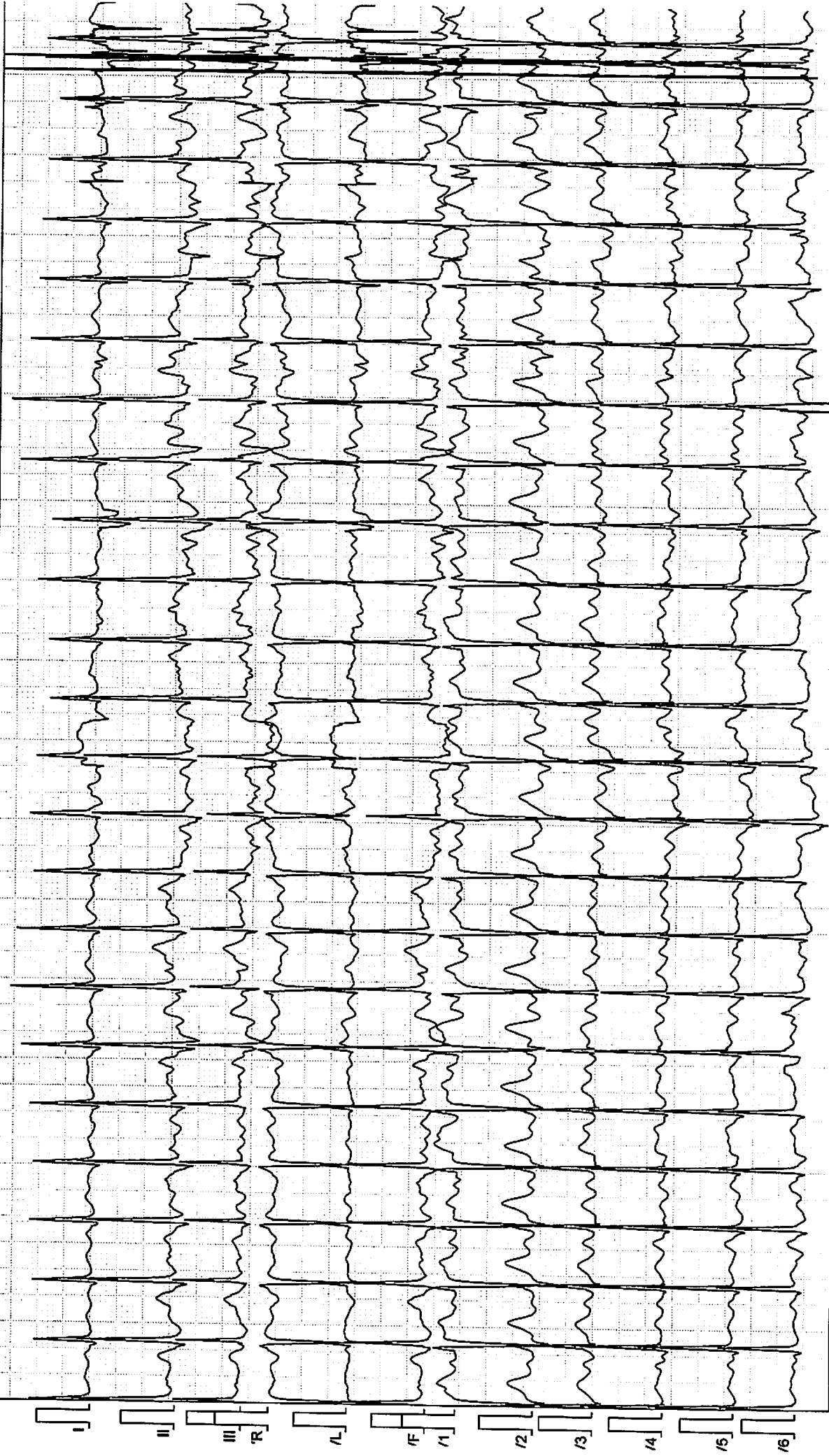
VICTOR HOTMAN LUKMAN, MR

ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

Time: E 03:01 - E1

Load: 4.6MET, HR: 136bpm, BP: 120/80



Filter: 0.07 Spine - 90 Adapt. -50 [Hz]

