



FOR	COMPLETION	BY	EXAMINING	DOCTOR	OR	NURSE		
Further details of medical history and recreational activities								
N = Normal A = Abnormal (please describe)			PHYSICAL EXAMINATION					
N	A							
✓		1. Eyes & Pupils						
✓		2. E.N.T.						
✓		3. Teeth & Mouth						
✓		4. Lungs & Chest						
✓		5. Cardiovascular System						
✓		6. Abdo. Viscera						
✓		7. Hernial Orifices						
✓		8. Anus & Rectum						
✓		9. Genito-urinary						
✓		10. Extremities						
✓		11. Musculo-skeletal						
✓		12. Skin & Varicose Vns.						
✓		13. C.N.S.						
HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L R	VISION DISTANT R L NEAR R L Uncorrected Corrected	Colour Vision N	Blood Group
163	89	31.5	128 93	82/min.		6/6 6/6 N N		
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS			N	A		
✓		1. Urinalysis			✓		7. Audiogram	
✓		2. Hb, Bloodcount, ESR			✓		8. Lung Function	
✓		3. LFT, RFT, RBS			✓		9. Chest X-Ray	
✓		4. Drug Screen			✓		10. ECG	
✓		5. Lipids (40 years +)					11. CVS risk for 40 yrs. & above	
✓		6. Sickie Cell test					12. HIV, Hepatitis screening	
OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)								
Notes: asymptomatic								
Dr. Yagmur General Practitioner MOH Lic. No. 20495 nmc specialty hospital, Al Hail Dr. Yagmur Omar - 5/11/2025								
ASSESSMENT:								
☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT								
Lifestyle modification. Diet & Exercise. Reduce wt in 3 months.								
Date: 07/11/2025		Name (Block Capitals): Dr. / Nurse			DR. SADRA ALIREZA NIKSERESHT General Practitioner MOH Lic. No: 20495 nmc specialty hospital, Al Hail			
REVIEW/CONSULTATION								
Date:		Name (Block Capitals): Dr. / Nurse			Signature:			

DEPARTMENT OF LABORATORY MEDICINE

File No: 50148166	Report No: U177623
Name: HARVINDER SINGH	Sample Date: 07/01/2026 Time: 7:34
Address:	Received By:
Gender: M Age: 46 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 9/991246 ID Card No.: 85581629	Report Date: 07/01/2026 Time: 09:57
Ref. By: DR YAGMLR SHERIFF	Bill No: 0417141 Bill Date: 07/01/2026
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDC PACKAGE ABOVE 40 YEARS		
RANDOM BLOOD SUGAR	6.54 mmol/L	4.11 - 7.9 mmol/L
CREATININE	90.00 µmol/L	Adults: MALE: 62 - 106 µmol/L FEMALE: 44 - 80 µmol/L
SGPT (ALT)	40.50 U/L	MALE: up to 41 U/L FEMALE: up to 33 U/L
TOTAL WBC COUNT	5.82 x 10 ³ / µL	4.00-11.00 x 10 ³ / µL
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	45.53 %	40-75%
LYMPHOCYTE (%)	33.32 %	20-45%
MONOCYTE (%)	10.75 %	2-8%
EOSINOPHIL (%)	8.95 %	1-6%
BASOPHIL (%)	1.74 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	04 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	15.40 gm/dl	Male : 13 -18 gm/dl Female:11-15 gm/dl childrens upto 1year-11.0 - 13.0 gm /dl upto12years-11.5 - 14.5 gm /dl cord blood.13 -19.5 gm /dl
SICKLE CELL	NEGATIVE	
Method : Solubility test (If Positive , Hb Electrophoresis / HPLC to be done to confirm Sickie cell anaemia / Trait)		
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:

Approved By:




