

## Certificate Of Health Assessment



Name	Age	Position	Department
AGUS PRIYONO	33 yo	INSPECTOR	INSPECTION

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
16 September 2019	Puteri Melati, MD	
Expired Date		Verified By
16 September 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/1-20190916/116172  
 MCU Validity Check  
<https://mcu-validasi.medikaplaza.com>

## TO WHOM IT MAY CONCERN

### *Kepada yang berkepentingan*

This is certify that today Monday, 16 September 2019 Medika Plaza Clinic has performed urine drug screening and/or breath alcohol test to :

*Dengan ini menyatakan bahwa, pada hari ini Senin, 16 September 2019 Medika Plaza Clinic telah melakukan urine drug screening dan/atau breath alcohol test kepada :*

### **AGUS PRIYONO**

With the results are as follows :  
*Dengan hasil sebagai berikut :*

<u>Drugs Test</u> <i>Uji Obat</i>	<u>Result</u> <i>Hasil</i>		
<b>URINE DRUGS SCREENING</b>			
- 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
<b>BREATH ALCOHOL TEST</b>			
- Alcohol	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A

Jakarta, September 16, 2019



**PT. KARTIKA BINA MEDIKATAMA**  
( dr. Esther Poerwantoro, Sp.PK )  
Clinical Patologist

**PT. KARTIKA BINA MEDIKATAMA**

# **HEALTH ASSESSMENT REPORT**

*of*

**AGUS PRIYONO**

**01023919**

**Monday, 16 September 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](http://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.	: 01023919	EMPLOY. STATUS	: Employee
NAME	: AGUS PRIYONO	BIRTHDATE	: 14 May 1986
EMPLOYEE No.	: -	SEX	: Male
JOB TITLE	: INSPECTOR	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: Indonesia

### SUMMARY

#### MEDICAL FINDING :

1. Hypertriglyceridemia
  2. Obesity
  3. Radix, decayed, and calculus teeth
  4. Decreasing of visual acuity of both eyes
  5. Decreasing of hearing acuity on high frequency of both ears
  6. Treadmill Exercise Test : Mild Positive Ischemic
- Your fitness status is fit with medical note:
1. Hypertriglyceridemia
  2. Treadmill Exercise Test : Mild Positive Ischemic

#### PERCEPTIONS OF EXPOSURE BY WORKERS :

- Noise
- Vibration
- Dust
- Involving height (Occasionally)
- Others (Onshore/offshore)

#### SUGGESTION :

1. Low fat and carbohydrate diet, exercise regularly minimal 3 times a week. Consultation with an Internist for further evaluation of Hypertrygliceridemia
2. 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 68.89Kgs (present body weight is 86.8Kgs). Consultation with a Nutritionist for evaluation of obesity
3. Consultation with a Dentist for dental care, minimal once a year or better once in six month
4. You need to wear glasses for distant vision
5. Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment
6. Consultation with a Cardiologist for further evaluation of Treadmill Exercise Test : Mild Positive Ischemic

#### Responsible Doctor



Puteri Melati, MD

#### Notes:

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

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

# CLINICAL EVALUATION

Name : AGUS PRIYONO

Sex : Male

MR : 01023919

Visit : 16/09/2019

Comp.: INSPEKTINDO SINERGI PERSADA, PT

DOB : 14 May 1986

## 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 Mild smoker  
Exercise No

#### 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 Yes  
Heat Stress No  
Cold Stress No  
Vibration Yes  
Involving height Yes Occasionally  
Radiation No  
Dust Yes

## CLINICAL EVALUATION

Name : AGUS PRIYONO	Sex : Male	MR : 01023919	Visit : 16/09/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 May 1986	

EXAMINATION	RESULT	NOTES
Toxic chemical	No	
Iritating 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 around rotating machinery	No	
Administration work	No	
Handling food product	No	
Others	Yes	Onshore/offshore
<b>PHYSICAL EXAMINATION</b>		
General Appearance	Good	
Body shape	Picnicus	
<b>VITAL SIGN</b>		
Body Weight	86.8 Kg	
Body Height	166 Cm	
BMI	31.49 Kg/m2	
Normal Weight	50.98 - 68.89 Kg	
BMI Conclusion	Obesity	
Blood Pressure	120/80 mmHg	
Pulse	79 x/minute	
Body Temperature	36.6 °C	
RR	18	

