

# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ankush Bedi on 07/05/2019

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <ol style="list-style-type: none"> <li>1. <u>Overweight by 5kg</u></li> <li>2. <u>Mild Hypertension</u></li> <li>3. <u>Hypothyroidism (old case on medication)</u></li> <li>④ <u>Dyslipidemia</u></li> </ol> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p> <p style="margin-left: 40px;">                 • Repeat TSH x 6 Mths                  • Follow up with Endocrinologist / Medical Sp                  • Life style modification                  • ↑ Physical activity                  • ↓ Dietary weight             </p>	
<ul style="list-style-type: none"> <li>• Currently Unfit. Review after _____ recommended</li> </ul>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

Dr.

**Dr. RAKESH SHARMA**  
 Medical Officer  
 M.B.B.S. (Sr. Consultant)  
 The Apollo Clinic (Location)  
 Gurugram

*This certificate is not meant for medico-legal purposes*