

# 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  
Generated On: 21 Dec 2025

## VITAL SIGNS & HEALTH METRICS

Height 5.2  
Weight 67.0 kg  
Blood Pressure 102.0/10.0 mmHg  
Heart Rate 85.0 bpm  
Sleep 5.0 hrs/day  
Water Intake 3.0 L/day  
Workout 35.0 mins/day

## AI HEALTH INSIGHTS

### Summary:

The user is a 21-year-old male who is overweight (BMI 27.0) and consistently experiences insufficient sleep (5 hours/day). While daily exercise duration and water intake are good, significant focus is needed on improving sleep quality and dietary habits for weight management. The reported diastolic blood pressure is exceptionally low and requires immediate professional medical evaluation.

### Risk Level:

Moderate

### Diet Recommendations:

- Focus on a balanced diet rich in whole foods, lean proteins, fruits, and vegetables to support healthy weight management.
- Reduce intake of processed foods, sugary drinks, and unhealthy fats.
- Practice mindful eating and portion control to achieve a slight calorie deficit for gradual weight loss.

### Fitness Guidance:

- Continue with consistent daily exercise, ensuring a mix of cardiovascular activities and strength training.
- Incorporate strength training at least 2-3 times per week to build muscle and boost metabolism.
- Consider varying the intensity of your cardio workouts to further improve cardiovascular health and aid in fat loss.

### Health Goals:

- Prioritize sleep: Aim for 7-9 hours of quality sleep per night by establishing a regular sleep schedule and improving sleep hygiene.
- Achieve a healthy weight: Gradually reduce weight to bring your BMI into the healthy range (18.5-24.9).
- Medical consultation: Promptly consult a healthcare professional to re-check and discuss the unusually low diastolic blood pressure reading.