## CLINICAL EVALUATION

Name : AGUS PRIYONO	Sex : Male	MR : 01023919	Visit : 16/09/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 May 1986	

EXAMINATION	RESULT	NOTES
Neck Circumference	40 Cm	
Arm Circumference	35 Cm	
Chest size	96 Cm	
Abdominal Circumference	104 Cm	
<b>SKIN</b>		
Skin	Normal	
<b>EYE</b>		
Left	Normal	
Right	Normal	
<b>ENT</b>		
Auricle	Normal	
Ear canal	Normal	
Drums	Normal	
Septum/Conchae	Normal	
Sinuses	Normal	
Pharynx	Normal	
Tonsil	Normal	
<b>MOUTH</b>		
Gum	Normal	
Dental	Abnormal	Radix, decayed, and calculus teeth
<b>NECK</b>		
General	Normal	
Thyroid Gland	Normal	
<b>CHEST</b>		
Form	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
<b>ABDOMEN</b>		
Form	Flat	
Palpation	Supple	
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
-	No	
Hernia inguinal	No	
<b>EXTRIMITIES</b>		

## CLINICAL EVALUATION

Name : AGUS PRIYONO

Sex : Male

MR : 01023919

Visit : 16/09/2019

Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 14 May 1986

EXAMINATION	RESULT	NOTES
Bones, joint	Normal	
Muscles, tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
<b>RECTAL EXAMINATION</b>		
Hemorrhoid	Negative	
Rectum	Normal	
<b>SENSORIK EXAMINATION</b>		
Tes Raba	Normal	
<b>MOTORIK EXAMINATION</b>		
Tes Grip	Normal	
<b>REFLEX EXAMINATION</b>		
Physiologic reflex	Normal	
Patologic reflex	Normal	
<b>OTHERS EXAMINATION</b>		
Coordination	Normal	
<b>LYMPHE SYSTEM</b>		
Submandibula	Normal	
Neck Gland	Normal	
Armpit gland	Normal	
Inguinal	Normal	



## OPHTHALMOLOGY DIAGNOSTIC

Name : AGUS PRIYONO	Sex : Male	MR : 01023919	Visit : 16/09/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 May 1986	

EXAMINATION		Right	Left
Reading		-	-
Previous Glasses		-	-
Without Glasses	Distant	20/25	20/25
	Near	J1	J1
Correction	Distant	-	-
	Near	-	-
Depth Perception		-	-
Tonometry		-	-
Funduscopy		-	-
Visual Fields		-	-
Colour Blind Test		Normal	

Impression : Decreasing of visual acuity of both eyes

## RADIOLOGY DIAGNOSTIC

Name : AGUS PRIYONO

Sex : Male

MR : 01023919

Visit : 16/09/2019

Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 14 May 1986

### 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 : AGUS PRIYONO	MR : 01023919	Visit : 16/09/2019	#Lab : IN68022739117
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 May 1986	

EXAMINATION	RESULT	NORMAL RANGE
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### HEMATOLOGI

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

#### Automated Blood Count

White Blood Cell (WBC)	8.2	3.8 - 11.0
Erythrocyte (RBC)	5.2	4.4 - 5.9
Haemoglobin	16.8	13.2 - 17.3
Hematocrit	46	40 - 52
Thrombocytes	253	150 - 440

#### MCV, MCH, MCHC

MCV	88	80 - 100
MCH	32	26 - 34
MCHC	36.7 *	32 - 36
ESR	3	0 - 10

#### Differential Count

Basophils	2 *	0 - 1
Eosinophil	3	2 - 4
Bands / Stab	1 *	3 - 5
Neutrophils	57	50 - 70
Lymphocytes	26	25 - 40
Monocytes	11 *	2 - 8

### BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	172	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	37.3 *	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	77	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Tryglicerides	291 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

### BLD CHEMISTRY/KIDNEY FUNCTION

**LABORATORY RESULT**

Name : AGUS PRIYONO	MR : 01023919	Visit : 16/09/2019	#Lab : IN68022739117
Comp.: INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 May 1986	

