

**CONFIDENTIAL MEDICAL CHECK-UP FORM**



Name: \_\_\_\_\_ DOB \_\_\_\_\_ Sex \_\_\_\_\_ Date of Tests \_\_\_\_\_

Occupation: \_\_\_\_\_ Office works/manufacturing/production: \_\_\_\_\_

National ID No. (if present) \_\_\_\_\_ Physical Address \_\_\_\_\_

**Medical Underwriting requirements**

1. For Individuals 45 years and over, we will require the following details;

Weight \_\_\_\_\_ (Kg). Height \_\_\_\_\_ (cm). BMI \_\_\_\_\_ Blood pressure (mmHg) \_\_\_\_\_/\_\_\_\_\_

**Put Y for YES /N for NO. For all Y boxes mention date and hospital treated in the box below**

Fits		Loss of consciousness		Yellow coloration on eyes/palms	
Bronchitis/asthma		Chest pain		Prolonged skin disorder	
piles		Joint pain		Any mental disorder	
Diabetes		Back pain		Tuberculosis	
Un-explained weight loss		severe headaches		Ear discharge	
Cancer treatment		Persistent fever		Heart beat awareness	
Sexually TransSTD		Shortness of breath		Any operation/Surgery	
For women, explain if there is any abnormality on menstruation					

2. History

Smoker/Non smoker (Y/N)  , If **Y**, Duration of smoking( In months)

1<sup>st</sup> degree family h/o chronic illnesses including cancer, hypertension, heart conditions, diabetes

History of past admissions with reason/Dx

Current medications he/she is using

3. A physical examination, where general findings should be reported and the rest per system.  
**( Report only positive findings).**

General examination

CNS

Respiratory system

CVS

GI system/ P/A

Musculoskeletal

**Tests that should be done are: (Attach results with this form)**

FBP – Full Blood Picture

FBG – Fasting Blood Sugar/Glucose test

ECG - Electrocardiogram – resting and effort ECG

RBSC - Random blood serum cholesterol test

GGT – Gamma glutamyl transferase test (liver function)

Cr – Creatinine test

Examining doctor's Name \_\_\_\_\_ Signature \_\_\_\_\_

Clients Name \_\_\_\_\_ Signature \_\_\_\_\_

***(By signing this form, I allow the examining doctor/hospital to share the findings to Strategis insurance Tanzania Ltd, for underwriting purposes only)***

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