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BTL CardioPoint 2.30.33006.0, DIAG: 2.0.2.0; ECG: BTL-08 ECG, SN: 071D-B-05775

25.00 mm/sec 10.0 mm/mV

Page

BTL CardioPoint - Stress Test



VICTOR HOTMAN LUKMAN, MR

ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

Time: E 06:07 - E2

Load: 7.0MET, HR: 147bpm, BP: 140/90



Filter: 0.07 Spline - 90 Adapt, ~50 [Hz]

25.00 mm/sec 10.0 mm/mV



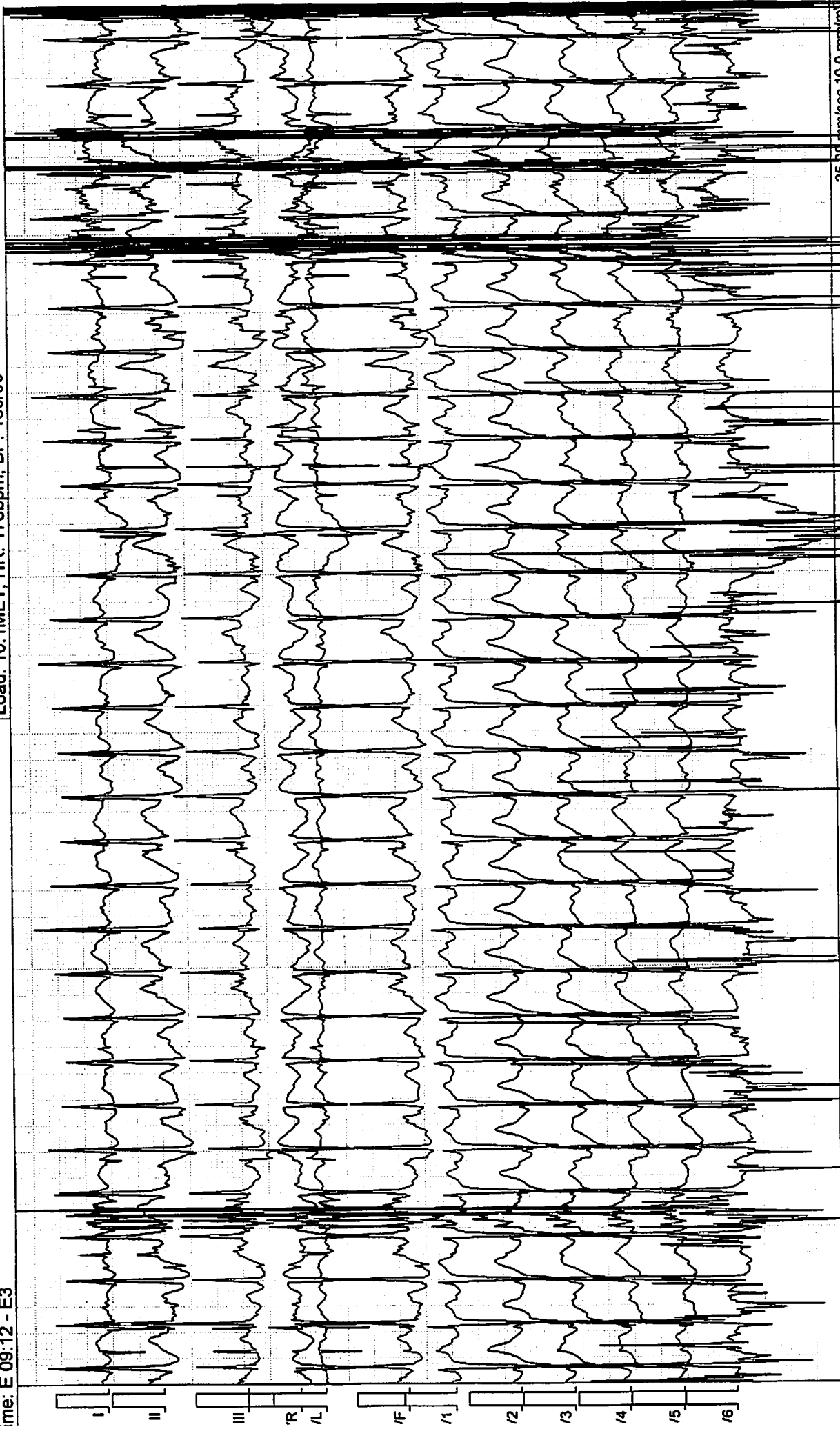
VICTOR HOTMAN LUKMAN, MR

ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

Time: E 09:12 - E3

Load: 10.1MET, HR: 178bpm, BP: 150/90



Filter: 0.07 Spline - 90 Adapt, ~50 [Hz]

