

## Your Health Status

February 07, 2026

Moderate

46

/100

## System Breakdown

### Cardiovascular System

⚠ URGENT CARE NEEDED

Heart Rate

110 bpm ↑

Heart Rate Variability

25 ms ↓

Blood Oxygen (SpO2)

98 %

Tachycardia.

⚠ Tachycardia detected

### Central Nervous System System

✓ GOOD

Walking Stability

2.1 ms

Hand Steadiness

0.05 Hz

Normal.

## Recommendations

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Monitor your blood pressure regularly and reduce salt intake.

Engage in 30 minutes of moderate exercise daily.

Consult a healthcare professional for comprehensive evaluation.

Maintain a balanced diet rich in fruits and vegetables.

Stay hydrated with 8 glasses of water daily.

Schedule regular health checkups.

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This report is for screening purposes only and does not constitute a medical diagnosis. Please consult a qualified healthcare provider for interpretation.

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