



# RAJUNOR OSIM

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**Hello RAJUNOR OSIM! I'm your friendly health bot Klaire, here to walk you through your checkup results. Let's dive in!**

This is your personalized health report based on the medical screening we conducted at your company. I've analyzed all your test results and I'm excited to share what I found! Don't worry if anything seems confusing - I'm here to explain everything in simple terms and help you understand what your numbers mean for your health.

If you have any questions after reading through your results, don't hesitate to reach out to our doctors on WhatsApp **08076490056** for telemedicine consultation - they're always happy to help!

## YOUR HEALTH OVERVIEW

# Body Mass Index (BMI)

Your BMI is 28.5, which puts you in the **OVERWEIGHT** range.

**What does this mean?** BMI is a measure of body fat based on your height and weight. It helps us understand if you're carrying a healthy amount of weight for your body size.

## BMI Categories:

- Underweight: BMI < 18.5
- Normal weight: BMI 18.5-24.9
- Overweight: BMI 25-29.9
- Obese: BMI  $\geq$  30



**What does this mean?** You're carrying a bit more weight than is ideal, which can slightly raise your risk for diabetes, joint problems, or high blood pressure in the future.

**The bright side?** Your blood sugar is normal — which is a positive sign!

## Tips just for you:

- Eat more whole foods and fewer processed ones
- Stay active — aim for 150 minutes of fun movement per week
- Add strength training to boost metabolism
- Drink plenty of water, and sleep well

## How your BMI connects with your other health numbers:

- Your blood pressure is normal (125.0/83.0 mmHg)
- Your blood sugar is normal (75.0 mg/dL)
- Your cholesterol is high (349.0 mg/dL)

## Recommendations to Reduce BMI:

- **Dietary Changes:** Focus on whole foods, reduce processed foods, control portion sizes
- **Regular Exercise:** Aim for 150 minutes of moderate exercise per week
- **Strength Training:** Build muscle mass to increase metabolism
- **Hydration:** Drink plenty of water throughout the day
- **Sleep:** Ensure 7-9 hours of quality sleep nightly
- **Stress Management:** Practice relaxation techniques
- **Professional Support:** Consider consulting a nutritionist or dietitian

# Blood Pressure

Your reading is 125.0/83.0 mmHg, which is normal.

**What does this mean?** Blood pressure is the force of blood pushing against your artery walls. It's like the pressure in a garden hose - too high and it can cause problems, too low and it might not work properly.

## Blood Pressure Categories:

- Normal: Less than 120/80 mmHg
- Elevated: 120-129/less than 80 mmHg
- High Stage 1: 130-139/80-89 mmHg
- High Stage 2: 140/90 mmHg or higher
- Hypertensive Crisis: Higher than 180/120 mmHg



■ Great work! Your blood pressure is in the healthy range.

■ This means your heart and blood vessels are in good shape. You're at lower risk of heart disease, stroke, and kidney problems.

## ■ Keep it up by:

- Maintaining your healthy lifestyle
- Checking your BP regularly
- Seeing your doctor for routine checkups

## How your blood pressure relates to other health parameters:

- Your BMI is high (28.5)
- Your blood sugar is normal (75.0 mg/dL)
- Your cholesterol is high (349.0 mg/dL)

## Maintaining Healthy Blood Pressure:

- **Continue Healthy Habits:** Maintain your current lifestyle
- **Regular Monitoring:** Check your blood pressure regularly
- **Annual Checkups:** See your doctor for routine health checks

## ■ Blood Sugar

■ Your blood sugar is 75.0 mg/dL, which is normal.

■ What does this mean? Blood sugar (glucose) is your body's main source of energy, like fuel for a car. Your body regulates it with insulin to keep it in the right range.

■ **Blood Sugar Categories (Random/Fasting):**

- Normal: Less than 100 mg/dL (fasting) / Less than 140 mg/dL (random)
- Pre-diabetic: 100-125 mg/dL (fasting) / 140-199 mg/dL (random)
- Diabetic: 126 mg/dL or higher (fasting) / 200 mg/dL or higher (random)



■ Excellent! Your blood sugar is in the healthy range.

■ This means your body is regulating energy beautifully — less chance of diabetes and more steady energy levels through the day.

