

# 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: 112.0/17.0 mmHg  
Heart Rate: 83.0 bpm  
Sleep: 5.0 hrs/day  
Water Intake: 3.0 L/day  
Workout: 45.0 mins/day

## AI HEALTH INSIGHTS

### Summary:

21-year-old male with an overweight BMI (27.4), good water intake, and consistent workout routine. However, sleep is insufficient (5 hours/day). Critically, the reported diastolic blood pressure of 17.0 mmHg is extremely low and requires immediate medical attention, as it could indicate a serious health issue or be a measurement error. Your heart rate is slightly on the higher end of normal.

### Risk Level:

High

### Diet Recommendations:

- Focus on a balanced diet rich in whole foods, lean proteins, fruits, and vegetables.
- Limit intake of processed foods, sugary drinks, and unhealthy fats.
- Ensure adequate fiber intake from whole grains, legumes, fruits, and vegetables to support weight management.

### Fitness Guidance:

- Continue with your consistent 45-minute daily workout routine.
- Incorporate a mix of cardiovascular exercises (e.g., running, cycling) and strength training to build muscle and support metabolism.
- Consider varying the intensity and type of workouts to prevent plateaus and enhance overall fitness.

### Health Goals:

- Immediately consult a healthcare professional regarding the extremely low diastolic blood pressure reading of 17.0 mmHg. This requires urgent medical evaluation.
- Gradually increase sleep duration to 7-9 hours per night by establishing a consistent sleep schedule and practicing good sleep hygiene.
- Work towards a healthy weight to bring your BMI into the normal range (18.5-24.9) through a sustainable combination of diet and exercise.
- Monitor your blood pressure regularly as advised by your doctor.