EXAMINATION	RESULT	NORMAL RANGE
Ureum $\circ$	21.7	10.0 - 50.0
Creatinine	1.3	0.6- 1.3
Uric Acid	7.0	3.5 - 7.2

**BLD CHEMISTRY/LIVER FUNCTION**

SGOT(AST)	29	13 - 45
SGPT (ALT)	46	13 - 50
Alkaline Phosphatase	74	30 - 120
Gamma GT	23	0 - 50

**BLD CHEMISTRY/DIABETES**

Glucose Fasting	91	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

**Blood Glucose 2 PP**

Blood Sugar 2 Hours PP	78	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

**TOXICOLOGY - DRUGS SCREENING**

Barbiturate $\circ$	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 $\cup$	Negative	Negative

**URINALYSIS****Complete Urine Analysis****Macroscopic**

Color	Yellow	
Turbidity	Clear	Clear
Specific Gravity $\cup$	1.005	1.000 - 1.030
pH	5.5	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative

## LABORATORY RESULT

Name : AGUS PRIYONO	MR : 01023919	Visit : 16/09/2019	#Lab : IN68022739115
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 May 1986	

EXAMINATION	RESULT	NORMAL RANGE
Bilirubin	Negative	Negative
Blood	Negative	Negative
Urobilinogen	Normal	Normal
Protein	Negative	Negative
Keton	Negative	Negative
<b>Microscopic</b>		
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	

### 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	
Epithels	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 : AGUS PRIYONO

