

# LifeTrack Health Hub

## Personal Health & Wellness Report

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Reg ID: LTHH-2025

Report Type: BMI Health Assessment

Report ID: INV-1-54-20251226145909

Date: 2025-12-26 14:59:09

### PATIENT INFORMATION

Full Name:	Tarun B K	Patient ID:	PID-1
Age:	51 yrs	Gender:	Male
Visit Type:	Self-Assessment	Category:	Wellness Report

### ANTHROPOMETRIC MEASUREMENTS

Height (cm):	140.0 cm	Weight (kg):	52.0 kg
WHO Standard:	Increased Health Risk	Reference:	Global BMI Guidelines

26.53  
OVERWEIGHT

### CLINICAL INTERPRETATION

Health Risk Level: Moderate Risk | WHO Class: Increased Health Risk

Based on the recorded Body Mass Index (BMI) of 26.53, the patient is classified as **Overweight**. BMI is a screening tool used to assess body weight.

### Rx - DOCTOR'S WELLNESS PRESCRIPTION

- Nutrition:** Maintain a balanced calorie intake rich in fiber and lean proteins.
- Dietary:** Minimize intake of refined sugars, processed foods, and high-sodium items.
- Activity:** Aim for 150 minutes of moderate-intensity aerobic activity per week.
- Hydration:** Maintain optimal hydration (2-3L water) and 7-9 hours of restorative sleep.
- Consultation:** Discuss results with your healthcare provider for personalized advice.

#### Primary Consultant:

Dr. Sarah Thompson (MD)  
Endocrinology  
Reg: LT-DR-001

#### Clinical Nutritionist:

Dr. Rajesh Kumar (MS)  
Dietetics & Wellness  
Reg: LT-DR-002

#### General Medicine:

Dr. Anita Desai (MD)  
Internal Medicine  
Reg: LT-DR-003

Authorized Signature  
LifeTrack Health Hub

This report is generated using standard medical BMI calculation guidelines. This is a wellness assessment, not a clinical diagnosis. For personalized medical advice or chronic conditions, please consult a licensed healthcare professional. Digitally signed and verified by LifeTrack Health Hub.