

Patient Health Report

Name: Milyn CC | Age: 45

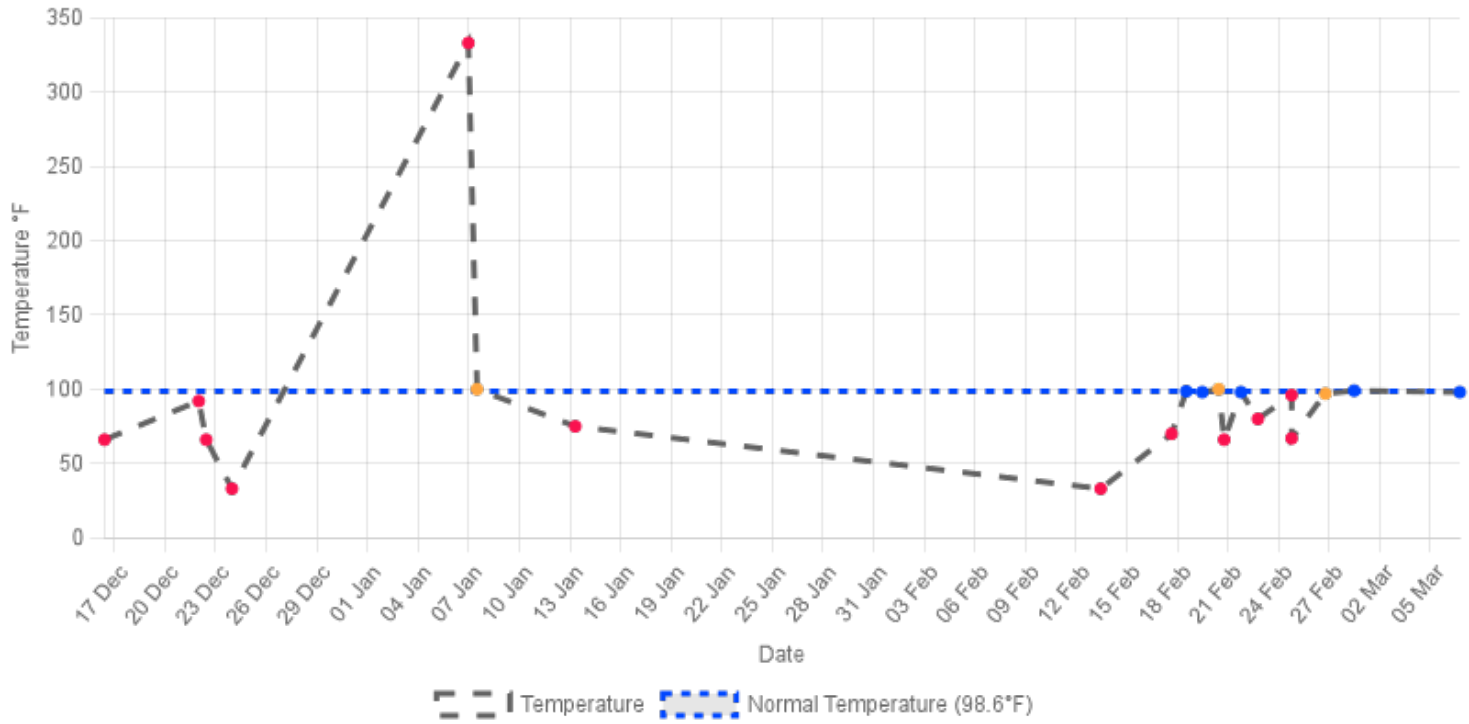
Report Date: 08 Mar 2025

Body Temperature (Last 90 days)

Current Temperature: 98°F

Average Temperature: 93.28°F

Lowest Temperature: 33°F on 13 Feb 2025



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Heart Rate (Last 90 days)

