



Allycare Assessment Report

Name: **Rose Smith**

Date of assessment: 2025-02-27

Gender:

female

Age: **35 years** Session ID:

session_002

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.

75%

Assessment Score

92 Wellness Score 8 Risk Score

Key Body Vitals

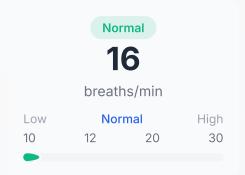
Heart Rate

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.



1 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 oxygensaturated hemoglobin in the blood. Normal levels are 95-100%.



Exercise Performance

Jog test

45.00

seconds

Posture Analysis Posture Evaluation Frontal body view **Analysis:** N/A Frontal View Score: N/A **Recommendations:** • N/A Side body view **Analysis:** • N/A Side View Score: N/A Recommendations: • N/A

Advanced Health Metrics

VO2 Max

68.5

ml/kg/min

Stress Index

1.1

unite

HRV

28.5

ms

Cardiac Output

5.8

I /mir

Blood Volume

4850.2

Т

Total Body Water

45.8

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