

# 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:	22.0
Gender:	male
Generated On:	23 Dec 2025

## VITAL SIGNS & HEALTH METRICS

Height	5.3
Weight	68.0 kg
Blood Pressure	112.0/12.0 mmHg
Heart Rate	81.0 bpm
Sleep	8.0 hrs/day
Water Intake	4.0 L/day
Workout	120.0 mins/day

## AI HEALTH INSIGHTS

### Summary:

A 22-year-old male with excellent sleep, water intake, and workout habits. However, there are critical data entry issues with height (5.3 inches, which is physically impossible and likely intended as 5 feet 3 inches or similar) and blood pressure (diastolic 12.0, which is dangerously low and almost certainly a typo). Assuming a height of 5 feet 3 inches (1.60m), your BMI suggests you are in the overweight category (26.6). Your heart rate is within a normal range.

### Risk Level:

Moderate

### Diet Recommendations:

- Focus on a balanced diet rich in whole foods, lean proteins, and healthy fats to support weight management.
- Increase intake of fruits, vegetables, and whole grains for fiber and nutrients.
- Practice portion control and be mindful of calorie intake to support a healthy weight.
- Limit processed foods, sugary beverages, and unhealthy saturated/trans fats.

### Fitness Guidance:

- Continue your consistent and excellent workout routine of 120 minutes daily, ensuring a good mix of cardiovascular and strength training exercises.
- Incorporate flexibility and mobility work into your routine to enhance overall fitness.
- Consider setting new fitness goals, such as improving strength, endurance, or specific skills, to keep your routine engaging.

### Health Goals:

- Immediately verify and correct your height measurement and blood pressure readings with a healthcare professional.
- Work towards achieving a healthy weight and BMI (18.5-24.9) through a balanced diet and sustained physical activity.
- Maintain your excellent sleep hygiene, water intake, and regular exercise routine.
- Schedule a comprehensive medical check-up to discuss all health parameters and address any potential underlying issues.