

DIABETES HEALTH CHECKUP REPORT

Patient Information

Age	45 years
Gender	Male
Family History of Diabetes	Yes
Physical Activity Level	Low (Exercise < 2 days/week)

Clinical Measurements

BMI	26.1 kg/m ² (Overweight)
Blood Pressure	135 / 88 mmHg
Glucose Level (Fasting)	138 mg/dL
Insulin Level	28 µIU/mL (High)

Diabetes Risk Assessment

Risk Level	High Risk
Predicted Condition	Type 2 Diabetes Likely
ML Prediction Confidence	89%

Recommendations

- Increase physical activity to at least 30 minutes/day.
- Adopt a low-glycemic balanced diet.
- Monitor glucose and insulin levels regularly.
- Consult a healthcare professional for further evaluation.

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