



Wed Apr 05 2023 2:25:06 PM

Name: Guest User

Height: 5.6

Age: 53

Gender: Female

Email: N/A

Mobile: N/A

Electrocardiogram(ECG)

PR Interval

200

Ms

(120 ~ 200)

QRS Duration

90

Ms

(80 ~ 120)

QTC Interval

440

Ms

(310 ~ 450)

Heart Rate

82

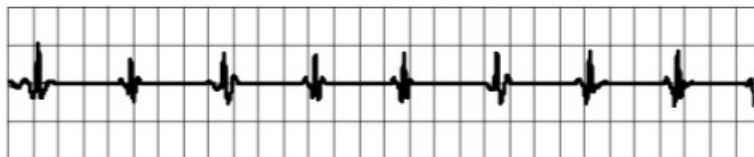
BPM

(60 ~ 100)

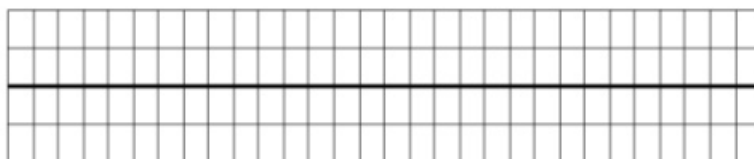
LEADI



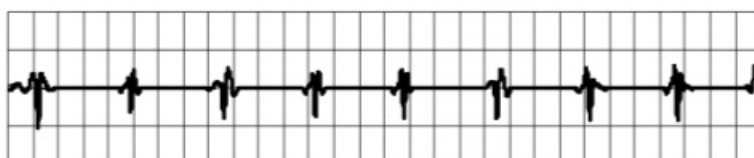
LEADII



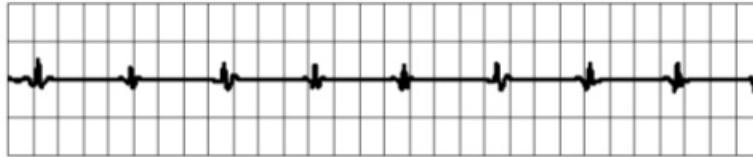
LEADIII



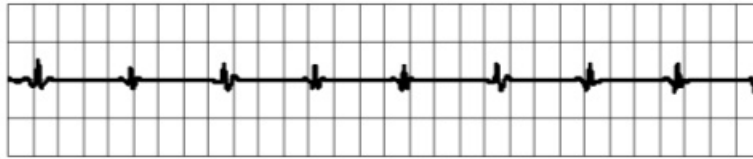
LEAD AVR



LEAD AVL



LEAD AVF



*Recommended Exercise, Energy Needed & Others:

Moderate activity for 30 min per day Cardiovascular exercise like walking, cycling, swimming etc.

DAILY ENERGY NEEDED 1400 Kcals

Cereals/ Whole grains 4-5 serving a day Whole fruits 2 serving a day Vegetables 4 serving a day Low fat dairy products 2-3 serving a day Oil 2 tsp./day pulses and legumes 2-3 servings

*Recommended:

Green leafy vegetables, salads, whole fruits, Homemade soups, Dry fruits like Almonds, walnuts, Drink low-fat or skimmed dairy products

*Restriction:

"Saturated and trans-fat, Red Meat, Sugar-containing drinks, Processed and packaged food "

*Note:

To get personalized results, please book an appointment with our dietician via our online platform.

Disclaimer

The IHL kiosk is intended to be used by individuals of 18 years or older, individuals under 18 years can check the weight and BMI as guest user under direct supervision of guardian. IHL does not give medical advice. The IHL service may provide helpful information about you, such as vitals. The information and materials available through the IHL service are for informational and educational purposes only and not intended to constitute professional advice, diagnosis or treatment, or to substitute for your judgment. The Body Data and other information in your account may not always be accurate, complete, or up-to-date and should be used for informational purposes only. You assume full risk and responsibility for the use of information you obtain from or through the IHL Service. In addition, we do not recommend or endorse any provider of health care or health-related products, items, or services.