Sex : Male

MR : 01023919

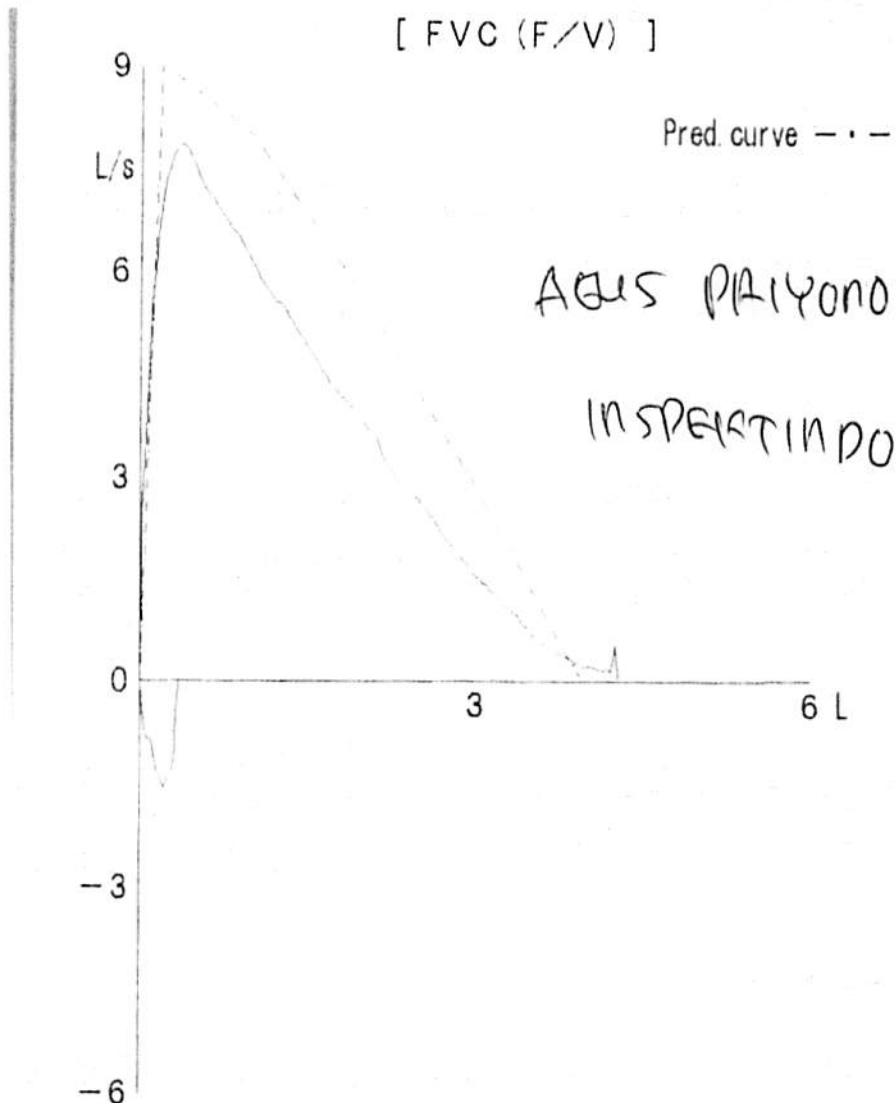
Visit : 16/09/2019

Comp.: INSPEKTINDO SINERGI PERSADA, PT

DOB : 14 May 1986

EXAMINATION	RESULT
FVC Result	: 4.28 L---> 107.8 %
FEV1 Result	: 3.32 L---> 91.7 %
FEV1/FVC Result	: 77.57 %---> 97.6 %
PEF Result	: 7.82 L/S---> 75.3 %
Indonesian Standart Result	:
Index	:
Spirometry Result	: Normal

Impression : Normal Spirometric Functions



# AUDIOMETRY DIAGNOSTIC

Name : AGUS PRIYONO

Sex : Male

MR : 01023919

Visit : 16/09/2019

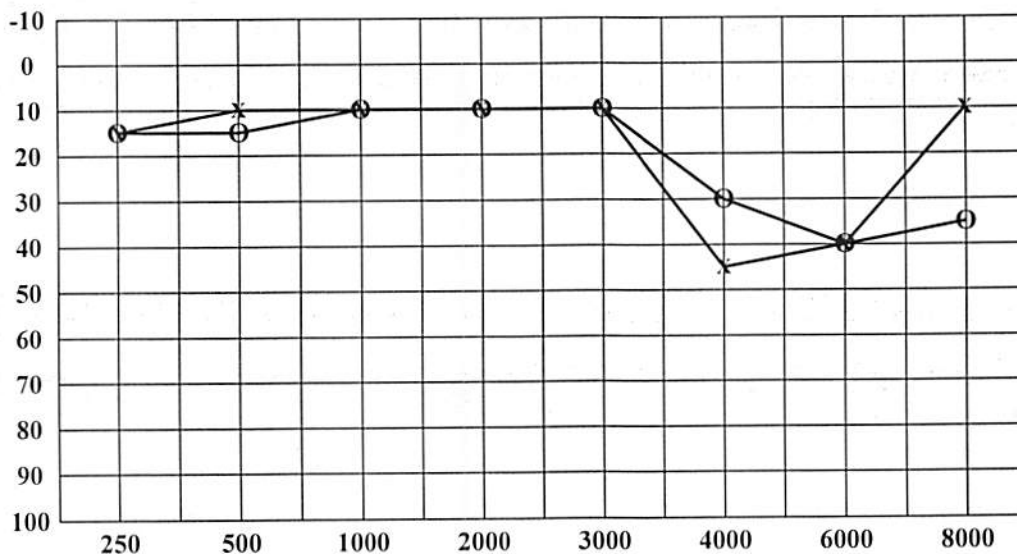
Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 14 May 1986

## RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	15	10	10	10	10	45	40	10
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	15	15	10	10	10	30	40	35
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)  
 With decreasing on frequency 4000Hz - 8000Hz

Conclusion Left Ear : Hearing threshold = 18.75 dB  
 (Within normal limit)  
 With decreasing on frequency  
 4000Hz & 6000Hz

# CARDIOLOGY DIAGNOSTIC


Name : AGUS PRIYONO	Sex : Male	MR : 01023919	Visit : 16/09/2019
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 May 1986	

