

# 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/m<sup>2</sup> 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 further investigation.  
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 healthier BMI through diet and exercise.