

Health Report

Based on your answers:

Your pulse rate is within a healthy range. Keep up the good work! Your blood pressure is on the higher side. Try managing stress, exercising, and reducing salt intake. Consult a healthcare provider if it remains high. Your glucose level is low. You may need to eat something with carbohydrates to prevent hypoglycemia. You are in a healthy weight range. Continue with a balanced diet and regular physical activity.

