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AI

HEALTH REPORT

Month 1 Report

Prepared for: John Doe

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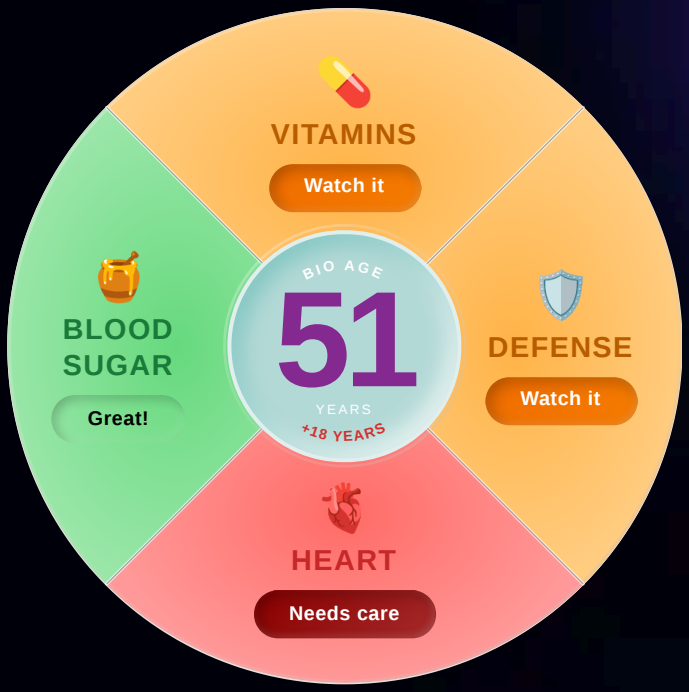
AI-ASSISTED, EXPERT REVIEWED



WHAT TO FOCUS ON

Your Heart Needs Extra Love

VERY IMPORTANT

Think of your heart like a car engine. Right now, it's working extra hard. We need to give it better fuel and care! 🚗💨

Nutrients Are Critically Low

CRITICAL DEFICIENCY

When vitamins are this low, it affects energy, immunity, and more. Time to refill. 🩺

Inflammation is High

URGENT

Your body is waving a red flag — inflammation can silently affect many systems. 🚨

GREAT NEWS!

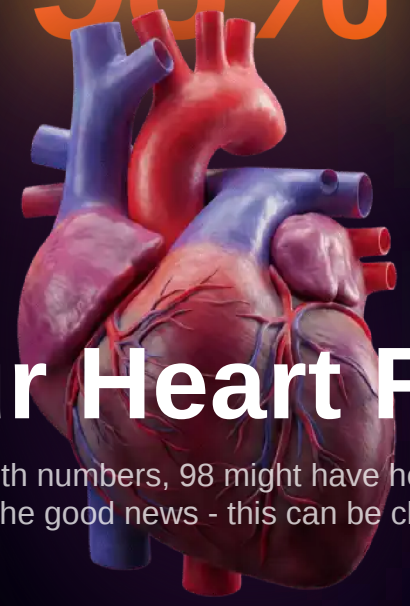
Your Blood Sugar is Well Balanced!

SUGAR HANDLING: GREAT 👍

ENERGY: BALANCED ✅

Your body is doing a great job at managing sugar levels — like keeping sweetness just right in your tea. 🍵

98%



Your Heart Risk

Out of 100 people with similar health numbers, 98 might have heart problems in the next 10 years. But here's the good news - this can be changed! 💪

🚗 Think of Your Heart Like a Car

🚨

Right now:
Engine warning light is ON

Your heart engine needs attention - it's working too hard!

🔧

The fix:
Better fuel and maintenance

Good food, exercise, and medicine are like premium fuel and regular tune-ups!

✨

Result:
Smooth running engine

With our plan, your heart can run like new again!

🕵️ What's Making Your Heart Work Too Hard?

