



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Sep 21, 2026

Age : 30

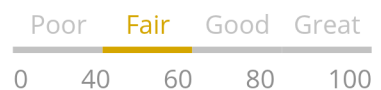
Overall Health Score

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.

Fair

48



Key Body Vitals

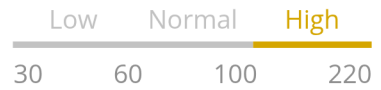


Heart Rate

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.

High

103 beats/min

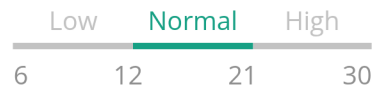


Respiration Rate

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

18 breaths/min

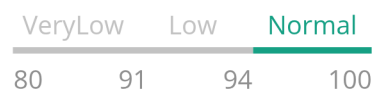


Oxygen Saturation

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 %

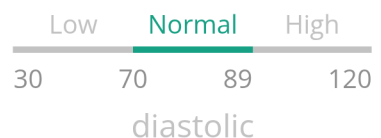
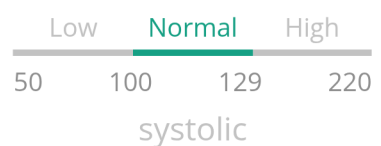


Blood Pressure

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.

Normal

124/78 mmHg



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.

Optimal

109 MS



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.

Optimal

125 MS

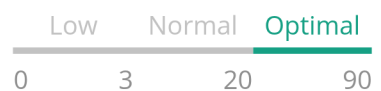


PNN50

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

Optimal

35 %



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.

Average

4.5 L/M



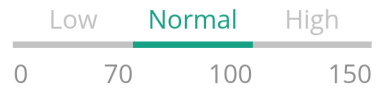


Mean Arterial Pressure

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

Normal

89 mmHg

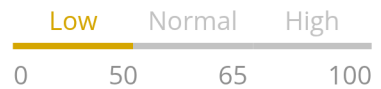


Heart Utilised

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.

Low

36 %



Heart rate
max

187 BPM

Heart Rate
Reserve

144 BPM

Target HR
Rate

**114 -
165** BPM

VO2 Max

67 ml/kg/min

Body Composition

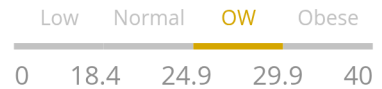


BMI

BMI is the measure of body fat based on height and weight. The normal range of BMI is 18.5 - 24.9 kg/m².
OW - Over weight

OW

28.10 MS

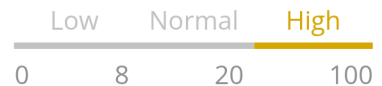


Body Fat Percentage

The percentage of your total body weight that is made up of fat mass. It is strongly correlated with obesity-related and cardiovascular health risks. Body fat percentage reference ranges are age and gender specific.

High

29.10 %



A/G Ratio

Linked to an increased risk of metabolic syndrome and obesity-related health risks. • Android Fat Percentage Concentrated in the abdomen and waist, is linked to visceral fat. • Gynoid Fat Percentage Concentrated in the hips, thighs, and buttocks, creates a 'pear shape' common in women.

High

0.90



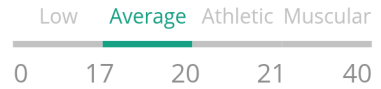


Lean Mass Index

Measure of muscularity based on lean mass and height and is correlated with both fitness and health outcomes. A higher LMI indicates more muscularity.

Average

19.92 kg/m²



Fat Mass Index

Measure of excess fat, not including lean mass. Unlike BMI, FMI provides a gender-specific measure of fat that is not confounded by lean mass.

High

8.18 kg/m²

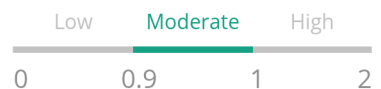


Waist-Hip Ratio

It is a measurement that compares the circumference of the waist to that of the hips. Important indicator of health in assessing the risk of cardiovascular diseases and metabolic disorders.

Moderate

0.91



Waist-Height Ratio

It is a measurement that compares the circumference of the waist to the height of an individual. It is a useful indicator of central obesity and related health risks.

High

0.87



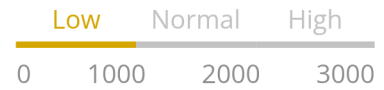


Metabolic Rate

It is the rate at which the body burns calories to maintain vital functions and perform activities, encompassing all processes like breathing, circulation, cell production, and digestion.

Low

901.44 kCal

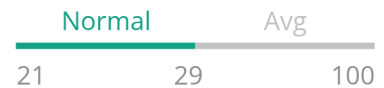


Metabolic Age

Metabolic age indicates how your body functions compared to your actual age, based on factors like metabolism, muscle mass, and fitness levels. A younger metabolic age suggests better overall health and fitness.

Normal

17



Body Weight Distribution

- **Lean Mass** : 24.11 Kg
Mass of muscle, bone, organs, and water in your body, measured in pounds or kilograms.
- **Fat Mass** : 9.89 Kg
Adipose tissue in your body, measured in pounds or kilograms.



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.

Normal

1.39 Stress Index

Your Stress Level is Normal

Fitness Assessment

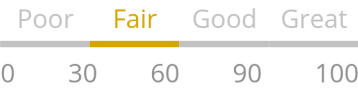


Cardiovascular Endurance

Cardiovascular endurance is the ability of the heart and lungs to sustain prolonged physical activity, crucial for overall health, athletic performance, and reducing fatigue.

Fair

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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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