

KYC

Name : Aarushi

Age : 30

BMI : 21.3

Height : 170 cm

Weight :50 kg

Status : Married

Number : 85326 25555

Lifestyle

Physical Activity/Day : 1-4 hrs

“ Staying active during pregnancy can help you feel better right away & and it can even make your labour shorter and recovery faster. “

Exercise frequency : 5 Times/Week

“ Pregnant or postpartum women should do at least 150 minutes (for example, 30 minutes a day, five days a week) of moderate intensity aerobic physical activity per week. “

1 Cup of Fruit/Day : Yes

1 Cup of Vegetable/Day : Yes

Sleep Quality :Need to Improve

Smoking : 5 Cigarettes/Day

Drinking : Occasional

Recreational Drug :No

Diabetes :No

Hypertension :Yes

This document is based on the information provided by you in an online self assessment and not on any physical verification. Visit a doctor in case of any emergency.

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