💪 **Too few heart helpers (HDL: 44.3)**
HDL_CHOLESTEROL: 44.3

Improve

📞 **Your Next Step: Call your doctor today**

Get a special heart scan (CT Angiogram) to see exactly what we're working with. Think of it like getting an X-ray of your car engine!

Schedule this important test! →

⚡

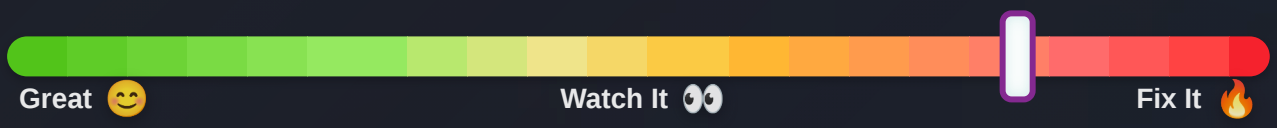
Vitamin B12

VITAMINS

617

pg/ml
(unit)

FIX IT!



🤔 What does this mean for me?

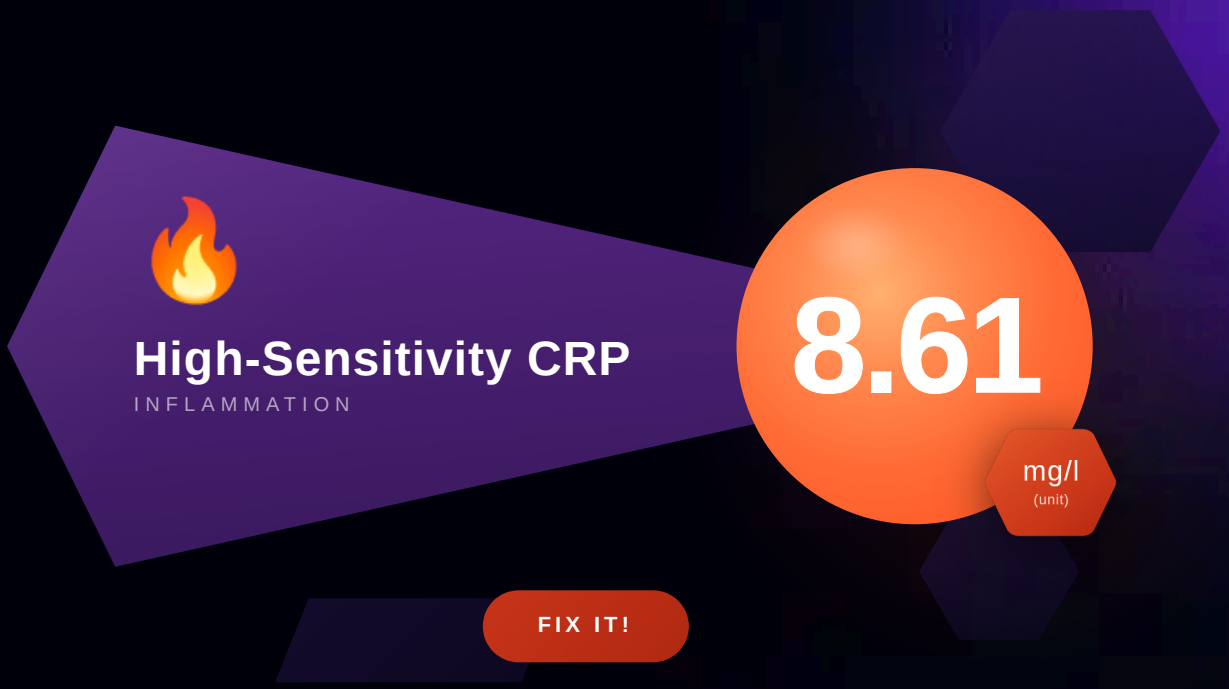
You're running low on the vitamin that powers your nerves and red blood cells — like a phone on low battery.

