

# Health Analysis Report: Phillip (Jong-Min Lee)

## EXECUTIVE SUMMARY

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Name: Phillip (Jong-Min Lee)

Age: 28 years (20-29 bracket)

Gender: Male

Analysis Period: 2023-02-01 to 2025-11-26 (954 days)

Generated: 2025-11-29 23:26

## HEALTH SCORES

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Overall Score: 76/100 (Moderate)

Cardiovascular: 75/100

Respiratory: 90/100

Sleep: 92/100

Recovery: 57/100

Activity: 68/100

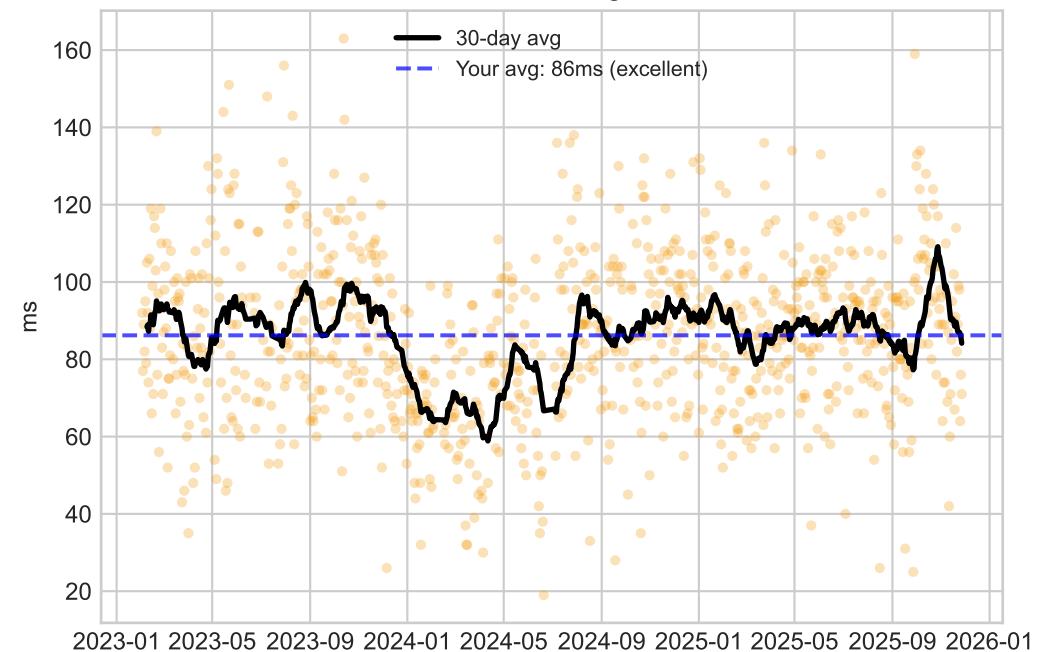
## TOP RECOMMENDATIONS

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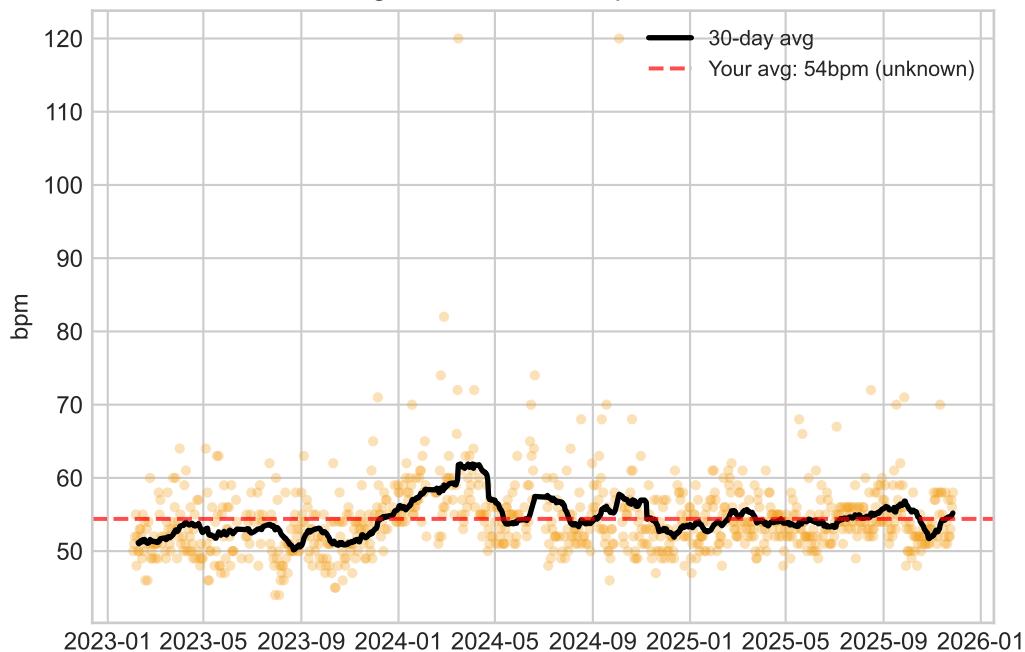
1. [HIGH] Respiratory: Screen for sleep apnea. Consider sleep study (polysomnograph...)
2. [HIGH] Sleep: Aim for 7-9 hours. Establish consistent sleep/wake times. Cr...
3. [MEDIUM] Activity: Increase physical activity. Aim for 150 min moderate or 75 m...

