Please enter your health data for the last 30 days.

Age: 35

Systolic Blood Pressure (mmHg): 140

Diastolic Blood Pressure (mmHg): 90

Average Sleep Duration (hours): 5

Sleep Quality (scale 1-10): 4

Average Activity Level (steps): 4500

Average Stress Level (scale 1-10): 5

Average Mood (scale 1-10): 6

SPO2: 92

Average Calories Burned (calories, optional):

Heart Rate Day 1: 156

Heart Rate Day 2: 155

Heart Rate Day 3: 156

Heart Rate Day 4: 256

Heart Rate Day 5: 160

Heart Rate Day 6: 160

Heart Rate Day 7: 162

Heart Rate Day 8: 162

Heart Rate Day 9: 164

Heart Rate Day 10: 164

Heart Rate Day 11: 164

Heart Rate Day 12: 165

Heart Rate Day 13: 162

Heart Rate Day 14: 162

Heart Rate Day 15: 154

Heart Rate Day 16: 164

Heart Rate Day 17: 163

Heart Rate Day 18: 163

Heart Rate Day 19: 164

Heart Rate Day 20: 165

Heart Rate Day 21: 165

Heart Rate Day 22: 165

Heart Rate Day 23: 164

Heart Rate Day 24: 164

Heart Rate Day 25: 163

Heart Rate Day 26: 163

Heart Rate Day 27: 161

Heart Rate Day 28: 161

Heart Rate Day 29: 162

Heart Rate Day 30: 162

Calculated HRV (RMSSD): 25.87

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

Blood Pressure Status: Normal 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: 7.06%**

**Cardiovascular disease risk: 26.17%**

**Diabetes risk: 27.94%**

**Depression risk: 38.83%**

Recommendations for Improving Health:

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