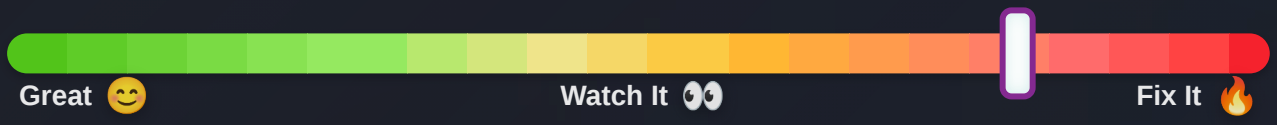
🎯 What should I do?

Add more dairy, eggs, or fortified foods to your diet. Vegetarians may need supplements.

💡 Fun fact!

B12 is absorbed with the help of stomach acid — even stress and age can slow it down!





What does this mean for me?

There may be low-grade inflammation simmering in your body, even if you feel okay.

What should I do?

Try a Mediterranean-style diet, get regular movement, and manage stress to cool things down.

Fun fact!

CRP is like your body's smoke detector — it goes up when inflammation is present, even before symptoms appear.

Hearts & Minerals

MICRONUTRIENT STATUS & ELECTROLYTE BALANCE

3 CRITICAL · 1 WARNING · 2 OPTIMAL

HSCRP

8.61 mg/l

Borderline High

<1 | 1-1.15 | >1.15

Levels <1 mg/L are optimal for cardiovascular health. Elevated levels indicate chronic inflammation, which increases risk of heart disease, diabetes, and other chronic conditions.

APO-B

61 mg/dl

Borderline Low

<68 | 80-120 | >138

Lower levels are better. <90 mg/dL is optimal, 80-120 mg/dL is normal range. Better predictor of heart disease risk than LDL cholesterol alone.

VITAMIN B12

617 pg/ml

Borderline Low

<637.5 | 750-900 | >1035

Deficiency can lead to anemia, neurological problems, and fatigue. Important for vegetarians as B12 is primarily found in animal products. Higher levels support energy metabolism and cognitive function.

HDL CHOLESTEROL

44.3 mg/dl

Below Normal

<38.25 | 38.25-45 | >45

Higher levels are better for heart health. Levels >45 mg/dL are protective against heart disease. Exercise and healthy fats can increase HDL levels.

SMALL DENSE LDL

26.6 mg/dl

Optimal

<35 | 35-40.25 | >40.25

Low risk <35 mg/dL, moderate risk 35-46 mg/dL, high risk >46 mg/dL. More predictive of heart disease than total LDL. Diet and exercise can reduce levels.

TRIGLYCERIDES

82 mg/dl

Optimal

<150 | 150-172.5 | >172.5

Normal <150 mg/dL, borderline 150-199, high 200-499, very high ≥500. Responds well to diet changes, especially reducing sugar and refined carbs.

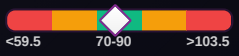
Glucose & Metabolism

BLOOD SUGAR CONTROL & INSULIN FUNCTION

0 CRITICAL | 0 WARNING | 4 OPTIMAL

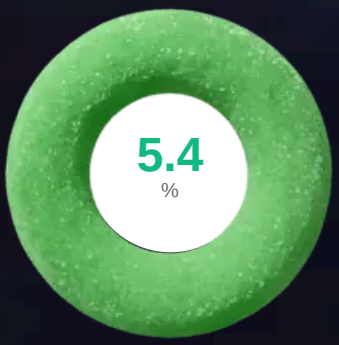
FASTING GLUCOSE

Optimal



Elevated fasting glucose indicates impaired glucose metabolism and increased risk of diabetes. Normal levels suggest good metabolic health and insulin function.

HBA1C

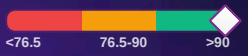


Optimal

Values ≥5.7% indicate prediabetes, ≥6.5% indicate diabetes. It's the gold standard for long-term glucose control assessment and diabetes diagnosis.