# Cardiovascular Health

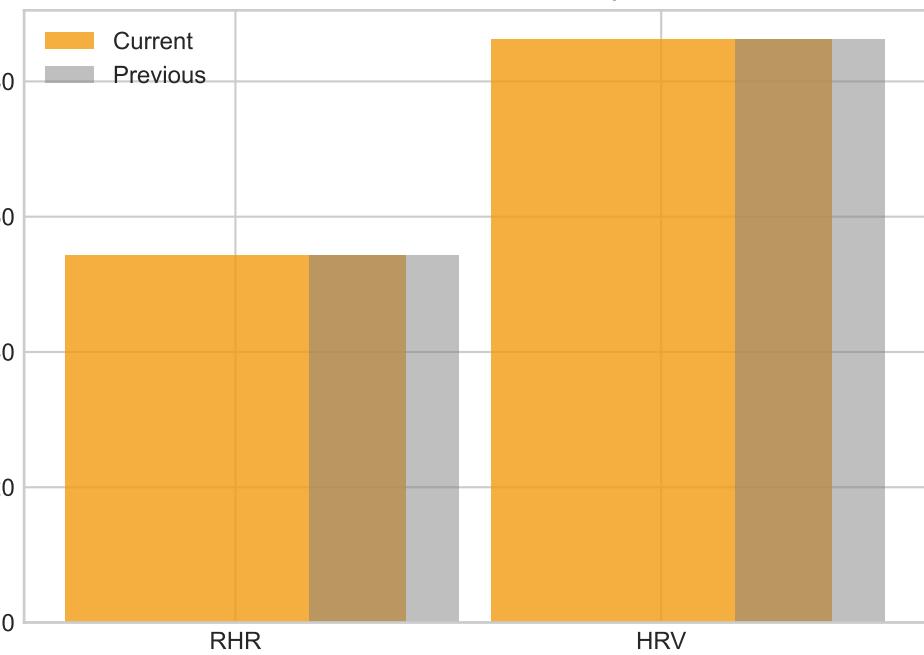
HRV - +31 ms vs age median



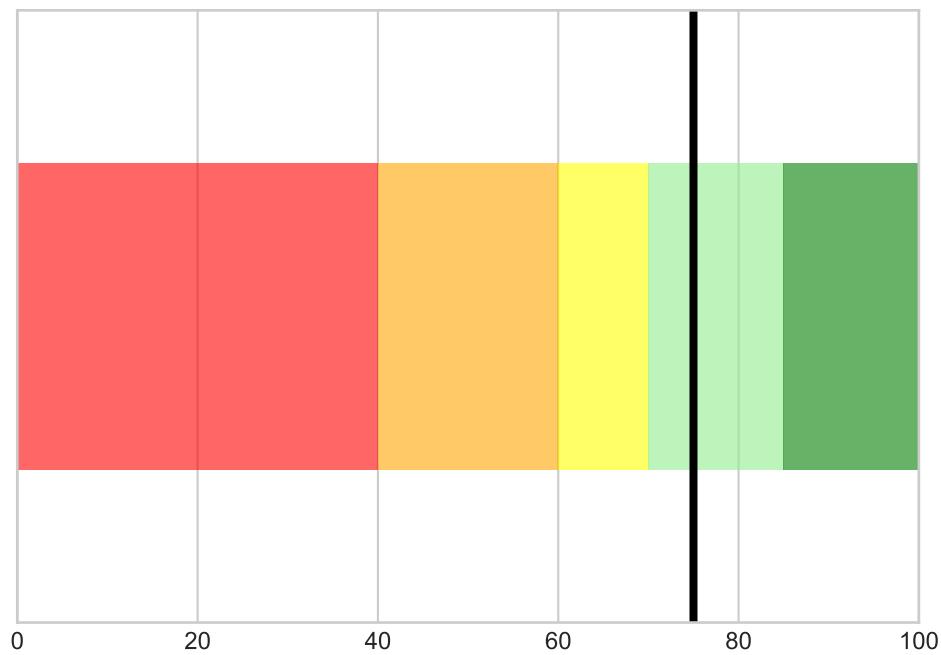
Resting Heart Rate - -8 bpm vs median



Current vs Previous Analysis

