



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Sep 21, 2026

Age : 45

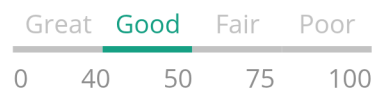
Overall Risk Score

Risk 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.

Good

44



Frailty Score



5 Times Sit-to-Stand Test

Assesses lower body strength and mobility by measuring how quickly you can rise from a seated position. A slower speed may indicate reduced muscle strength or flexibility, which can affect daily activities and overall physical function.

Low

27



Single leg balance Assessment left leg

The Balance Test checks how long you can stand on one leg. A higher hold time means better balance. Aim to improve your stability from Low to Great.

Medium

17.426



Single leg balance Assessment right leg

The Balance Test checks how long you can stand on one leg. A higher hold time means better balance. Aim to improve your stability from Low to Great.

Great

30



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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