

Health Report Summary

Summary:

Your blood sugar is higher than normal. This means your body is not handling sugar properly.

Translated Summary:

* > ,M2! 6A 0 8>.>(M/ 8G '? 9H, ?88G !>/,? @ > \$0> 9K 8 \$> 9Hd

Values:

Blood Sugar (Fasting): 145 mg/dL (Safe: 70–100 mg/dL) - High

Hemoglobin: 13.2 g/dL (Safe: 12–15 g/dL) - Normal

Do:

- Walk for at least 30 minutes daily
- Eat more vegetables
- Drink enough water

Don't:

- Avoid sugary foods
- Avoid skipping meals
- Avoid stress