

MEDICAL HEALTH REPORT

(Auto-Generated Digital Health Report)

PATIENT DETAILS

Name: Sivaraj Ramar
Email: Sivaraj.Ramar@agilisium.com
Patient ID: c7c9a8f7-8261-4f58-a7f2-687fb1913871
Age: 21.0
Gender: male
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VITAL SIGNS & HEALTH METRICS

Height	5.2
Weight	65.0 kg
Blood Pressure	107.0/10.0 mmHg
Heart Rate	83.0 bpm
Sleep	5.0 hrs/day
Water Intake	4.0 L/day
Workout	45.0 mins/day

AI HEALTH INSIGHTS

Summary:

A 21-year-old male with a BMI of 26.2 (overweight, assuming height is 5 feet 2 inches)
He reports a critically low diastolic blood pressure of 10 mmHg, insufficient sleep (5 hours/day), and high water intake (4 L/day).
His heart rate is 83 bpm, which is on the higher end of the normal range, and he maintains a consistent workout routine (45 mins/day).

Risk Level:

High

Diet Recommendations:

- Immediately consult a doctor regarding water intake, as 4 L/day may be excessive, especially given the extremely low diastolic blood pressure.

Fitness Guidance:

- Continue with regular exercise (45 min/day), ensuring a mix of cardiovascular workouts, strength training, and flexibility exercises.

Health Goals:

- **Immediately consult a medical professional for urgent evaluation of the extremely low diastolic blood pressure (10 mmHg).