

# Check your Health in Just

**35** SECS

No expensive equipment needed. Just your **smartphone** & our **advanced AI technology** to scan, analyze, and report.



**HEALTH SCORE**



**HEART RATE**



**HEART UTILIZED**

Overall Score

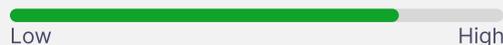


Your health are in great condition. Continue your current care routine.

**Oxygen Saturation**

**8 / 10**

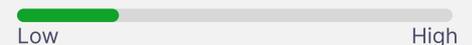
Blood oxygen level



**Hypertension Risk**

**2 / 10**

Blood pressure risk



**Cardiac Load Risk**

**7 / 10**

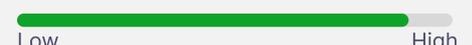
Heart workload



**PNN50**

**9 / 10**

Heart rate variability



# SAGAR YADAV

📅 02/12/2025

👤 Male

👤 Age: 29

## Overall Health Score

### 🏠 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.

Great Condition

82%



## 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.

Normal

66 beats/min



### 📄 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.

Normal

16 beats/min



### 📄 Oxygen Saturation

Oxygen saturation (SpO2) is the measurement of how much oxygen the blood is carrying as a percentage of the maximum it could carry.

Normal

95%



### 📄 Hypertension Risk

Likelihood of developing high blood pressure indicates the risk of hypertension based on factors like lifestyle, genetics, weight, and overall cardiovascular health.

Low

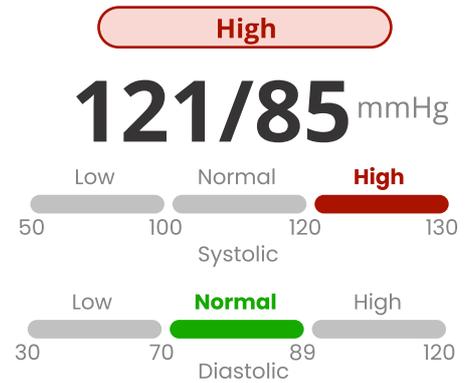
18%





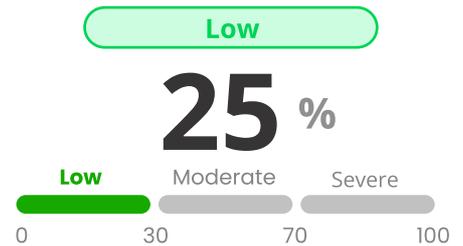
## Blood Pressure

Blood pressure is a measure of the force that the heart uses to pump blood around the body. Systolic pressure - the pressure when your heart pushes blood out. Diastolic pressure - the pressure when your heart rests between beats.



## HbA1c Risk

HbA1c measures your average blood sugar over 2-3 months. Higher levels indicate poor blood sugar control, crucial for diabetes management. Keeping HbA1c in target range helps prevent complications.



### Heart Health



## SDNN

The standard deviation of all of the NN intervals (the time intervals between each heartbeat). Higher numbers usually indicate that your body is coping better with stress.



## RMSSD

The root mean square of successive intervals between normal heartbeats (RMSSD). RMSSD is obtained by first calculating each successive time intervals between heartbeats in msec.



Heart rate max

**187** BPM

Heart rate reserve

**143** BPM

Target HR Rate

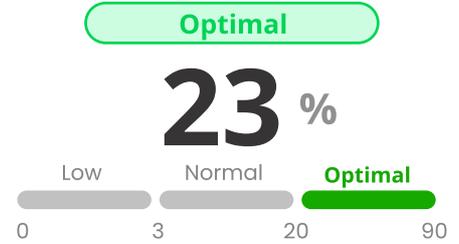
**116-166** BPM

VO2 Max

**64** mL/kg/min

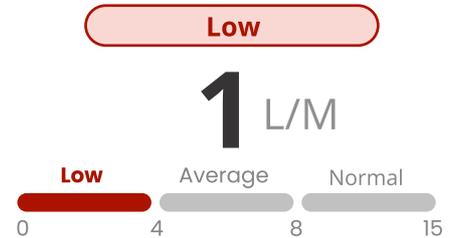
## PNN50

PNN50 is the proportion of adjacent N-N intervals differing by more than 50 msec. pNN50 lower than 3% is considered indicative of high risk



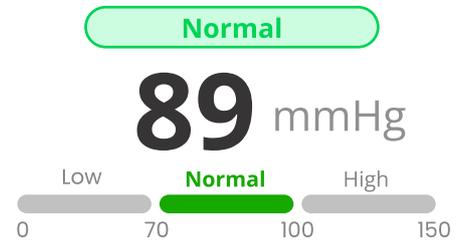
## Cardiac Output

The amount of blood heart pumps through the circulatory system in a minute. Cardiac output in humans is generally 4-8 L/min in an at-rest.



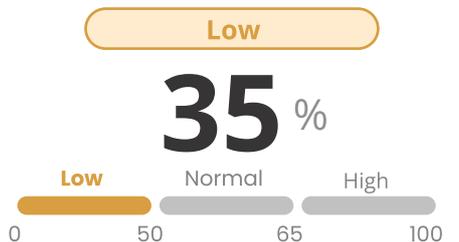
## Mean Arterial Pressure

MAP is the average arterial pressure throughout one heart cycle. MAP anything between 70 and 100 mmHg is considered to be normal.