10577

DR ROSE MARY

Lab Technologist

Specialist Pathologist

Electronically signed at 07/01/2026 9:07:00

MQH License No: 18178
Electronically signed at 07/01/2026 12:13:00

Printed at 08/01/2026 3:15:55 PM

Page : 1 of 2



DEPARTMENT OF LABORATORY MEDICINE

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Name: HARVINDER SINGH	Sample Date: 07/01/2026 Time: 7.34
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Ref. By: DR YAGMUR SHERIFF	Bill No: 0417141 Bill Date: 07/01/2026
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BILIRUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	6.5	4.5-8.0
SPECIFIC GRAVITY	1.020	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-3
WBC	2-3 /hpf	0-5
EPITHELIAL CELLS	0-2 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	
MUCOUS THREAD	NIL	
LIPID PROFILE		
TOTAL CHOLESTEROL	5.19 mmol/L	< 5.18 mmol/L
HDL	0.93 mmol/L	>1.5 mmol/L
TRIGLYCERIDES	3.51 mmol/L	Desirable : <2.083 mmol/L Borderline high : 2.83 - 5.67 mmol/L Hypertriglyceridaemia >5.65 mmol/L
LDL	3.36 mmol/L	< 2.6 mmol/L
VLDL	1.8 mmol/L	0.129-0.645mmol/L

Verified By:

Approved By:

10577

Lab Technologist

DR ROSE MARY

Specialist Pathologist

MOH License No. 18178

Electronically signed at: 07/01/2026 08:57:00

Electronically signed at: 07/01/2026 12:03:00

Printed at: 08/01/2026 3:19:55 PM

Page: 2 of 2



nmc specialty hospital, al-hail

P.O BOX : 613, Postal Code : 133 al-hail Sultanate of Oman

SI No: 53516	Bill Date: 07/01/2026	Report Date :07/01/2026 09:44:44
Patient Name: HARVINDER SINGH	Reg No: 50148166	
Age: 46Y	Gender: Male	Nationality: INDIA
Address:	Phone:	
Company: TRUCKOMAN SOUTH LLC	Policy No:	
Certificate No:		
Region: CHEST X RAY PA		
Referred Doctor:	Consultant Name: DR YAGMUR SHERIFF	

CHEST X RAY PA

Both lung fields are clear.

Bilateral CP angles are clear

Cardiac silhouette appears normal .

Both domes of diaphragm are normal.

Bony thorax appears normal

Impression:

- *No significant abnormality.*

Suggested clinical correlation



DR ANAMIKA CHATURVEDI

07/01/2026 09:39:47

Elegant Medical Center LLC

Radiology

Plot No: 294, Block: 314, Building No: 812, Al Hail North, Sultanate of Oman

MOH License No: 7709

T: (+968) 2426 9222, F: (+968) 2426 9298, E: nmc.hail@nmcoman.com

Disclaimer : This is an electronically generated report and does not require a doctor's signature

