

# Family Health Summary Report

## FAMILY HEALTH OVERVIEW

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Snapshot ID: 20251125\_e9092910

Generated: 2025-11-25 16:47

Individuals: 5

## HEALTH SCORES SUMMARY

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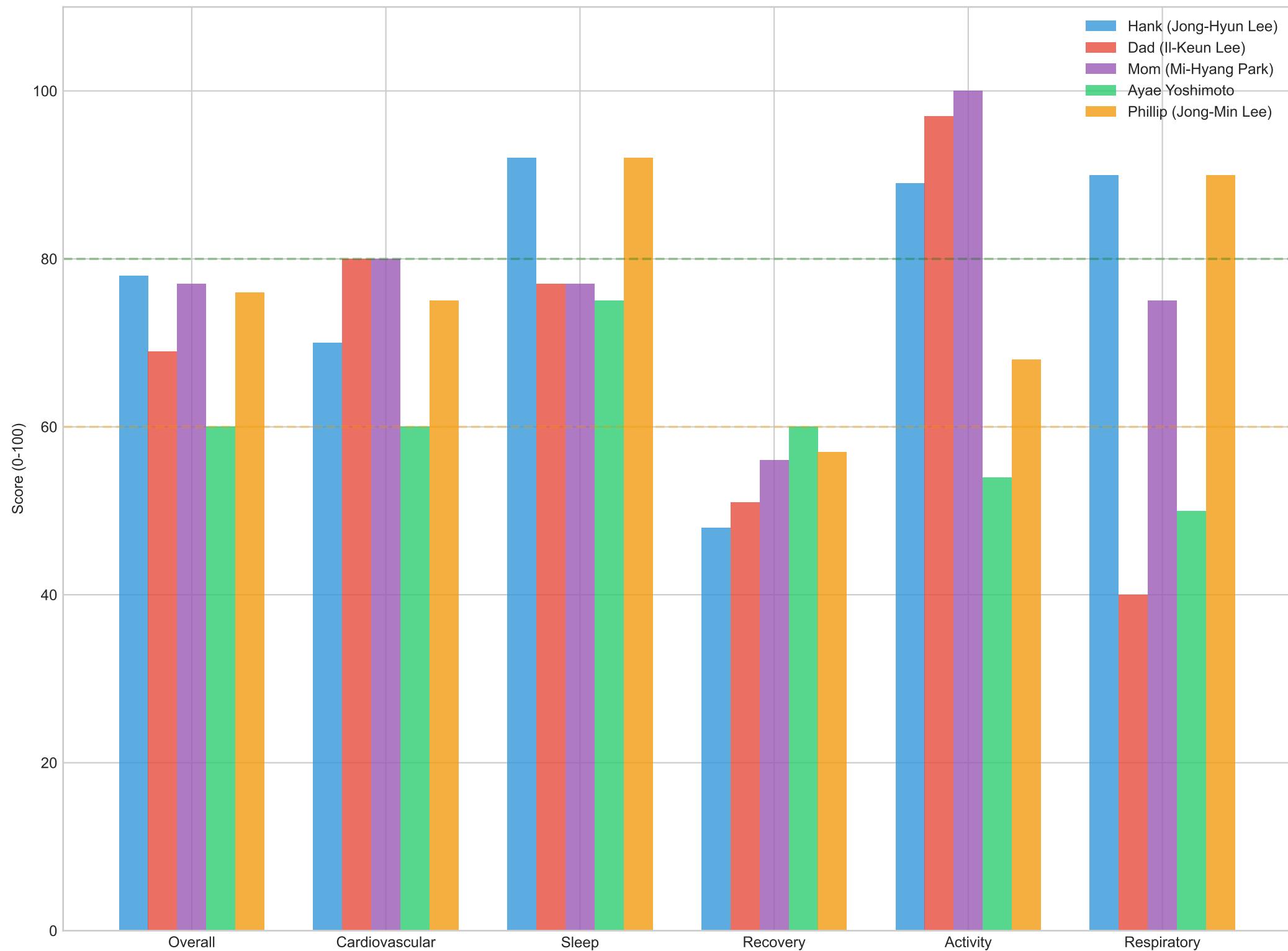
Person	Age	Overall	CV	Sleep	Recovery
Hank (Jong-Hyun Lee)	32	78	70	92	48
Dad (Il-Keun Lee)	62	69	80	77	51
Mom (Mi-Hyang Park)	60	77	80	77	56
Ayae Yoshimoto	31	60	60	75	60
Phillip (Jong-Min Lee)	28	76	75	92	57

