

MEDICAL HEALTH REPORT

(Auto-Generated Digital Health Report)

PATIENT DETAILS

Name: Rubini Rameshkirubaharan
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Patient ID: e0996b83-0817-478c-978c-8e82613acba5
Age: 21.0
Gender: female
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VITAL SIGNS & HEALTH METRICS

Height 5.0
Weight 51.0 kg
Blood Pressure 112.0/14.0 mmHg
Heart Rate 83.0 bpm
Sleep 5.0 hrs/day
Water Intake 3.0 L/day
Workout 40.0 mins/day

AI HEALTH INSIGHTS

Summary:

The data reveals a critically low diastolic blood pressure and an extremely high body mass index. Insufficient sleep is also noted despite consistent daily workouts and adequate water intake.

Risk Level:

High

Diet Recommendations:

- Prioritize nutrient-dense whole foods including fruits, vegetables, lean proteins, and whole grains.
- Maintain current adequate water intake levels.
- Seek professional nutritional guidance for a tailored plan to address specific needs.

Fitness Guidance:

- Continue with daily physical activity, maintaining 40 minutes per day.
- Incorporate a variety of exercises focusing on strength, cardiovascular health, and flexibility.
- Listen to your body and adjust intensity as needed, especially given the blood pressure reading.

Health Goals:

- Seek immediate medical consultation for the critically low diastolic blood pressure and body mass index.
- Gradually increase sleep duration to 7-9 hours per night for improved recovery and overall health.
- Regularly monitor blood pressure and height measurements for accuracy and health management.