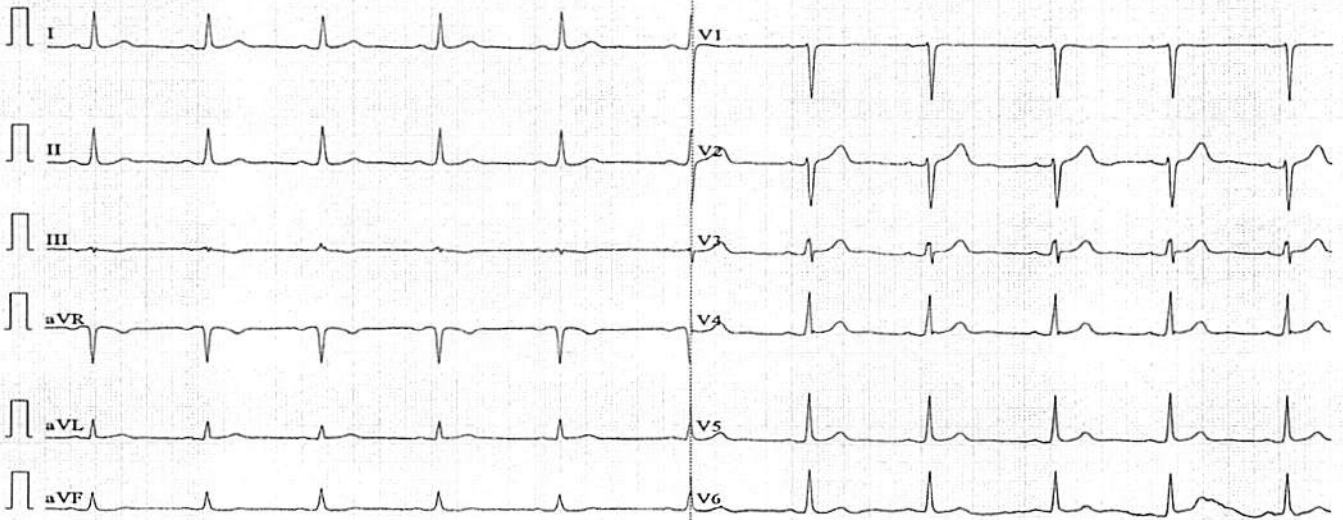
EXAMINATION	RESULT	Comments :
ELECTROCARDIOGRAPHY	Sinus Rythm axis ( N ), P wave ( N ), PR int 0.16" ST - T segment ( N ), aritmia (-)	Normal ECG
TREADMILL	Sinus Rythm axis ( N ), P wave ( N ), PR int 0.16" ST - T segment ( N ), aritmia (-)	Treadmill Exercise Test : Mild Positive Ischemic Cardiopulmonary Fitness Classification : Good METs : 10.5

ID: 13  
AGUS PRIYONO  
Male 33Years

16-09-2019 09:14:36  
HR : 64 bpm  
P : 110 ms  
PR : 160 ms  
QRS : 90 ms  
QT/QTc : 388/401 ms  
P/QRST : 34/36/11  
RV5/SVI : 1.292/1.437 mV

Diagnosis Information:  
Sinus rhythm  
Normal ECG

Report Confirmed by: 