## TOP FAMILY CONCERNS

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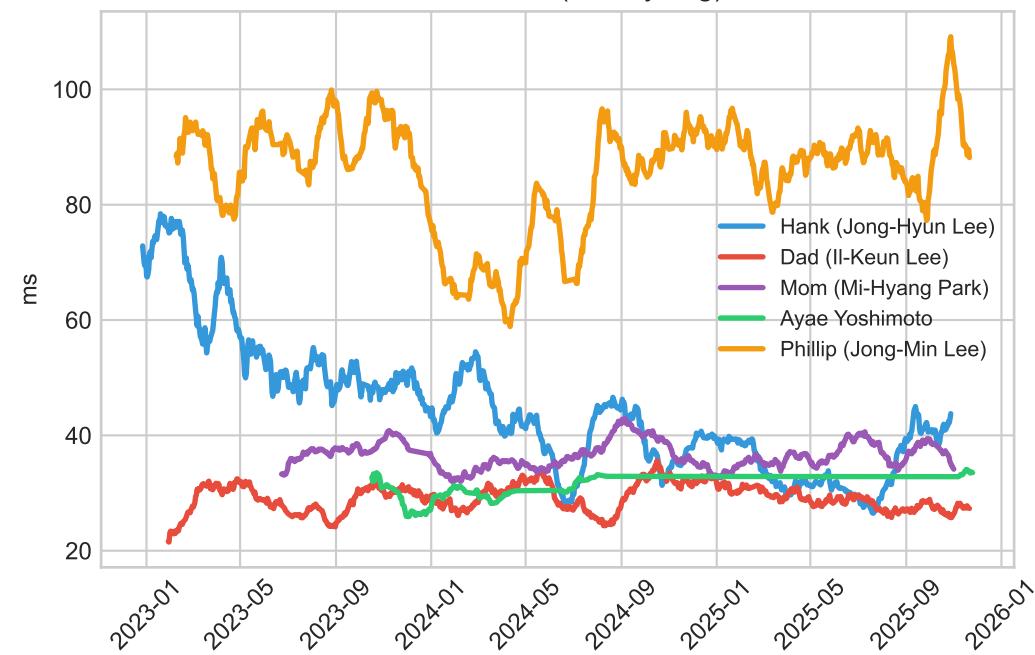
- Hank (Jong-Hyun Lee): Respiratory - 7.7% of nights with Sp02 < 95%...
- Hank (Jong-Hyun Lee): Sleep - Insufficient sleep duration (6.3 hours avg)...
- Hank (Jong-Hyun Lee): Sleep Debt - Chronic sleep debt (71.0 min average)...
- Hank (Jong-Hyun Lee): Recovery - High percentage of poor recovery days (32.8%)...
- Dad (Il-Keun Lee): Respiratory - 92.6% of nights with Sp02 < 95%...