Current Heart Rate: 96 BPM

Average Heart Rate: 95.21 BPM

Lowest Heart Rate: 11 BPM on 23 Dec 2024



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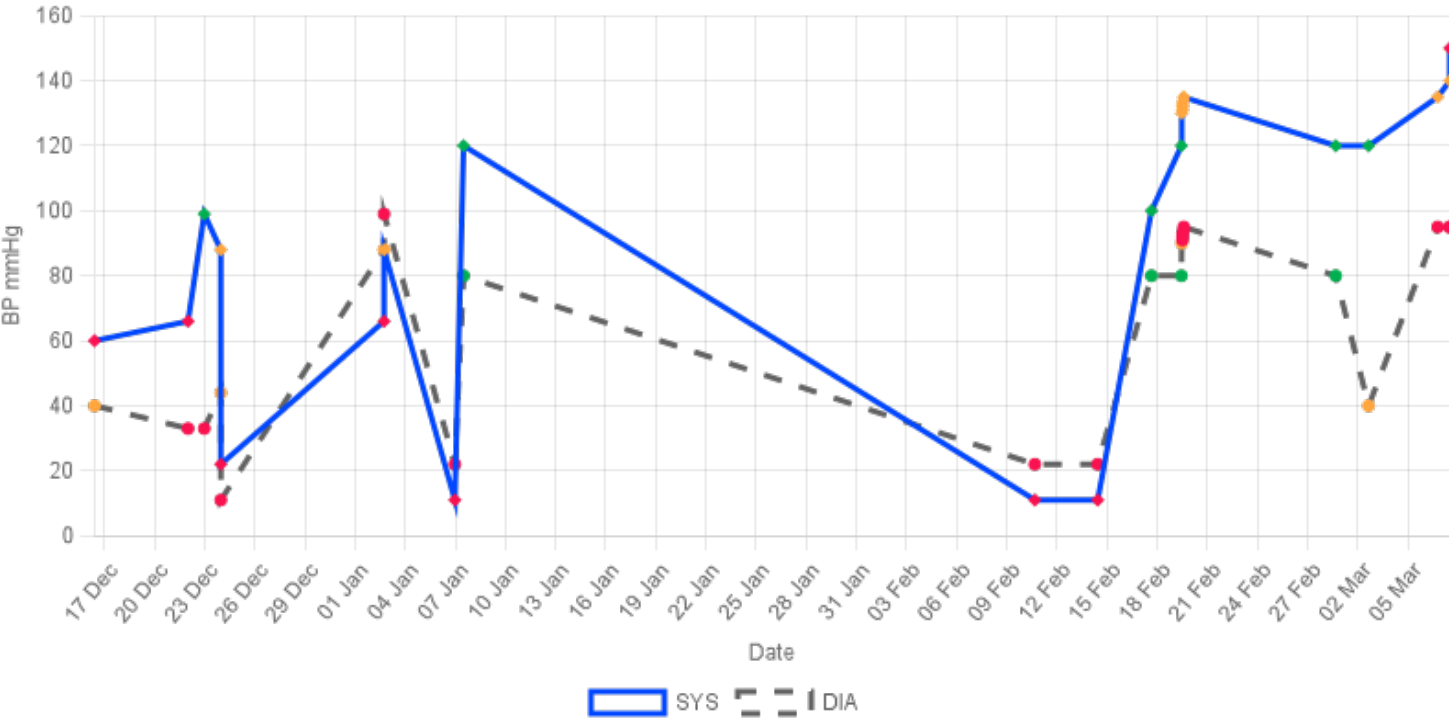
Blood Pressure (Last 90 days)

Current BP: 150/95 mmHg

Average BP: 96.75/67.25 mmHg

Lowest Systolic: 11 mmHg on 14 Feb 2025

Lowest Diastolic: 11 mmHg on 23 Dec 2024



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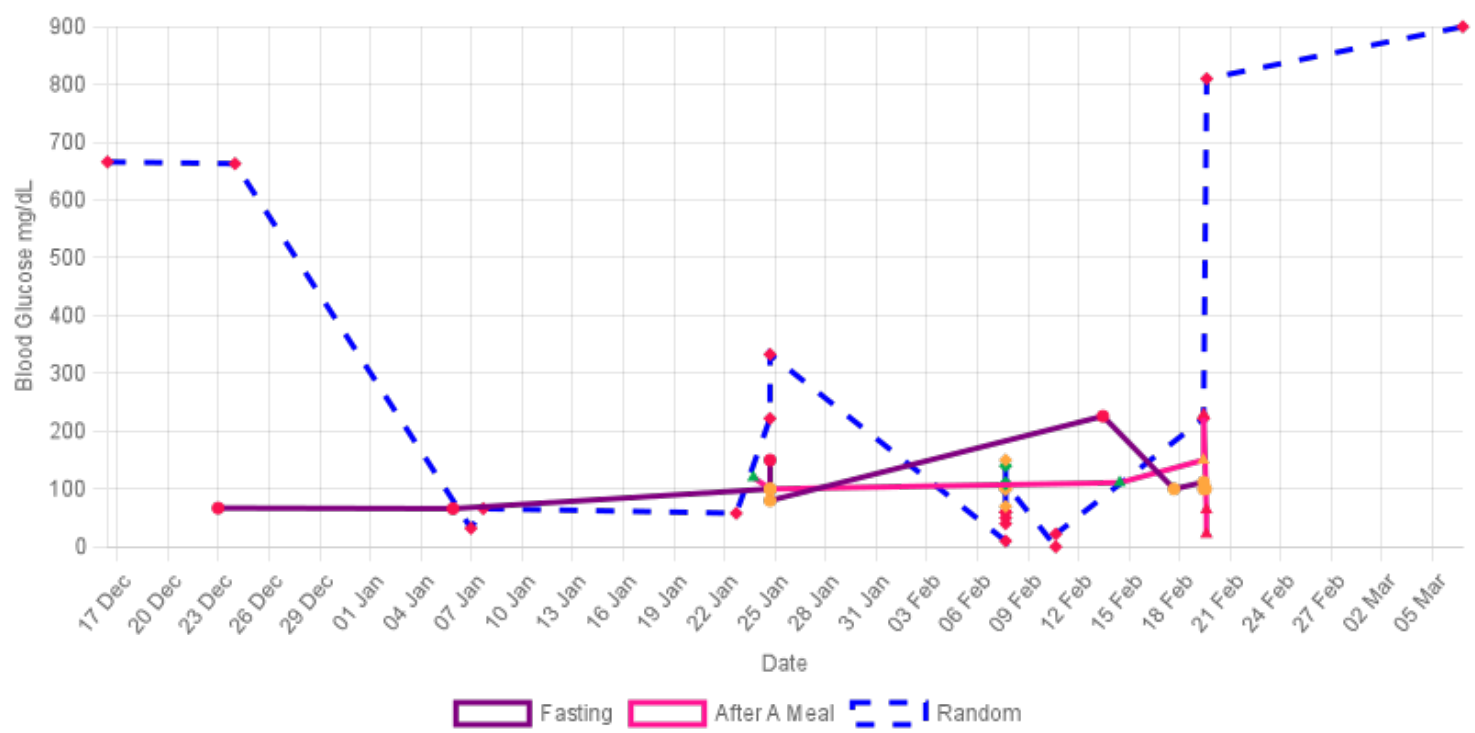
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Blood Glucose (Last 90 days)

