

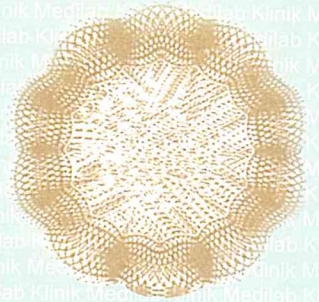


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KLINIK MEDILAB

PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA

Komplek Taman Niaga Sukajadi Blok J No. 3A-6 Jl. Ahmad Yani - Batam 29433
Telp: (0778) 7372022, 7372023, 0811 770 1188, 0811 770 1199. Fax: (0778) 7372024
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HEALTH SCREENING REPORT

Periodic Health Examination

168

CONFIDENTIAL

No. Medical Record : 
00004/001/IV/RP/19

PERSONAL DATA

Name : SARNI TONAPA
Birthday/Gender/Emp. ID : 21 April 1993 / Female /
Father's Name : MARKUS TONAPA
Address : PLAMO GARDEN BLOK D NO 17 BATAM CENTRE, BATAM
Occupation :
Name of Employer / Recruitment Agency : RIGSPEK PERKASA .PT
Address of Employer / Recruitment Agency : KOMPLEK KAWASAN SEKUPANG KAV. NO.13 BATAM, BATAM



SARNI TONAPA

MEDICAL HISTORY

	Yes	No		Yes	No		Yes	No
1. Hypertension	<input type="checkbox"/>	<input checked="" type="checkbox"/>	4. Allergic Rhinitis	<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Surgery	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Bronchial Asthma	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Peptic Ulcer	<input type="checkbox"/>	<input checked="" type="checkbox"/>	8. Echolalia	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Bloody Cough	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Epilepsy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	9. Others	<input type="checkbox"/>	<input checked="" type="checkbox"/>

CLINICAL EXAMINATION

		Yes/Abnormal	No/Normal			Yes/Abnormal	No/Normal
Weight	: 41 Kg			3. Cardiovascular System			
BMI	: 17.28			a. Blood Pressure			
				Systolic / Diastolic	: 110 / 74 mm Hg		
1. Vision				Pulse	: 71 / min		
a. Distant Vision		<input type="checkbox"/>	<input checked="" type="checkbox"/>	b. Heart Disease		<input type="checkbox"/>	<input checked="" type="checkbox"/>
(Should be at least 6/12 in both eyes with or without glasses)				c. Varicose Veins		<input checked="" type="checkbox"/>	<input type="checkbox"/>
b. Near Vision		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4. Respiratory System		<input type="checkbox"/>	<input checked="" type="checkbox"/>
(Should be at least J2 in both eyes with or without glasses)				5. Skin-Chronic Disease		<input type="checkbox"/>	<input checked="" type="checkbox"/>
c. Colour Vision		<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Abdomen		<input type="checkbox"/>	<input checked="" type="checkbox"/>
d. Any Organic Eye Disease		<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Locomotor/Neurological		<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Hearing		<input type="checkbox"/>	<input checked="" type="checkbox"/>	8. Endocrine disorders		<input type="checkbox"/>	<input checked="" type="checkbox"/>
(Unable to hear ordinary conversation at 2 m)				9. Mental State		<input type="checkbox"/>	<input checked="" type="checkbox"/>

LABORATORY TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Blood Count	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Urine Feme	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Other Laboratory Test	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OTHER TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Audiometry	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Spirometry	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. ECG (if indicated)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Chest X-Ray	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Remarks: Underweight R63.6, Bilateral Varicose Grade 1 I83.9

CERTIFICATION

I certify that I have examined the abovenamed person. In my opinion, this person is FIT for duties mentioned above.

ADVICE :

High Protein and Calorie Diet, Legs Exercise

Authentic Signature

Date of Exam : 6 April 2019



DR. REZGA AGNELA VALBETRI

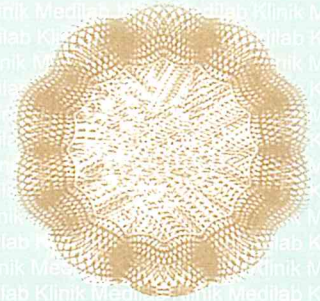


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LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range	
HGB	14.6	gr/dl	M: 13.2 - 17.3	F: 11.7 - 15.5
WBC	8.6	10 ³ /mm ³	M: 3.8 - 10.6	F: 3.6 - 11.0
RBC	4.88	10 ⁶ /mm ³	M: 4.4 - 5.9	F: 3.8 - 5.2
ESR	8	mm/hr	M: 0 - 10	F: 0 - 20
HCT	43.5	%	M: 40 - 52	F: 35 - 47
PLT	252	10 ³ /mm ³	150 - 440	
Differential Count				
- LYM	32.2	%	25	40
- MON	5.8	%	2	8
- GRA	62.0	%	43	76

URINE FEME

Macroscopy	Result
- pH	6
- Specific Gravity	1.015
- Glucossa	Negative
- Protein	Negative
- Ketones	Negative
- Bilirubin	Negative
- Urobilinogen	Normal
- Nitrit	Negative
- Blood	Negative
- Leucocytes	Negative

X-RAY REPORT

Chest PA:
 Show no Abnormalities.
 There is no evidence of pulmonary tuberculosis or other pulmonary,pleural or mediastinal lesions.
 The size,shape and position of the heart are within limits of normal variations.
 Bony structures of the thorax show no abnormalities.

Date of Exam : 6 April 2019



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Pencegahan Varices Untuk Pekerja Berdiri

- Olah Raga dengan berjalan kaki secara teratur minimal 30 menit per hari
- Relaksasi kaki sesering mungkin :
 - Lipat kaki kanan dan kiri bergantian
 - Jinjit
 - Remaskan jari-jari kaki didalam sepatu
 - Topanglah berat badan dari satu kaki ke kaki lain setiap beberapa menit sekali
- Gunakan Kaos kaki/Stocking elastis
- Tinggikan Kaki dengan Bantal Sewaktu Berbaring / Tidur selama \pm 20 menit
- Hindari Pemakaian Korset (pakaian dalam yang ketat)
- Hindari menyilangkan kaki saat duduk
- Menjaga berat badan agar ideal
- Hindari pemakaian sepatu hak tinggi