0.67~100Hz AC50 25mm/s 10mm/mV 2\*5.0s ♥64 SE-1200Express V2.21 Glasgow V28.6.0



Name: AGUS PRIYONO

ID: INSPEKTINDO

9/16/2019 08:18:26

HR: 74 Medication(s): No Medication

BP: 120/80 : No Medication

Age: 33 Years Clin. Class: Normal

Gender: Male : Normal

Race: Oriental Department: MEDIKA PLAZA

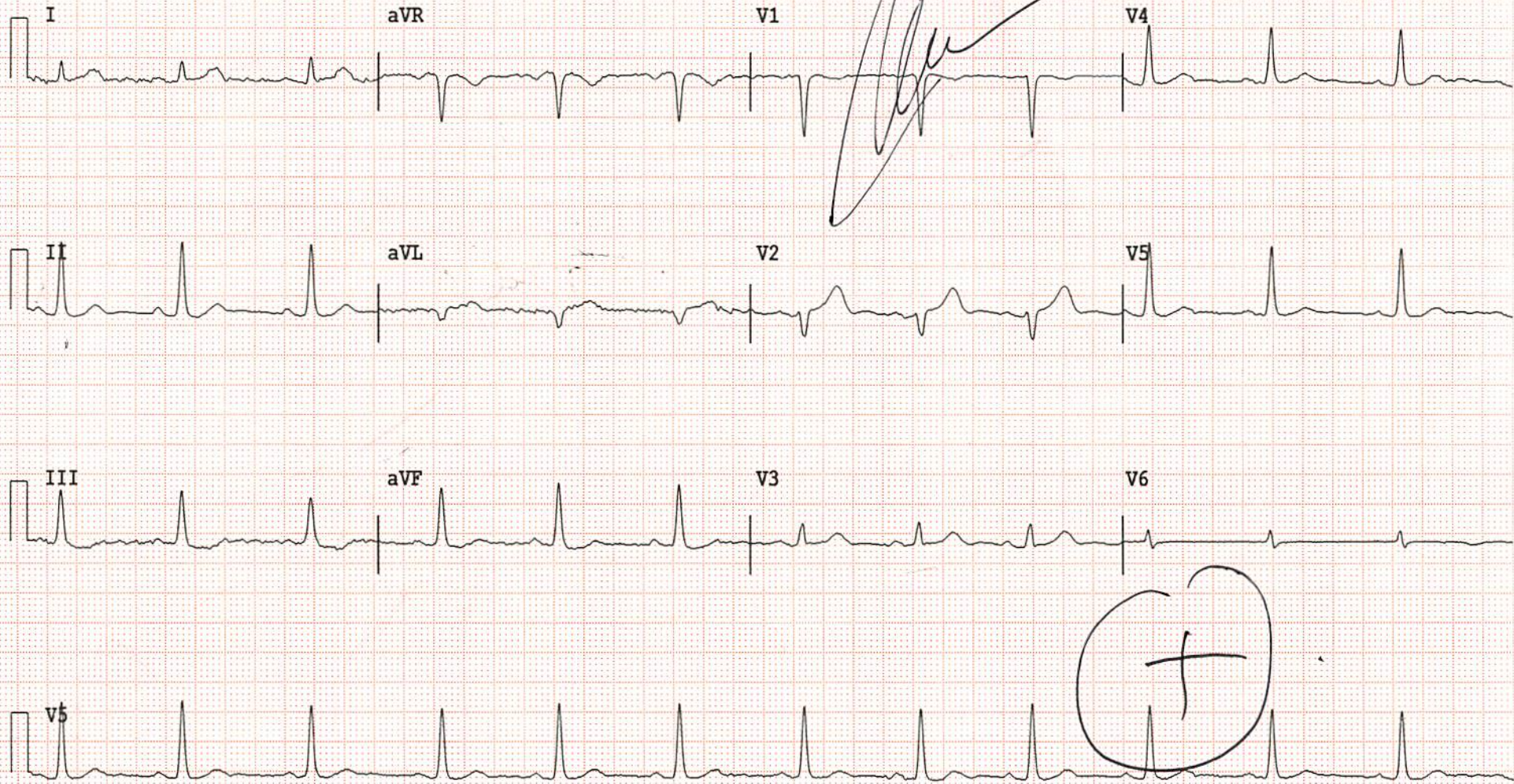
Height: 166 cm Technician: Nr. Jeni

Weight: 86 Kg Physician: Dr.Adolf DSJP

	I	aVR	V1	V4
L	1.1	-0.6	0.0	0.5
S	0.5	-0.3	-0.1	0.2
	II	aVL	V2	V5
L	0.2	1.0	2.5	0.3
S	0.1	0.4	1.4	0.1
	III	aVF	V3	V6
L	-0.9	-0.4	1.0	-0.2
S	-0.4	-0.1	0.5	0.2

Baseline ECG

Levels measured at 80mS Post-J Levels in mm Slope in uV/mS



Name: AGUS PRIYONO

Worst Case S-T Depression

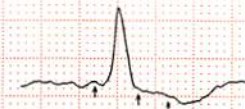
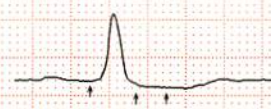
ID: INSPEKTINDO

9/16/2019 08:21:37

HR: 108 Phase: Exercise  
 BP: 120/80 Exercise Time: 02:50  
 RPE: Stage/Time: 1/02:50  
 METs: 4.6 Workload: 2.7 kmh 10.0 % grade  
 Protocol: Bruce