AUDIOMETRY REPORT

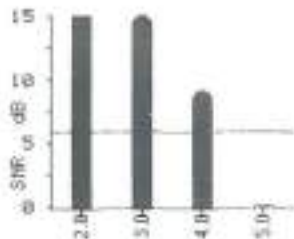
Name of the Patient Harrinder Singh

Age 46Y/M Sex Male MRN 60146166 Date of Test 08/01/26

U107.05
23-APR-12 08:42
DP 4s 4 sec avg
SN: G11005649 G12014595

NAME: _____

Left: Pass

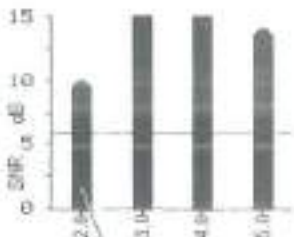


F2	L1	L2	DP	NF	SNR	P
2.0	65	56	4	-14	18	P
3.0	65	55	-3	-18	15	P
4.0	56	50	-10	-19	9	P
5.0	64	55	-20	-20	0	

U107.05
23-APR-12 08:42
DP 4s 4 sec avg
SN: G11005649 G12014595

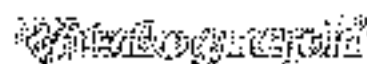
NAME: _____

Right: Pass



NMCOMAN/DOC/NSG/75

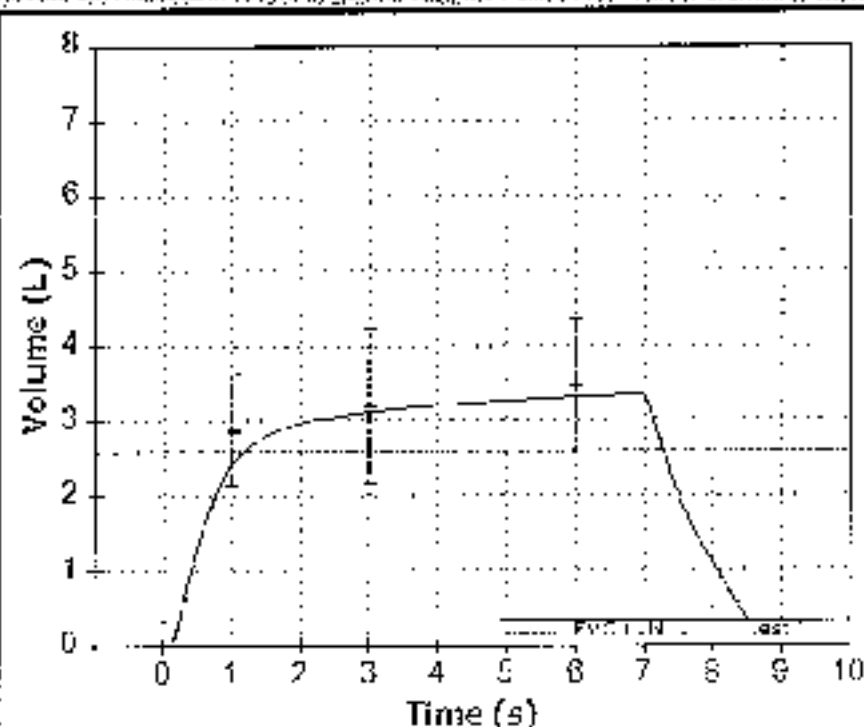
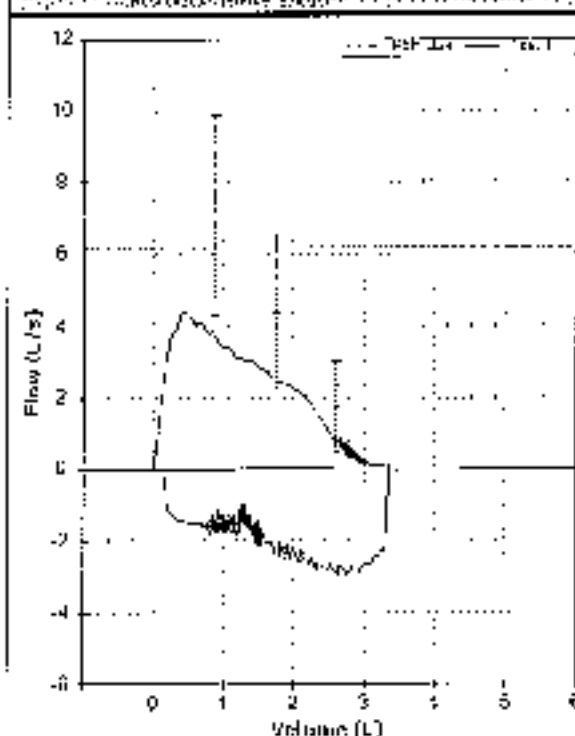




Pulmonary Function Report

Patient Information					
ID:	2026007_110615793	Alternate ID:	50-49198		
Last Name:	Singh	First Name:	Harvinder	Middle Name:	
Population:	Asian	Gender:	Male	Date of Birth:	4/10/1979
Age:	46	Height:	163 cm	Weight:	89.0 kg
HMI:	33.5	Smoking:	Non-Smoker		

Test Date:	1/7/2026 11:08	Device:	ALPHA Touch	Serial Number:	32166
No. of Tests:	2	Accuracy Chk:	5/30/2019 15:42	User:	Administrator
Pred. Values:	CRS 93	Pred. Factor:	90%	Posture:	Sitting



Parameter	Pred	LLN	ATS/ERS Best	% Pred.	Z-Score
FVC (L)	3.47	2.57	3.35	97	-0.22
FEV1 (L)	2.87	2.12	2.58	90	-0.63
FEV1 Ratio	0.79	0.67	0.77	97	-0.27
FEV6 (L)	3.47	2.57	3.32	96	-0.27
PEF (L/min)	491	372	312*	64	-2.47
FEF25-75 (L/s)	3.98	2.17	2.31	60	-1.51

Values at 80% below lower limit of normal (LLN).

Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
C	0.91 L (26.1%)	0.72 L (24.9%)	0 h:m:s	0 h:m:s	0 h:m:s

Consumer interpretations cannot be relied upon for diagnosis. Normal ventilatory function.

