

# COMPREHENSIVE HEALTH MONITORING REPORT

## SESSION INFORMATION

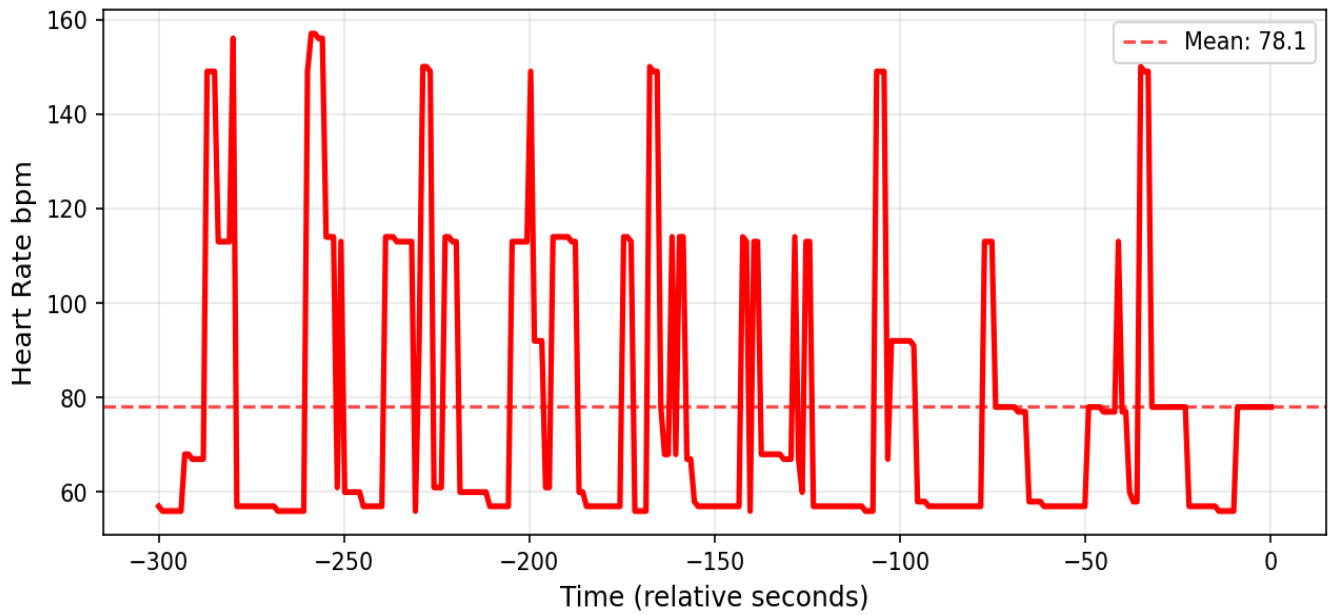
Parameter	Value
Start Time	2025-09-09 14:37:17
End Time	2025-09-09 14:39:51
Duration	30 seconds
Total Frames Captured	900
Total Measurements	600
Calculations Performed	600

