

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
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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.

This report is AI-generated and not a substitute for professional medical advice.

Generated by Personalized Health System