

## Allycare Assessment Report

Name:

Rose Smith

Gender:

female

Session ID:

session\_002

Date of assessment:

2025-02-27

Age:

35 years

Height/Weight:

175cm / 81kg

## ✓ Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement.

Fair

75%

Assessment Score

92

Wellness Score

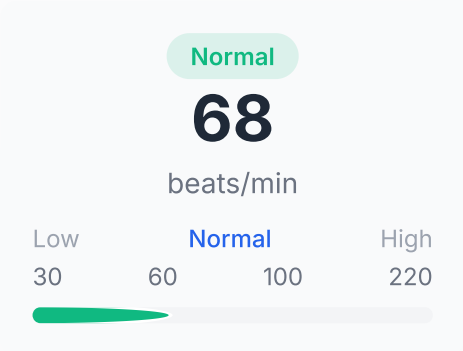
8

Risk Score

# Key Body Vitals

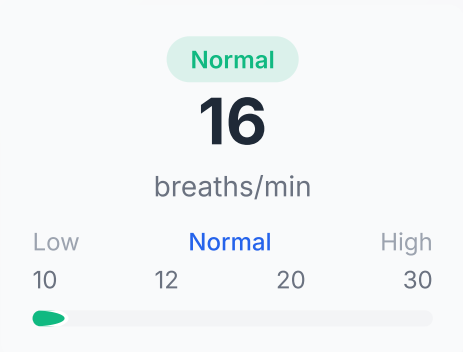
## ♥ Heart Rate

The heart rate is the number of times heart beats in a minute. A normal resting heart rate for adults ranges from 60 to 100 beats per minute.



## i Respiration Rate

The respiration rate is the number of breaths taken per minute. It is typically measured at rest by counting the chest rises for one minute.



## ≡ Blood Pressure

Blood pressure measures the force of blood against artery walls. Normal range is typically below 120/80 mmHg.



## ✓ Oxygen Saturation

Oxygen saturation measures the percentage of oxygen-saturated hemoglobin in the blood. Normal levels are 95-100%.



# Exercise Performance

Jog test

45.00

seconds

## Posture Analysis

### Posture Evaluation

Analysis:

- N/A

Recommendations:

- N/A

Frontal body view

Frontal View Score:

N/A

Analysis:

- N/A

Recommendations:

- N/A

Side body view

Side View Score:

N/A

# Advanced Health Metrics

VO2 Max

68.5

ml/kg/min

Stress Index

1.1

units

HRV

28.5

ms

Cardiac Output

5.8

L/min

Blood Volume

4850.2

L

Total Body Water

45.8

L

# Glucose & Diabetes Assessment

### Recommended Tips:

- Engage in neck strengthening exercises.
- Consciously practice standing with straight knees.

Total Reps: 1

Total Sets: 1

### Physiological Data

BMI: 24.8

Body Fat: 22.5%

Height: 175 cm

Weight: 81 kg

Gender: female

Intensity: Hard

### HbA1c Level

4.8%

3-month average

### Diabetes Control

65.2

control score

# Body Composition Analysis

24.8

BMI  
Normal Range

22.5%

Body Fat  
Healthy

92

Wellness Score  
Excellent

62.8 kg

Lean Mass

18.2 kg

Fat Mass

1850.5 kcal

BMR

32 years

Metabolic Age

0.85

WHR