

Your Health Screening Report

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■ Your Overall Health Assessment

Moderate Risk • Monitor

Assessment Confidence: 85%

We assessed **2 body system(s)** during your screening. Below you'll find detailed results for each system, including the specific measurements we took.

■ Your Results in Detail

Cardiovascular — ■ Urgent Care Needed

What We Measured	Your Value	Normal Range	Status
Heart Rate	110 bpm	60-100	■ Above Normal
Heart Rate Variability	25 ms	30-100	■ Below Normal
Blood Oxygen (SpO2)	98 %	95-100	✓ Normal

What This Means:

- **Heart Rate: Meaning:** Your heart rate is elevated (>100 bpm).
Potential Causes: Stress, caffeine, dehydration, anxiety, or underlying conditions.
Guidance: Try deep breathing, reduce caffeine, and hydrate. If it persists at rest, see a doctor.
- **Heart Rate Variability:** Your heart rate variability is below the normal range.
- **Blood Oxygen (SpO2): Meaning:** Blood oxygen allows your body to function properly (95-100%).
Details: Your lungs are effectively transferring oxygen to your blood.

Guidance: No action needed. Continue deep breathing exercises.

■ **Important Notes:**

- Tachycardia detected
- Low HRV

Central Nervous System — ✓ Good

What We Measured	Your Value	Normal Range	Status
Walking Stability	2.1 ms	—	✓ Normal
Hand Steadiness	0.05 Hz	—	✓ Normal

What This Means:

- **Walking Stability: Meaning:** Your walking pattern is steady and rhythmic.
Details: This indicates good balance and neurological control.
Guidance: Maintain activity levels to preserve this mobility.
- **Hand Steadiness:** Your hand steadiness is in the normal range.

■ **What You Should Do Next**

1. Consult a healthcare professional for comprehensive evaluation.
2. Maintain a balanced diet rich in fruits and vegetables.
3. Stay hydrated with 8 glasses of water daily.
4. Schedule regular health checkups.

■ ■ **Important Information**

- This is a screening report, not a medical diagnosis.
- Results should be reviewed by a qualified healthcare provider.
- Individual results may vary based on age, gender, and other factors.

DISCLAIMER: This health screening report is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider for proper medical evaluation and personalized medical advice. Do not disregard professional medical advice or delay seeking it based on this report.