

Patient Report - ID: 195

Patient Report (Age 45.0, Gender: Male)

- Cholesterol is within safe range.
- Elevated resting blood pressure.
- Low maximum heart rate potential concern.

AI Model Prediction: No Heart Disease

Risk Level: LOW

You're healthy! Maintain a heart-safe lifestyle.

Lifestyle Tips:

- Balanced diet & hydration.
- 30 min light walk/yoga daily.
- 78 hrs sleep, low stress.
- Annual checkups after age 35.