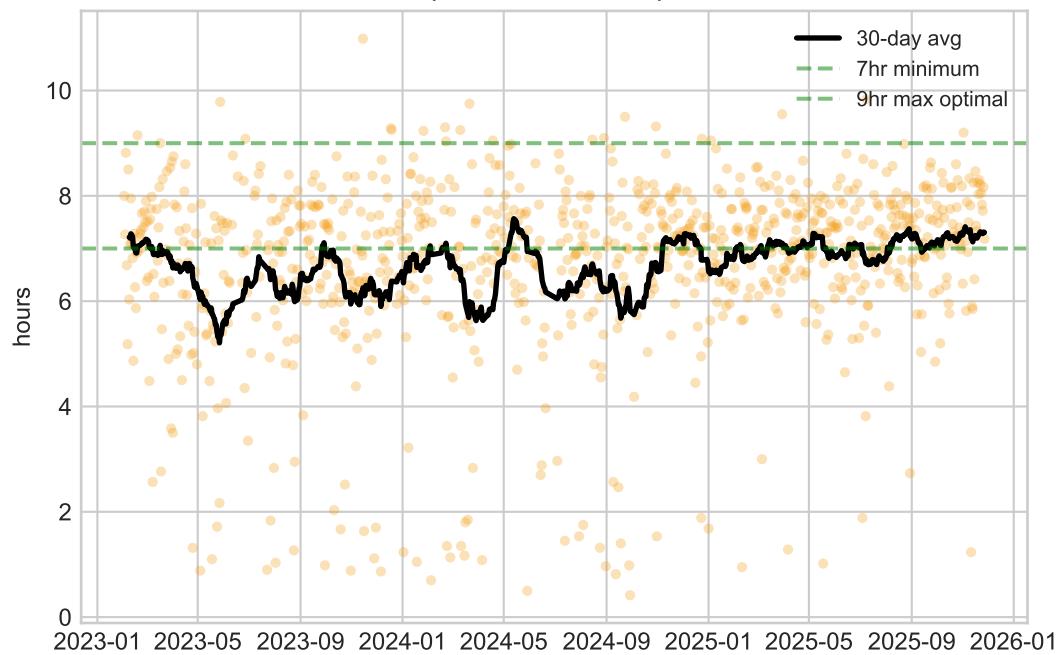


Cardiovascular Score: 75/100

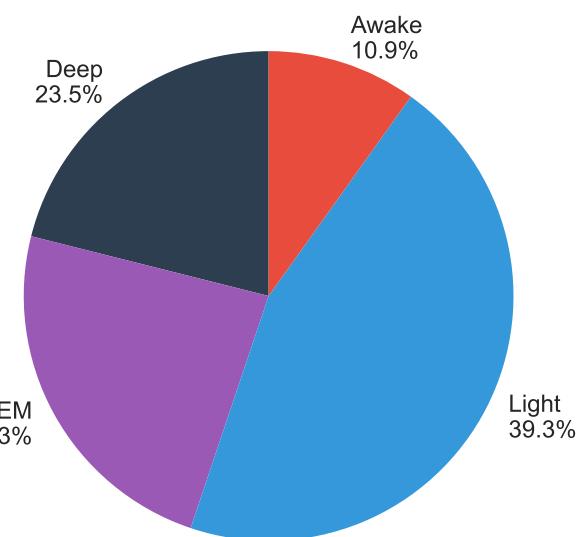


# Sleep Health

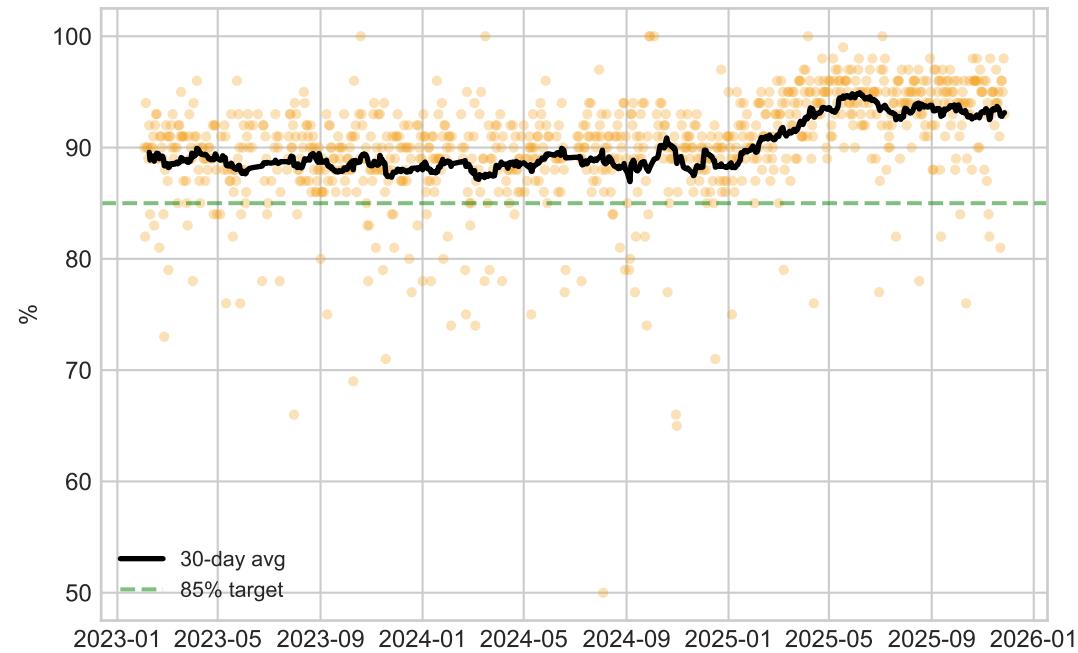
## Sleep Duration - Acceptable



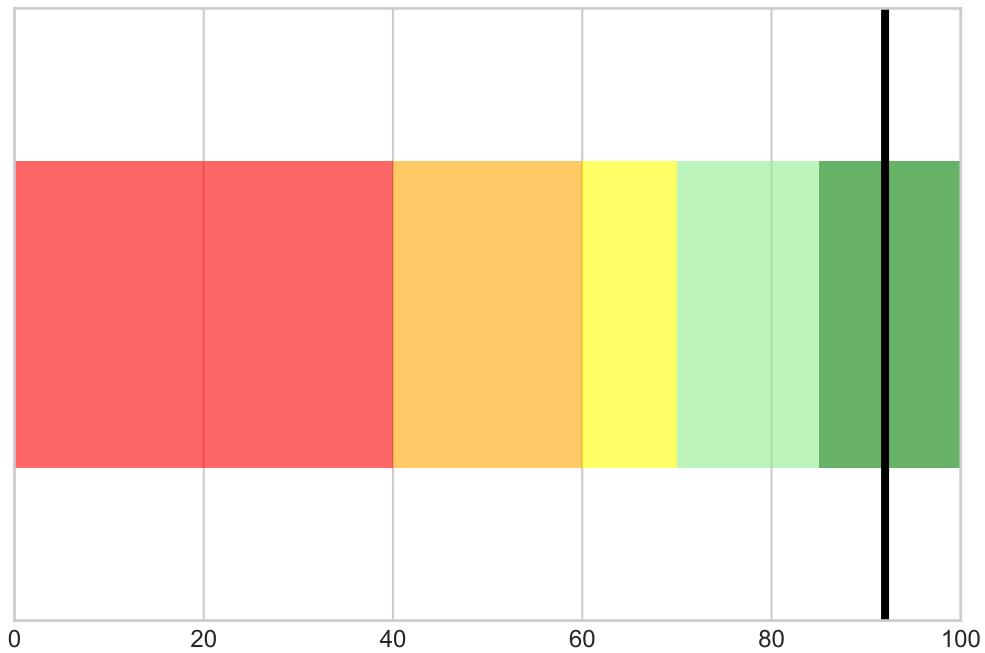
