

No. A. 17020/1/2010-MS
Government of India
Ministry of Health and Family Welfare
(Medical Services Division)

Nirman Bhawan, New Delhi,
Dated 21st October, 2011

To,

As per list attached.

Subject: Introduction of Annual Medical Examination Scheme for the Group 'A' Officers of Central Civil Services of above 40 years of age.

Sir,

It has been decided to introduce Annual Medical Examination Scheme initially for all Central Civil Services Group 'A' officers of above 40 years of age. For this purpose, this Ministry had requested all the CGHS empanelled hospitals in Delhi to indicate their best package rates for undertaking the Annual Medical Examination Scheme of the officers as per the prescribed standard protocol.

2. In response to the Ministry's request, hospitals in and around Delhi have submitted their offers indicating their package rates for undertaking the medical examination of the officers as per the Scheme.

3. After due examination of the responses received from the hospitals in Delhi, following package rates have been approved by the Ministry of Health and Family Welfare as uniform standard rates for the Scheme:

- | | | | |
|------|---|---|-------------|
| (i) | Annual Medical Examination of the Men Officers | - | Rs. 2,000/- |
| (ii) | Annual Medical Examination of the Women officers- | | Rs. 2,200/- |

4. It has further been decided that the above approved rates may be offered to all the hospitals empanelled under CGHS for indicating their willingness to associate with the Scheme. Hospitals interested in providing their services under the Scheme to the Central Government officers may indicate their willingness to this Ministry so that a panel of hospitals could be formed and the Central Government Officers concerned could be informed accordingly to avail such services from those hospitals. A copy of the standard protocol of the tests to be undertaken is enclosed as ANNEXURE-I.

5. An MOA is also required to be signed by the interested hospitals in the prescribed proforma as per Annexure-II.

6. You are requested to indicate your willingness in writing to the undersigned for the above said Annual Medical Examination Scheme for the Central Government officers, by 04.11.2011 positively.



(V.P. Singh)

Deputy Secretary to the Government of India
Tele: 23061831

Encl: As above.

ANNUAL HEALTH CHECK FOR THE CENTRAL CIVIL SERVICES GROUP 'A' OFFICERS ABOVE 40 YEARS OF AGE

Name : MR/ Mrs/Miss

Age : Years

Sex : M ☐ F ☐

Marital Status: Married ☐ Unmarried ☐ Widow /widower ☐ Divorcee ☐

Residential Address :

Telecontact : (R)

(O)

(M)

E-mail ID :

CGHS BEN ID NO (if, any):

Office Address :

Blood Group: ☐

History of Known Conditions (Tick appropriate Box)

☐ ☐

Raised BP- Yes ☐ No ☐ If, yes Regular treatment- Yes ☐ No ☐

DM - Yes ☐ No ☐ If, yes- on Regular treatment-Yes ☐ No ☐

IHD Yes ☐ No ☐ If, yes- on Regular treatment- Yes ☐ No ☐

Stroke Yes ☐ No ☐ If, yes- on Regular treatment- Yes ☐ No ☐

CRF Yes ☐ No ☐ If, yes- on Regular Dialysis Yes ☐ No ☐

Family History of DM ☐ HT ☐ Obesity ☐

Life Style- Smoker -Yes ☐ No ☐ If yes Number per day

Ex-Smoker ☐ Years of Smoking

Alcohol Yes ☐ No ☐ Any Alh. Hepatitis in Past ☐

If regular how many pegs per day

Regular Exercise Yes ☐ No ☐

For more than 20 mts atleast 3times in a week

GENERAL PHYSICAL EXAMINATION :

