# **Biometric Health Assessment**



Assessment conducted on iii 03 October 2024

The biometric Health Assessment contains estimations related to potential health risks. It is not intended to diagnose, treat, cure or prevent disease. Please consult your doctor for further interpretation of this report.

Age Height Weight Biological Sex Smoker Status 37 163 cm 59.9 kg Female Never					
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	37	163 cm	59.9 kg	Female	Never



# Cardiovascular Risk Profile

Blood Pressure	112/79 mmHg	Reference Ra	nges		
		Systolic		Diastolic	
Blood pressure is the force of blood pus arteries. Blood pressure is highest each the blood into the arteries (systolic pres	time the heart beats, pumping	Below 90	or	Below 60	Hypotension
when the heart is at rest, blood pressur High blood pressure means the force of	e falls (diastolic pressure).	90 – 120	and	60 – 80	Normal
and the heart has to work harder to pur blood pressure (hypertension) increase	np blood. Persistently high s the risk of multiple	120 – 130	and	60 – 80	Elevated
complications such as heart attack or sikidney damage, loss of vision, metaboli		130 – 140	or	80 – 90	Hypertension stage 1
heart and brain damage.		140 – 180	or	90 – 120	Hypertension stage 2
		Above 180	or	Above 120	Hypertension Crisis

Resting Heart Rate	64 bpm	Reference Ranges	Applicable to your age and biological sex
		bpm	
Resting Heart Rate is the number of beats p sitting or lying down and relaxed (but not sle	eping). Factors which can	20 – 81	Low estimated risk
influence resting heart rate include fitness and activity levels, smoking, body size, air temperature, stress or anxiety and medication. Note that resting heart rate is not related to blood pressure. Persistently high resting heart rate increases the risk of diabetes, hypertension and cardiovascular disease.		82 – 88	Medium estimated risk
		Above 89	High estimated risk
	48 ml/kg/min	Reference Ranges	Applicable to your age and biological sex
Cardiorespiratory Fitness		m/l/kg/min	, ipplicable to your ago and biological cox
Cardiorespiratory fitness is the ability of the heart and lungs to deliver oxygenated blood to support working muscles during exercise. It is measured as VO2 max – the maximum rate of oxygen a person can consume during exercise. Lower levels of cardiorespiratory fitness are		34 – 80	Low estimated risk
		30 – 33	Medium estimated risk
associated with increased risk of heart attac		10 – 29	High estimated risk

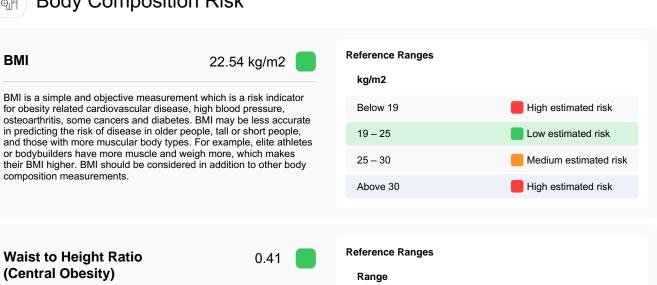
### Reference Ranges Arterial Stiffness 1400 cm/s cm/s Arterial stiffness refers to the elasticity of the arterial wall and 860 - 1650Low estimated risk determines the circulation workload of the heart. Arterial stiffness increases with age, increasing the workload on the heart, and is associated with increased blood pressure and insulin resistance. We 1650 - 3400 High estimated risk estimate Brachial-Ankle Pulse Wave Velocity as an indicator of arterial stiffness. Increased arterial stiffness is associated with increased risk of multiple complications such as hypertension, diabetes, heart attack or stroke, heart failure, aneurysm, kidney damage and metabolic syndrome. Reference Ranges 10 Year Cardiovascular 0 % Disease Risk Range 0 - 10%Low estimated risk 10-year Cardiovascular Disease Risk helps predict the risk of cardiovascular disease, heart attack, or stroke occurring within the next 10 years, based on Age, Biological sex, Resting Heart Rate, 11 - 20%Medium estimated risk Smoker Status, BMI and published long-term studies. 21 - 40%High estimated risk Reference Ranges 0 % Framingham Risk Score Range Framingham Risk Score was developed based on data obtained from 0 - 10%Low estimated risk The Framingham Study to estimate the risk of developing Cardiovascular Disease within the next 10 years.



# **Body Composition Risk**

Waist-to-Height Ratio is calculated by dividing waist measurement by height measurement. A higher than recommended waist to height ratio increases the risk of diabetes, hypertension, metabolic syndrome