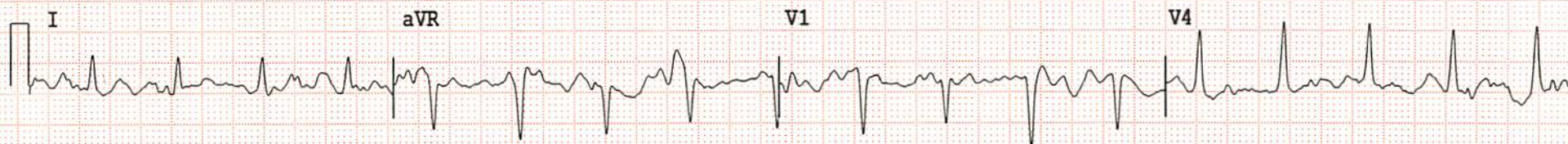
Baseline

Current



III  
 L -0.9  
 S -0.4  
 J+80ms

III  
 L -1.8  
 S -0.6  
 J+80ms



Name: AGUS PRIYONO  
ID: INSPEKTINDO

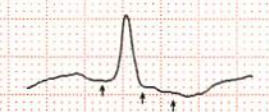
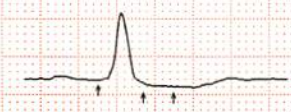
9/16/2019 08:24:37

Worst Case S-T Depression

HR: 130 Phase: Exercise  
BP: 130/90 Exercise Time: 05:50  
RPE: Stage/Time: 2/02:50  
METs: 7.0 Workload: 4.0 kmh 11.9 % grade  
Protocol: Bruce

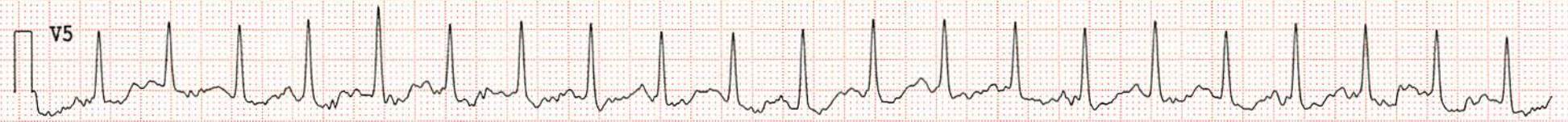
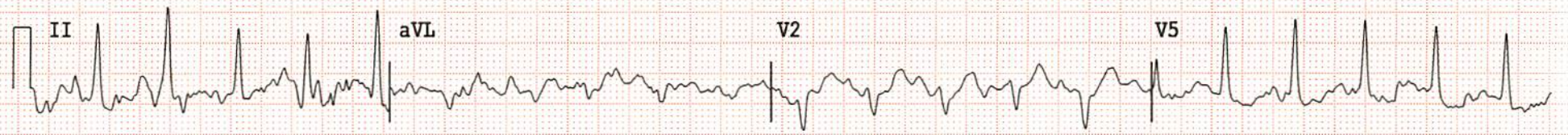
Baseline

Current



III  
L -0.9  
S -0.4  
J+80ms

III  
L -1.5  
S -1.2  
J+80ms



Name: AGUS PRIYONO

Worst Case S-T Depression

ID: INSPEKTINDO

9/16/2019 08:28:05

Baseline

Current

HR: 0

Maximum Exercise

BP: 130/90

Exercise Time: 09:19

RPE:

Stage/Time: 4/00:19

METs: 10.4

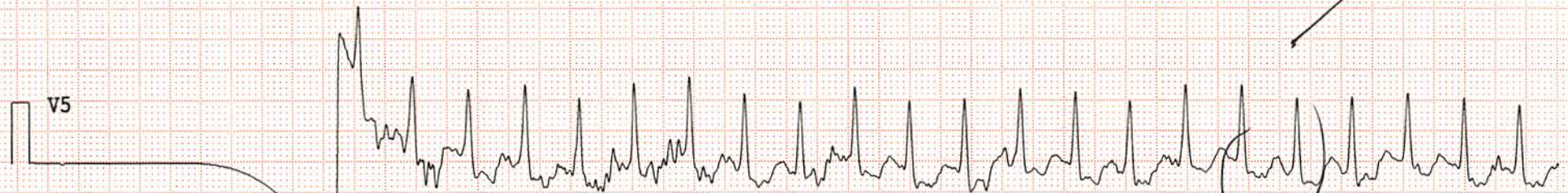
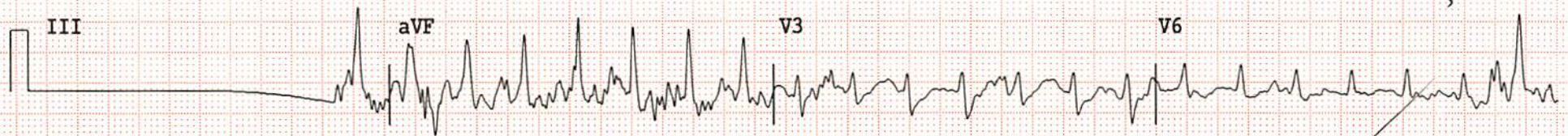
Workload: 6.7 kmh 16.0 % grade

