

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: 21 Dec 2025

VITAL SIGNS & HEALTH METRICS

Height: 5.2
Weight: 67.0 kg
Blood Pressure: 102.0/10.0 mmHg
Heart Rate: 85.0 bpm
Sleep: 5.0 hrs/day
Water Intake: 3.0 L/day
Workout: 35.0 mins/day

AI HEALTH INSIGHTS

Summary:

The user is a 21-year-old male who is overweight (BMI 27.0) and consistently experiences insufficient sleep (5 hours/day). While daily exercise duration and water intake are good, significant focus is needed on improving sleep quality and dietary habits for weight management. The reported diastolic blood pressure is exceptionally low and requires immediate professional medical evaluation.

Risk Level:

Moderate

Diet Recommendations:

- Focus on a balanced diet rich in whole foods, lean proteins, fruits, and vegetables to support healthy weight management.
- Reduce intake of processed foods, sugary drinks, and unhealthy fats.
- Practice mindful eating and portion control to achieve a slight calorie deficit for gradual weight loss.

Fitness Guidance:

- Continue with consistent daily exercise, ensuring a mix of cardiovascular activities and strength training.
 - Incorporate strength training at least 2-3 times per week to build muscle and boost metabolism.
- Consider varying the intensity of your cardio workouts to further improve cardiovascular health and aid in fat loss.

Health Goals:

- Prioritize sleep: Aim for 7-9 hours of quality sleep per night by establishing a regular sleep schedule and improving sleep hygiene.
- Achieve a healthy weight: Gradually reduce weight to bring your BMI into the healthy range (18.5-24.9).
- Medical consultation: Promptly consult a healthcare professional to recheck and discuss the unusually low diastolic blood pressure reading.