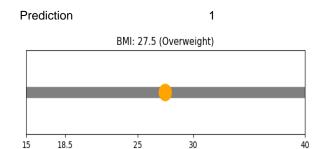
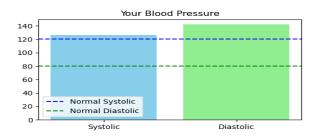
Active



VOXHEART – Heart Disease Report





Al Explanation:

Your cholesterol is mildly elevated; reduce Glucose above normal; cut down on suga Overweight: Aim for 5■10% body weight l You exceeded yo

Limit alcohol: no more than 1 drink/day (w

Try 30 min brisk walking at least 5 days a

Annual cardiovascular screenings are rec