## Sleep Architecture



## Sleep Efficiency - Avg: 90.1%

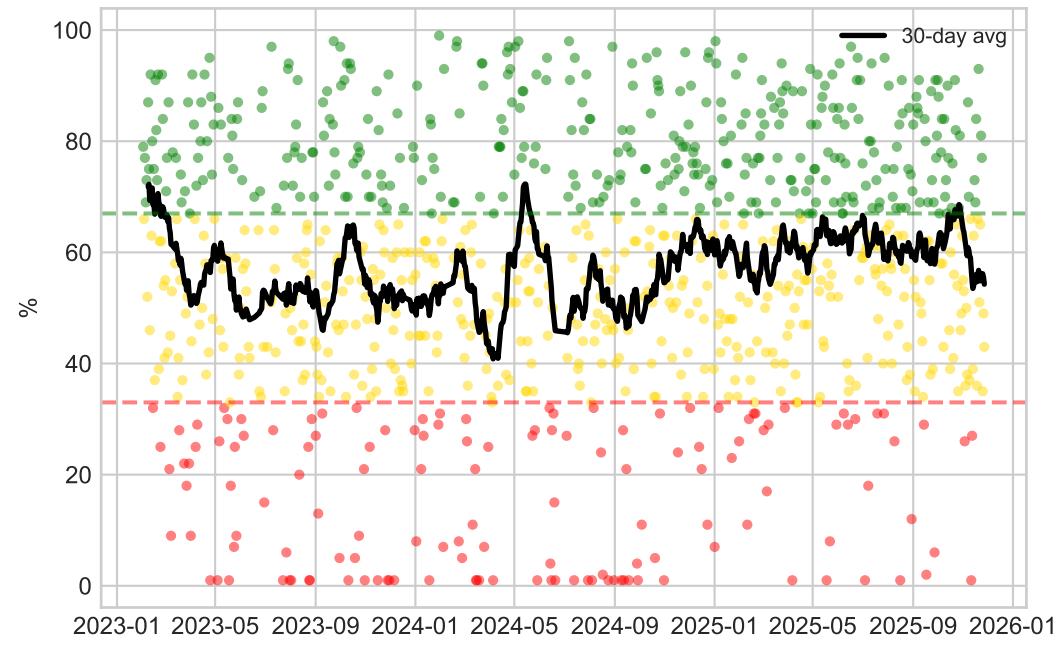


## Sleep Score: 92/100

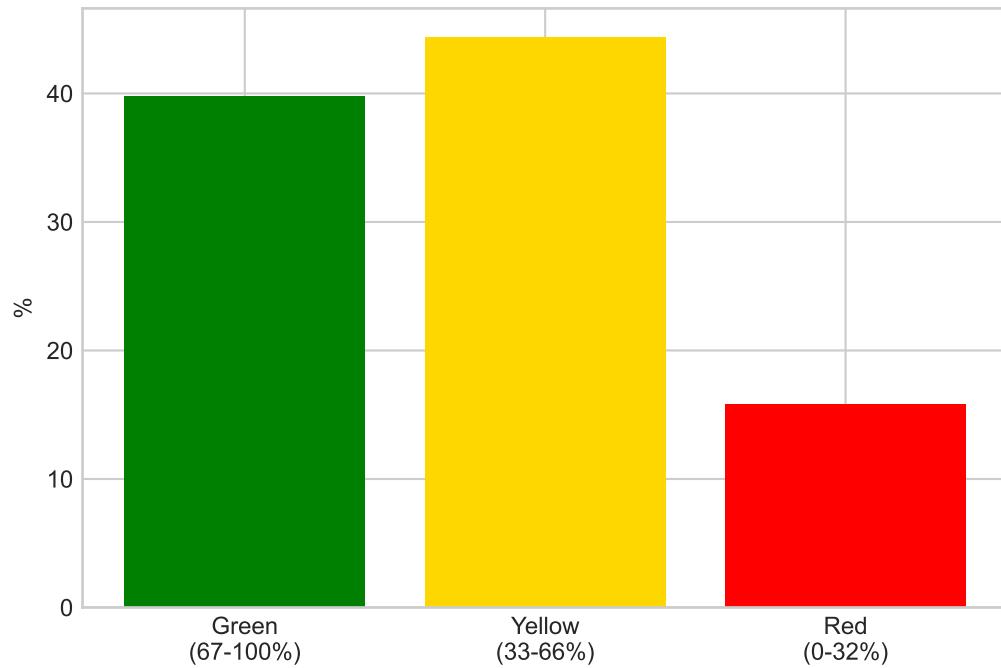