and other cardiovascular issues



11 - 20%

21 - 40%

0.2 - 0.49

0.5 - 0.59

0.6 - 1.2

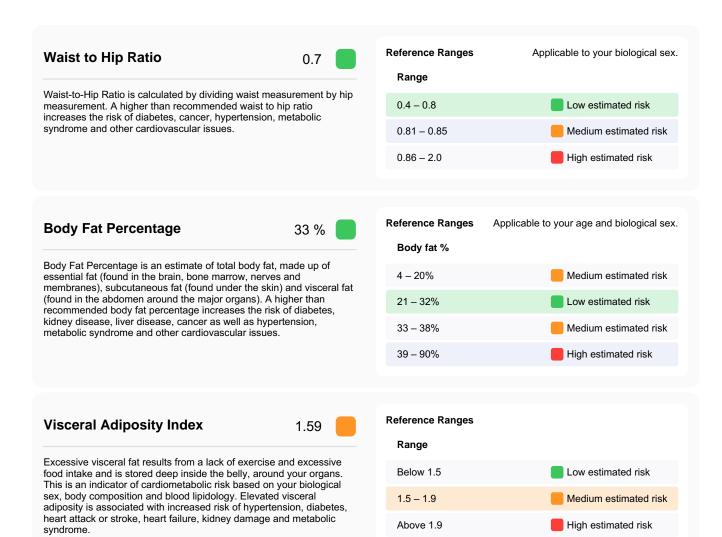
Medium estimated risk

High estimated risk

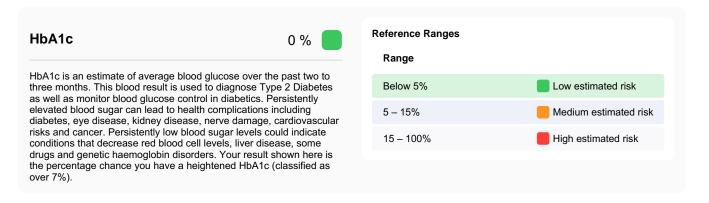
Low estimated risk

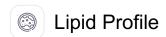
High estimated risk

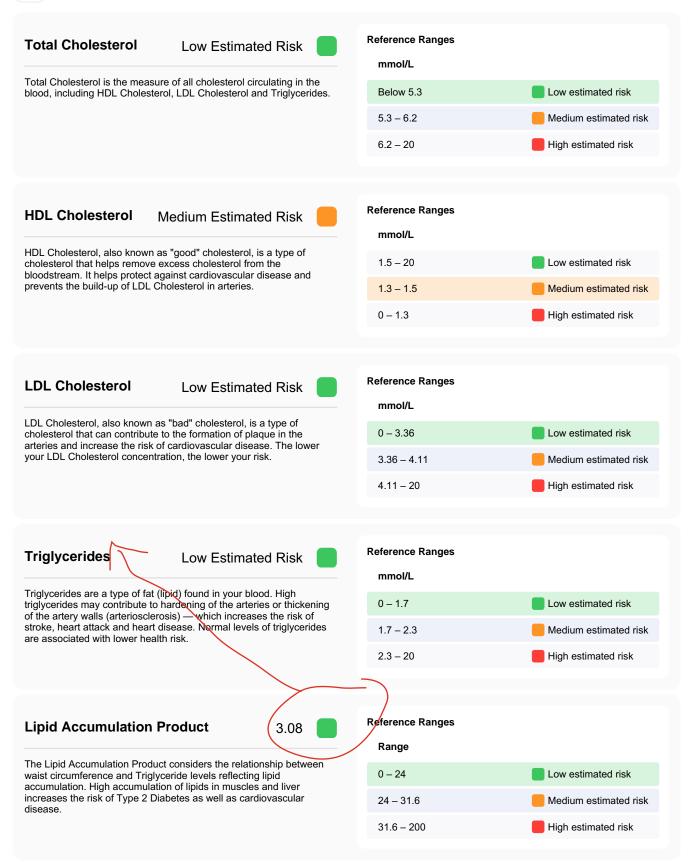
Medium estimated risk

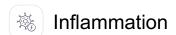


# Diabetes Mellitus Risk

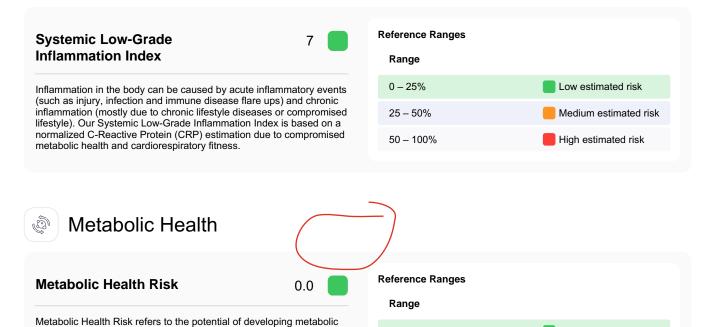








Excess Abdominal Fat.



0 - 2

4 - 5

3

Low estimated risk

High estimated risk

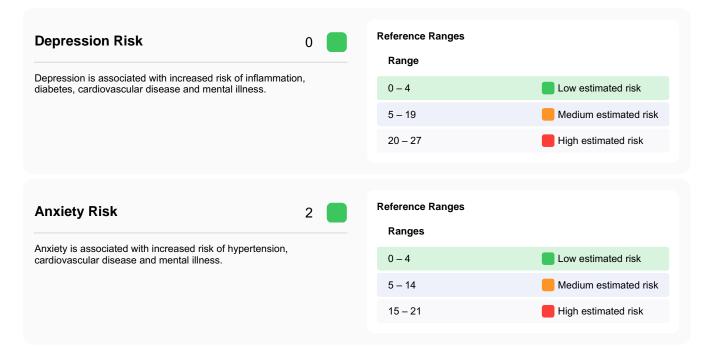
Medium estimated risk

# Risk for Depression and/or General Anxiety Disorder

syndrome; a collection of 5 conditions (\*) that often occur together and

\*Obesity, Hypertension, High Triglycerides, Low HDL Cholesterol and

increase the risk of cardiovascular disease, diabetes and stroke.



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