# Health Score Comparison

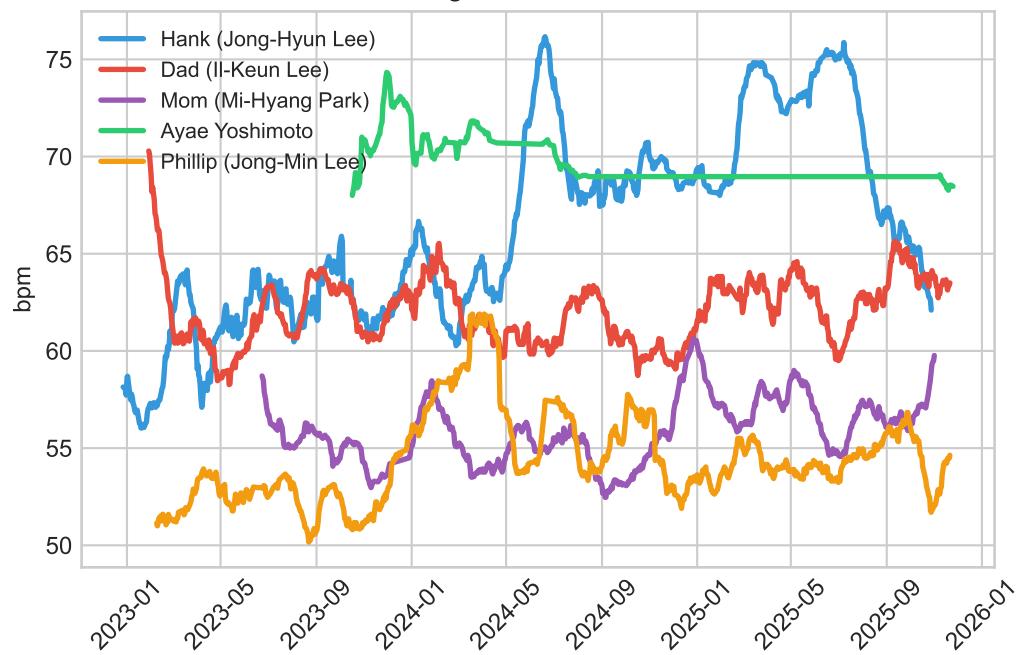


# Key Metric Trends

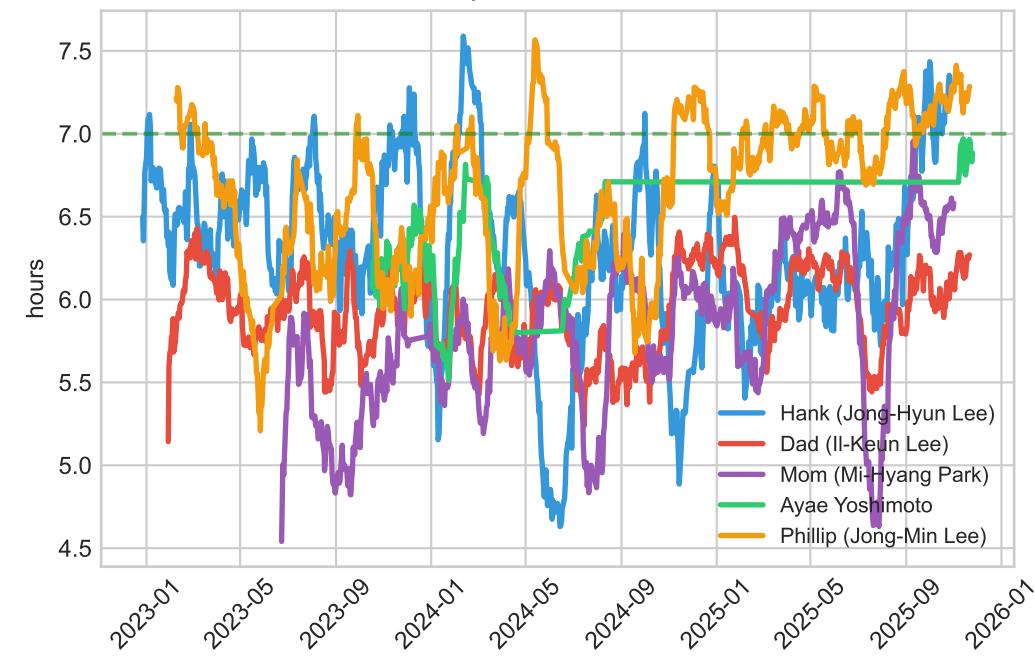
## HRV Trends (30-day avg)