Current Glucose: 900 mg/dL (Category: RANDOM)

Average Glucose: 163.39 mg/dL

Lowest Glucose: 0 mg/dL on 10 Feb 2025



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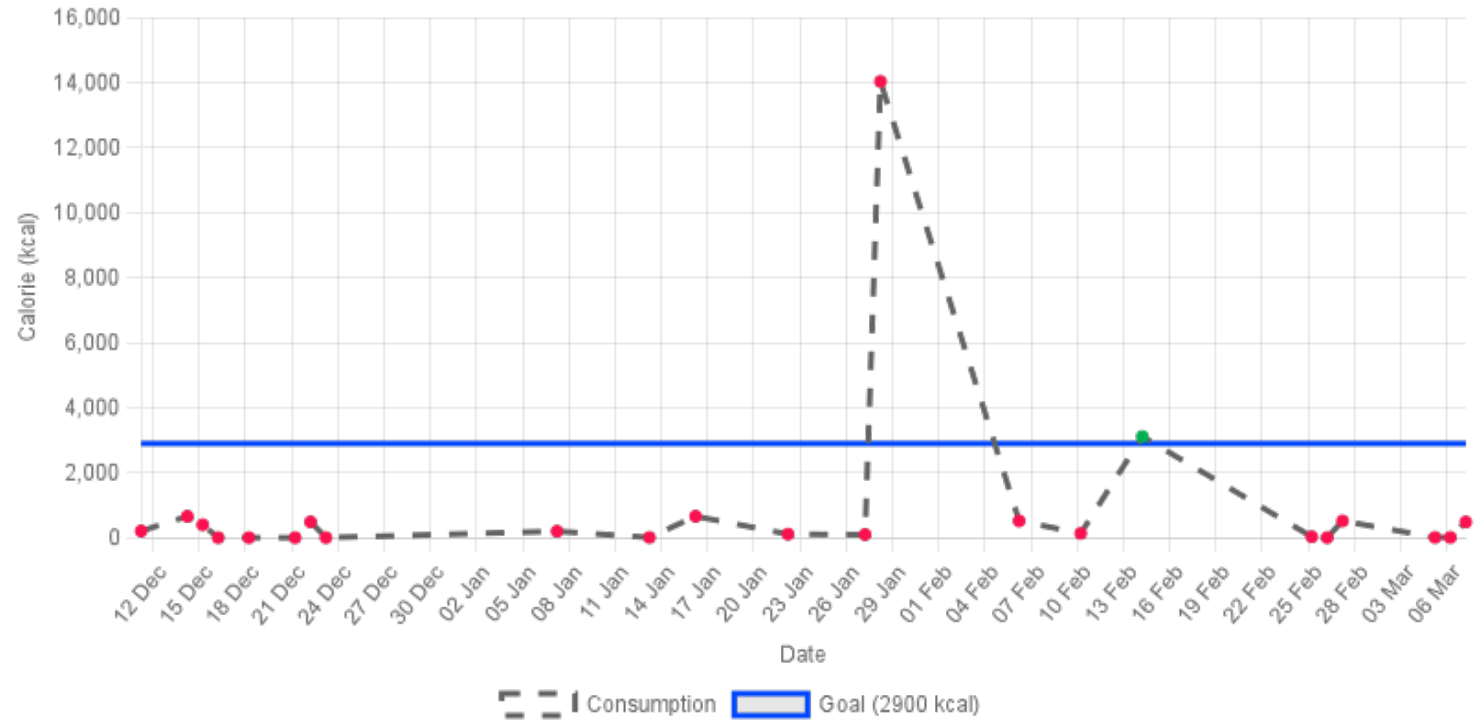
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Nutrition (Last 90 days)

