

CERTIFICATE OF HEALTH ASSESSMENT

MOHAMAD YANI SUPRIADI
TRACON INDUSTRI, PT

57 yo
OTHER



Fit with Medical Note
CONCLUSION

Issued Date	Doctor Name	Prepared by
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20
March
2025

dr. Puteri Melati
PKTK : 5/7048/AS.01.04/XI/2022
SIP :

SIP.50/B.15A/31.74.04.1004.02.009.K.1.b/4/-
1.779.3/e/2022

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INDONESIA
PT. KARTIKA BINA MEDIKATAMA

Validation Check :



Expired Date	Doctor Name	Verified by
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20
March
2026

dr. Muhammad Ilyas, Sp.Ok
SIP :
SIP.42/B.15B/31.74.04.1004.02.009.K.1.b/3/-
1.779.3/e/2021

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No. Formulir : FM-DR-008-05
No. Revisi : 00

Patient Name	: MOHAMAD YANI SUPRIADI	Clinic	: CLINIC BELTWAY OFFICE PARK
Medical Record No.	: 1022029024	Printed by	: Muhammad Rizki Arisandi

Tanggal Terbit : 2 Mei 2011

Patient Name	: MOHAMAD YANI SUPRIADI	Clinic	: CLINIC BELTWAY OFFICE PARK
Medical Record No.	: 1022029024	Printed by	: Muhammad Rizki Arisandi

HEALTH ASSESSMENT REPORT

MOHAMAD YANI SUPRIADI

1022029024

Thursday, 20 March 2025

Noted :

- Medical Record is Private Document
- The results showing the health status base on the assessment on the date of incoming
- The patient had been signing a inform consent form before the examination

CLINIC BELTWAY OFFICE PARK

Beltway Office Park, ANNEX BUILDING, Ground Floor, Jl. TB Simatupang No.Kav. 41, RT.7/RW.2 -
Jakarta Selatan Jakarta Indonesia 12550 Tlp.: (62-21) 8086 6099

www.medikaplaza.com

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PATIENT DATA

Medical Record No. :	1022029024	Place of Birth :	KARAWANG
Name :	MOHAMAD YANI SUPRIADI	Birthday :	05 June 1967
Employee No. :	-	Sex :	Male
Job Title :	INSTRUMENT SPECIALIST	Status :	Married
Company Name :	TRACON INDUSTRI, PT	Nationality :	WNI
Employee Status :	Active		

SUMMARY

MEDICAL FINDING

1. Hypertriglyceridemia
2. Increase creatinine level
3. Hyperuricemia
4. Increase SGPT level
5. Increase fasting blood sugar level
6. Overweight
7. First grade hypertension
8. Decreasing of visual acuity of both eyes
9. Mild conductive hearing loss of both ears with Decreasing of hearing acuity on low and high frequency of both ears
10. Romberg test : Negative

Your fitness status is fit with medical note:
Hypertriglyceridemia

SUGGESTION

1. Low fat and carbohydrate diet, exercise regularly minimal 3 times a week. Consultation with an Internist for further evaluation of hypertrygliceridemia
2. Consultation with an Internist if any complaint of creatinine level
3. Avoid high purine diet such as meats including organ meats, alcoholic beverages, beans, shrimp, scallops, some vegetables in limited amount such as: spinach, cauliflower, asparagus and mushroom
4. Take enough rest minimal 8 hours/day. Repeat SGPT level examination 1 month later and consult to an Internist if still increase
5. Low sugar diet and repeat blood glucose examination 1 month later. Consultation with an Internist if blood glucose still increase
6. Reduce body weight gradually 0.5 Kgs/week, by doing regular exercise (aerobic/jogging), 3-4x/week, 30-45 minutes and reduce high calorie diet until maximal body weight is 66.40 Kgs (present body weight is 73.05 Kgs). Consultation with a Clinical nutrition specialist for evaluation of overweight
7. Low salt diet and monitor your blood pressure regularly minimal once in two weeks. Consultation with an Internist, if your blood pressure tends to increase
8. You need to wear the glasses for near vision
9. Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment

WORK EXPOSURE

1. Administration Work
2. Others

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Notes :

If you need the further information or
consultation, please contact us via Email

- Anastasia.Febrianti@medikaplaaza.com
- Enjelita@medikaplaaza.com
- Puteri.Melati@medikaplaaza.com
- Rezkha.Amalia@medikaplaaza.com
- Yudistra.Shafarly@medikaplaaza.com

Clinic Phone : (62-21) 8086 6099

Responsible Doctor

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dr. Puteri Melati

Patient Name	: MOHAMAD YANI SUPRIADI	Clinic	: CLINIC BELTWAY OFFICE PARK
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ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT ILLNESS

MOHAMAD YANI SUPRIADI

TRACON INDUSTRI, PT

MR : 1022029024

Visit : Thursday, 20 March
2025

Male

DOB : 05 June 1967

CLINICAL EVALUATION

VERIFIED BY

dr. Puteri Melati

	RESULT 20 March 2025	NOTES
ILLNESS		
Present Complaint	No complaint	
MEDICAL HISTORY		
Allergy	No	
Immunization	Yes	Covid-19
Surgery	No	
Hospitalization	No	
Disease	No	
Diabetes Melitus	No	
LIFESTYLE		
Alcohol Intake	No	
Smoking	No	
Exercise	No	
FAMILY MEDICAL HISTORY		
Diabetes Melitus	No	
Hypertension	Yes	Mother
Heart Disease	No	
Lung TB	No	
Astma	No	
Mental Disease	No	
Epilepsy	No	
Cancer	No	
Color Blindness	No	
Stroke	No	
Liver Disease	No	
Bone & Joint Disease	No	
Other Diseases	No	

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Kidney Disease	No
WORK EXPOSURE	
PHYSICAL	
Noise	No
Heat Stress	No
Cold Stress	No
Vibration	No
Involving Height	No
Radiation	No
CHEMICAL	
Dust	No
Toxic Chemical	No
Irritating Fluid	No
Smoke	No
BIOLOGY	
Bacterium/Virus/Parasite	No
Blood/Body Fluids	No
Animal	No
ERGONOMICS	
Operating Heavy Mobile Equipment	No
Manual Handling	No
Sitting Continuously Over 4 Hours	No
Stand Continuously Over 4 Hours	No
Screen Time > 4 Hours / Day	No
Light Exposure	No
Not Ergonomically Body Posture	No
PSYCHOLOGY	
Shift Work	No
Job Doesn't Match with Qualification and Skills	No
Work Overload/Overtime	No
Conflicts at Work	No
Unclear Work Objectives	No
Career Barrier	No
Family Conflicts	No
OTHER	
Working Around Rotating Machines	No
Administration Work	Yes
Food Handler	No

Others

Yes

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