■ **Keep your sugar in the sweet spot by:**

- Eating balanced meals
- Keeping active
- Watching your weight to keep BMI in check

**How your blood sugar relates to other health parameters:**

- Your BMI is high (28.5)
- Your blood pressure is normal (125.0/83.0 mmHg)
- Your cholesterol is high (349.0 mg/dL)

**Maintaining Healthy Blood Sugar:**

- **Balanced Diet:** Continue eating a variety of nutritious foods
- **Regular Exercise:** Maintain your current activity level
- **Weight Management:** Keep your BMI in the healthy range
- **Regular Checkups:** Continue annual health screenings

## ■ Cholesterol

■ Your cholesterol is 349.0 mg/dL, which is high.

■ **What does this mean?** Cholesterol is a waxy substance your body uses to build healthy cells. Think of it like building materials - you need some, but too much can clog your arteries like pipes.

■ **Total Cholesterol Categories:**

- Desirable: Less than 200 mg/dL
- Borderline High: 200-239 mg/dL
- High: 240 mg/dL and above



■ **What does this mean?** Your cholesterol is significantly elevated, which increases your risk of heart disease and stroke.

■ **The bright side?** With proper management, you can significantly reduce your risks and protect your heart health.

■ **Tips just for you:**

- Work closely with your doctor for proper management
- Take any prescribed medications as directed
- Dramatically reduce saturated and trans fats
- Get regular, doctor-approved exercise
- Focus on a heart-healthy diet

**How your cholesterol relates to other health parameters:**

- Your BMI is high (28.5)
- Your blood pressure is normal (125.0/83.0 mmHg)
- Your blood sugar is normal (75.0 mg/dL)

**Recommendations to Lower Cholesterol:**

- **Heart-Healthy Diet:** Focus on fruits, vegetables, whole grains, and lean proteins
- **Reduce Saturated Fats:** Limit red meat, full-fat dairy, and fried foods
- **Increase Fiber:** Eat more oats, beans, and fruits
- **Regular Exercise:** 150 minutes of moderate activity weekly
- **Weight Management:** Maintain a healthy BMI
- **Limit Alcohol:** Moderate alcohol consumption
- **Medication:** Take prescribed cholesterol-lowering drugs as directed

# ■ Urine Analysis



## ■ Results: Glucose – NEGATIVE, Protein – NEGATIVE.

■ **What does this mean?** Urine analysis is like a health detective! It looks for clues in your urine that can tell us about your kidney health and how well your body is managing sugar. Think of it as a simple way to check if everything is working properly inside.

## ■ Glucose in Urine:

■ Great news! No glucose detected in your urine.

■ This means your kidneys are working perfectly, and your body is managing sugar properly.

■ Keep protecting your kidneys by:

- Drinking plenty of water
- Keeping up with annual health checks
- Staying healthy overall

## ■ Protein in Urine:

■ Excellent! No protein detected in your urine.

■ This means your kidneys are working perfectly, and your body is managing protein properly.

■ Keep protecting your kidneys by:

- Drinking plenty of water
- Keeping up with annual health checks
- Staying healthy overall

■ My recommendations for you:

■ **Keep up the great work!** Your kidneys are doing their job perfectly

■ **Regular Checkups:** Continue with annual health screenings to stay on track

■ **Stay Hydrated:** Keep drinking plenty of water to support your kidney health

■ **Stay Alert:** Keep an eye on any changes in your health and report them



# ■ Your Personalized Health Summary

**RAJUNOR OSIM, overall you're doing really well! ■**

I've analyzed your BMI, Blood Pressure, Blood Sugar, Cholesterol, Urine Analysis results, and I'm excited to share what I found! Your health numbers tell a story, and I'm here to help you understand what they mean for your future.

**■ What I discovered:**

- Your test results show your current health status across multiple important areas
- Each number gives us clues about how well your body is functioning
- Small changes can make a big difference in your health journey
- You're in control of many factors that influence these numbers

**■ Your next steps:**

- Take time to understand what each result means for you personally
- Start with one small change - you don't have to do everything at once!
- Talk to your doctor about any concerns or questions
- Reach out to our medical team at WhatsApp 08076490056 for telemedicine consultation anytime
- Remember, every healthy choice you make is a step in the right direction

Keep making small, steady lifestyle changes and you'll continue moving in the right direction.

Remember, I'm always here to help you make sense of your health. Your future self will thank you for the choices you make today! ■■

**With care and support,  
Klaire, your friendly health bot ■**