

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 5.2
Weight 68.0 kg
Blood Pressure 110.0/12.0 mmHg
Heart Rate 83.0 bpm
Sleep 5.0 hrs/day
Water Intake 3.0 L/day
Workout 75.0 mins/day

AI HEALTH INSIGHTS

Summary:

The user is a 22-year-old male. Based on an assumed height of 5 feet 2 inches (62 inches), his BMI is 27.42 kg/m², placing him in the overweight category. His blood pressure shows a normal systolic (110 mmHg) but an extremely low diastolic reading (12 mmHg), which is a critical value and highly suggestive of a data entry error or a severe medical emergency. His heart rate is within a normal range (83 bpm). He reports insufficient sleep (5 hours/day) but excellent water intake (3 L/day) and a very high level of physical activity (75 minutes/day). The most immediate concern is the anomalous diastolic blood pressure reading and the need for accurate height data.

Risk Level:

High

Diet Recommendations:

- Focus on balanced meals with portion control to manage weight.
- Prioritize whole foods: lean proteins, whole grains, and a wide variety of fruits and vegetables.
- Reduce intake of processed foods, sugary drinks, and unhealthy fats.
- Consider consulting a registered dietitian for personalized meal planning.

Fitness Guidance:

- Continue with the excellent workout routine, ensuring it includes a mix of aerobic activities, strength training (2-3 times per week), and flexibility.
- Focus on proper form and listen to your body to prevent overtraining or injuries.
- Explore different types of physical activity to maintain interest and challenge various muscle groups.

Health Goals:

- Urgent Action: Re-verify and accurately measure blood pressure immediately. Seek medical consultation if the diastolic reading of 12 mmHg is confirmed.
- Data Clarification: Accurately measure and provide height in feet and inches.
- Improve Sleep: Aim for 7-9 hours of quality sleep per night by establishing a consistent sleep schedule and improving sleep hygiene.
- Weight Management: Work towards a healthy weight range by focusing on diet and overall lifestyle adjustments, aiming for a BMI between 18.5 and 24.9.