INSULIN SENSITIVITY

Optimal



Values >90% are optimal. Lower sensitivity indicates insulin resistance, increasing risk of type 2 diabetes and cardiovascular disease.

BETA CELL FUNCTION

Optimal

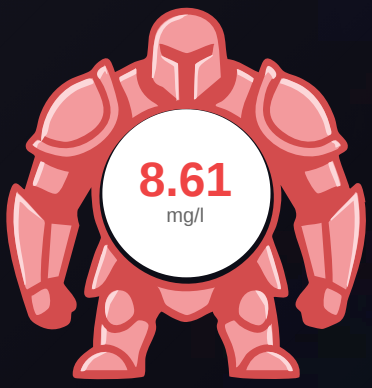
Values >90% are optimal. Declining function indicates pancreatic stress and progression toward diabetes. Important for assessing pancreatic health.

Inflammation & Defense

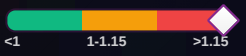
IMMUNE SYSTEM RESPONSE & INFLAMMATION MARKERS

1 CRITICAL | 0 WARNING | 2 OPTIMAL

HSCRP

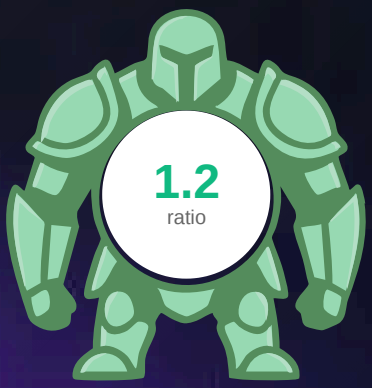


Borderline High



Levels <1 mg/L are optimal for cardiovascular health. Elevated levels indicate chronic inflammation, which increases risk of heart disease, diabetes, and other chronic conditions.

NEUTROPHIL-LYMPHOCYTE RATIO

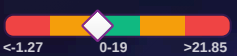


Optimal

Normal range is 0.7-3. Higher ratios may indicate chronic inflammation, stress, or infection. It's a simple but effective marker of immune system balance.

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Optimal



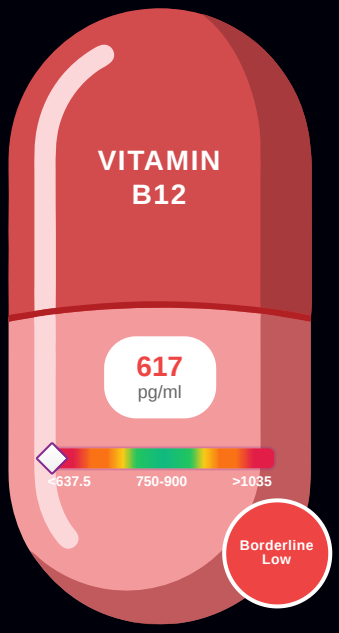
Normal range 0-19 mm/hr for women, 0-15 mm/hr for men. High ESR indicates inflammation, infection, or autoimmune conditions.

Vitamins & Minerals

MICRONUTRIENT STATUS & ELECTROLYTE BALANCE

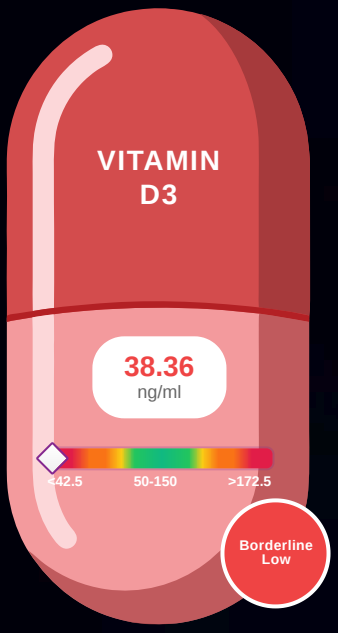
2 CRITICAL | 1 WARNING | 3 OPTIMAL

VITAMIN B12



Deficiency can lead to anemia, neurological problems, and fatigue. Important for vegetarians as B12 is primarily found in animal products. Higher levels support energy metabolism and cognitive function.

