

Diabetes Risk Assessment Report

Patient Information	Value
Age	50
Gender	Male
BMI	45
HbA1c Level	6.9
Blood Glucose	160
Prediction Result	Diabetic

Medical Recommendations:

- ■ Predictive results show no diabetes risk. Maintain regular checkups.
- ■■ Weight Management: Aim for 5-10% weight loss through diet and exercise
- ■ Exercise: 150 mins/week moderate activity (brisk walking, cycling)
- ■ Blood Sugar Management: Monitor fasting and post-meal glucose levels regularly
- ♥■ Blood Pressure: Maintain sodium intake <2g/day and monitor BP weekly

Note: This automated report is not a substitute for professional medical advice. Always consult a qualified healthcare provider for diagnosis and treatment.