

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	6.0 hrs/day
Water Intake	5.0 L/day
Workout	75.0 mins/day

AI HEALTH INSIGHTS

Summary:

Your health profile presents significant concerns, notably a critically low diastolic blood pressure (12.0 mmHg) requiring immediate medical attention. Your reported height of 5.3 inches is unusual; assuming 5 feet 3 inches (1.60m), your BMI indicates you are overweight (26.6 kg/m^2). While your daily workout is excellent (75 min/day) and heart rate normal, your sleep is slightly below recommended, and water intake is quite high. The blood pressure reading is the most pressing issue.

Risk Level:

High

Diet Recommendations:

- Focus on a balanced diet rich in whole foods, vegetables, fruits, and lean proteins to support weight management.
- Reduce intake of processed foods, unhealthy fats, and added sugars.
- Re-evaluate your water intake. While hydration is crucial, 5.0 L/day might be excessive unless specifically advised by a doctor due to high activity or medical conditions.

Fitness Guidance:

- Continue with your excellent daily workout routine (75 minutes). This level of activity is highly beneficial.
- Ensure your workouts include a mix of cardiovascular exercise, strength training, and flexibility to maintain overall fitness.
- Listen to your body and incorporate active recovery days to prevent overtraining.

Health Goals:

- Immediate Medical Consultation: Seek urgent medical attention for the critically low diastolic blood pressure (12.0 mmHg).
- Achieve Healthy Weight: Work towards a healthy weight range (BMI 18.5-24.9) through consistent dietary adjustments and exercise.
- Improve Sleep Hygiene: Aim for 7-9 hours of quality sleep per night by establishing a regular sleep schedule and creating a conducive sleep environment.
- Review Water Intake: Discuss your daily water intake with a healthcare professional to determine the appropriate amount for your individual needs and activity level.

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

Generated by Personalized Health System