

Your Health Status

February 07, 2026

MODERATE



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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