Goal Average: 2900.00 kcal

Actual Average: 944.37 kcal

Lowest Consumption: 4 kcal on 21 Dec 2024



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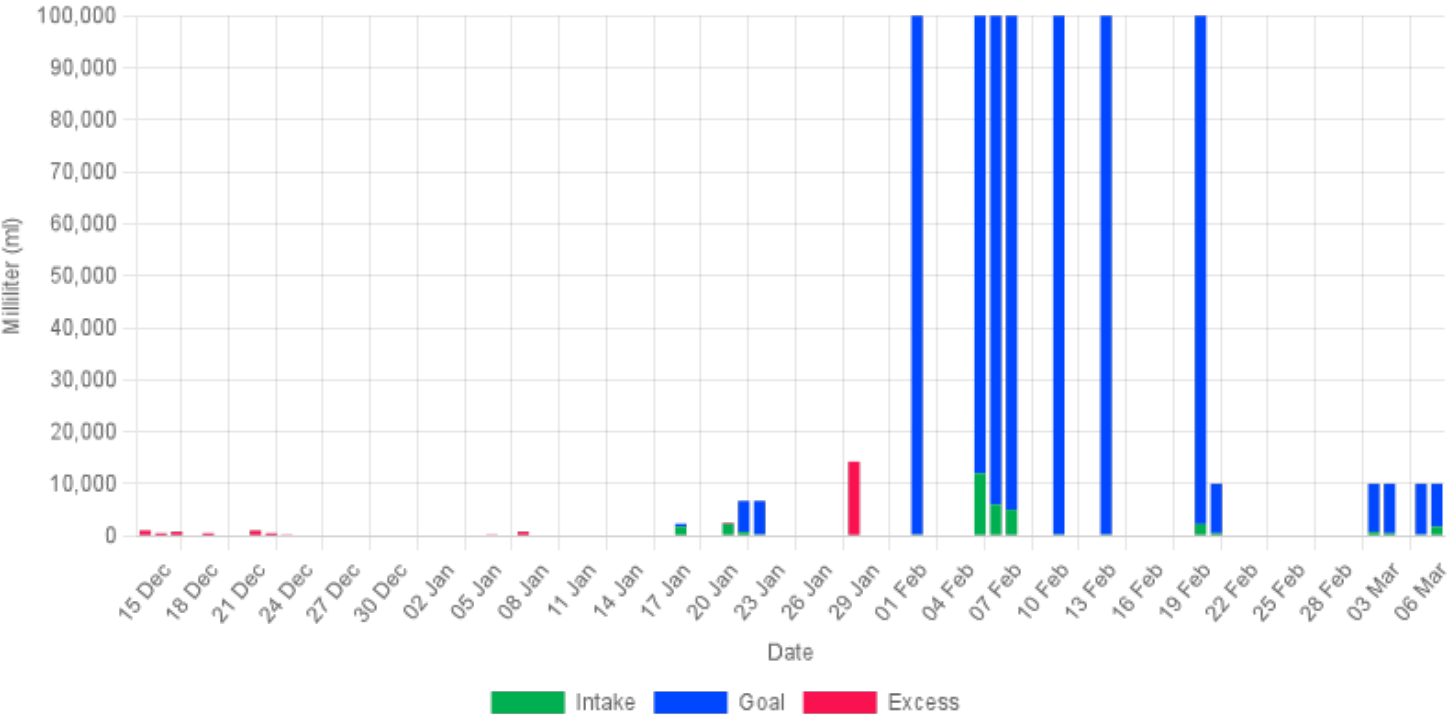
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Water Intake (Last 90 days)