FVC					
FEV1					
FEV1 Ratio					
	LLN	Reference	ULN		

id: 50148166

Singh, Harvinder

Male 10/04/1979 (46 yr) Unknown

Height: - cm Weight: - kg BP: 0/0 mmHg

Med:

Tech:

Note:

07/01/2026 09:04:29

Sinus rhythm
Normal ECG

"UNCONFIRMED REPORT"

HR: 71 bpm (836 ms)

PR: 150 ms

QRS: 86 ms

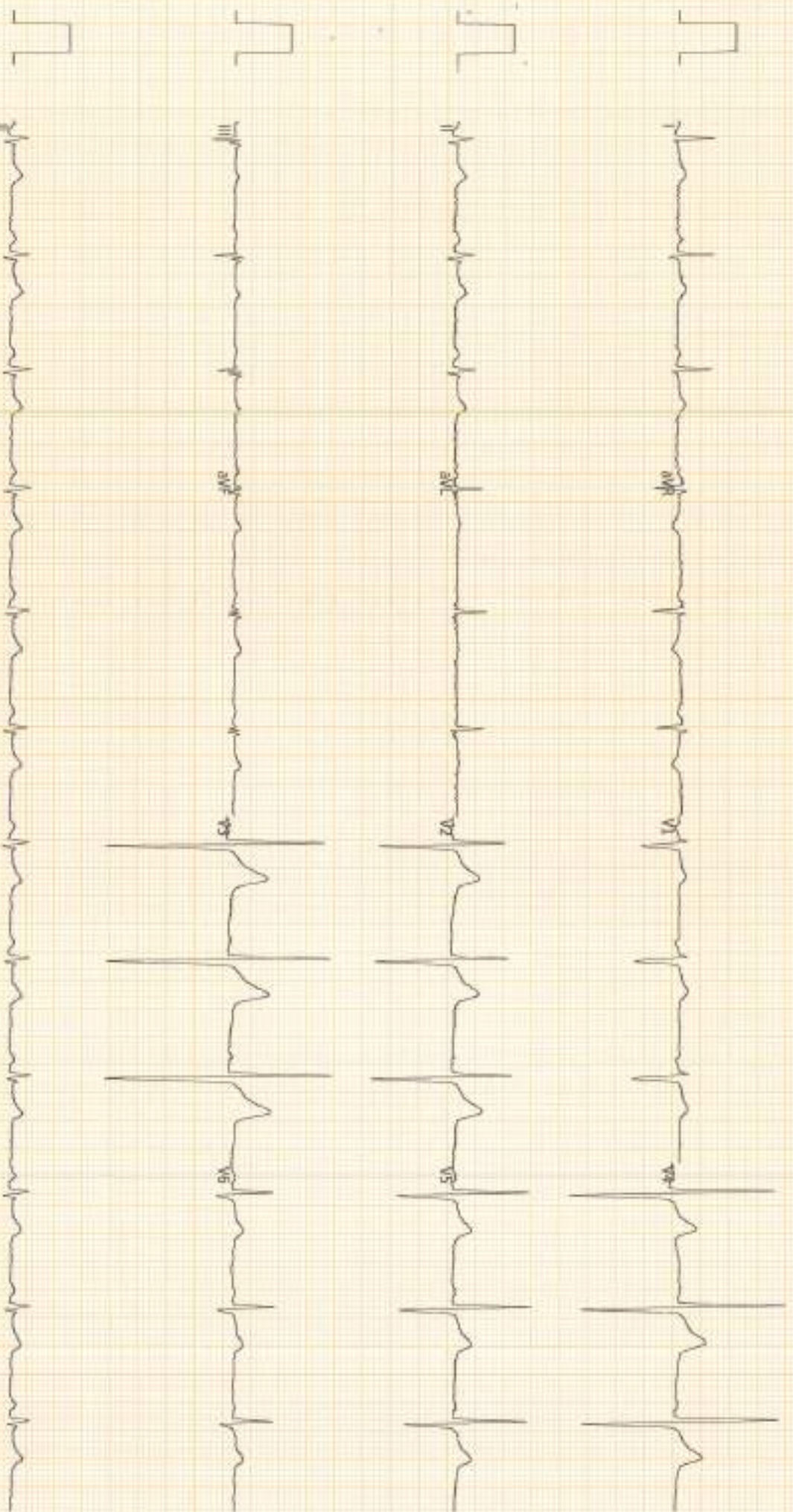
QT/QTc: 380/399 ms

FTWTP-Tc 198/96 ms

Max/Min: 1.60/0.79 mV

Sa-Lyon: 2.39 mV

Avg: 55/11/52 °



Dep:

