

## Patient Report - ID: 469

Patient Report (Age 63.0, Gender: Female)

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- Cholesterol is within safe range.
- Elevated resting blood pressure.
- Healthy heart rate response.

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.