## FINAL HEALTH MEASUREMENTS

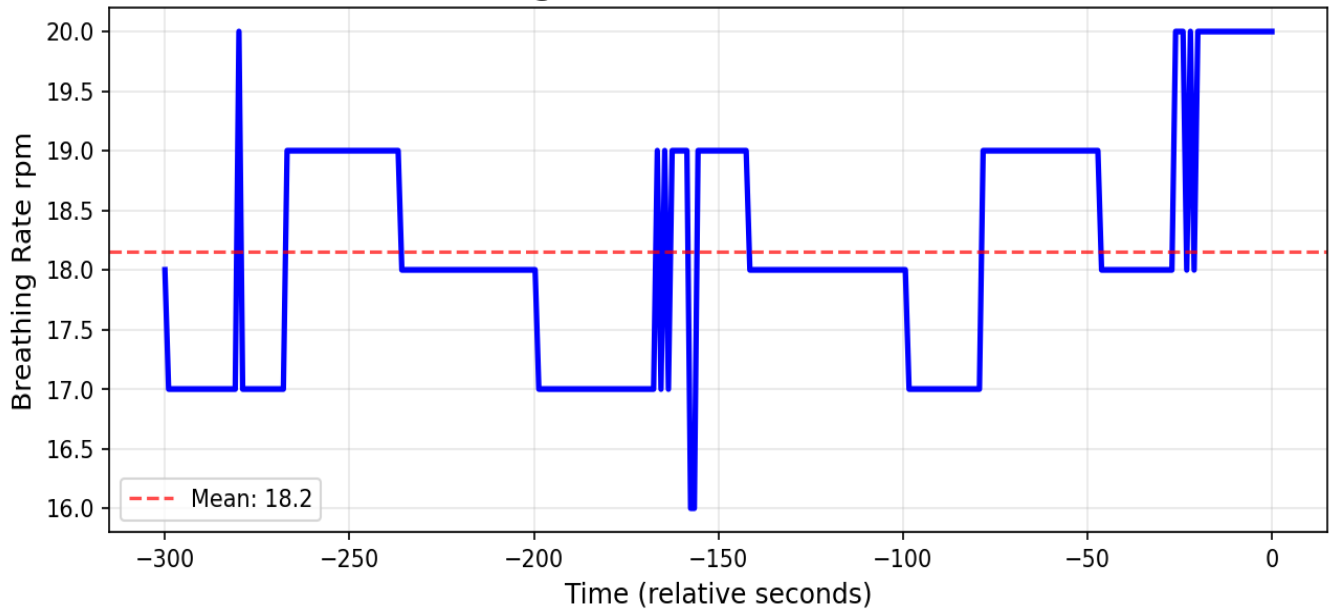
Metric	Value	Status
Heart Rate	78 bpm	Normal
Breathing Rate	20 rpm	Normal
Blood Pressure	115/77 mmHg	Normal
HRV	100 ms	Good
Stress Index	0.17	Low
Parasympathetic Activity	50%	Fair
Wellness Score	79/100	Excellent

