

Family Health Summary Report

FAMILY HEALTH OVERVIEW

Snapshot ID: 20251130_1b616368

Generated: 2025-11-30 22:01

Individuals: 5

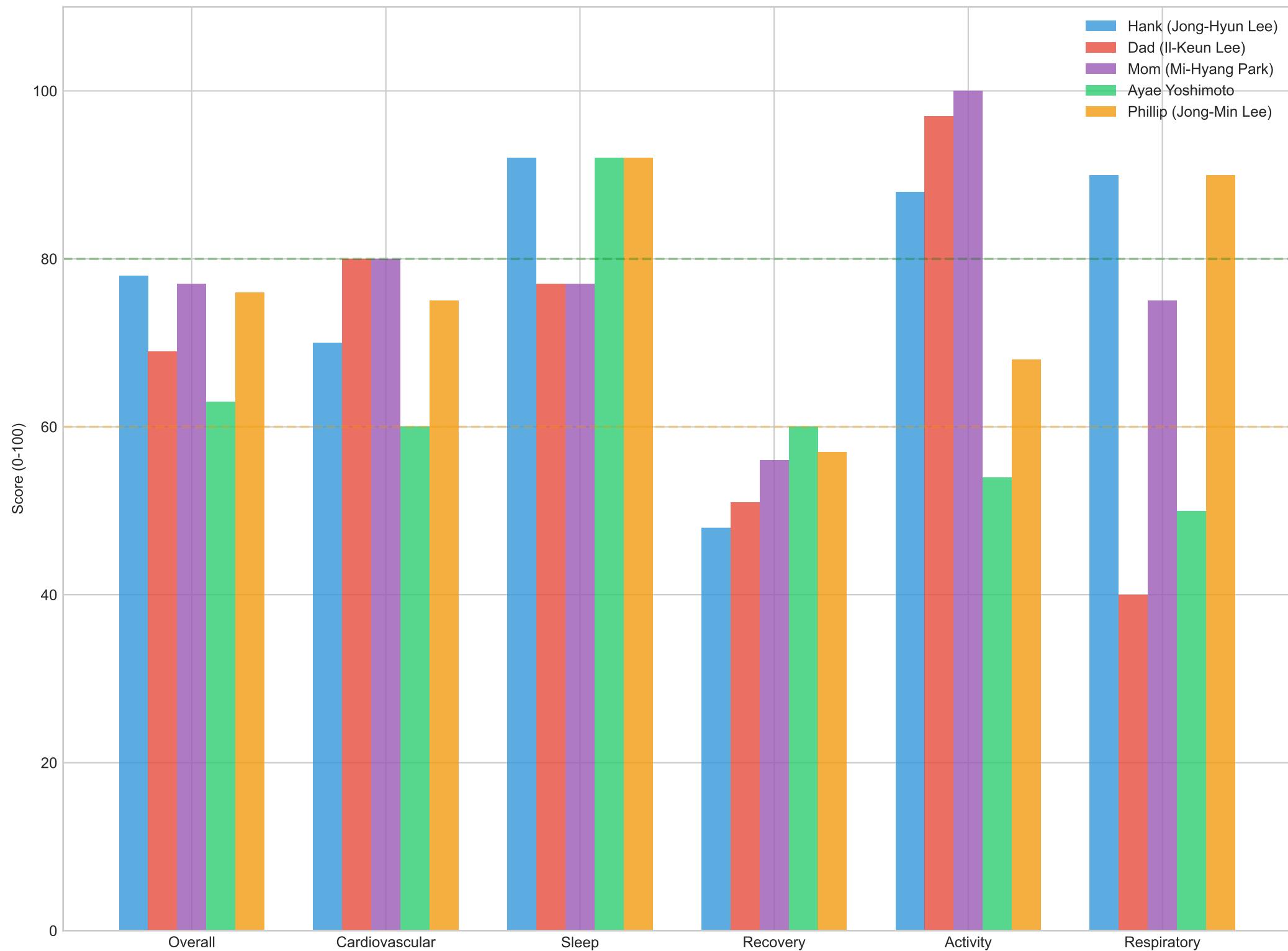
HEALTH SCORES SUMMARY

| Person | Age | Overall | CV | Sleep | Recovery |
|------------------------|-----|---------|----|-------|----------|
| Hank (Jong-Hyun Lee) | 32 | 78 | 70 | 92 | 48 |
| Dad (Il-Keun Lee) | 62 | 69 | 80 | 77 | 51 |
| Mom (Mi-Hyang Park) | 60 | 77 | 80 | 77 | 56 |
| Ayae Yoshimoto | 31 | 63 | 60 | 92 | 60 |
| Phillip (Jong-Min Lee) | 28 | 76 | 75 | 92 | 57 |

