

**Form-IV**

(See rule 3)

**The Himachal Pradesh Administrative Service  
(Annual Performance Appraisal Report) Rules, 2021.**

**PROFORMA FOR HEALTH CHECK UP**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M/F \_\_\_\_\_

Brief clinical history, if any:

(A) Physical

Investigations:

1) Haemogram

- i) Hb%
- ii) TKC
- iii) DKC
  - 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

ii) Sugar

iii) Albumin

iv) Microscopic Ezam



**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 Examination
- 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"