

Health Report

Personal Information

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Vital Signs

Parameter	Normal Range
Blood Pressure	120/80 mmHg
Heart Rate	60–100 bpm
Respiratory Rate	12–20 breaths/min
Temperature	36.5–37.5°C
Oxygen Saturation	95–100%

Laboratory Results

Test	Reference Range
Complete Blood Count (CBC)	Varies by parameter
Blood Glucose (Fasting)	70–99 mg/dL
Cholesterol (Total)	<200 mg/dL
HDL Cholesterol	>40 mg/dL
LDL Cholesterol	<130 mg/dL
Triglycerides	<150 mg/dL
Liver Function Tests	Within normal limits
Kidney Function Tests	Within normal limits

Recommendations

- Maintain a balanced diet rich in fruits, vegetables, and whole grains.
- Engage in regular physical activity (at least 150 minutes per week).
- Monitor blood pressure and blood sugar regularly.

- Schedule follow-up appointments as advised.
- Avoid smoking and limit alcohol consumption.