Please enter your health data for the last 30 days.

Age: 50

Systolic Blood Pressure (mmHg): 145

Diastolic Blood Pressure (mmHg): 98

Average Sleep Duration (hours): 5

Sleep Quality (scale 1-10): 3

Average Activity Level (steps): 4000

Average Stress Level (scale 1-10): 3

Average Mood (scale 1-10): 4

SPO2: 90

Average Calories Burned (calories, optional):

Heart Rate Day 1: 140

Heart Rate Day 2: 142

Heart Rate Day 3: 144

Heart Rate Day 4: 144

Heart Rate Day 5: 142

Heart Rate Day 6: 142

Heart Rate Day 7: 143

Heart Rate Day 8: 141

Heart Rate Day 9: 143

Heart Rate Day 10: 145

Heart Rate Day 11: 144

Heart Rate Day 12: 144

Heart Rate Day 13: 143

Heart Rate Day 14: 145

Heart Rate Day 15: 140

Heart Rate Day 16: 140

Heart Rate Day 17: 142

Heart Rate Day 18: 142

Heart Rate Day 19: 144

Heart Rate Day 20: 144

Heart Rate Day 21: 145

Heart Rate Day 22: 142

Heart Rate Day 23: 142

Heart Rate Day 24: 143

Heart Rate Day 25: 144

Heart Rate Day 26: 145

Heart Rate Day 27: 142

Heart Rate Day 28: 142

Heart Rate Day 29: 141

Heart Rate Day 30: 141

Calculated HRV (RMSSD): 1.73

HRV Recommendation: Your HRV is below the normal range. Consider improving your lifestyle and consult with a healthcare professional.

Blood Pressure Status: High blood pressure

Cardiovascular Health: High risk of cardiovascular disease

Diabetes Risk: Normal diabetes risk

Depression Risk: Higher risk of depression

**Individual Risk Messages:**

**Hypertension risk: 21.77%**

**Cardiovascular disease risk: 26.74%**

**Diabetes risk: 21.55%**

**Depression risk: 29.94%**

Recommendations for Improving Health:

High blood pressure:

To reduce blood pressure risk:

- Reduce salt intake

- Increase physical activity

- Maintain a healthy weight

- Limit alcohol consumption

- Eat a balanced diet rich in fruits and vegetables

High risk of cardiovascular disease:

To improve cardiovascular health:

- Engage in regular physical activity

- Manage stress through relaxation techniques

- Ensure adequate and quality sleep

- Maintain a balanced diet low in trans fats

- Avoid smoking and limit alcohol intake

Higher risk of depression:

To reduce depression risk:

- Seek support from friends, family, or a healthcare professional

- Consider therapy or counseling

- Engage in regular physical activity

- Practice mindfulness or relaxation techniques

- Maintain a regular sleep schedule