Enter your average sleep hours per night: 7

Enter your average daily water intake (in glasses): 8

Enter your SPO2 level: 94

Enter your average daily step count: 12000

Enter your weight (in kg): 70

Enter your height (in cm): 150

Enter your age: 25

Enter your gender (Male/Female/Other): FEMALE

SPO2 level is less than the standard limit.

Step count is more than the standard limit.

User is in the danger zone.

Risk of Heart Disease: 0.00%

Risk of Diabetes: 1.00%

Risk of Hypertension: 0.00%

Risk of Heart Disease: 0.00%

Risk of Diabetes: 1.00%

Recommendations to reduce risk:

- Monitor blood sugar levels regularly.

- Follow a balanced diet rich in fiber and low in sugars.

- Exercise regularly to maintain a healthy weight.

- Stay hydrated by drinking plenty of water.

- Get regular medical check-ups.

Risk of Hypertension: 0.00%

Additional Recommendations:

- Reduce your step count to meet the standard of 10000 steps per day.