

MEDICAL HEALTH REPORT

(Auto-Generated Digital Health Report)

PATIENT DETAILS

| | |
|---------------|--|
| Name: | Rubini Rameshkirubaharan |
| Email: | Rubini.Rameshkirubaharan@agilisium.com |
| Patient ID: | e0996b83-0817-478c-978c-8e82613acba5 |
| Age: | 21.0 |
| Gender: | female |
| Generated On: | 23 Dec 2025 |

VITAL SIGNS & HEALTH METRICS

| | |
|----------------|-----------------|
| Height | 5.0 |
| Weight | 51.0 kg |
| Blood Pressure | 112.0/14.0 mmHg |
| Heart Rate | 83.0 bpm |
| Sleep | 5.0 hrs/day |
| Water Intake | 3.0 L/day |
| Workout | 40.0 mins/day |

AI HEALTH INSIGHTS

Summary:

The data reveals a critically low diastolic blood pressure and an extremely high body mass index. Insufficient sleep is also noted despite consistent daily workouts and adequate water intake.

Risk Level:

High

Diet Recommendations:

- Prioritize nutrient-dense whole foods including fruits, vegetables, lean proteins, and whole grains.
- Maintain current adequate water intake levels.
- Seek professional nutritional guidance for a tailored plan to address specific needs.

Fitness Guidance:

- Continue with daily physical activity, maintaining 40 minutes per day.
- Incorporate a variety of exercises focusing on strength, cardiovascular health, and flexibility.
- Listen to your body and adjust intensity as needed, especially given the blood pressure reading.

Health Goals:

- Seek immediate medical consultation for the critically low diastolic blood pressure and body mass index.
- Gradually increase sleep duration to 7-9 hours per night for improved recovery and overall health.
- Regularly monitor blood pressure and height measurements for accuracy and health management.