Goal Average: 10000.00 ml

Actual Average: 2025.86 ml



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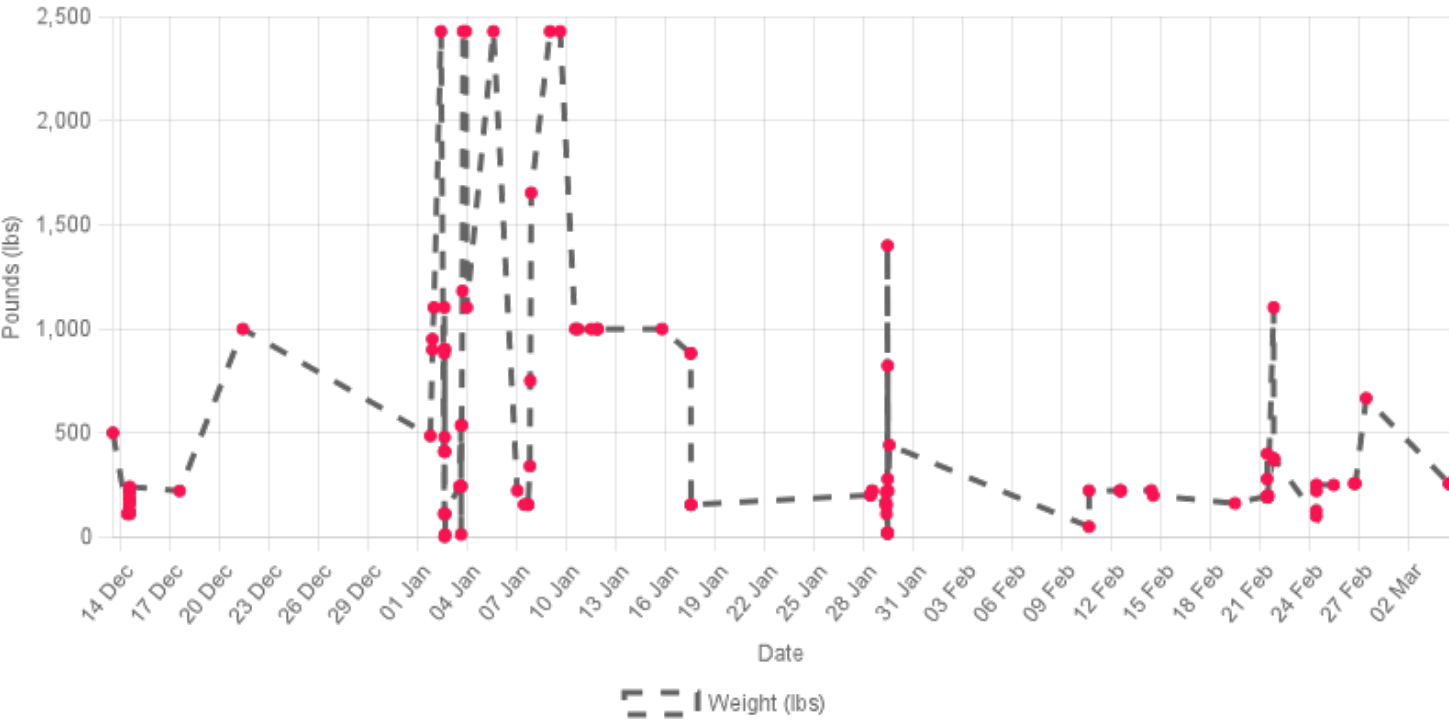
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Weight (Last 90 days)

Current Weight: 255.74 lbs

Lowest Weight: 0.00 lbs on 02 Jan 2025



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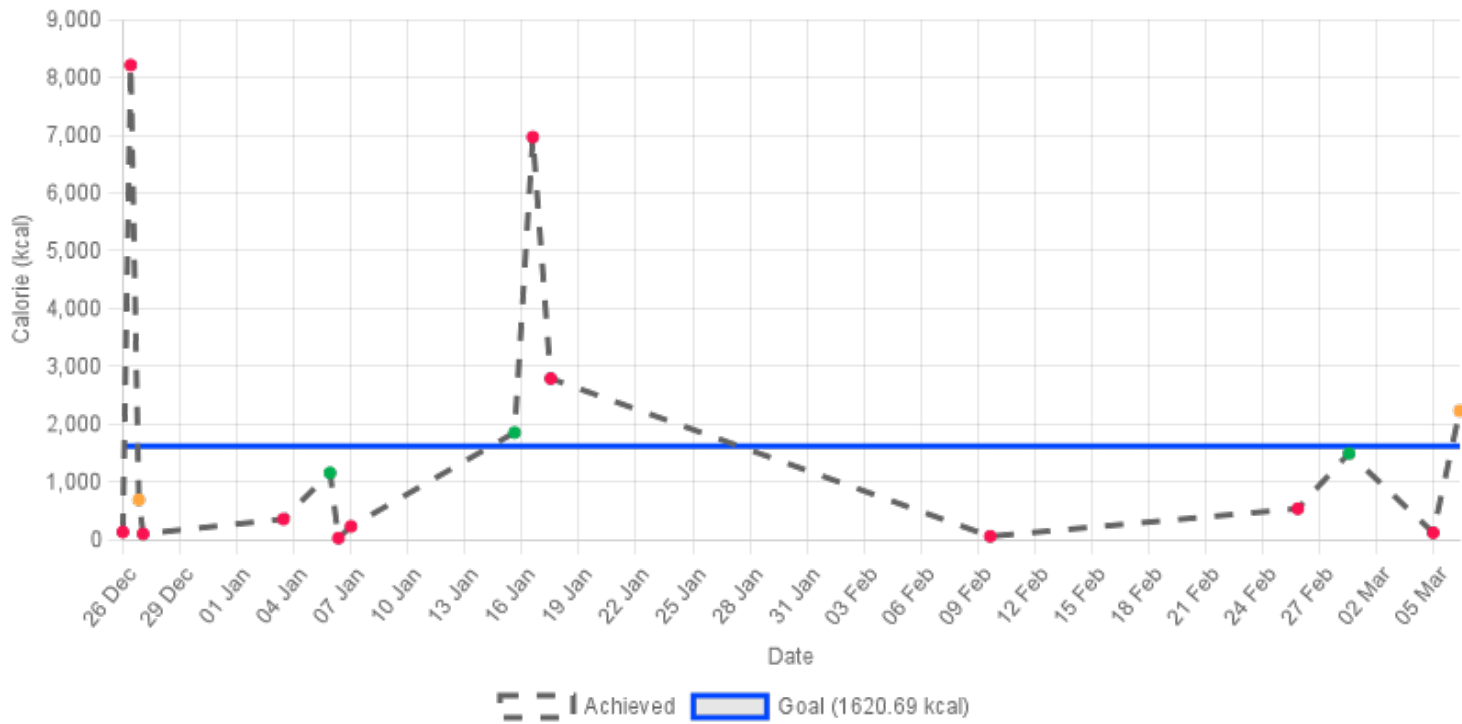
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Activity (Last 90 days)

