

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	68.0 kg
Blood Pressure	115.0/15.0 mmHg
Heart Rate	85.0 bpm
Sleep	6.0 hrs/day
Water Intake	3.0 L/day
Workout	60.0 mins/day

AI HEALTH INSIGHTS

Summary:

A 21-year-old male with a strong commitment to daily exercise and adequate water intake. His Body Mass Index (BMI) of 27.4 kg/m² indicates he is overweight. Sleep duration is slightly below recommended levels. While his systolic blood pressure is normal, the diastolic reading of 15.0 mmHg is critically low and highly unusual, necessitating medical attention. His heart rate is at the higher end of the normal range.

Risk Level:

Moderate

Diet Recommendations:

- Prioritize a balanced diet rich in whole foods, lean proteins, fruits, and vegetables. ■- Practice portion control to support weight management.

Fitness Guidance:

- Continue with consistent 60-minute daily workouts, ensuring a mix of cardiovascular exercise, strength training, and flexibility exercises.

Health Goals:

- Aim for 7-9 hours of quality sleep per night to support overall health and recovery. ■- Work towards achieving a healthy BMI through a combination of diet and exercise.