

LifeTrack Health Hub

Personal Health & Wellness Report

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Reg ID: LTHH-2025

Report Type: BMI Health Assessment

Report ID: INV-1-53-20251226145217

Date: 2025-12-26 14:52:17

PATIENT INFORMATION

Full Name:	Tarun B K	Patient ID:	PID-1
Age:	22 yrs	Gender:	Male
Visit Type:	Self-Assessment	Category:	Wellness Report

ANTHROPOMETRIC MEASUREMENTS

Height (cm):	150.0 cm	Weight (kg):	82.0 kg
WHO Standard:	Significant Health Risk	Reference:	Global BMI Guidelines

36.44

OBES

CLINICAL INTERPRETATION

Health Risk Level: High Risk

Based on the recorded Body Mass Index (BMI) of 36.44, the patient is classified as **Obese**. BMI is a screening tool used to assess whether an individual has a healthy body weight for their height. It is important to note that while BMI correlates with body fatness, it does not measure body fat directly. This assessment should be considered alongside other clinical indicators such as waist circumference, dietary habits, and physical activity levels.

Rx - DOCTOR'S WELLNESS PRESCRIPTION

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