

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:	15 Dec 2025

VITAL SIGNS & HEALTH METRICS

Height	5.2
Weight	67.0 kg
Blood Pressure	120.0/18.0 mmHg
Heart Rate	81.0 bpm
Sleep	5.0 hrs/day
Water Intake	3.0 L/day
Workout	30.0 mins/day

AI HEALTH INSIGHTS

Summary:

A 21-year-old male presenting with an overweight BMI (assuming a height of 5'2")

You have a good daily workout routine and adequate water intake, but your sleep duration is significantly insufficient

The provided blood pressure diastolic reading of 18.0 is critically low and requires immediate re-evaluation.

Risk Level:

Moderate

Diet Recommendations:

- Focus on a balanced diet rich in whole grains, lean proteins, fruits, and vegetables.■- Reduce intake of processed foods.

Fitness Guidance:

- Continue with your consistent 30-minute daily workout routine.■- Incorporate strength training exercises 2-3 times per week.

Health Goals:

- Re-measure blood pressure accurately as the diastolic reading of 18 is medically critical and likely an error.■- Gradually increase sleep duration to 7-8 hours per night.