# Recovery & Activity

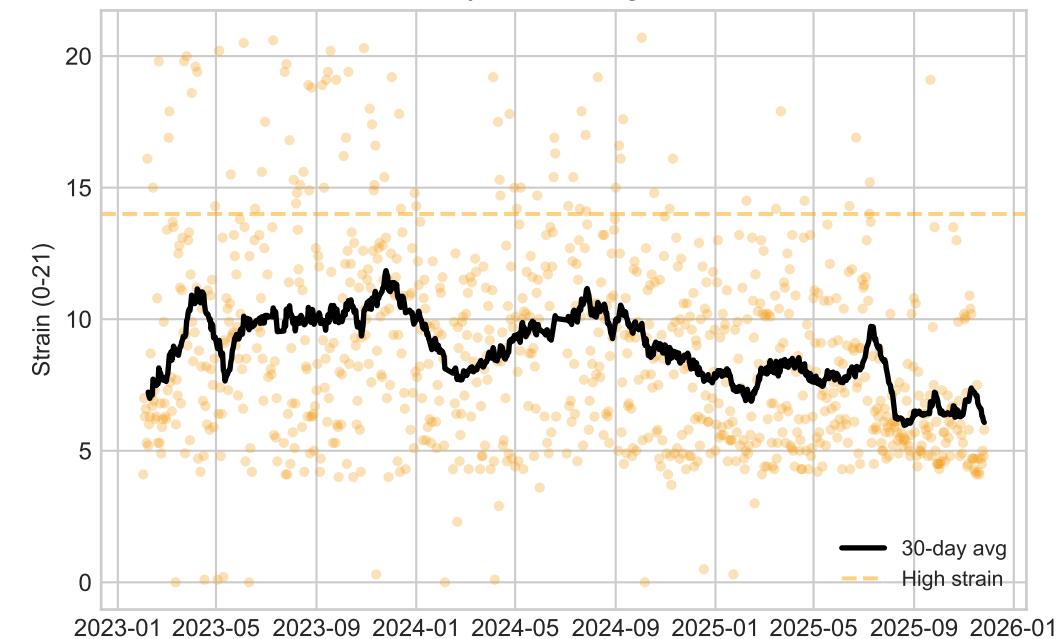
Recovery Score - Avg: 57%



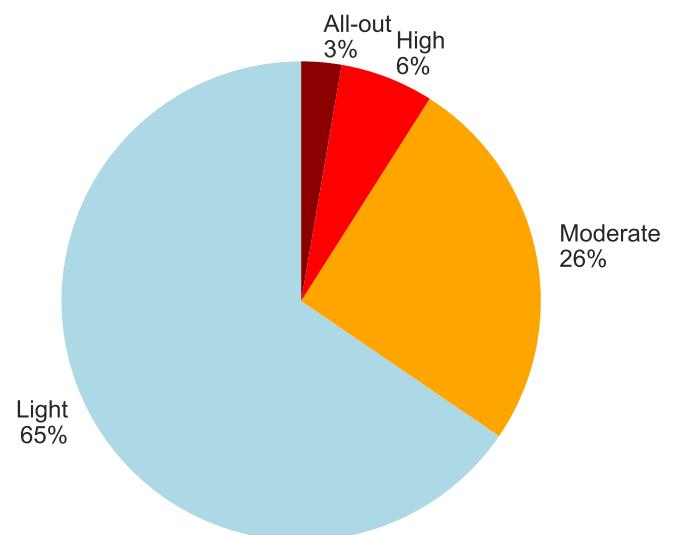
Recovery Distribution



Day Strain - Avg: 8.7

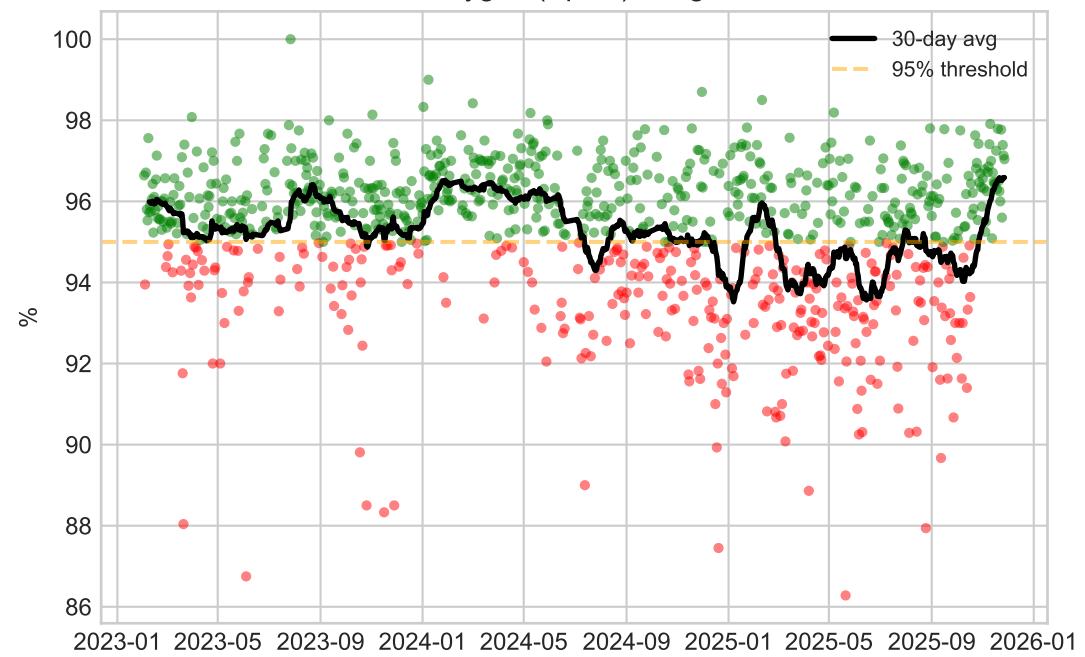


Activity Intensity Mix

