

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 67.0 kg
Blood Pressure 120.0/18.0 mmHg
Heart Rate 81.0 bpm
Sleep 5.0 hrs/day
Water Intake 3.0 L/day
Workout 30.0 mins/day

AI HEALTH INSIGHTS

Summary:

A 21-year-old male presenting with an overweight BMI (assuming a height of 5'2")
You have a good daily workout routine and adequate water intake, but your sleep duration is significantly insufficient
The provided blood pressure diastolic reading of 18.0 is critically low and requires immediate re-evaluation.

Risk Level:

Moderate

Diet Recommendations:

- Focus on a balanced diet rich in whole grains, lean proteins, fruits, and vegetables.■- Reduce intake of processed food

Fitness Guidance:

- Continue with your consistent 30-minute daily workout routine.■- Incorporate strength training exercises 2-3 times per week

Health Goals:

- Re-measure blood pressure accurately as the diastolic reading of 18 is medically critical and likely an error.■- Gradually increase sleep duration to 7-8 hours per night