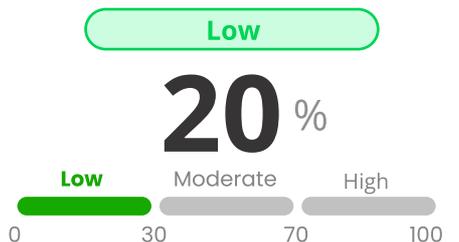
## Heart Utilised

Heart utilization is the percentage of overall heart usage to its maximum peak heart rate. Generally less than 50% utilization at rest and 51-85% utilization at moderate intensity is considered as normal.



## Cardiac Load Risk

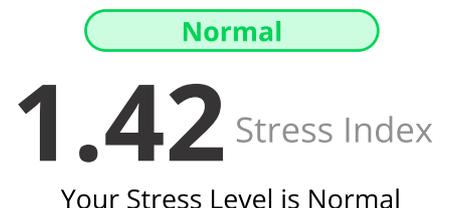
Risk due to heart workload strain indicates the potential for cardiovascular stress or complications based on how hard the heart must work during daily activities or exercise.



Stress Level

## Stress Index

Body's response to everyday pressures resulting from emotional or physical tension. A Stress Index below 1.5 is considered normal.



## Physiological Score



### BMI

BMI is the measure of body fat based on height and weight. The normal range of BMI is 18.5 - 24.9 kg/m<sup>2</sup>. OW - Over weight

Normal

22.7 kg/m<sup>2</sup>



### BMR

Basal Metabolic Rate (BMR) is the number of calories your body burns daily at rest to maintain essential functions like breathing, circulation, and cellular activity.

Normal

1692 KCAL



### TDEE

Total Daily Energy Expenditure (TDEE) is an estimate of the total calories burned in a day, including basal metabolism, physical activity, and digestion.

Normal

2031 KCAL



### Total Body Water

Hydration level of the body indicates the amount of water present in the body, reflecting overall fluid balance, cellular function, and general health status.

Moderate

59 %



### Blood Volume

Total volume of circulating blood refers to the entire amount of blood flowing through the body, essential for delivering oxygen, nutrients, and maintaining overall cardiovascular health.

Normal

5 L



### Body Fat Percentage

Percentage of body fat relative to total mass indicates the proportion of fat in the body, reflecting overall body composition, fitness level, and health status.

Normal

17 %



## Skin Health Breakdown

### Skin Age

Skin Age measures how your skin's health and appearance compare to your actual age. A lower skin age indicates healthier, youthful skin, while a higher value suggests areas for improvement.

28

### Blackheads

Evaluates the skin's elasticity and resilience. Healthy skin maintains firmness with proper hydration and collagen support.

Noticeable

7 /10



### Dehydration

Evaluates your skin's moisture levels, essential for maintaining elasticity and a healthy glow. Adequate water intake and moisturizing can boost hydration.

Moderate

6 /10



### Oil Intensity

Assesses the skin's moisture levels. A consistent skincare routine can help maintain a youthful appearance.

Balanced

5 /10



### Pores

Analyzes the prominence of pores on your skin. A consistent skincare routine can help reduce their visibility and maintain a refined appearance.

Noticeable

6 /10





## Redness

Assesses the skin's natural glow and vitality. A balanced diet, hydration, and proper skincare enhance radiance.

Noticeable

6 /10



## Acne

Analyzes the presence of spots, blemishes, and pigmentation on the skin. Consistent sun protection and skincare can help reduce discoloration.

Moderate

7 /10



## Dark Circles

Assesses skin smoothness and evenness. Uneven texture may result from dryness or clogged pores, improved with hydration and exfoliation.

Visible

5 /10



## Wrinkles

Evaluates the presence of wrinkles caused by aging or reduced elasticity. Proper hydration and skincare can help reduce their appearance.

Moderate

7 /10



## Uneven Skin Tone

Skin Age measures how your skin's health and appearance compare to your actual age. A lower skin age indicates healthier, youthful skin, while a higher value suggests areas for improvement.

Moderate

5 /10



## Recommendation

### Morning Routine

- Cleanse your face with a gentle cleanser.
- Apply a hydrating serum to help with moisture.
- Follow with a moisturizer.
- Finish with a broad-spectrum sunscreen.

### Evening Routine

- Cleanse your face thoroughly to remove impurities.
- Apply a treatment serum targeting specific concerns.
- Use a nourishing moisturizer before bed.

### Weekly Treatments

- Incorporate a gentle exfoliating treatment 1-2 times a week to remove dead skin cells.
- Use a hydrating or purifying mask once a week.

### Lifestyle Tip

- Ensure adequate water intake throughout the day to maintain skin hydration.
- Prioritize 7-8 hours of quality sleep nightly for skin regeneration.
- Maintain a balanced diet rich in fruits, vegetables, and lean proteins.
- Protect your skin from sun exposure by seeking shade and wearing protective clothing.

## Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

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