VITAMIN D3



Low levels increase risk of bone fractures, muscle weakness, and immune dysfunction. Optimal levels support bone density, immune response, and may reduce inflammation.

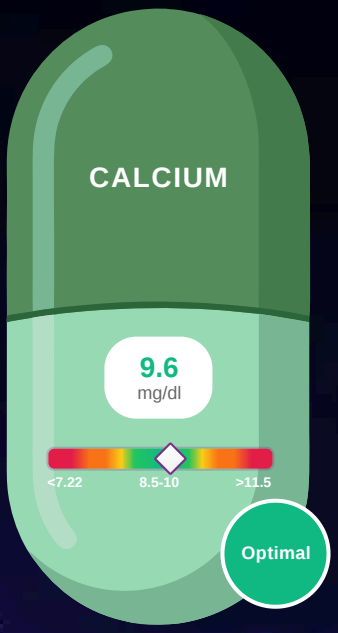
MAGNESIUM

Deficiency is common and can cause muscle cramps, fatigue, irregular heartbeat, and insulin resistance. Important for diabetes prevention and cardiovascular health.

SODIUM

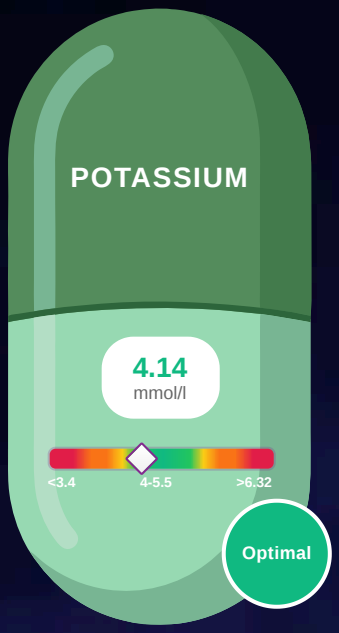
Abnormal levels can indicate dehydration, kidney problems, or hormonal imbalances. Important for blood pressure regulation and cellular function.

CALCIUM



Low levels can lead to bone weakness, muscle cramps, and abnormal heart rhythms. High levels may indicate parathyroid disorders or kidney problems.

POTASSIUM



Low levels can cause muscle weakness, heart rhythm problems, and high blood pressure. High levels may indicate kidney problems or medication effects.

How to Read This Analysis

- We've identified the underlying factors affecting your health based on your test results. These root causes explain why certain biomarkers are outside optimal ranges, and how they connect to form patterns.
- Each issue is prioritized based on its impact on your health. The solutions for each underlying issue are already incorporated into your personalized diet, supplement, and activity plans.

CONDITION:

MILD ANEMIA

HIGH PRIORITY

BIOMARKERS

- Mean Corp Volume (MCV): 79.2 fL
- Mean Corp Hb (MCH): 26.7 pg
- Haemoglobin (HB): 14.8 g/dL
- Red Blood Cell Count (RBC): 5.5 10^6/µl

CONTRIBUTING FACTORS

- Low MCV
- Low MCH
- Low Hemoglobin

HEALTH IMPACTS

- Fatigue
- Shortness of breath
- Dizziness

SOLUTIONS

- Iron supplementation
- Vitamin B12 supplementation
- Dietary changes
- Further investigation

CONDITION:

ELEVATED INFLAMMATION

MEDIUM PRIORITY

BIOMARKERS

- HS-CRP (HIGH SENSITIVITY C-REACTIVE PROTEIN): 8.61 mg/L

CONTRIBUTING FACTORS

- Possible underlying infection
- Chronic disease
- Lifestyle factors

HEALTH IMPACTS

- Increased risk of cardiovascular disease
- Muscle aches
- Fatigue

SOLUTIONS

- Lifestyle modification
- Consult physician
- Further investigation

CONDITION:

LYMPHOCYTOSIS

MONITORING

BIOMARKERS

Lymphocytes: 39.7 %

CONTRIBUTING FACTORS

- Viral infection
- Stress
- Certain medications

HEALTH IMPACTS

- Immune system response
- Potential underlying conditions

SOLUTIONS

- Monitor symptoms
- Consult physician if persistent

Let's Transform Your Health Together!

