



Health Concerns

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Track and monitor health issues or symptoms



2

Total Concerns



1

Active



1

Monitoring



0

Resolved

Elevated Resting Heart Rate

medium

monitoring



Monitoring



RHR has increased from 58 to 65 bpm over the past week

Category: Cardiovascular Reported: 1/19/2024

Symptoms:

Increased RHR

Slight fatigue

Started after changing workout routine. Monitoring for another week.

Sleep Quality Decline

low

active



Active



Sleep efficiency dropped below 80% for 3 consecutive nights

Category: Sleep 📅 Reported: 1/21/2024

Symptoms:

Restless sleep **Morning grogginess**

Possibly related to increased stress at work.



Update Your Medical Profile

Keep your medical conditions, allergies, and medications up to date in your profile to help us provide better health insights and recommendations.

[Update Profile](#)