# HEALTH METRICS TREND ANALYSIS

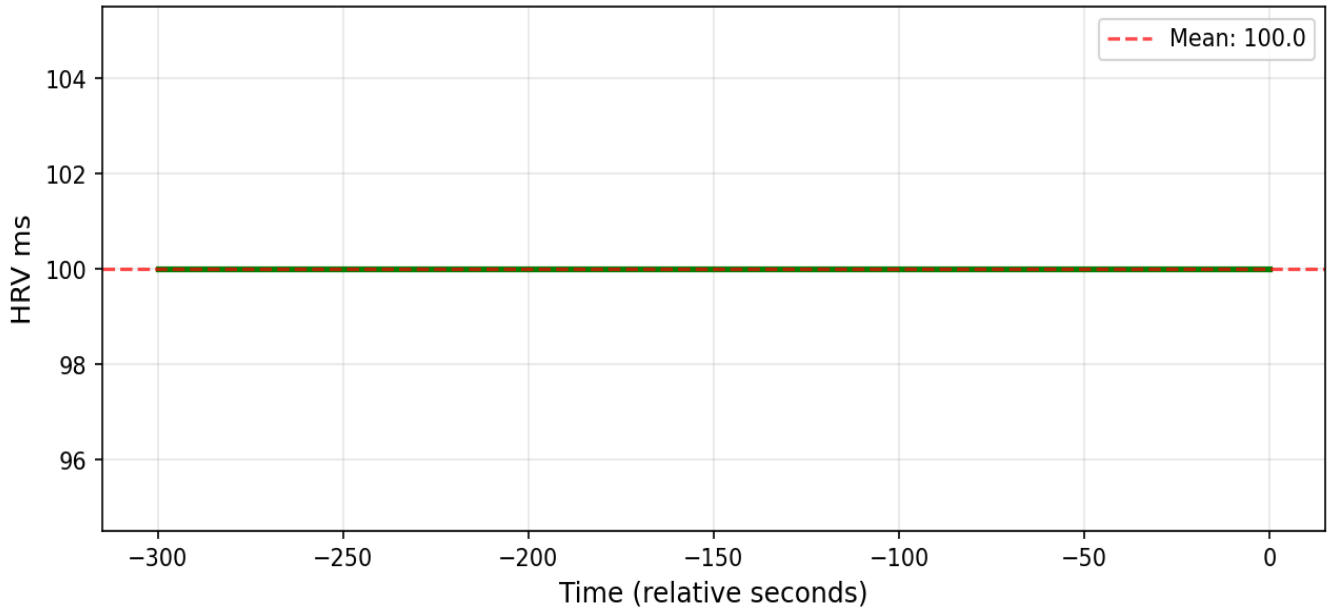
## Heart Rate Trend Over 30 Seconds



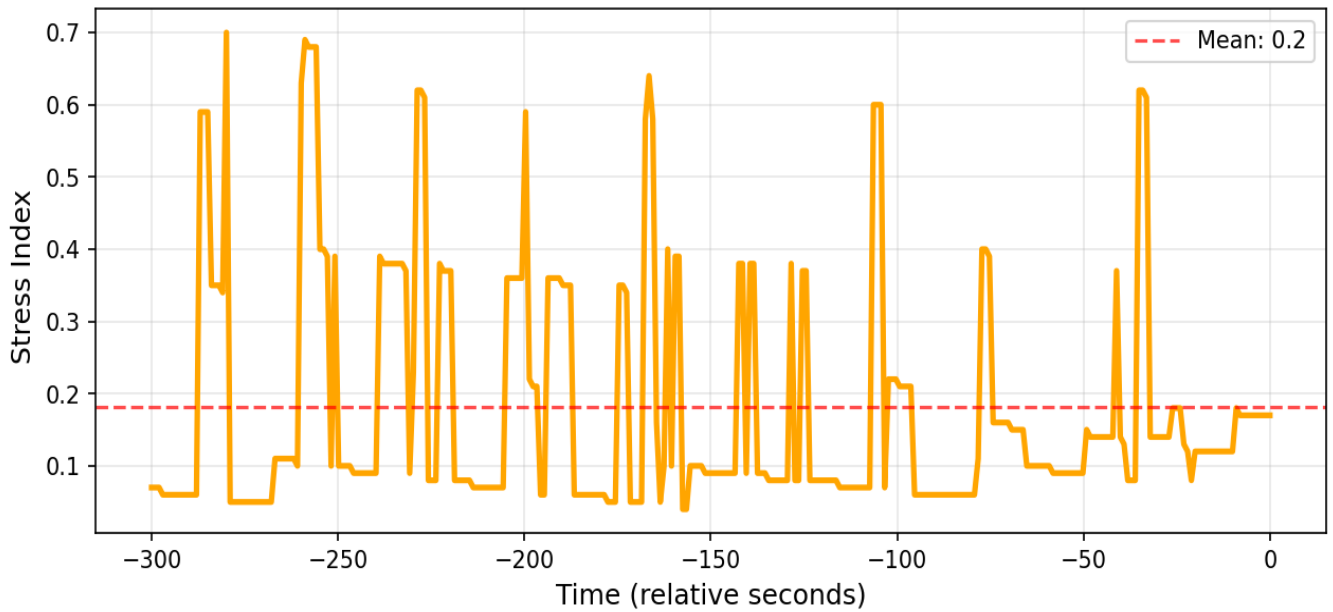