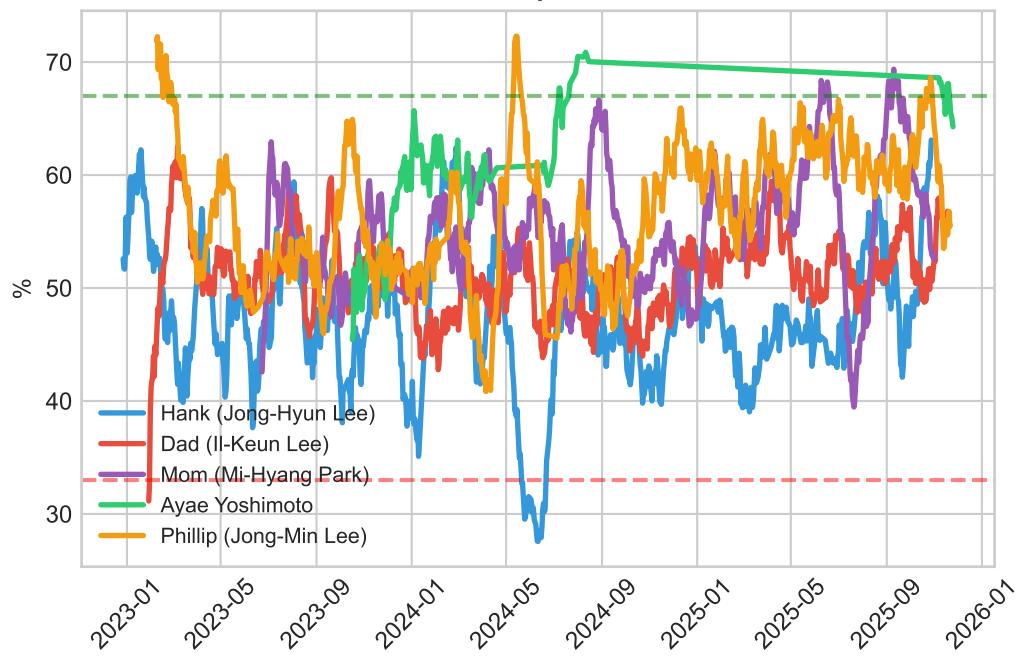
## Resting Heart Rate Trends



## Sleep Duration Trends



## Recovery Trends



# Hank (Jong-Hyun Lee) - Quick Summary



Hank (Jong-Hyun Lee)

Age: 32 (Male)

Data: 994 days

## KEY METRICS

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RHR: 66 bpm (average)

HRV: 45 ms (good)

Sleep: 6.3 hrs (acceptable)

SpO2: 96.9% (normal)

Recovery: 48% (26% green days)

## RECOMMENDATIONS

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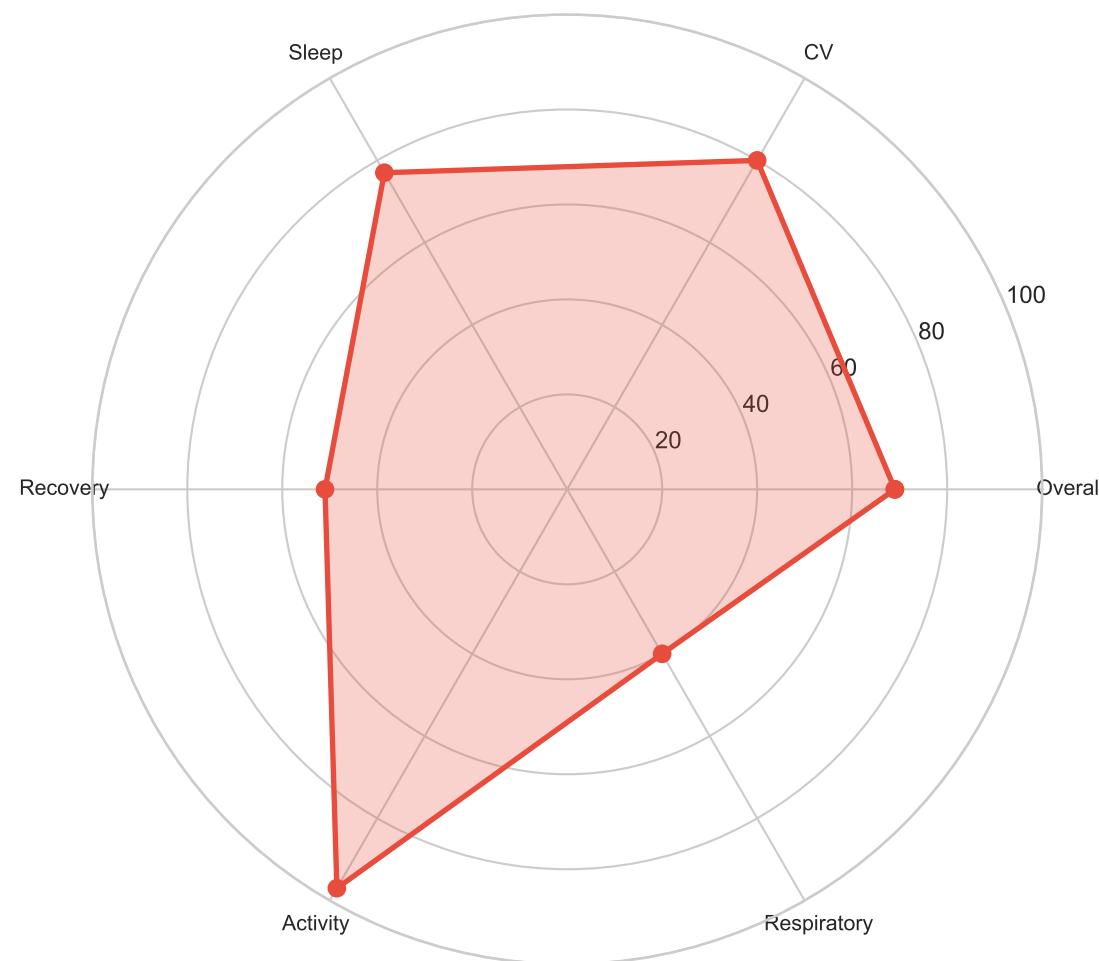
[HIGH] Respiratory