Zsornits 10min/10V LP-40Hz AC-50Hz Cardiolite ECG2005 v. 2.5.0.17528

Questions

1. Gender?	Male
2. Age?	40-44
3. Total Cholesterol?	5.16-6.19 mmol/L
4. HDL?	0.9-1.16 mmol/L
5. Systolic Blood Pressure?	120-129 mmHg
6. On Medication for Hypertension?	No
7. Smoker?	No
8. Diabetic?	No
9. Known Vascular Disease (CAD, PVD, S...	No

About

The FRS estimates the 10 year risk of manifesting clinical CVD (CAD, Stroke, PVD, CHF, cardiac death). Although not examined in the 2008 model, it is common practice to double the FRS if there is a FHx of premature CAD in a 1st degree relative (men <55y, women <65y).

*The risk stratification tool for the ESC is the SCORE system which estimates 10y risk of CVD death. Patients with a 10y risk of CVD death ≥5% are considered high risk. The lipid guidelines recognize risk equivalents as a distinct category that warrant immediate treatment. For patients with an ESC SCORE ≥ 5% a 3 month trial of lifestyle measures is a reasonable starting point. If after 3 months the lipids remain above moderate risk targets and the SCORE remains ≥ 5% then intensive therapy to reach high risk targets is recommended.

6.7%

Risk Category

Low Risk

Estimated Vascular Age

48 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <160 mg/dL (<4.14 mmol/L)

Non-HDL <190 mg/dL (<4.93 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >5 mmol/L (>193 mg/dL)

TChol/HDL-C >8 mmol/L (>231 mg/dL)

Treatment Targets

≥50 % decrease in LDL-C

ESC (2007, see info for more)

Treatment Targets

LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)

Created by QxMD

References

Ralph B. D'Agostino, Sr, Ramachandran S. Vasan, Michael J. Pencina, Philip A. Wolf, Mark Cobain, Joseph M. Massaro and William B. Kannel.

General cardiovascular risk profile for use in primary care: the Framingham Heart Study.

Circulation. 2008 February 12; 117 (6): 743-53

McPherson R et al.

Canadian Cardiovascular Society position statement—recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease.

Canadian Journal of Cardiology 2006; 22 (11): 913-27

Management of Blood Cholesterol in Adults: Systematic Evidence Review from the Cholesterol Expert Panel.

Ian Graham et al.

European guidelines on cardiovascular disease prevention in clinical practice, executive summary: Fourth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (Composed by representatives of nine societies and by invited experts).

European Heart Journal, Volume 28, Issue 19, October 2007, Pages 2375-2414

The Framingham Risk Score (2008) calculator is created by QxMD.



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Outlook

Truckoman PDO RMG - Referral - Medical treatment - HARVINDER SINGH - 1941

From Nimesh <nimesh@truckomangroup.com>

Date Tue 10/28/2025 8:13 AM

To Customercare Hail [NMC Oman] <customer.care.hail@nmcoman.com>

Cc Majda Al Haidhrami [NMC Oman] <majda.alhaidhrami@nmcoman.com>; Rahul Bhalerao [NMC Oman] <rahul.bhalerao@nmcoman.com>; Bushra Al Balushi <bushra@truckomangroup.com>; Nuseiba <nuseiba@truckomangroup.com>; Ahmad A. Siyabi <ahmad@truckomangroup.com>; Harshakumar <harsha@truckomangroup.com>

1 attachment (93 KB)

1941-Referral-Hail.docx.pdf

This email was sent from a source outside of NMC

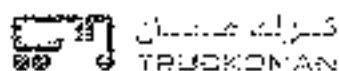
Do NOT ACT on any instructions given on email unless you recognize the Sender. If in doubt please contact the Sender directly for confirmation. Do not click on links or open attachments unless you recognize the sender.

Dear NMC Team,

Please find attached the referral letter for the employee mentioned below, who will be reporting to NMC Al Hail this morning (28.10.2025). Kindly do the needful and provide us with a copy of the medical report once available.

Emp No	Name	Date of Birth	ID card number	GSM	Account
1941	HARVINDER SINGH	10.05.1982	84259091	94033495	Truckoman -RMG-PDO

Kind regards,



Nimesh

Truckoman North -Rig Moving Group-PDO

GSM : 95328619