## Breathing Rate Trend Over 30 Seconds



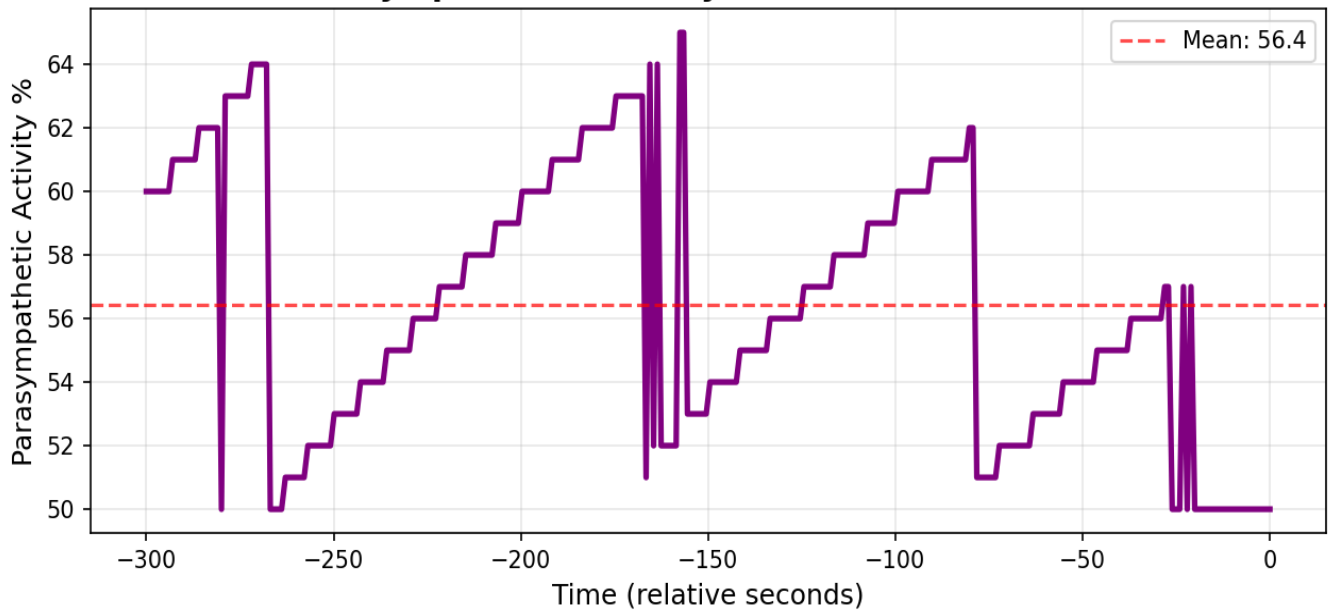
**HRV Trend Over 30 Seconds**



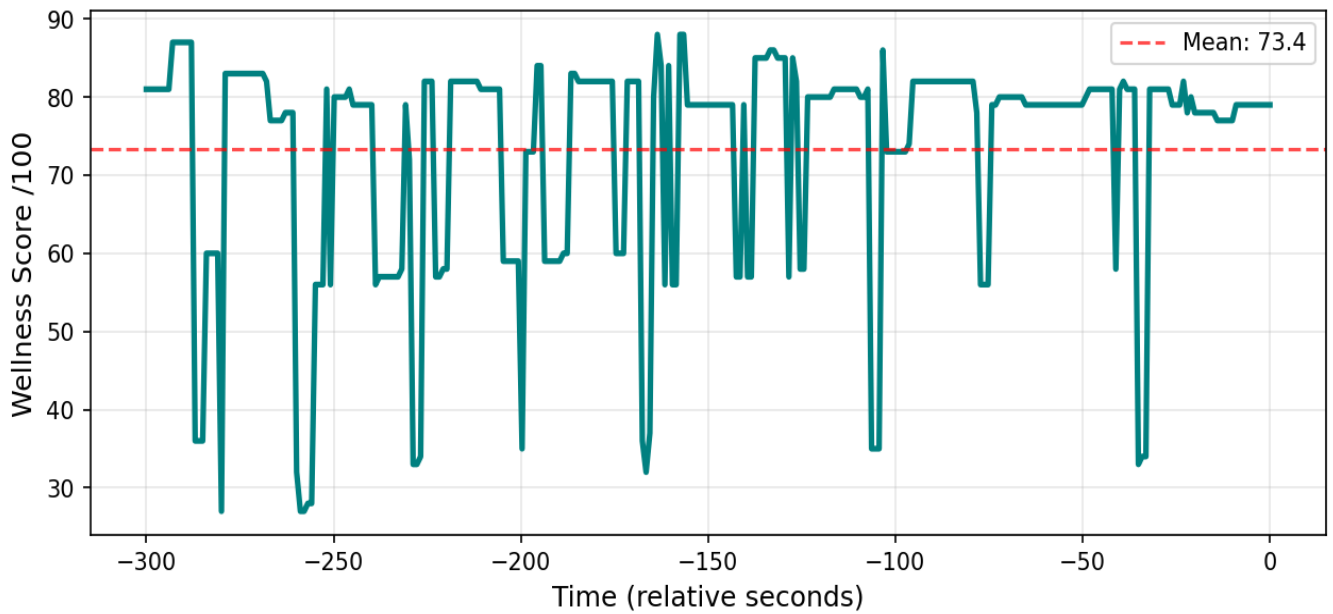