[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

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RHR: 62 bpm (good)

HRV: 29 ms (good)

Sleep: 5.9 hrs (short)

SpO2: 91.5% (concerning)

Recovery: 51% (28% green days)

## RECOMMENDATIONS

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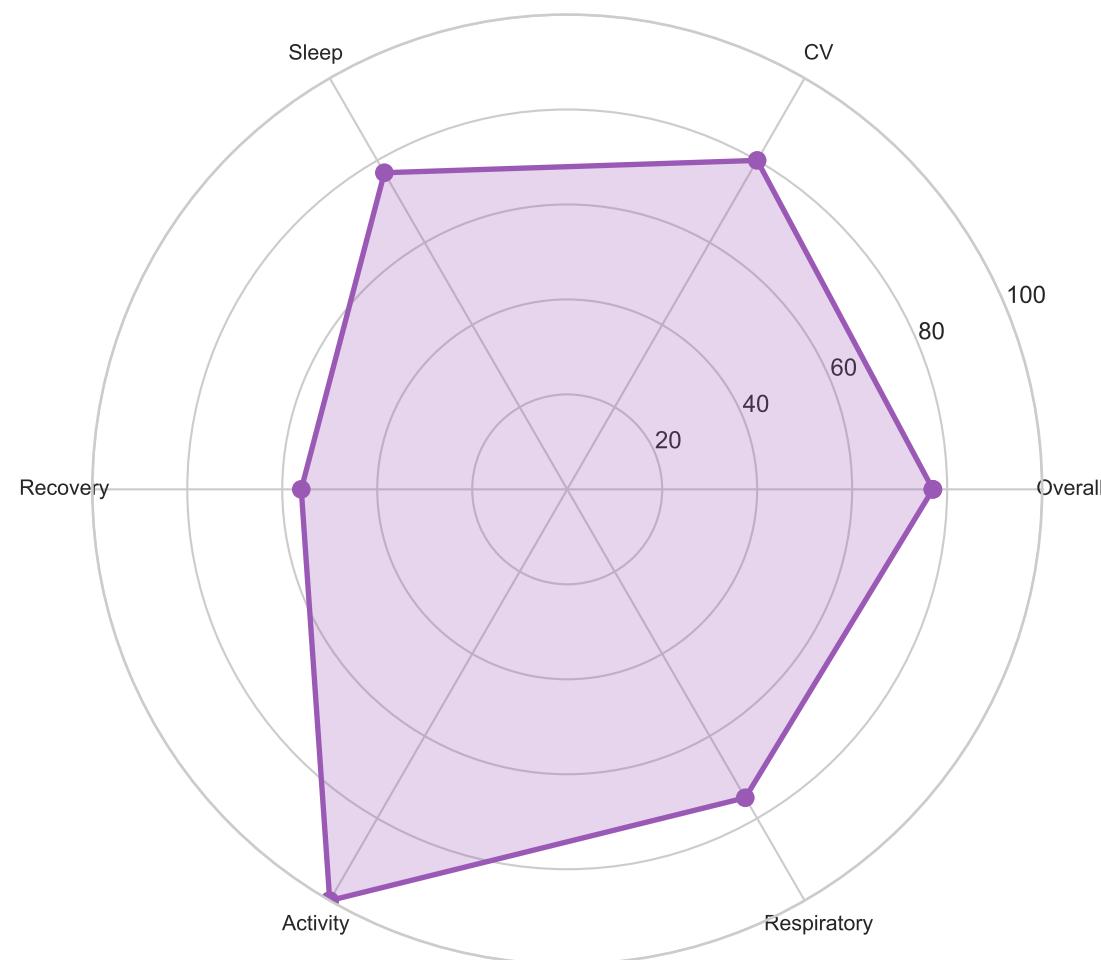
[HIGH] Respiratory