Goal: 1620.69 kcal

Current Achieved: 1512.25 kcal





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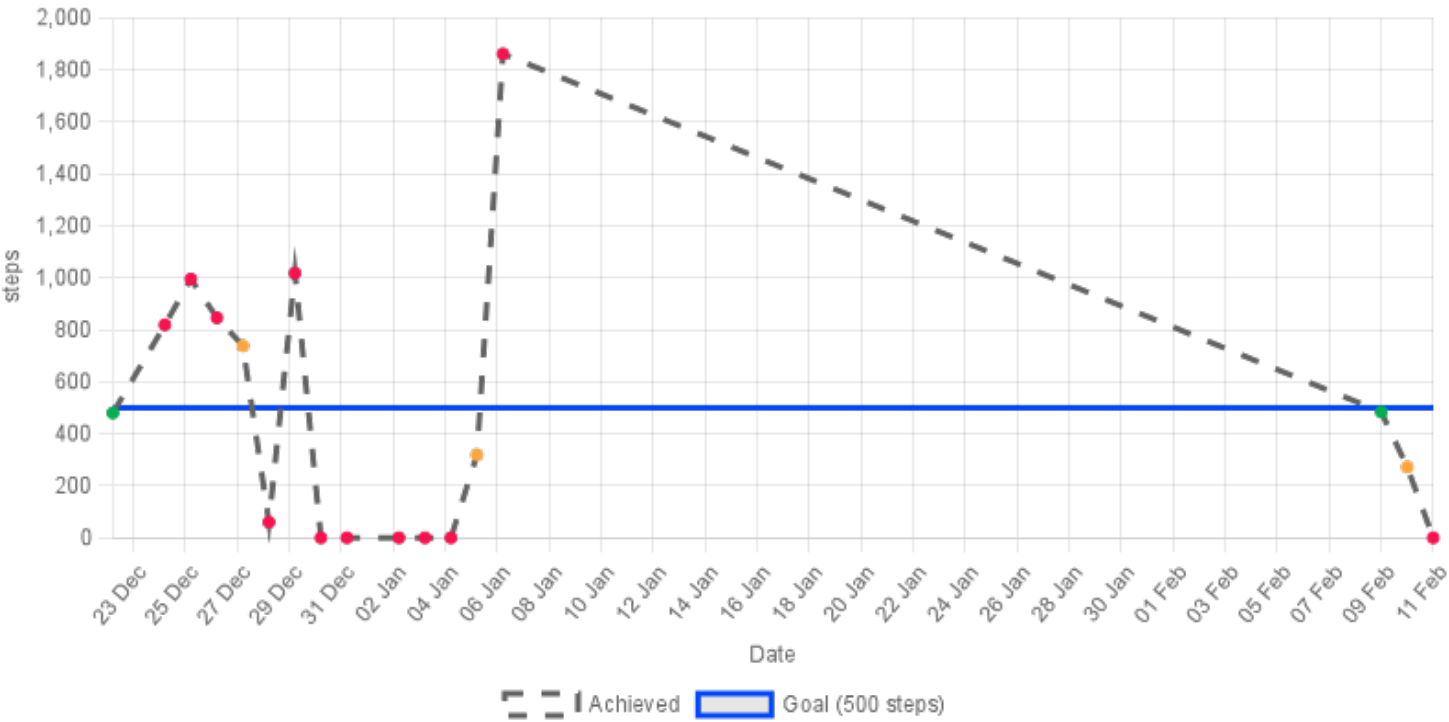
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Step Count (Last 90 days)

