

# VitalSenseAI Health Report

Generated: 2025-11-04 20:22

## PATIENT INFORMATION

Name:	Debonita Chakraborty
Age:	21 years
Gender:	Female
Contact:	1234567890

## VITAL SIGNS SUMMARY

Vital Parameter	Measured Value
Heart Rate (BPM)	102.9
Heart Rate Variability (ms)	352.7
SpO2 (%)	85.9
Respiratory Rate (BPM)	30.0
Body Temperature (°C)	36.7
Stress Level	2.8
Blood Glucose Level	90.0
ECG Pattern	Normal
BMI	22.5
Hydration Level	60.0
Cholesterol Level	180.0
Blood Flow Rate	13.3
Fatigue Index	8.5
Sleep Quality Index	80.0
Blood Volume Pulse (BVP)	4.79
Cardiac Output (a.u.)	49.28
Signal Quality (%)	91.7

## AI HEALTH ASSESSMENT

Parameter	Status	Note
Heart Rate (BPM)	Abnormal	value 102.9 outside (60-100)
Heart Rate Variability (ms)	Abnormal	value 352.7 outside (20-200)
SpO2 (%)	Abnormal	value 85.9 outside (95-100)
Respiratory Rate (BPM)	Abnormal	value 30.0 outside (12-20)
Body Temperature (°C)	Normal	
BMI	Normal	
Signal Quality (%)	Normal	

## RULE-BASED PARAMETER EVALUATION

Parameter	Status	Reason
Heart Rate (BPM)	Abnormal	Outside range (60–100)
Heart Rate Variability (ms)	Abnormal	Outside range (20–200)
SpO2 (%)	Abnormal	Outside range (95–100)
Respiratory Rate (BPM)	Abnormal	Outside range (12–20)
Body Temperature (°C)	Normal	In range (36.0–37.5)
BMI	Normal	In range (18.5–24.9)
Signal Quality (%)	Normal	In range (60–100)

# MEDICAL RECOMMENDATIONS

## MEDICAL RECOMMENDATIONS AND ADVICE

### ■ Abnormal Parameters Detected: 8

#### IMMEDIATE ACTIONS REQUIRED:

- Heart Rate (BPM):
  - Consult a cardiologist immediately
  - Avoid strenuous physical activity until consulted
  - Monitor heart rate daily
- Heart Rate Variability (ms):
  - Consult a cardiologist immediately
  - Avoid strenuous physical activity until consulted
  - Monitor heart rate daily
- SpO2 (%):
  - Consult a pulmonologist urgently
  - Ensure proper ventilation
  - Consider oxygen therapy if recommended
- Respiratory Rate (BPM):
  - Consult a pulmonologist urgently
  - Ensure proper ventilation
  - Consider oxygen therapy if recommended

#### GENERAL RECOMMENDATIONS:

- Follow up with your doctor within 1 week
- Maintain a health diary to track improvements
- Avoid self-medication without consultation
- Share this report with your healthcare provider

#### LIFESTYLE MODIFICATIONS:

- Diet: Include more fruits, vegetables, and whole grains
- Exercise: 30 minutes of moderate activity, 5 days/week
- Stress: Practice meditation or relaxation techniques
- Sleep: Maintain consistent sleep schedule

#### DISCLAIMER:

This report is generated based on non-invasive optical measurements and AI analysis. It should NOT replace professional medical diagnosis. Always consult qualified healthcare professionals for treatment.