edika Plaza Clinic

BTL CardioPoint 2.30.33006.0, DIAG: 2.0.2.0; ECG: BTL-08 ECG, SN: 071D-B-05775

BTL CardioPoint - Stress Test

Page



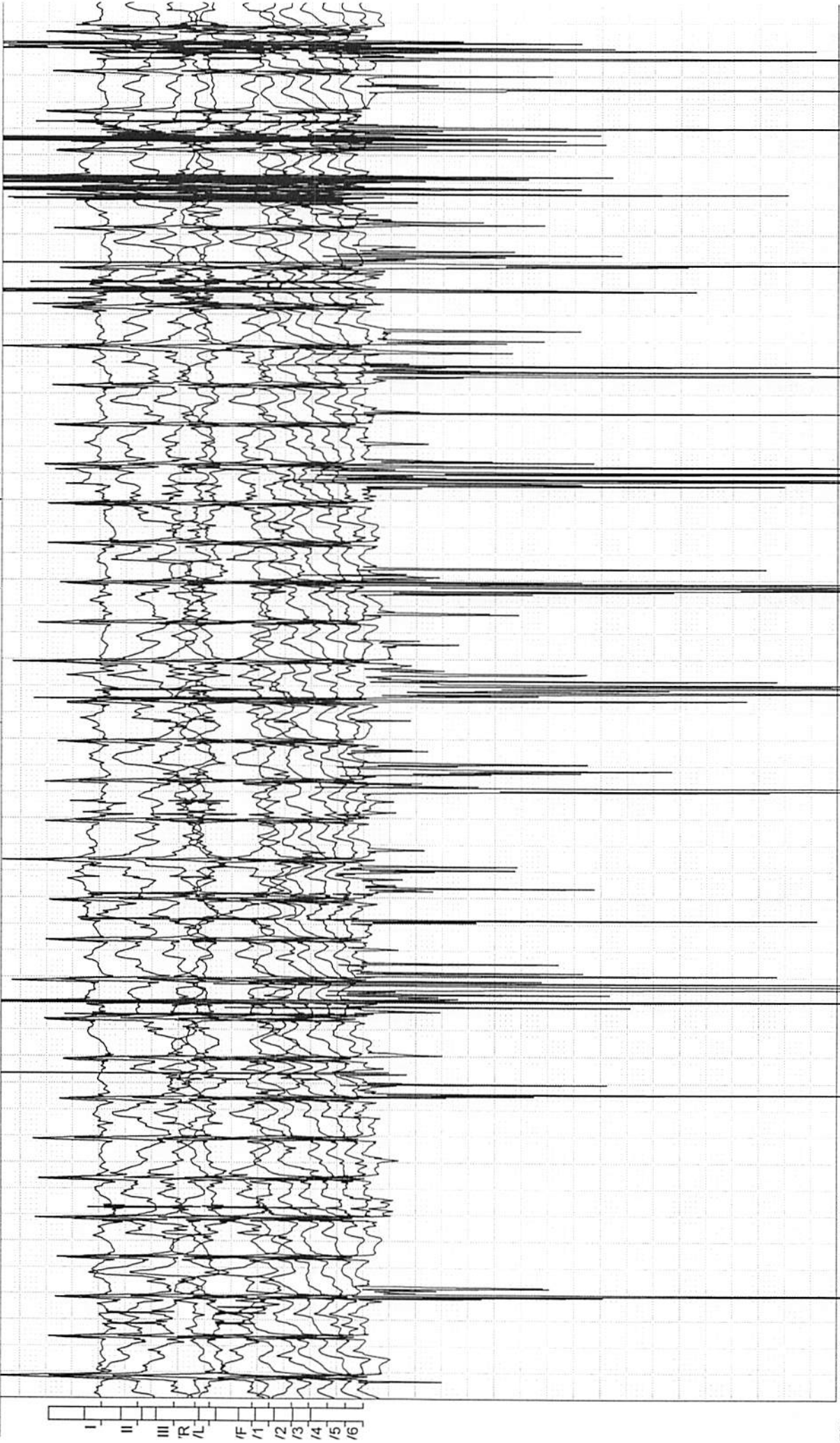
VICTOR HOTMAN LUKMAN, MR

ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

me: E 10:19 - Peak

Load: 13.4MET, HR: 189bpm, BP: -



Filter: 0.07 Spline - 90 Adapt. ~50 [Hz]