Goal: 500.00 steps - Garmin Connect

Actual Average: 464.24 steps



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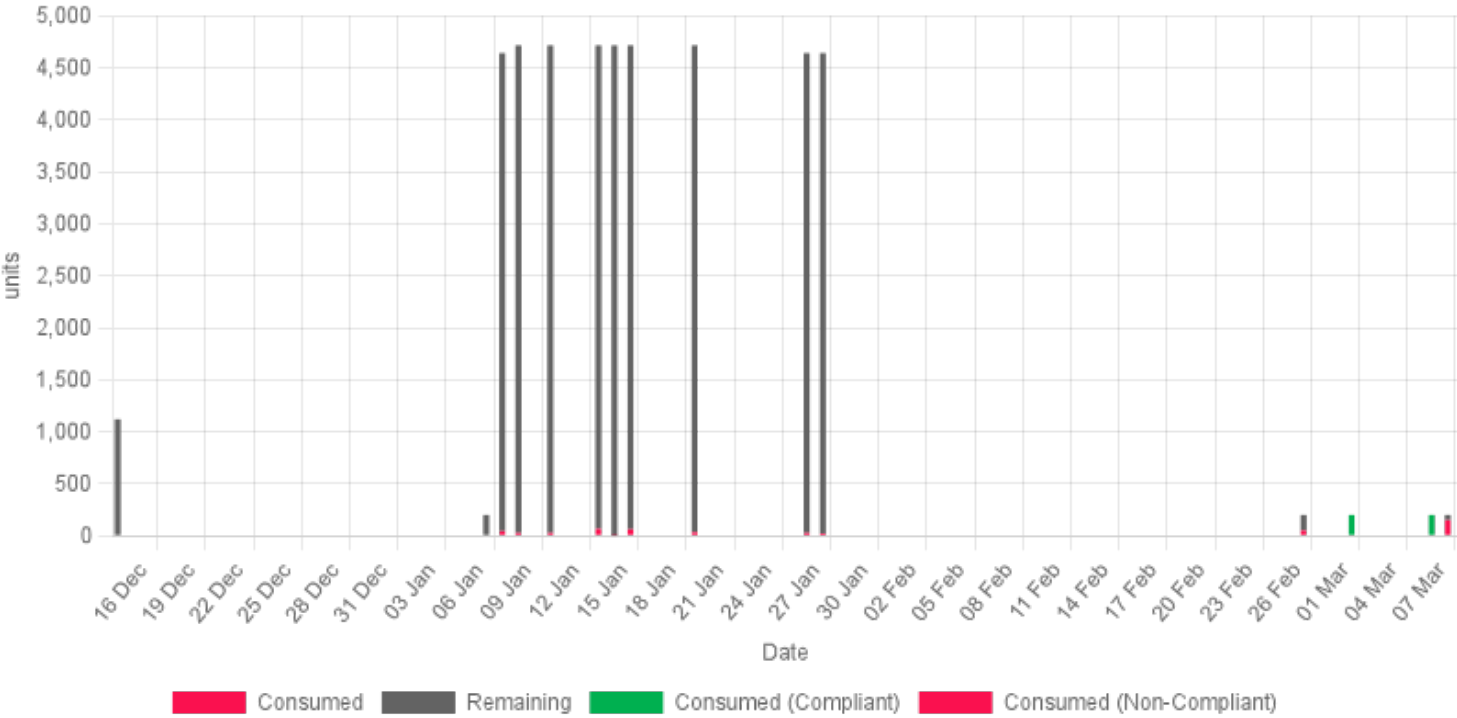
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Medication (Last 90 days)

Goal Average: 0.00 units

Actual Average: 0.00 units



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## **Survey Responses**

### **Survey #1: Test Questionnaire Feb 6 (14 Feb 2025)**

Frequency: DAILY

Submission Status: COMPLETED

**1) How severe was your Headache?**

Rating: 0

**2) How severe was your Vomiting?**

Rating: 0

**3) How severe was your Nausea?**

Rating: 0

**4) How are you feeling today?**

Answer: Sample

**5) How is your headache?**

Answer: Not Present

**6) What did you have today?**

Answer: Fruits

**7) How was your health yesterday?**

Rating: 0

**8) Enter Your Current Weight**

Answer: 90.0 lbs

### **Survey #2: JJan 22 Test QuestionnairesSSSsss (27 Jan 2025)**

Frequency: DAILY

Submission Status: COMPLETED

**1) How severe was your Headache?**

Rating: 4

**2) How severe was your Nausea?**

Rating: 2

**3) How are you feeling today?**

Answer: Kk

**4) How is your headache?**

Answer: Very Bad

**5) What did you have today?**

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Answer: Water, Yogurt, Salad

**6) How was your health yesterday?**

Rating: 1

**7) Enter Your Current Weight**

Answer: 601.0 lbs

**Survey #3: Demo\_Test-1 (21 Jan 2025)**

Frequency: WEEKLY

Submission Status: COMPLETED

**1) How severe was your Headache?**

Rating: 4

**2) Question 1**

Answer: H

**3) Question 2**

Answer: H

**4) how severe was your headache?**

Rating: 6

**5) Do you have fever?**

Answer: G

**6) Enter Your Current Weight**

Answer: 262.0 lbs

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## **Nutrition Assessments**

### **Nutrition Assessment #1 (25 Sep 2024)**

#### **Sub-Assessment #1: SCREENING**

Risk Level: High risk

Score: 4

**1) What is your current weight**

Answer: 80.0 kg

**2) What is your height**

Answer: 178.00 cm

**3) What was your weight 6 months ago?**

Answer: 100 kg

**4) Are you hospitalized and critically ill and/or have been 5 days or more without ingesting regular foods and beverages?**

