

**"Form IV
[See rule 3]**

The All India Services (Performance Appraisal Report) Rules, 2007

PROFORMA FOR HEALTH CHECK UP

Date:

Name

Age

Sex: M/F

Brief clinical history, if any:

Examination

(A) Physical

Investigations:

1) Haemogram

- i) Hb%
- ii) TLC
- iii) DLC
 - (a) Polymorphs
 - (b) Lymphocytes
 - (c) Eosinophils
 - (d) Basophils
 - (e) Monocytes
- iv) Peripheral Smear

2) Blood Sugar

- i) Fasting
- ii) Post-Prandial

3) Lipid Profile

- i) Total Cholesterol
- ii) HDL Cholesterol
- iii) LDL Cholesterol
- iv) VLDL Cholesterol
- v) Triglyceride

4) Liver Function Test

- i) S. Bilirubin (Total)
- ii) S. Bilirubin (Direct)

iii) S.G.O.T.

iv) S.G.P.T.

v) ALK Phosphatase

5)Kidney Function Test

i) Blood Urea

ii) S.Creatinine

iii) S.Uric Acid

iv) Electrolytes

Na+
K
Calcium
Inorganic Phosphates

6)Cardiac Profile

i) CPK

ii) CK-MB

iii) S.LDH

iv) SGOT

v) S.CRP

For Men

vi) PSA

For Women

vii) PAP SMEAR

7)Urine Examination

ii) Routine

iv) Microscopic Ezam

ii) Sugar

iii) Albumin

8)E.C.G Report

9) X-ray Chest PA View Report

10) Ultra Sound Abdomen Report

11) TMT Report

12) Mammography Report (Women)

13) Gynecological health Check up

1) Pelvic Examination

- i) Local Examintion
- ii) Per Vaginum (P/V)
- iii) Per Speculum

Surgical Examination

Breast Examination

Urological Examination (For Men only)

Rectal Examination (For Men only)

(B) Systemic Examination

- i) Resp System
- ii) CVS
- iii) Abdomen
- iv) CNS
- v) Locomotor System
- vi)Dental Examination

Eye Examination

- i) Distant vision
- ii) Vision with Glasses
- iii) Colour vision
- iv) Tonometry
- v) Fundus Examination

ENT

- i) Oral Cavity
- ii) Nose
- iii) Throat
- iv) Larynx

Any other Investigation

Advise

B: Medical Report of the Officer

1	Haemoglobin level of the officer	Normal/Low
2	Blood Sugar level	Satisfactory/Normal/High/Low
3.	Cholesterol level of the officer	Normal/High/Low
4.	Liver functioning	Satisfactory/normal/dysfunctioning
5.	Kidney Status	Normal/Both-one kidney not functional optimally
6.	Cardiac Status	Normal/enlarged/blocked/not normal

C: SUMMARY OF MEDICAL REPORT (ONLY COPY OF THIS PART IS TO BE ATTACHED TO PAR

1.	Overall Health of the Officer	
2.	Any other remarks based on the health medical check up of the officer	
3.	Health profile grading	

Date

Signature of Medical Authority
Designation"