[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

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RHR: 56 bpm (good)

HRV: 36 ms (good)

Sleep: 5.9 hrs (short)

SpO2: 92.7% (low normal)

Recovery: 56% (33% green days)

## RECOMMENDATIONS

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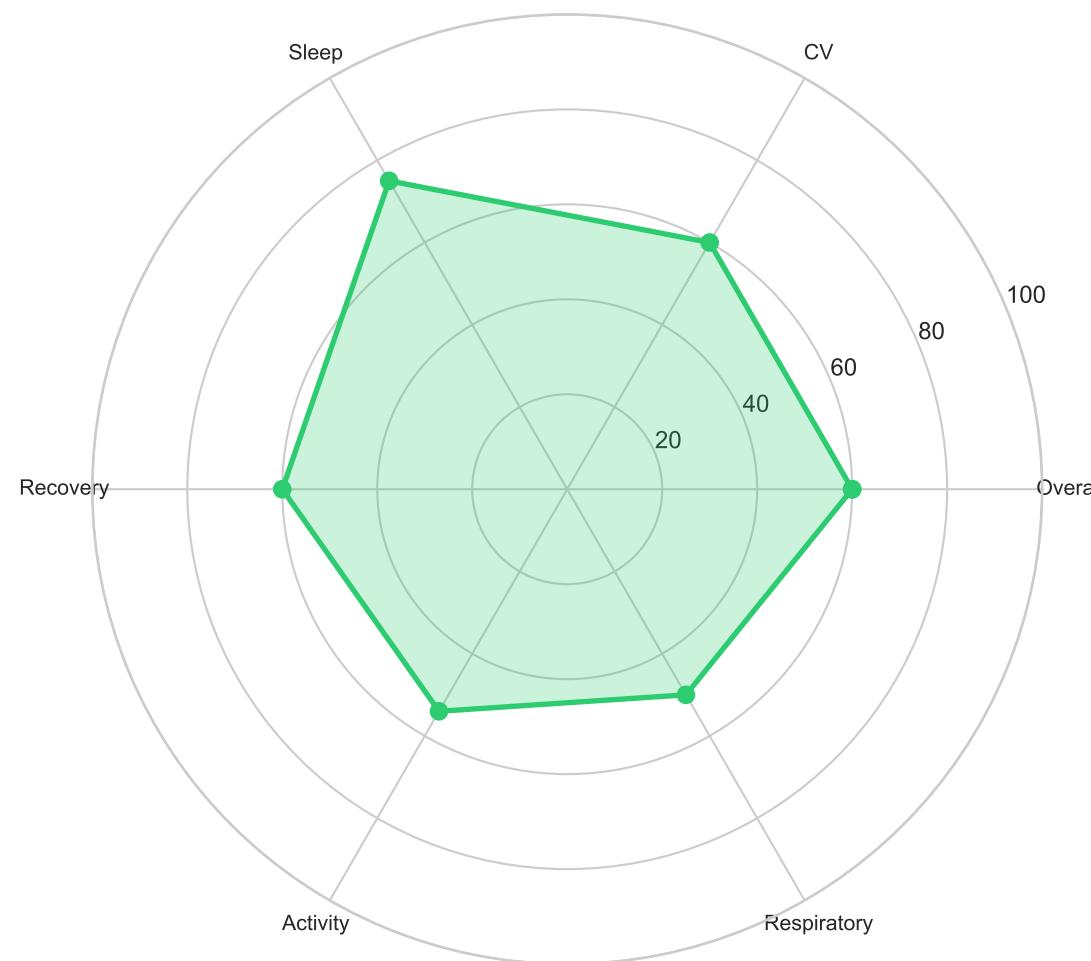
[HIGH] Respiratory

[HIGH] Sleep

[HIGH] Sleep Debt

# Ayaе Yoshimoto - Quick Summary

Health Profile



Ayaе Yoshimoto

Age: 31 (Female)

Data: 225 days

## KEY METRICS

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RHR: 71 bpm (average)