25.00 mph/sec 10.0 mm/mV

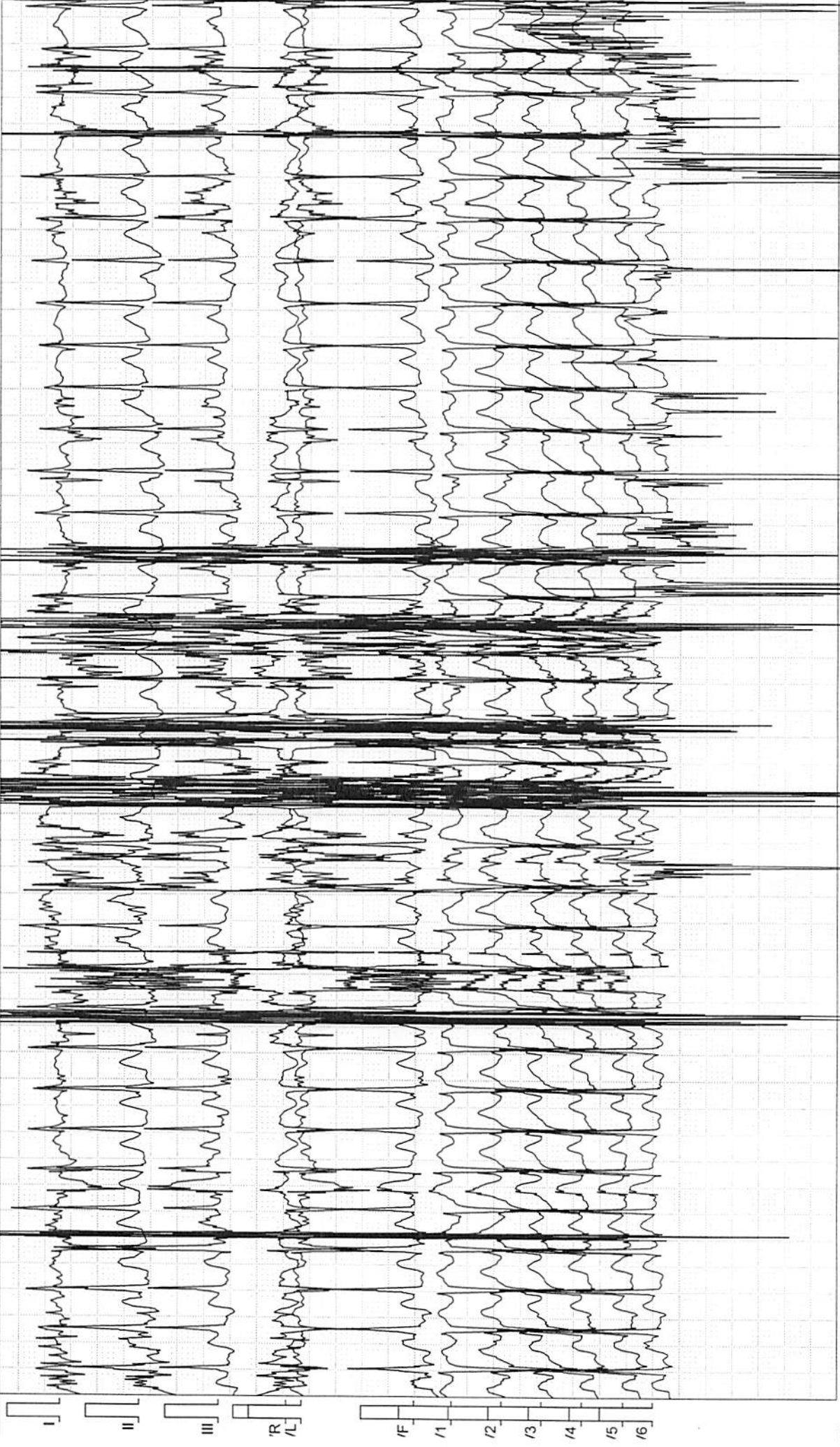


VICTOR HOTMAN LUKMAN, MR

ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

Time: R 00:10 - Recovery Load: 1.5MET, HR: 185bpm, BP: 150/90



Filter: 0.07 Spline - 90 Adapt, ~50 [Hz]

edika Plaza Clinic

BTL CardioPoint 2.30.33006.0, DIAG: 2.0.2.0; ECG: BTL-08 ECG, SN: 071D-B-05775

BTL CardioPoint - Stress Test

Page

**VICTOR HOTMAN LUKMAN, MR**ID: 01051796, Born: 1/14/1989 (Male 30), 84.7 kg, 175 cm
Test Date: 10/11/2019 9:32:25 AM

MEDIKA PLAZA

Stage	Time	Load			HR bpm	BP mmHg	SpO2 %	ST Level [mV], J+: 1/8RR											
		km/h	%	MET				I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
Reference	E 00:03	0.8	0.0	1.4	99	120/80	-	0.00	0.07	0.06	-0.03	-0.03	0.05	0.15	0.29	0.13	0.10	0.06	0.14
E 1 stage	E 03:06	2.7	10.0	4.6	128	120/80	-	-0.05	0.06	0.11	0.00	-0.08	0.09	0.15	0.20	0.14	0.11	0.06	-3.35
E 2 stage	E 06:12	4.0	12.0	7.0	146	140/90	-	-0.06	-0.05	0.04	0.05	-0.04	0.00	0.14	0.17	0.09	0.04	0.00	-0.05
E 3 stage	E 09:18	5.4	14.0	10.1	178	150/90	-	-0.03	-0.09	-0.07	0.05	-0.14	-0.08	0.16	0.17	0.07	-0.01	-0.06	-0.40
E 4 peak	E 10:24	6.7	16.0	13.4	198	-	-	-0.03	-0.42	-0.36	0.25	0.14	-0.38	0.20	0.11	0.02	-0.12	-0.18	-0.15
Recovery	R 00:20	0.8	16.0	2.5	185	150/90	-	0.00	-0.04	-0.04	0.01	-0.02	-0.05	0.18	0.18	0.10	-0.01	-0.06	-0.35