Here's your simple, custom plan to improve your heart, blood sugar levels and more! 💪✨

💊 YOUR DAILY HEALTH HELPERS

Morning After Breakfast

Iron
Ferrous sulfate 325mg (65mg elemental iron) once daily
Lean red meat, poultry, fish, beans, lentils, spinach

Vitamin B12 Cyanocobalamin 1000mcg once daily
Fish, meat, poultry, eggs, dairy products

🥗 YOUR NUTRITION PLAN

(Think quality over quantity! We want foods that make your body happy, not just full.)

Eat More

- ✓ Spinach
- ✓ Salmon
- ✓ Lentils

Eat Less

- ✕ Black Tea
- ✕ White Rice
- ✕ Soda

💡 Tips & Rules

Finish dinner by 8 PM
Gives your body 14 hours to rest!

🏃 YOUR MOVEMENT PLAN

No gym needed! Just move your body in ways that feel good. Even 30 minutes helps your heart!

Monday	🏋️	30 min brisk walking + 15 min light full-body resistance (bands/bodyweight). Focus on form.
Tuesday	🏃	30 min low-impact cardio (cycling/elliptical) + 15 min core strengthening exercises.
Wednesday	🏋️	30 min brisk walking + 15 min light full-body resistance (bands/bodyweight). Focus on form.
Thursday	🏃	30 min low-impact cardio (swimming/water aerobics) + 15 min flexibility/stretching.
Friday	🏋️	30 min brisk walking + 15 min light full-body resistance (bands/bodyweight). Focus on form.
Saturday	💪	45 min moderate-intensity activity (hiking/dancing) or 2x 20 min sessions.
Sunday	🧘	Active recovery: 20 min gentle stretching or leisurely walk. Listen to your body.

🌟 WHAT WILL HAPPEN NEXT?

We'll check your progress in your next blood test. You've got this! 💪✨

⚡ Energy
Increased stamina for daily activities.

😴 Sleep
Deeper, more restorative rest cycles.

❤️ Heart
Improved cardiovascular health & circulation.

🍯 Blood Sugar
More stable levels and better management.

Your Daily Diet Plan

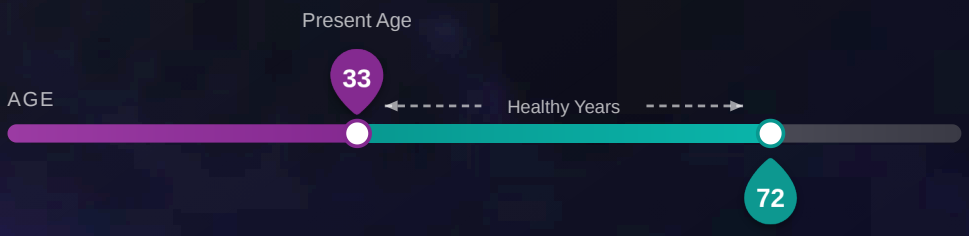
Your personalized diet plan for the week