Protocol: Bruce

L \*  
S \*

L \*  
S \*

MAXIMUM EXERCISE ECG



Name: AGUS PRIYONO  
ID: INSPEKTINDO

9/16/2019 08:28:16

Worst Case S-T Depression

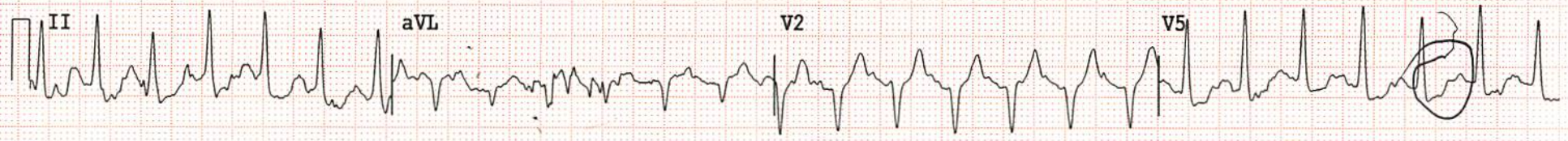
HR: 166 Phase: Recovery  
BP: 130/90 Exercise Time: 09:19  
RPE: Stage/Time: -/00:11  
Workload: 2.0 kmh 6.2 % grade  
Protocol: Bruce

Baseline

Current

L \*  
S \*

L \*  
S \*



Name: AGUS PRIYONO  
 ID: INSPEKTINDO

9/16/2019 08:28:31

FINAL REPORT TEST SUMMARY

SUMMARY:

- The Bruce test ran for 09:19 mins. Peak METs was 10.5.
- A peak heart rate of 200 bpm was achieved at 04:36 mins in exercise.
- 107% of the 187 bpm max was reached.
- The peak BP was 130/90 (during Exercise). Baseline was 120/80.

S-T SEGMENT ANALYSIS:

- Lead III first exhibit depression exceeding 1m 00:10 of Exercise.
- ST depression exceeded 06:40 mins.
- 2.7mm maximum depression was exhibited at 01:00 Exercise.

Medication(s): No Medication  
 : No Medication

Age: 33 Years Clin. Class: Normal  
 Gender: Male : Normal  
 Race: Oriental Department: MEDIKA PLAZA  
 Height: 166 cm Technician: Nr. Jeni  
 Weight: 86 Kg Physician: Dr.Adolf DSJP

Protocol: Bruce

TIME	PHASE	KMH	GRADE	HR	BP	RPP	METS	ECTOPIC	RPE	EVENTS	COMMENTS
00:00	Exercise	1.3	0.0	80			1.0				Bruce
01:00	Exercise	2.7	10.0	105	120/80	126	2.1				
02:00	Exercise	2.7	10.0	107	120/80	128	4.3				
03:00	Exercise	2.7	10.0	110	120/80	132	4.6				
04:00	Exercise	4.0	11.9		120/80		5.6				
05:00	Exercise	4.0	11.9	123	120/80	147	6.9				
06:00	Exercise	4.0	11.9	130	130/90	169	7.0				
07:00	Exercise	5.4	13.9	142	130/90	184	8.4	1			
08:00	Exercise	5.4	13.9	155	130/90	201	9.8	1			
09:00	Exercise	5.4	14.0	51	130/90	66	10.0	2			
09:19	Max Exer.	6.7	16.0		130/90		10.4				
00:24	Recovery	2.0	0.0	155	130/90	201	9.0				

*Agus Priyono*  
  
 PT. KARTIKA BINA MEDIKATAMA  
*[Signature]*