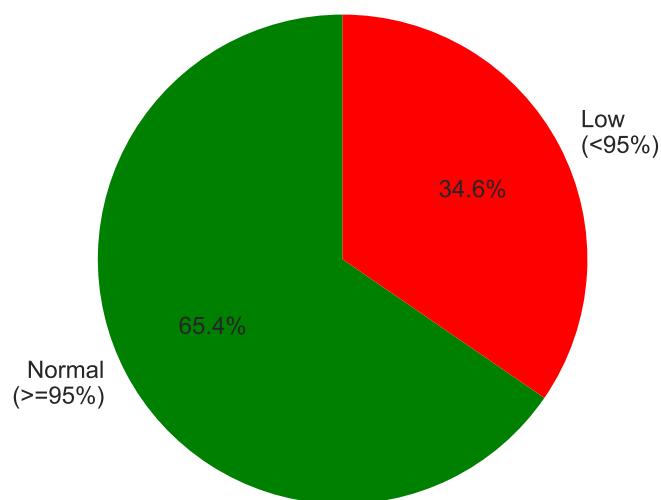


# Respiratory Health

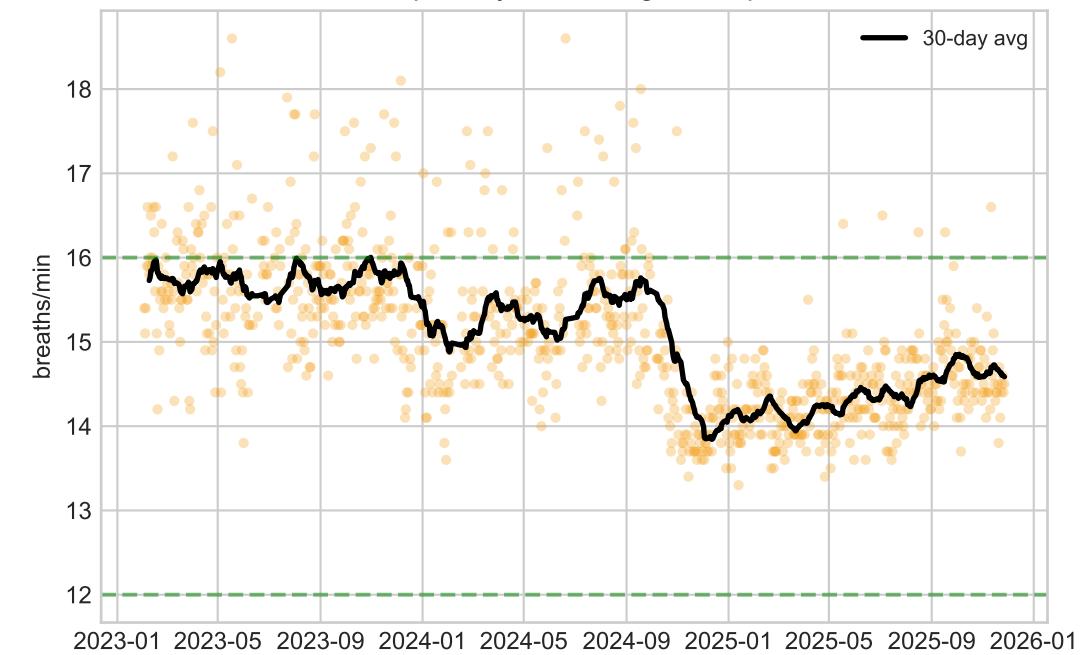
Blood Oxygen (SpO2) - Avg: 95.2%



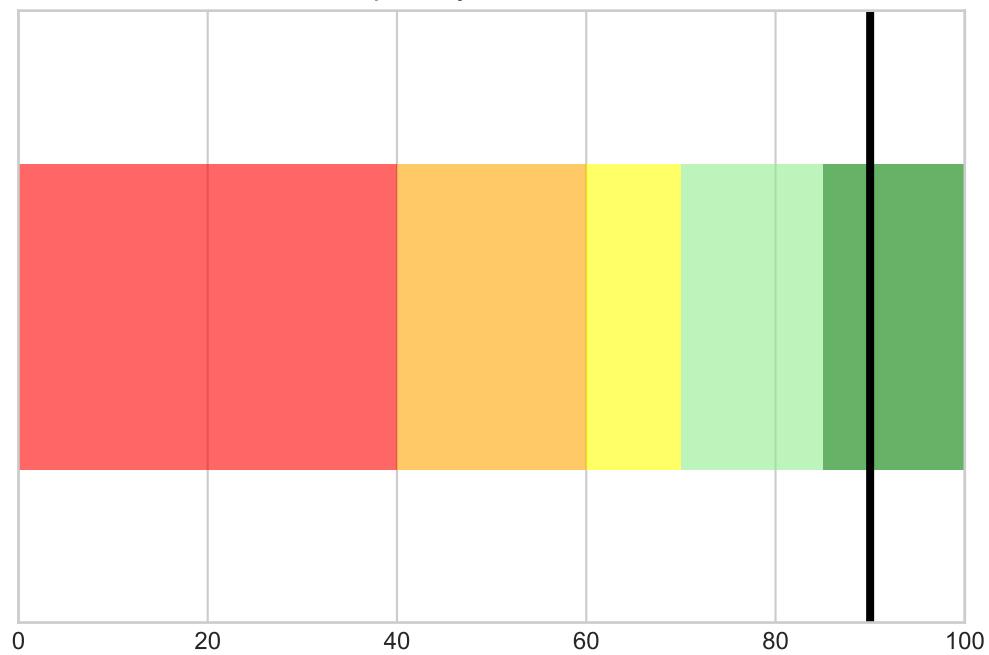
SpO2 Distribution (34.6% low)