TOP FAMILY CONCERNS

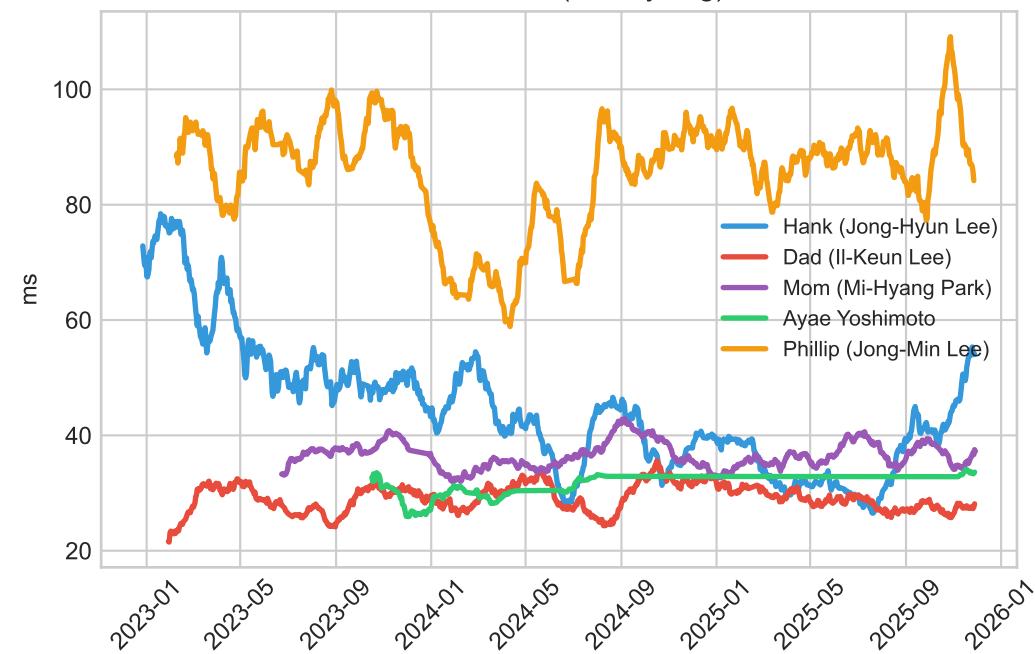
- Hank (Jong-Hyun Lee): Respiratory - 8.2% of nights with Sp02 < 95%...
- Hank (Jong-Hyun Lee): Sleep - Insufficient sleep duration (6.4 hours avg)...
- Hank (Jong-Hyun Lee): Sleep Debt - Chronic sleep debt (69.0 min average)...
- Hank (Jong-Hyun Lee): Recovery - High percentage of poor recovery days (31.9%)...
- Dad (Il-Keun Lee): Respiratory - 92.6% of nights with Sp02 < 95%...

