

SwasthaAI - Health Report

Patient Name: Himanshu Singh

Age: 30 Gender: M

Date: 2025-10-05 02:08:38

Health Analysis & Recommendations:

BMI: 22.00 - Normal

Advice: Maintain current lifestyle, regular exercise and balanced diet. Ideal weight range: 74.0kg - 99.6kg.

Blood Pressure: 150/50 mmHg - Stage 2 Hypertension

Advice: Medical attention required, follow prescribed treatment.

Fasting Sugar: 190 mg/dL - Diabetes

Advice: Consult a doctor for management plan, monitor blood sugar daily.

Cholesterol: Not provided mg/dL - Not provided

Advice: No advice