Answer: YES

#### **Sub-Assessment #2: PG-SGA**

Risk Level: Malnutrition

Score: 11

**1) My current weight is**

Answer: 80.0 kg

**2) My height is**

Answer: 178.00 cm

**3) 1 month ago I weighted about**

Answer: 81 kg

**4) What was your weight 6 months ago?**

Answer: 100 kg

**5) During the past 2 weeks my weight has**

Answer: DECREASED

**6) As compared to my normal intake, I would rate my food intake during the past month as**

Answer: LESS THAN USUAL

**7) I am now taking**

Answer: ONLY LIQUIDS

**8) I have had the following problems that have kept me from eating enough during the past 2 weeks**

Answer: NO APPETITE

**9) Over the past month I would generally rate my activity as**

Answer: NOT FEELING UP TO MOST THINGS

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10) Do the patient has any of the conditions below? Check all that apply

Answer: CANCER

### 11) Fever

Answer: NO FEVER

### 12) Muscle Mass

#### 1) temples (temporalis muscle)

Answer: 0

#### 2) clavicles (pectoralis & deltoids)

Answer: 0

#### 3) shoulders (deltoids)

Answer: 0

#### 4) interosseous muscles

Answer: 0

#### 5) scapula (latissimus dorsi, trapezius, deltoids)

Answer: 0

#### 6) thigh (quadriceps)

Answer: 0

#### 7) calf (gastrocnemius)

Answer: 0

#### 8) Global muscle status rating

Answer: 0

### 13) Fluid status

#### 1) ankle edema

Answer: 0

#### 2) sacral edema

Answer: 0

#### 3) ascites

Answer: 0

#### 4) Global fluid status rating

Answer: 0

### 14) Fat Stores

#### 1) orbital fat pads

Answer: 0

#### 2) triceps skin fold

Answer: 0

#### 3) fat overlying lower ribs

Answer: 0

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4) Global fat deficit rating

Answer: 0

### Sub-Assessment #3: GLIM

Risk Level: severe

1) What is your current weight

Answer: 80.0 kg

2) What is your height

Answer: 178.00 cm

3) What was your weight 6 months ago?

Answer: 100 kg

4) Reduced Muscle mass

Answer: Mild-to-moderate deficit

5) Inflammation

Answer: severe deficit

## Nutrition Assessment #2 (18 Oct 2024)

### Sub-Assessment #1: SCREENING

Risk Level: High risk

Score: 2

1) What is your current weight

Answer: 35.0 kg

2) What is your height

Answer: 91.0 cm

3) What was your weight 6 months ago?

Answer: 35.0 kg

4) Are you hospitalized and critically ill and/or have been 5 days or more without ingesting regular foods and beverages?

Answer: YES

### Sub-Assessment #2: PG-SGA

Risk Level: Malnutrition

Score: 6

1) My current weight is

Answer: 35.0 kg

2) My height is

Answer: 91.0 cm

3) 1 month ago I weighted about

Answer: 35.0 kg

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4) What was your weight 6 months ago?

Answer: 35 kg

**5) During the past 2 weeks my weight has**

Answer: NOT CHANGED

**6) As compared to my normal intake, I would rate my food intake during the past month as**

Answer: NOT CHANGED

**7) I am now taking**

Answer: NONE

**8) I have had the following problems that have kept me from eating enough during the past 2 weeks**

Answer: VOMITING

**9) Over the past month I would generally rate my activity as**

Answer: ABLE TO DO LITTLE THINGS OR SPEND MOST OF ALL DAY IN BED OR CHAIR



## Patient Health Report

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## Patient Notes

### Title: Important Not to self

Must remember to buy more of that oat milk. The one with the blue carton. Or was it teal? Definitely a cool color. And also, did I water the basil? Pretty sure it looked droopy this morning. Speaking of mornings, why do socks always disappear in the dryer? It's like a tiny sock-eating monster lives in there. Maybe I should leave a little fabric softener offering. Or, no, that's silly. But still, where do they go? Also, that bird outside is really insistent today. What's it trying to tell me? Is it a warning? Or just a really enthusiastic song? I should probably check the weather. And also, did I reply to that email? Oh, and the library book is due... tomorrow? Or was it Tuesday? Must. check. Must. Check. And also, where did I put my keys?

Created on: 08 Mar 2025

### Title: Another Note

Must remember to buy more of that oat milk. The one with the blue carton. Or was it teal? Definitely a cool color. And also, did I water the basil? Pretty sure it looked droopy this morning. Speaking of mornings, why do socks always disappear in the dryer? It's like a tiny sock-eating monster lives in there. Maybe I should leave a little fabric softener offering. Or, no, that's silly. But still, where do they go? Also, that bird outside is really insistent today. What's it trying to tell me? Is it a warning? Or just a really enthusiastic song? I should probably check the weather. And also, did I reply to that email? Oh, and the library book is due... tomorrow? Or was it Tuesday? Must. check. Must. Check. And also, where did I put my keys?

*Attachment available*

Created on: 08 Mar 2025