Health Score Comparison

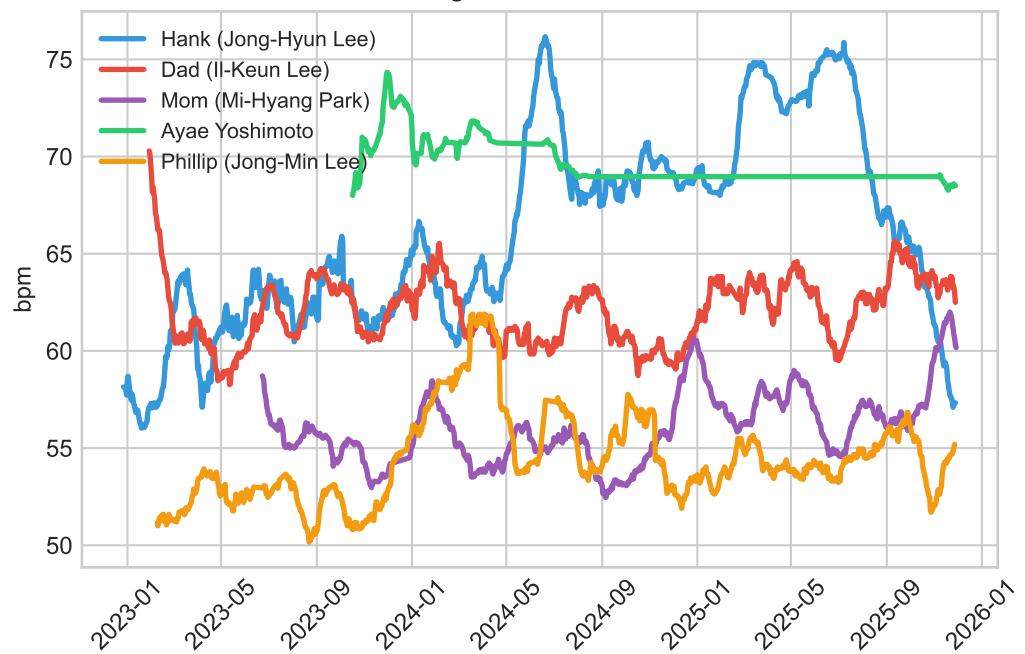


Key Metric Trends

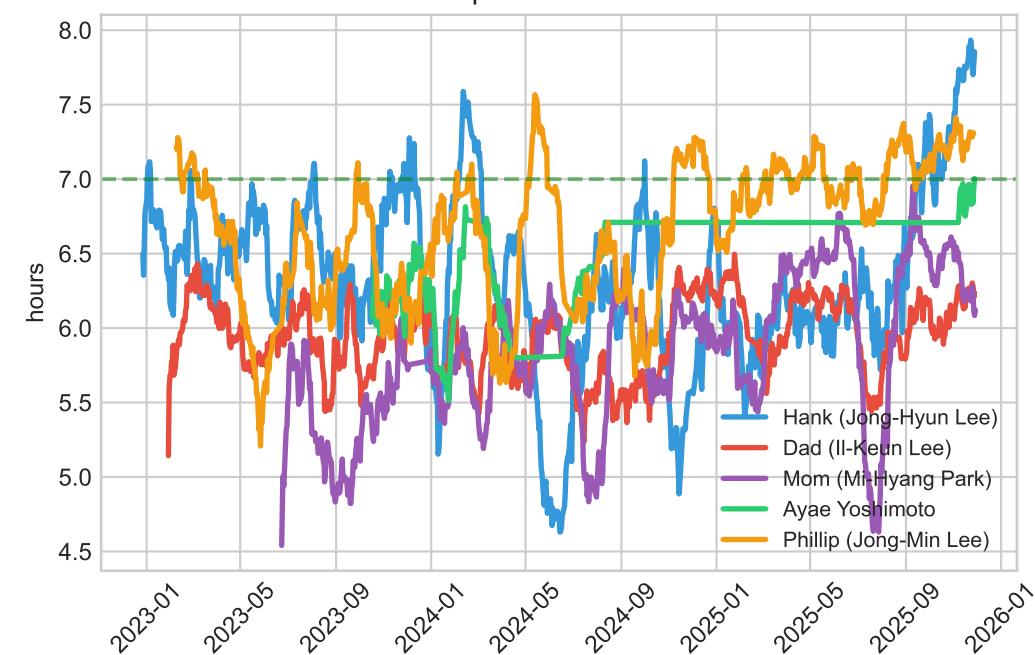
HRV Trends (30-day avg)



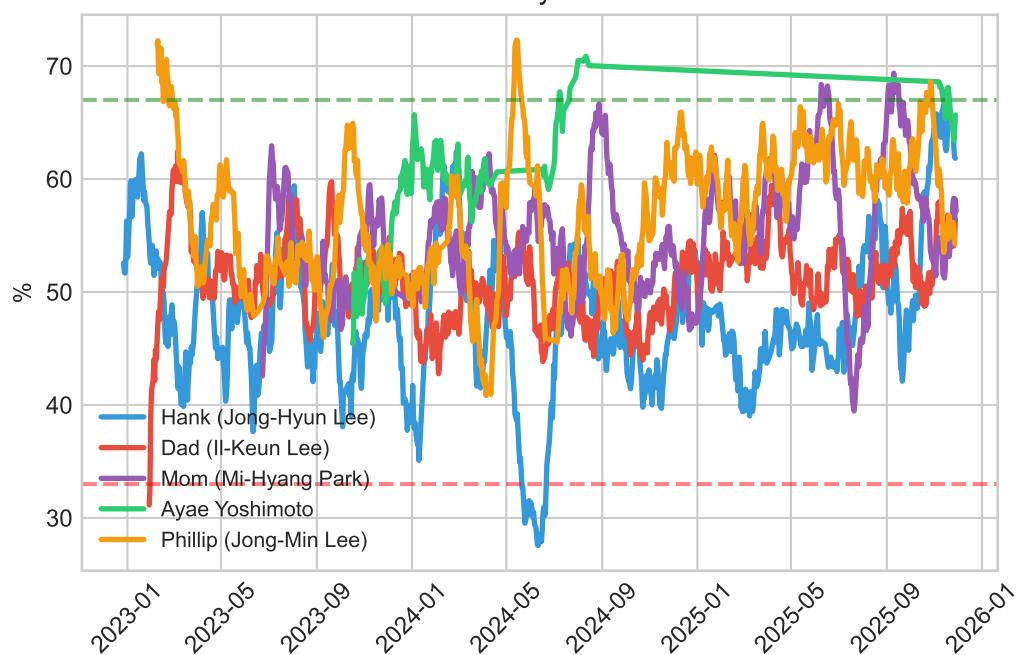
Resting Heart Rate Trends



Sleep Duration Trends



Recovery Trends



Hank (Jong-Hyun Lee) - Quick Summary



Hank (Jong-Hyun Lee)

Age: 32 (Male)

Data: 1025 days

KEY METRICS

RHR: 66 bpm (average)

HRV: 45 ms (good)

Sleep: 6.4 hrs (acceptable)

SpO2: 96.8% (normal)

Recovery: 48% (26% green days)

RECOMMENDATIONS

[HIGH] Respiratory

[HIGH] Sleep

[HIGH] Sleep Debt

Dad (Il-Keun Lee) - Quick Summary



Dad (Il-Keun Lee)

Age: 62 (Male)

Data: 1030 days

KEY METRICS

RHR: 62 bpm (good)

HRV: 29 ms (good)

Sleep: 5.9 hrs (short)

SpO2: 91.5% (concerning)

Recovery: 51% (28% green days)

RECOMMENDATIONS

[HIGH] Respiratory

[HIGH] Sleep

[HIGH] Sleep Debt

Mom (Mi-Hyang Park) - Quick Summary



Mom (Mi-Hyang Park)

Age: 60 (Female)

Data: 867 days

KEY METRICS

RHR: 56 bpm (good)

HRV: 37 ms (good)

Sleep: 5.9 hrs (short)

SpO2: 92.7% (low normal)

Recovery: 56% (32% green days)

RECOMMENDATIONS

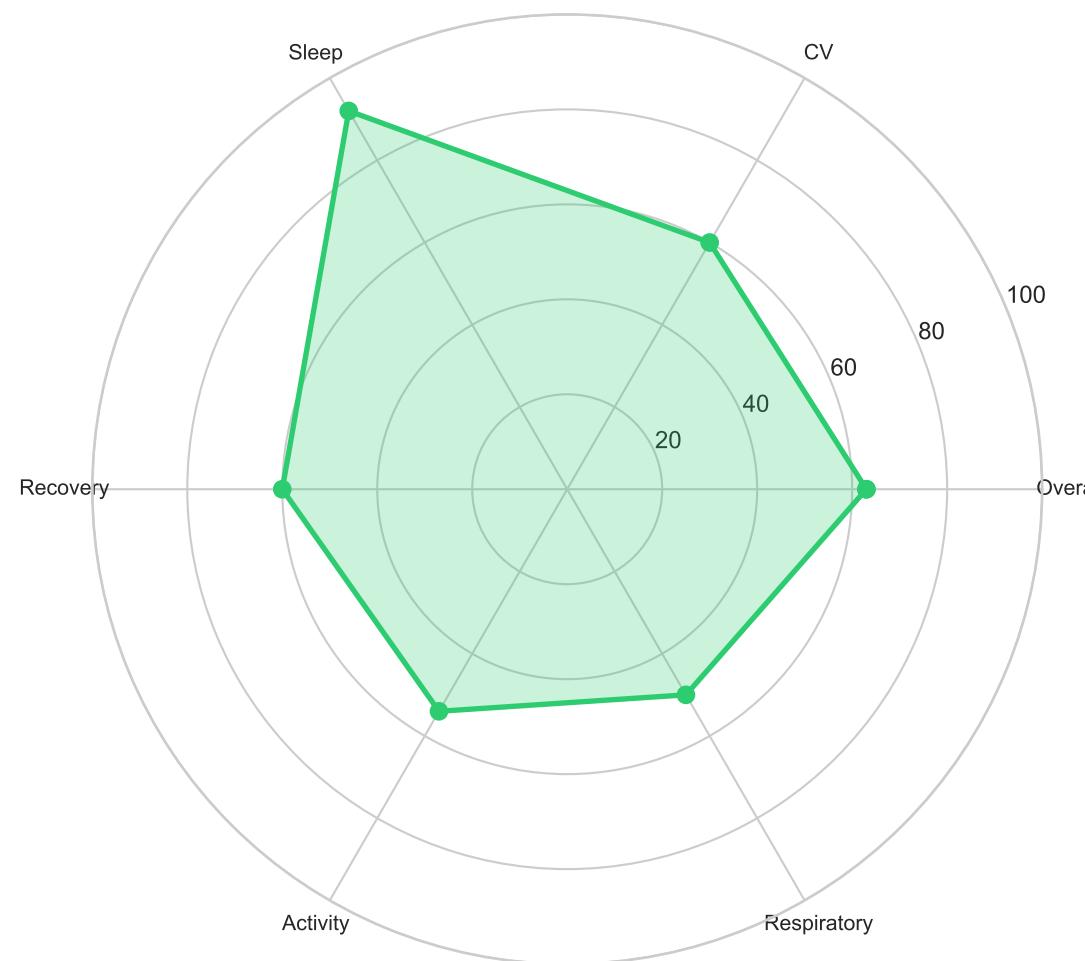
[HIGH] Respiratory

[HIGH] Sleep

[HIGH] Sleep Debt

Ayae Yoshimoto - Quick Summary

Health Profile



Ayae Yoshimoto

Age: 31 (Female)

Data: 228 days

KEY METRICS

RHR: 70 bpm (average)

HRV: 30 ms (average)

Sleep: 6.4 hrs (acceptable)

SpO2: 94.9% (unknown)

Recovery: 60% (41% green days)

RECOMMENDATIONS

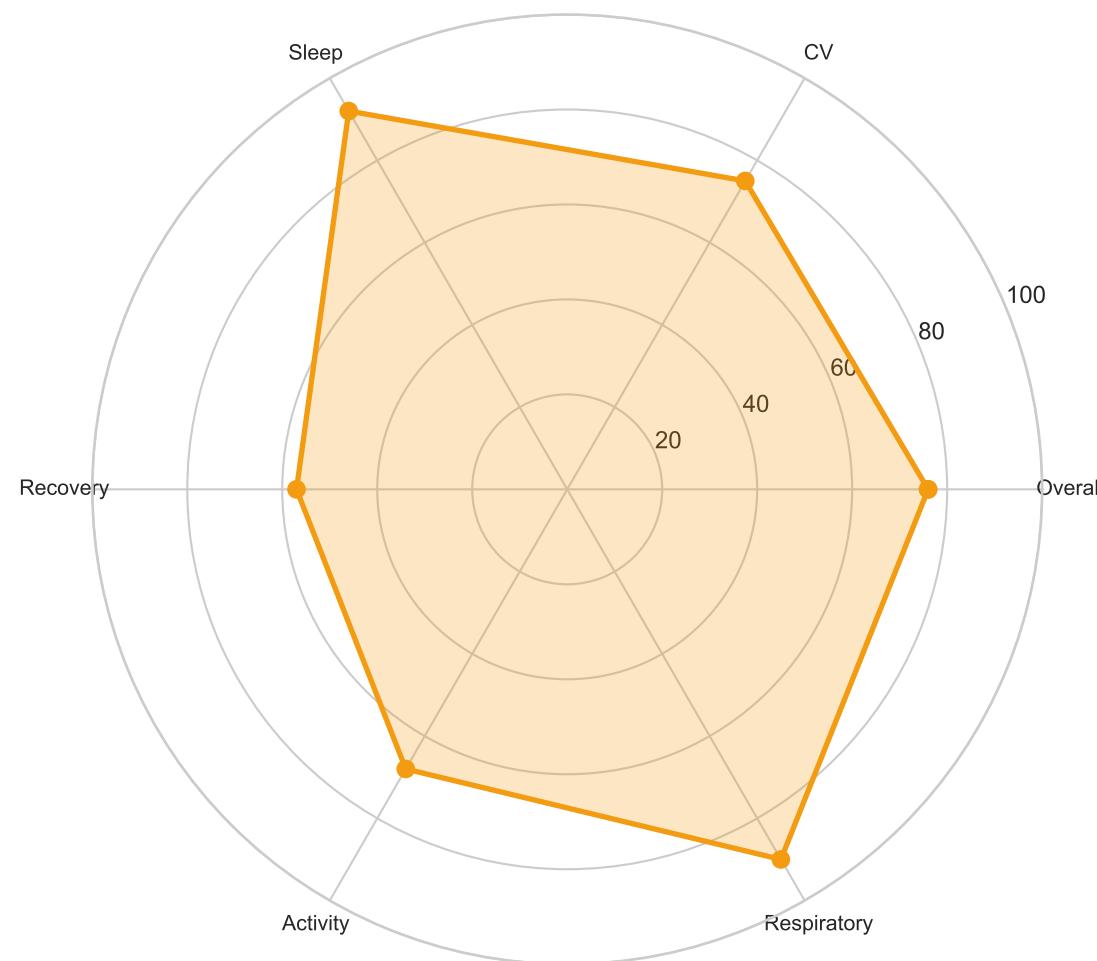
[HIGH] Respiratory

[HIGH] Sleep

[MEDIUM] Activity

Phillip (Jong-Min Lee) - Quick Summary

Health Profile



Phillip (Jong-Min Lee)

Age: 28 (Male)

Data: 954 days

KEY METRICS

RHR: 54 bpm (unknown)

HRV: 86 ms (excellent)

Sleep: 6.7 hrs (acceptable)

SpO2: 95.2% (normal)

Recovery: 57% (40% green days)

RECOMMENDATIONS

[HIGH] Respiratory

[HIGH] Sleep

[MEDIUM] Activity

METHODOLOGY & CITATIONS

This health analysis uses evidence-based medical benchmarks from the following sources:

CARDIOVASCULAR METRICS

Resting Heart Rate:

Source: American Heart Association (AHA) 2024

URL: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

Heart Rate Variability:

Source: Whoop & Clinical Studies Meta-Analysis 2024

Note: HRV benchmarks are age-adjusted, as HRV naturally declines with age.

RESPIRATORY METRICS

Blood Oxygen (SpO2):

Source: WHO & CDC Pulse Oximetry Guidelines 2024

Normal range: 95-100%

Respiratory Rate:

Source: Clinical Guidelines (Cleveland Clinic 2024)

Normal range: 12-16 breaths/min

SLEEP METRICS

Duration & Architecture:

Source: National Sleep Foundation 2024

Optimal duration: 7-9 hours for adults

DISCLAIMER

This analysis is for informational purposes only and should not replace professional medical advice. For any health concerns, consult with qualified healthcare providers.