1200 kcal
Daily Goal

DAY	Early AM 7:00	Breakfast 10:00	Lunch 14:00	Dinner 20:00
Mon	Hydration, Anti-Inflammatory • Lukewarm Water with aloe vera gel (200 ml)	Protein, Fiber • Hummus salad (1 bowl)	Veggies, Fiber • Any seasonal vegetable (1 bowl) • salad (1 bowl) • curd (half bowl) • oats/ ragi/ besan / jowar/ Channa-barley roti (1)	Veggies, Fiber • Mixed Veg (1 bowl) • salad (1 bowl) • buttermilk (1 glass) • oats/ ragi/ besan / jowar/ Channa-barley roti (1)
Tue	Antioxidant, Detox • Detox Drink ABC (1 glass)	Fiber, Healthy Fats • 40gm oatmeal (1) • almond butter (1 tbsp) • chia seeds (1 tbsp) • mixed berries (100gm)	Veggies, Fiber • Any leafy vegetable (1 bowl) • salad (1 bowl) • buttermilk (1 glass) • oats/ ragi/ besan / jowar/ Channa-barley roti (1)	Protein, Fiber • half bowl kidney beans curry (1) • curd (half bowl) • salad (1 bowl) • oats/ ragi/ besan / jowar/ Channa-barley roti (1)
Wed	Hydration, Anti-Inflammatory • Lukewarm Water with aloe vera gel (200 ml)	Complex Carbs, Fiber • Cauliflower/ Onion kneaded jowar roti (1) • mint chutney or curd (2 tablespoon or 60 ml)	Balanced Meal • 1 bowl Vegetable khichdi (1) • low fat curd (half bowl) • salad (1 bowl)	Veggies, Healthy Fats • 1 tbsp ghee (1) • bottle guard vegetable (1 bowl) • sauté veggies (1 bowl) • oats/ ragi/ besan / jowar/ Channa-barley roti (1) • curd (half bowl)
Thu	Antioxidant, Detox • Detox Drink ABC (1 glass)	Protein, Complex Carbs • spinach (100gm) • boiled chickpea (100gm) • sweet potato (100gm)	Veggies, Balanced • Any homemade vegetable curry (1 bowl) • oats/ ragi/ besan / jowar/ Channa-barley roti (1) • low fat curd (1/2 cup) • mixed salad (1 bowl)	Protein, Fiber • 1 bowl Moong dal khichdi (1) • low fat curd (half bowl) • Mixed salad (1 bowl)
Fri	Hydration, Anti-Inflammatory • Lukewarm Water with aloe vera gel (200 ml)	Fruits, Healthy Fats • Apple smoothie (1) • nuts (2 tbsp) • seed mixture (1 tbsp)	Veggies, Fiber • 1 bowl Any seasonal vegetable (1) • salad (1 bowl) • curd (half bowl) • oats/ ragi/ besan / jowar/ Channa-barley roti (1)	Protein, Veggies • 1 bowl palak and paneer curry (1) • sauté veggies (1 bowl) • oats/ ragi/ besan / jowar/ Channa-barley roti (1) • buttermilk (1 glass)
Sat	Antioxidant, Detox • Detox Drink ABC (1 glass)	Protein, Fiber • 1 scoop Protein shake (1) • chia seed (1 tablespoon)	Veggies, Fiber • 1 bowl Any leafy vegetable (1) • salad (1 bowl) • buttermilk (1 glass) • oats/ ragi/ besan / jowar/ Channa-barley roti (1)	Protein, Veggies • 1 bowl tofu curry (1) • sauté veggies (1 bowl) • oats/ ragi/ besan / jowar/ Channa-barley roti (1) • buttermilk (1 glass)
Sun	Hydration, Anti-Inflammatory • Lukewarm Water with aloe vera gel (200 ml)	Complex Carbs, Protein • 1 Amaranth sweet potato kneaded roti (1) • curd (100gm)	Veggies, Fiber • 1 bowl Quinoa Salad (1) • veggies (250gm)	Veggies, Fiber • 1 bowl Mixed Veg (1) • salad (1 bowl) • buttermilk (1 glass) • oats/ ragi/ besan / jowar/ Channa-barley roti (1)

Biological age measures how old your body seems biologically compared to your actual chronological age. It's calculated by analyzing various biomarkers and provides insight into your overall health status and potential longevity.