**Stress Index Trend Over 30 Seconds**



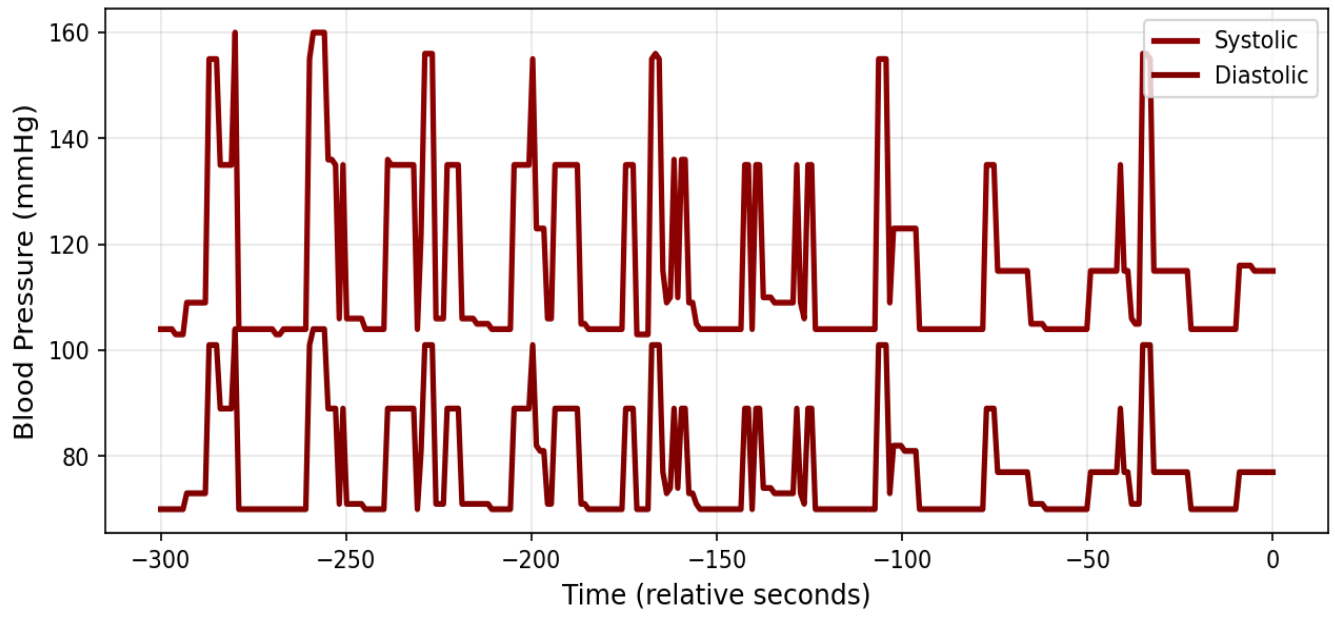
**Parasympathetic Activity Trend Over 30 Seconds**



