

Your Health Screening Report

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■ Your Overall Health Assessment

Moderate Risk - Attention Recommended

Assessment Confidence: 100%

We assessed **3 body system(s)** during your screening. Below you'll find detailed results for each system, including the specific measurements we took.

■ Your Results in Detail

Cardiovascular — ■ Attention Recommended

What We Measured	Your Value	Normal Range	Status
Heart Rate	105.0 bpm	—	— Not Assessed
Heart Rate Variability	22.0 ms	—	— Not Assessed

What This Means:

Pulmonary — ■ Attention Recommended

What We Measured	Your Value	Normal Range	Status
Blood Oxygen Level	91.0 %	—	— Not Assessed
Breathing Rate	26.0 breaths/min	—	— Not Assessed

What This Means:

Central Nervous System — ■ Attention Recommended

What We Measured	Your Value	Normal Range	Status
Walking Pattern Stability	0.25	—	— Not Assessed
Balance Score	0.45	—	— Not Assessed

What This Means:

■ What You Should Do Next

1. Monitor your blood pressure regularly and reduce salt intake.
2. Engage in 30 minutes of moderate exercise daily.
3. Practice breathing exercises and avoid air pollutants.
4. Work on balance exercises and ensure adequate sleep.
5. Consult a healthcare professional for comprehensive evaluation.
6. Maintain a balanced diet rich in fruits and vegetables.

■■ Important Information

- This is a screening report, not a medical diagnosis.
- Results should be reviewed by a qualified healthcare provider.

- Individual results may vary based on age, gender, and other factors.

DISCLAIMER: This health screening report is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider for proper medical evaluation and personalized medical advice. Do not disregard professional medical advice or delay seeking it based on this report.