Respiratory Rate - Avg: 15.0 rpm

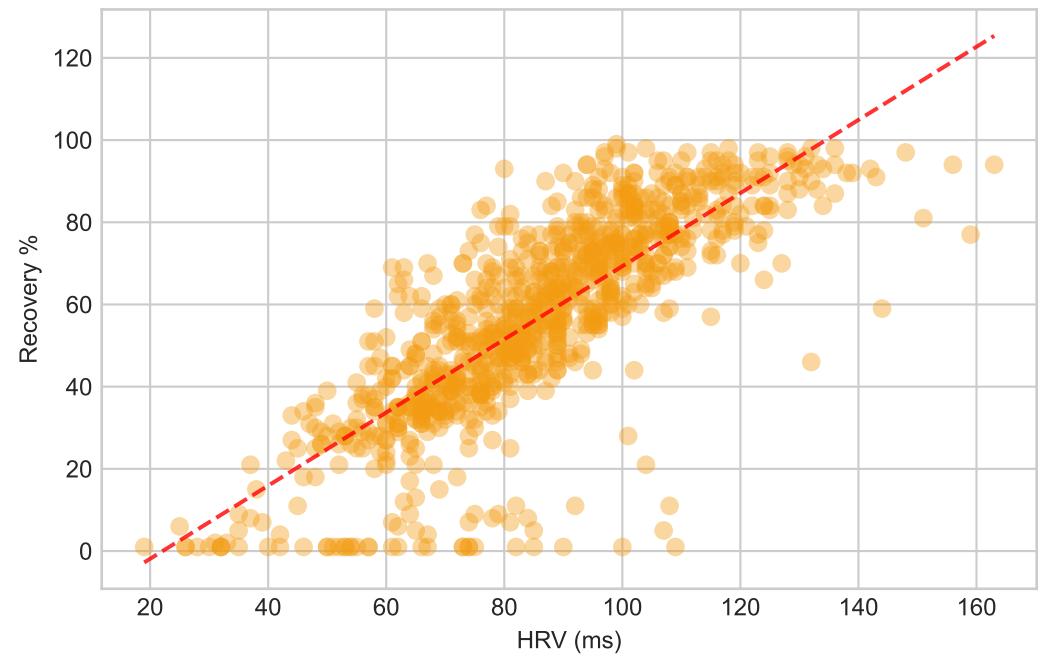


Respiratory Score: 90/100

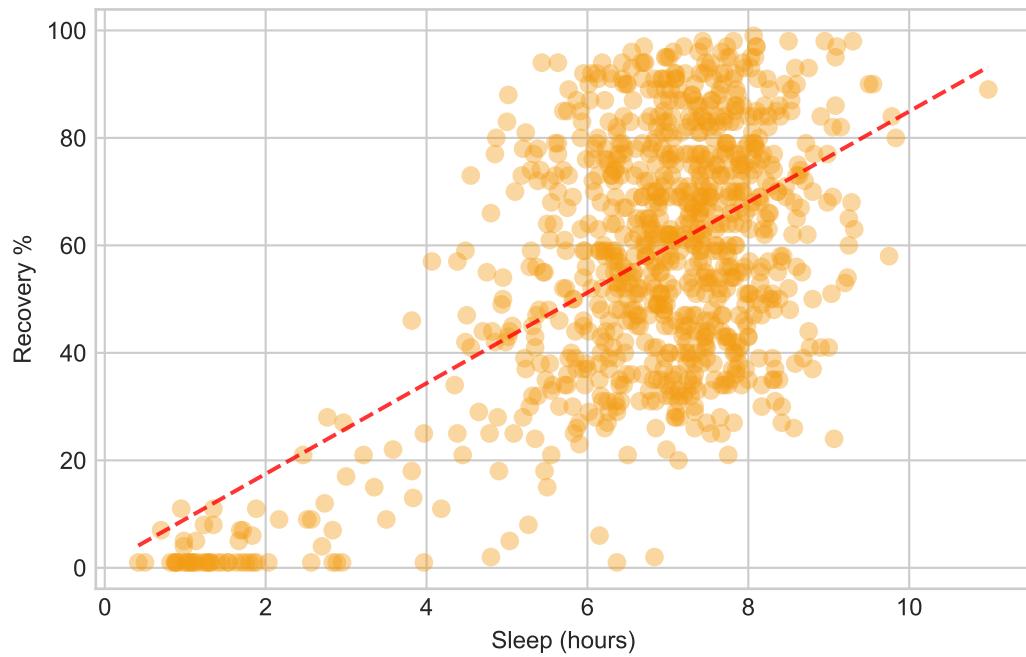


# Correlation Analysis

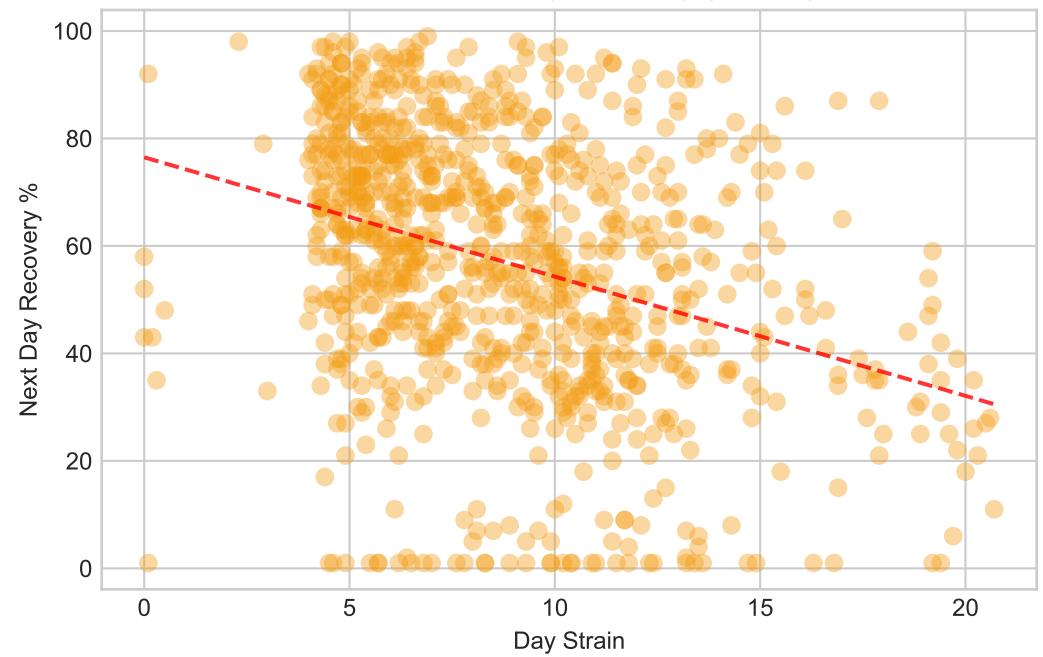
HRV vs Recovery ( $r=0.79$ )



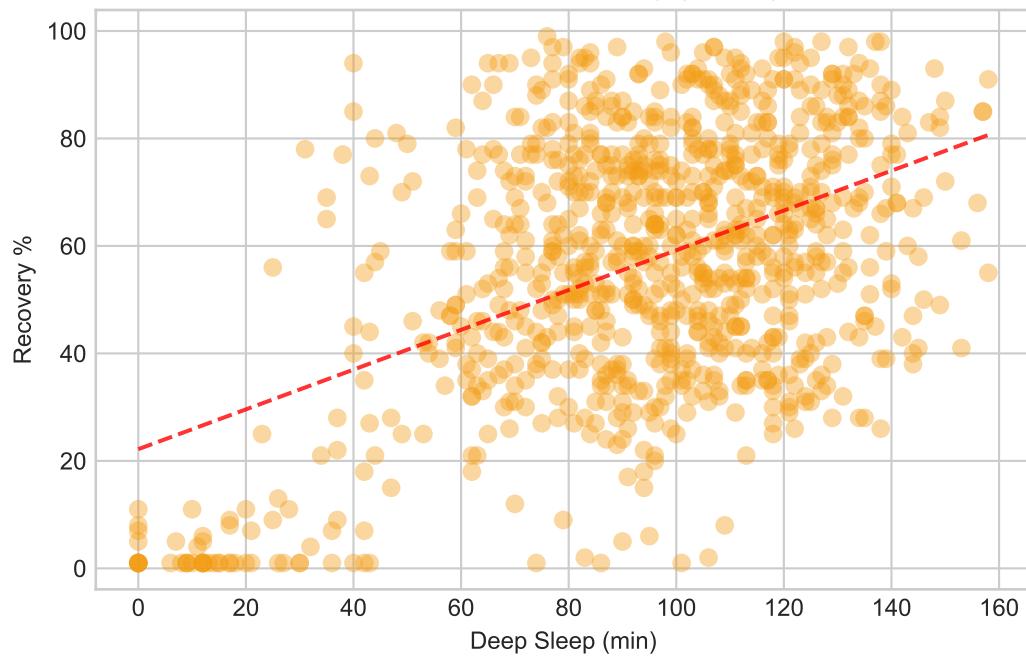
Sleep vs Recovery ( $r=0.58$ )



Strain vs Next Day Recovery ( $r=-0.34$ )



Deep Sleep vs Recovery ( $r=0.47$ )



## RECOMMENDATIONS & ALERTS

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### RECOMMENDATIONS

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#### [HIGH] Respiratory

Finding: 34.6% of nights with SpO<sub>2</sub> < 95%

Action: Screen for sleep apnea. Consider sleep study (polysomnography). Review sleeping position and nasal breathing.

Note: Frequent desaturations during sleep warrant medical evaluation for OSA.

#### [HIGH] Sleep

Finding: Insufficient sleep duration (6.7 hours avg)

Action: Aim for 7-9 hours. Establish consistent sleep/wake times. Create sleep-conducive environment (dark, cool, quiet).

Note: Chronic sleep deprivation increases risk of obesity, diabetes, and CVD.

#### [MEDIUM] Activity

Finding: Low activity levels (65.4% light strain days)

Action: Increase physical activity. Aim for 150 min moderate or 75 min vigorous exercise weekly. Include strength training 2x/week.

Note: Physical inactivity is a leading risk factor for chronic disease.

## METHODOLOGY & CITATIONS

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This analysis uses medical benchmarks from:

- American Heart Association (AHA) 2024: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
- Whoop & Clinical Studies Meta-Analysis 2024
- WHO & CDC Pulse Oximetry Guidelines 2024
- National Sleep Foundation 2024
- Clinical Guidelines (Cleveland Clinic 2024)

For medical decisions, please consult with healthcare providers.