Weight : (Kgs) Height : (mtrs) BMI

Pulse : /mt BP : / mm of Hg Temp. : F

SYSTEMIC EXAMINATION FINDINGS**RESP SYSTEM****CVS****ABDOMEN****CNS****LOCOMOTOR SYSTEM****DENTAL EXAMINATION**

EYE EXAMINATION

DISTANT VISION

R

L

WITH GLASSES

R

L

NEAR VISION

COLOUR VISION

TONOMETRY

FUNDUS EXAMINATION

LOCAL FINDINGS

DIAGNOSIS & ADVICE

ENT

ORAL CAVITY

NOSE

THROAT

LARYNX

DIAGNOSIS & ADVICE

GYNECOLOGICAL HEALTH CHECK (FOR WOMEN)

HISTORY :

1. Periods : Regular / Irregular since days
 - Delayed / Polymenorrhea L.M.P. days ago
 - Menstrual Flow : Normal / Scanty / Excessive
2. Discharge P/V : None / Mucoid / Purulent / Hemorrhagic
3. Mass protruding P/V : None / Present
4. Urinary complaints : None / Present
5. No. of Pregnancies : 6. No. of Deliveries :
7. No. of Abortions : 8. No. of LSCS :

PELVIC EXAMINATION (if indicated)

1. Local Examination :
2. Per Vaginum (P/V) :
3. Per Speculum (P/S) :

SURGICAL EXAMINATION

BREAST EXAMINATION :

Right

Left

PRESENCE OF ANY LUMP

UROLOGICAL EXAMINATION(FOR MEN ONLY)

RECTAL EXAMINATION(FOR MEN ONLY)

INVESTIGATIONS REPORTS

Investigation	Report	Normal Range
<u>HAEMOGRAM :</u>		
• Haemoglobin	gms	(14-17 gms M),(11 - 16gmsF)
• T.L.C.		(4000-11000/cmm)
• D.L.C.		
Polymorphs		(50 - 70 %)
Lymphocytes		(20 - 40 %)
Eosinophils		(1 - 4 %)
Basophils		(0 - 1 %)
Monocytes		(1 - 4 %)
• Peripheral smear		
<u>URINE EXAMINATION :</u>		
• Colour		
• Albumin	Absent / Traces / + / ++ / +++	(Absent)
• Sugar	Absent / Traces / + / ++ / +++	(Absent)
• Microscopic Ezam.		
<u>BLOOD SUGAR :</u>		
• Fasting	mg %	(70 - 100 mg %)
• Post-prandial	mg %	(80 - 110 mg %)
<u>LIPID PROFILE :</u>		
• Total Cholesterol	mg %	(100 - 200 mg %)
• HDL Cholesterol	mg %	(35 - 155 mg %)
• LDL Cholesterol	mg %	(Upto 130 mg %)
• VLDL Cholesterol	mg %	(10 - 30 mg %)
• Triglycerides	mg %	(50 - 150 mg %)
<u>LIVER FUNCTION TESTS :</u>		
• S. Bilirubin (Total)	mg %	(Upto 1.0 mg %)
• S. Bilirubin (Direct)	mg %	(Upto 1.0 mg %)
• S.G.O.T.	units/L	(1 - 21 units / L)
• S.G.P.T.	units/L	(7- 27 units / L)
<u>KIDNEY FUNCTION TESTS :</u>		
• Blood Urea	mg %	(7 - 18 mg %)
• S. Creatinine	mg %	(0.6 - 1.2 mg %)
• S. Uric Acid	mg %	(2 - 7 mg %)
FOR MEN :		
• PSA	ng / ml	(0 - 4 ng / ml)

FOR WOMEN:

- PAP SMEAR

X-RAY – CHEST PA VIEW REPORT

ECG (ELECTRO CARDIOGRAPHY) REPORT

TMT REPORT

USG (ULTRASONOGRAPHY- ABDOMEN) REPORT

MAMMOGRASPHY REPORT (WOMEN ONLY)

SUMMARY OF THE MEDICAL REPORT

1.	Overall Health of the Officer	
2.	Any other remarks based on the health medical check up of the Officer	
3.	Health Profile Grading	

Signature of Physician with Seal

Dated

Place: