

# Family Health Summary Report

## FAMILY HEALTH OVERVIEW

Snapshot ID: 20251125\_e9092910  
Generated: 2025-11-25 16:47  
Individuals: 5

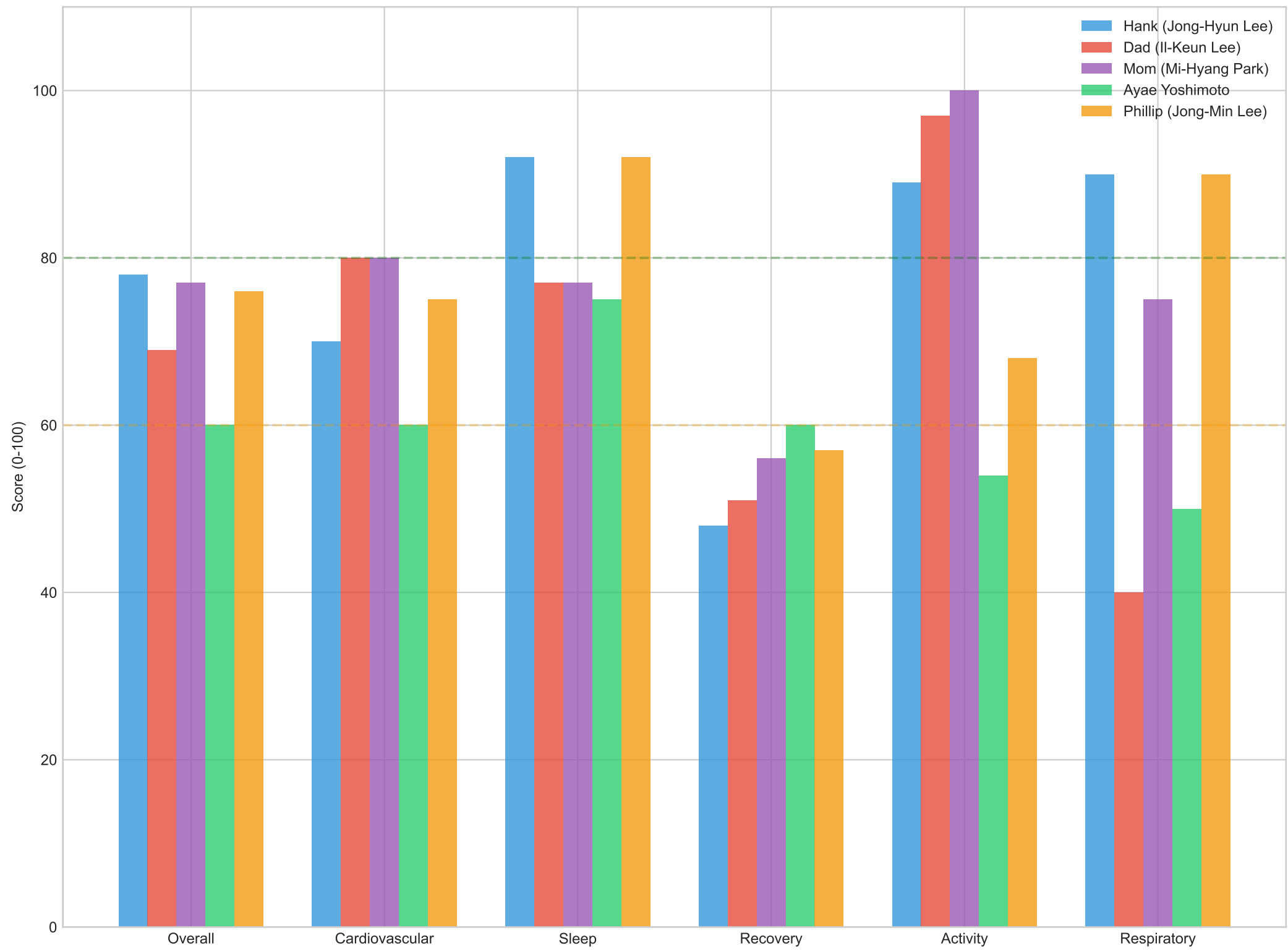
## HEALTH SCORES SUMMARY

| 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  | 60      | 60 | 75    | 60       |
| Phillip (Jong-Min Lee) | 28  | 76      | 75 | 92    | 57       |

## TOP FAMILY CONCERNS

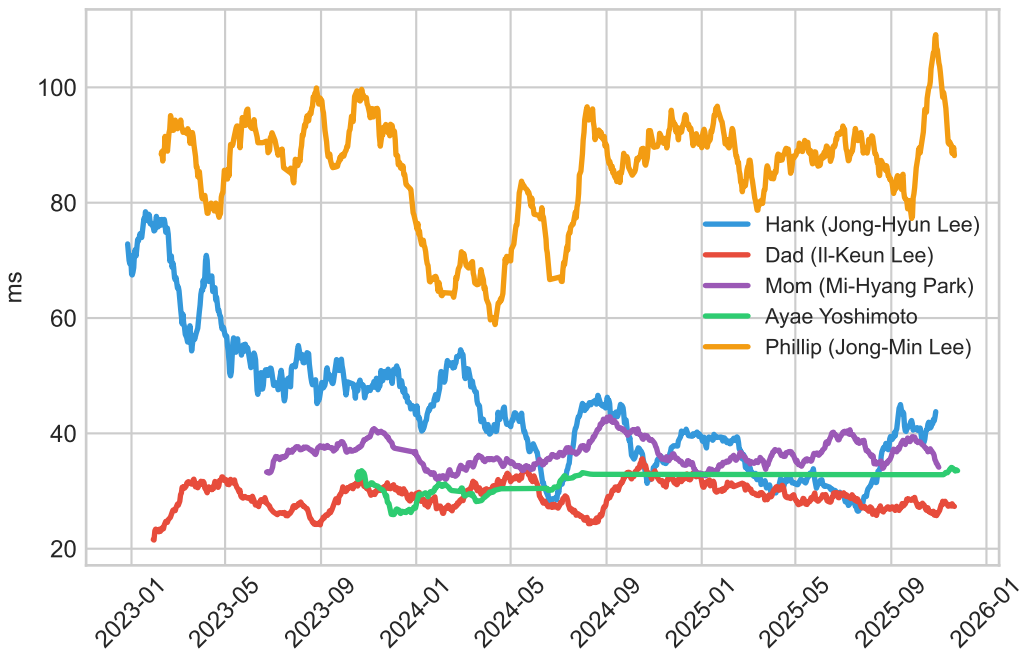
- Hank (Jong-Hyun Lee): Respiratory - 7.7% of nights with SpO2 < 95%...
- Hank (Jong-Hyun Lee): Sleep - Insufficient sleep duration (6.3 hours avg)...
- Hank (Jong-Hyun Lee): Sleep Debt - Chronic sleep debt (71.0 min average)...
- Hank (Jong-Hyun Lee): Recovery - High percentage of poor recovery days (32.8%)...
- Dad (Il-Keun Lee): Respiratory - 92.6% of nights with SpO2 < 95%...

# Health Score Comparison

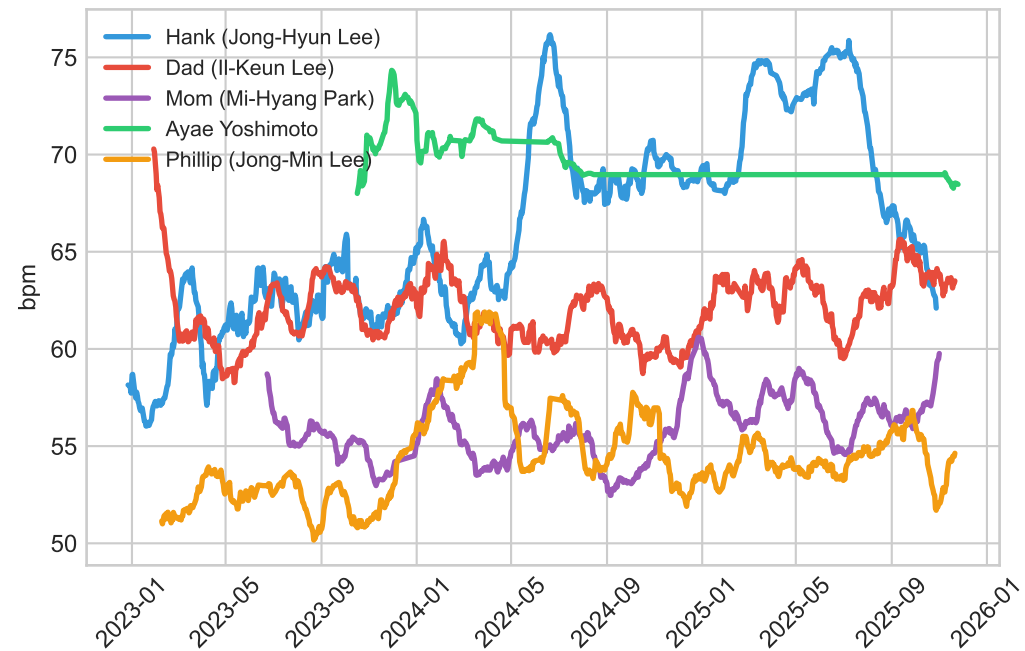


# Key Metric Trends

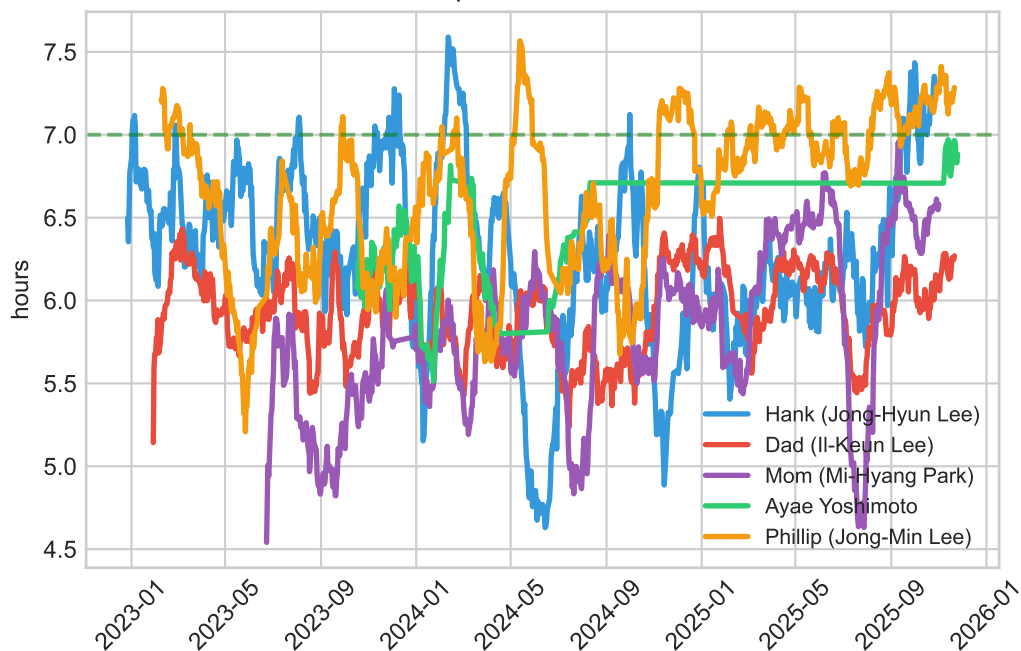
## HRV Trends (30-day avg)



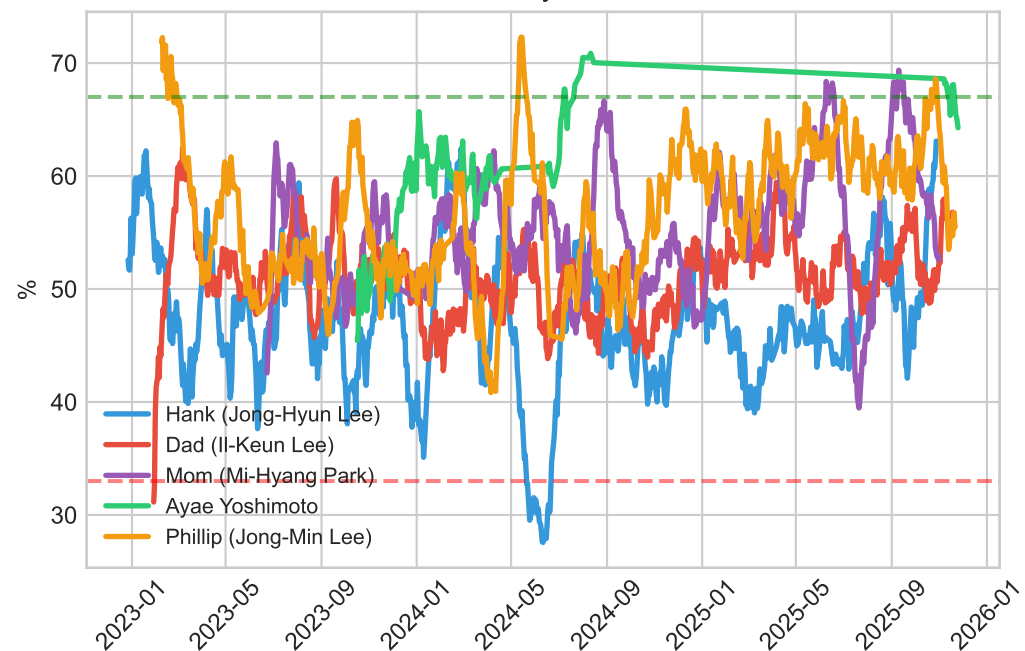
## Resting Heart Rate Trends



## Sleep Duration Trends



## Recovery Trends



# Hank (Jong-Hyun Lee) - Quick Summary

## Health Profile



Hank (Jong-Hyun Lee)  
Age: 32 (Male)  
Data: 994 days

### KEY METRICS

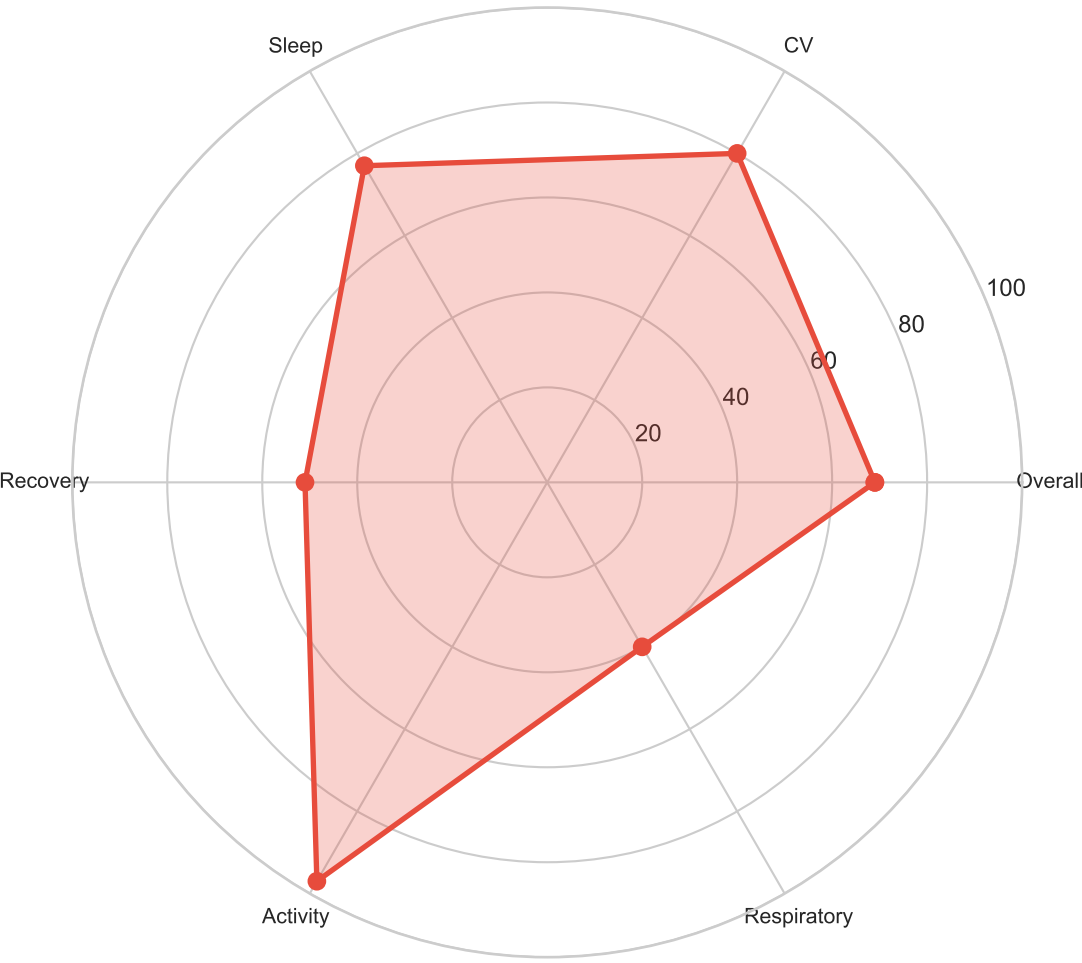
RHR: 66 bpm (average)  
HRV: 45 ms (good)  
Sleep: 6.3 hrs (acceptable)  
SpO2: 96.9% (normal)  
Recovery: 48% (26% green days)

### RECOMMENDATIONS

[HIGH] Respiratory  
[HIGH] Sleep  
[HIGH] Sleep Debt

# Dad (Il-Keun Lee) - Quick Summary

## Health Profile



Dad (Il-Keun Lee)  
Age: 62 (Male)  
Data: 1023 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

## Health Profile



Mom (Mi-Hyang Park)  
Age: 60 (Female)  
Data: 839 days

### KEY METRICS

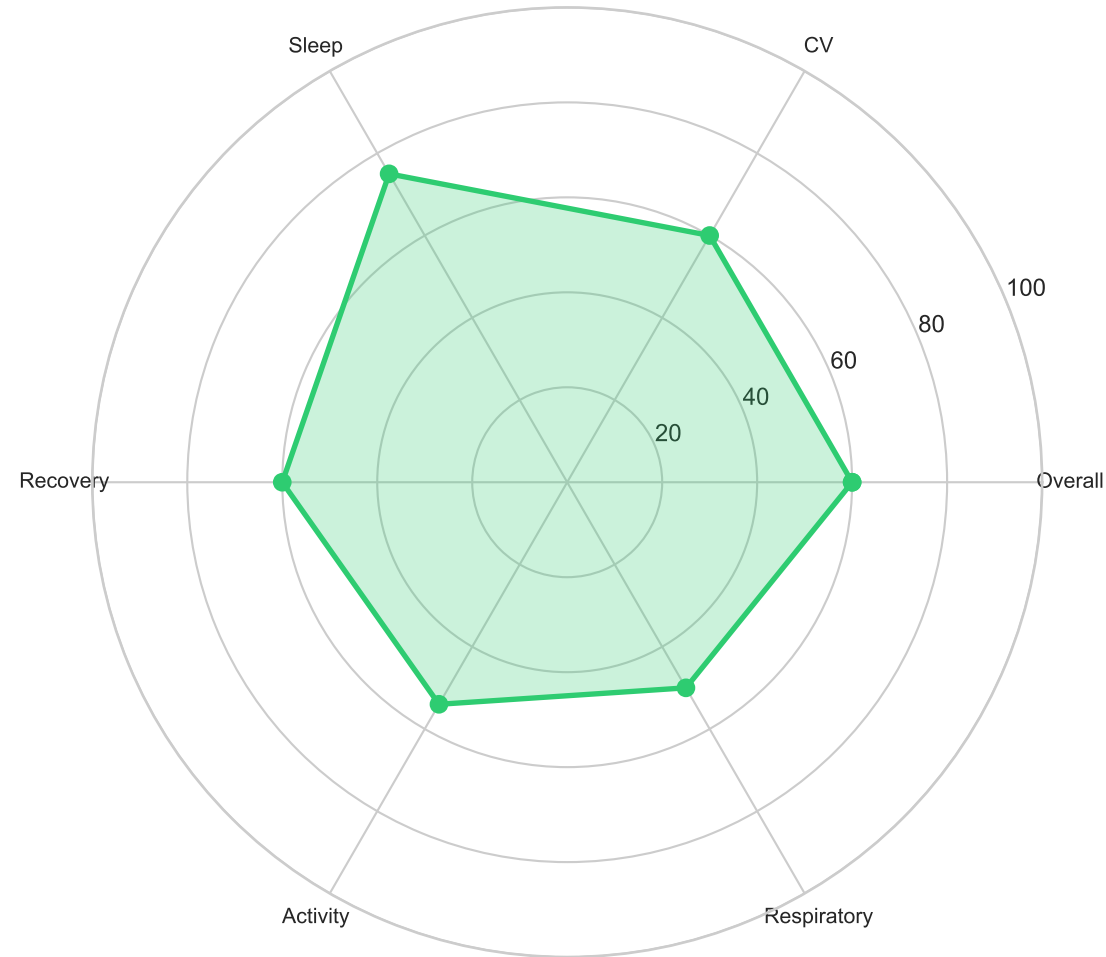
RHR: 56 bpm (good)  
HRV: 36 ms (good)  
Sleep: 5.9 hrs (short)  
SpO2: 92.7% (low normal)  
Recovery: 56% (33% green days)

### RECOMMENDATIONS

[HIGH] Respiratory  
[HIGH] Sleep  
[HIGH] Sleep Debt

# Ayae Yoshimoto - Quick Summary

## Health Profile



Ayae Yoshimoto  
Age: 31 (Female)  
Data: 225 days

### KEY METRICS

RHR: 71 bpm (average)  
HRV: 30 ms (average)  
Sleep: 6.3 hrs (acceptable)  
SpO2: 94.9% (unknown)  
Recovery: 60% (40% green days)

### RECOMMENDATIONS

[HIGH] Respiratory  
[HIGH] Sleep  
[MEDIUM] Activity

# Phillip (Jong-Min Lee) - Quick Summary

Phillip (Jong-Min Lee)  
Age: 28 (Male)  
Data: 948 days

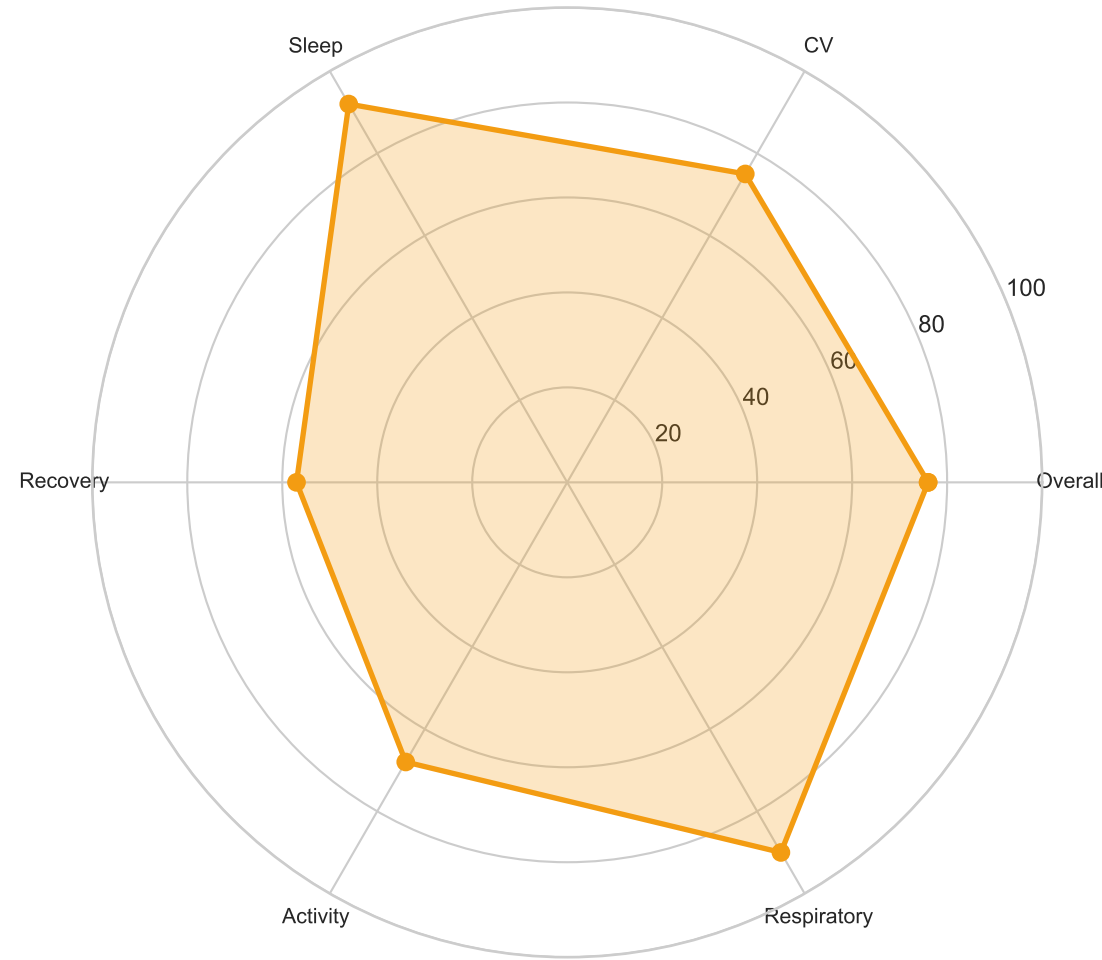
## KEY METRICS

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

## Health Profile





## METHODOLOGY & CITATIONS

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

### CARDIOVASCULAR METRICS

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#### 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

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#### 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

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#### Duration & Architecture:

Source: National Sleep Foundation 2024

Optimal duration: 7-9 hours for adults

### DISCLAIMER

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

Generated by Health Analysis Pipeline v1.0.0

Analysis Date: 2025-11-25