

# Cardiac Assessment Report

PATIENT NAME

John Doe

ASSESSMENT DATE

Wed, Jun 25, 2025

GENDER / AGE

MALE / 26 years

REPORT ID

session\_002



## Overall Health Assessment

Your comprehensive health score based on all assessments

17



0

Poor (0-40)

Fair (40-70)

Good (70-85)

Excellent (85-100)



# Key Body Vitals

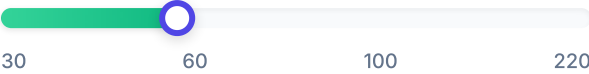


## Heart Rate

NORMAL

The heart rate is the number of times heart beats in a minute. A normal resting heart rate for adults ranges from 60 to 100 beats per minute.

**66.0** beats/min



## Blood Pressure

NORMAL

Blood pressure is a measure of the force that the heart uses to pump blood around the body.

**110/75** mmHg

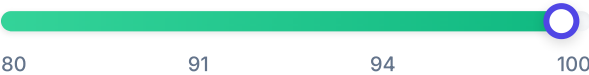


## Oxygen Saturation

NORMAL

Oxygen saturation (SpO2) is the measurement of how much oxygen the blood is carrying.

**95.0** %



## Respiratory Rate

NORMAL

The number of breaths taken per minute.

**19.0** breaths/min





# Cardiovascular Endurance



## Cardiac Output

NORMAL

The amount of blood your heart pumps in one minute.

5.7 L/min

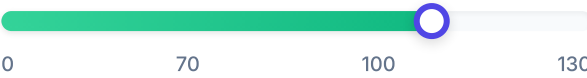


## MAP (Mean Arterial Pressure)

NORMAL

Average arterial pressure throughout one cardiac cycle.

95.3 mmHg



## Heart Rate Reserve

The difference between maximum and resting heart rate.

125 bpm

## Exercise Performance

POOR

Your cardiovascular performance during the jog test.

15.2 %



# Body Composition



BMI

UNDERWEIGHT

Body Mass Index - a measure of body fat based on height and weight.

9.5 kg/m<sup>2</sup>



Body Fat

LOW

Percentage of total body weight that is fat.

-0.9 %

Metabolic Age

EXCELLENT

How your body's metabolism compares to your chronological age.

15.0 years



## Key Health Insights

🎯 **Health Priority Alert:** Your score of 17% suggests significant opportunities for health improvement. Consider working with healthcare professionals to develop a comprehensive wellness plan.

📊 **Body Composition:** Your BMI of 9.5 indicates you're underweight. Focus on nutrient-dense foods and strength training to build healthy muscle mass.

❤️ **Cardiovascular Health:** Your resting heart rate of 66 bpm is within the normal range, indicating good cardiovascular efficiency.

😓 **Stress Alert:** Your stress index of 1.6 suggests elevated stress levels. Implement stress reduction strategies for better health.



# Personalized Recommendations



## Cardiovascular Exercise Program

Start with 20-30 minutes of moderate cardio 3x per week. Activities like brisk walking, swimming, or cycling will improve your cardiovascular endurance. Gradually increase duration and intensity as your fitness improves.



## Healthy Weight Gain Strategy

Increase caloric intake with nutrient-rich foods. Add healthy snacks between meals, include protein with each meal, and consider strength training to build muscle mass.



## Stress Reduction Techniques

Practice daily meditation or deep breathing exercises for 10-15 minutes. Consider yoga, progressive muscle relaxation, or mindfulness apps. Ensure 7-9 hours of quality sleep nightly.



## Recovery and Flexibility

Dedicate 10-15 minutes daily to stretching and mobility work. Include foam rolling, dynamic stretches before exercise, and static stretches after. Prioritize rest days for optimal recovery.



## Regular Health Monitoring

Schedule follow-up assessments every 3-6 months to track progress. Keep a health journal documenting exercise, nutrition, and how you feel. This helps identify patterns and optimize your health strategy.



### Important Medical Disclaimer

This health assessment report is generated based on the data collected during your assessment session. It provides general health insights and should not replace professional medical advice, diagnosis, or treatment. Always consult with qualified healthcare professionals for medical decisions and before making any changes to your health regimen.

#### Report Information

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