**Wellness Score Trend Over 30 Seconds**

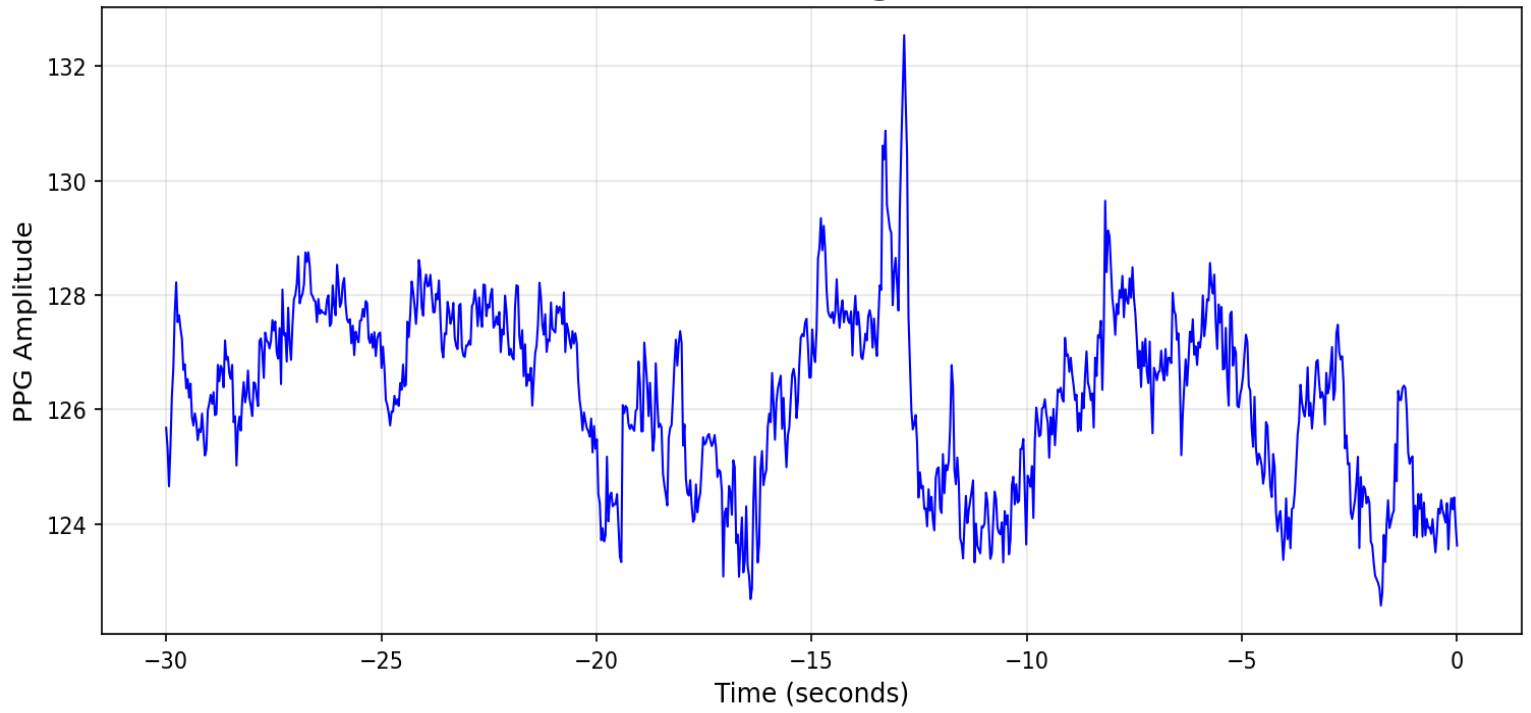


**Blood Pressure Trend Over 30 Seconds**



# RAW SIGNAL ANALYSIS

Raw PPG Signal



## HEALTH INTERPRETATION

• Heart Rate: Normal range (60-100 bpm). • Blood Pressure: Normal (<120/80 mmHg). • Heart Rate Variability: Good - indicates healthy autonomic nervous system. • Stress Level: Low - maintaining good stress management. • Overall Wellness: Excellent - maintaining good health habits.

## RECOMMENDATIONS

GENERAL RECOMMENDATIONS: • Maintain regular exercise routine (150 minutes moderate activity per week) • Practice stress management techniques (meditation, deep breathing) • Ensure adequate sleep (7-9 hours per night) • Stay hydrated and maintain balanced nutrition  
DISCLAIMER: This is a demonstration tool for educational purposes. Measurements are estimates and should not replace professional medical advice. Consult healthcare professionals for medical concerns.