

# MEDICAL HEALTH REPORT

(Auto-Generated Digital Health Report)

## PATIENT DETAILS

Name: Rubini Rameshkirubaharan  
Email: Rubini.Rameshkirubaharan@agilisium.com  
Patient ID: e0996b83-0817-478c-978c-8e82613acba5  
Age: 21.0  
Gender: female  
Generated On: 22 Dec 2025

## 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.