HRV: 30 ms (average)

Sleep: 6.3 hrs (acceptable)

SpO2: 94.9% (unknown)

Recovery: 60% (40% green days)

## RECOMMENDATIONS

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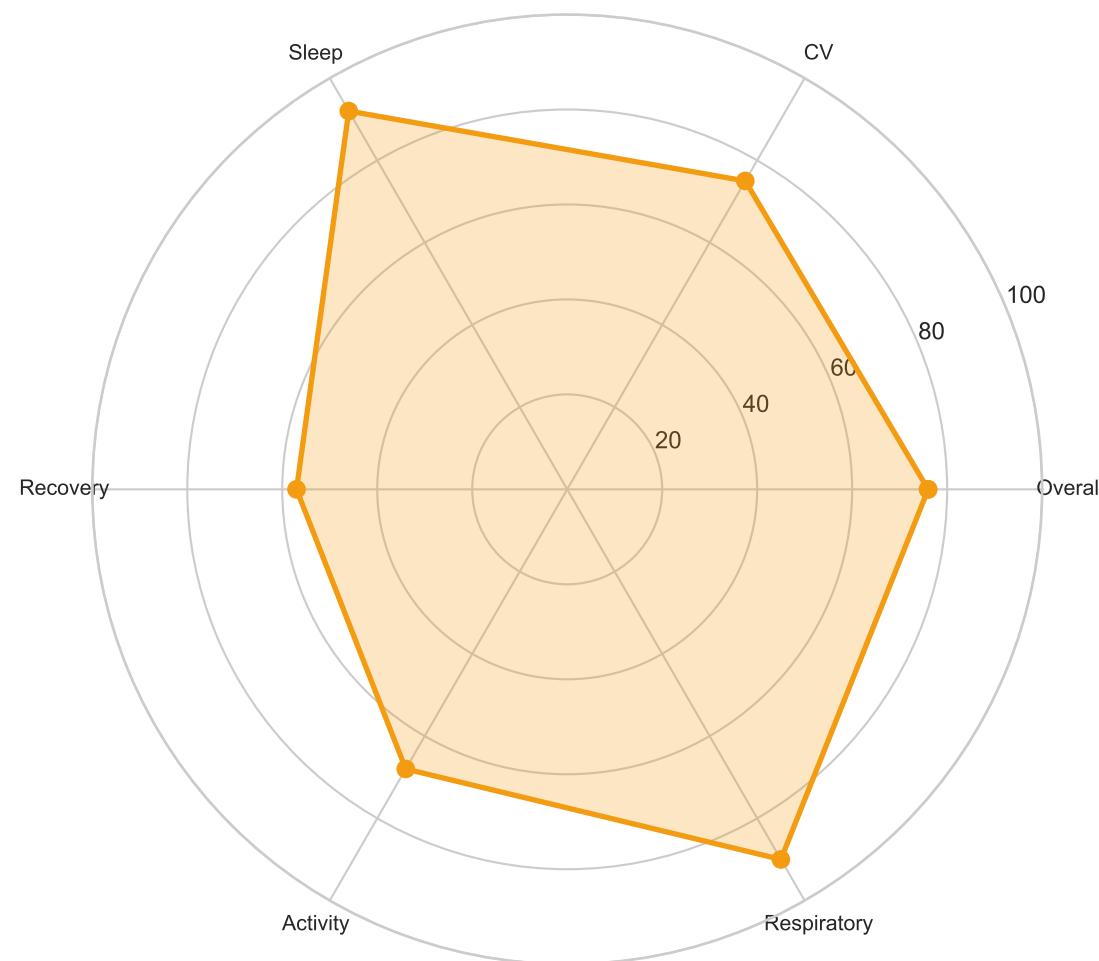
[HIGH] Respiratory

[HIGH] Sleep

[MEDIUM] Activity

# Phillip (Jong-Min Lee) - Quick Summary

Health Profile



Phillip (Jong-Min Lee)

Age: 28 (Male)

Data: 948 days

## KEY METRICS

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RHR: 54 bpm (unknown)

HRV: 86 ms (excellent)

Sleep: 6.7 hrs (acceptable)

SpO2: 95.2% (normal)

Recovery: 57% (40% green days)

## RECOMMENDATIONS

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[HIGH] Respiratory

[HIGH] Sleep

[MEDIUM] Activity

## 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.