Healthy Years



Based on current biomarkers and health status, your projected **Healthy years is approximately 39 years.** With targeted improvements through this program, we aim to extend this projection significantly.

> Important Note: This projection is not a fixed fate but rather a statistical calculation based on current patterns. Our goal together is to improve these metrics through personalized interventions.

Complete Biomarker Report

This comprehensive report presents all your biomarker results with reference ranges and status indicators. Values are color-coded to help you quickly identify areas that may need attention.

57 NORMAL	9 WARNING	11 CRITICAL

LIVER FUNCTION TEST

10 Normal 2 Warning 2 Critical

BIOMARKER	RESULT	UNIT	REFERENCE
Bilirubin - Direct	0.23	mg/dl	< 0.3
Bilirubin - Indirect	0.44	mg/dl	< 0.8
Bilirubin - Total	0.67	mg/dl	< 1.1
ALT/SGPT	40	U/l	< 30
AST/SGOT	26	U/l	< 36
Alkaline Phosphatase (ALP)	103	U/l	38 - 126
Gamma-Glutamyl Transferase (GGT)	31	U/l	< 30
Albumin	4.54	g/dl	> 3.5
Globulin	2.16	g/dl	2.3 - 4
Total Protein (Albumin + Globulin)	6.7	g/dl	5.8 - 9.5
Albumin/Globulin Ratio	2.1	ratio	1.1 - 2.4
AST/ALT Ratio	0.65	ratio	0.8 - 2
FIB-4	0.7	ratio	< 1.45
APRI	0.4	ratio	< 1

DIFFERENTIAL LEUCOCYTE COUNT

5 Normal

BIOMARKER	RESULT	UNIT	REFERENCE
Neutrophils (%)	48.8	%	40 - 67
Lymphocytes (%)	39.7	%	20 - 40
Monocytes (%)	8.5	%	2 - 10
Eosinophils (%)	2.6	%	< 6
Basophils (%)	0.4	%	< 2

** Values may vary based on lab standards*

LIPID PROFILE

10 Normal 2 Critical

BIOMARKER	RESULT	UNIT	REFERENCE
Total Cholesterol	151	mg/dl	150 - 270
HDL Cholesterol	44.3	mg/dl	> 45
LDL Cholesterol	94	mg/dl	80 - 180
VLDL Cholesterol	13.2	mg/dl	< 30
Non-HDL Cholesterol	106.7	mg/dl	< 200
Total Chol/HDL Ratio	3.41	ratio	< 3.5
LDL/HDL Ratio	2.12	ratio	< 2.5
HDL/LDL Ratio	0.47	ratio	> 0.4
Small Dense LDL	26.6	mg/dl	< 35
Large Buoyant LDL	67.4	mg/dl	> 55
Triglycerides	82	mg/dl	< 150
Apo-B	61	mg/dl	80 - 120

KIDNEY FUNCTION TEST

8 Normal 1 Warning

BIOMARKER	RESULT	UNIT	REFERENCE
GFR (Estimated)	113.2	ml/min/1.73m2	> 90
Creatinine	0.97	mg/dl	0.5 - 1.4
Uric Acid	6.3	mg/dl	3.5 - 7.2
Phosphorus	3.1	mg/dl	2.5 - 4.5
Chloride	105	mmol/l	96 - 109
Urea	23	mg/dl	20 - 50
Blood Urea Nitrogen (BUN)	10.8	mg/dl	8 - 20
Urea/Creatinine Ratio	23.71	ratio	< 100
BUN/Creatinine Ratio	11.08	ratio	12 - 20

** Values may vary based on lab standards*

VITAMINS, MINERALS & HORMONES

4 Normal 1 Warning 3 Critical

BIOMARKER	RESULT	UNIT	REFERENCE
Vitamin B12	617	pg/ml	750 - 900
Vitamin D3	38.36	ng/ml	50 - 150
Sodium	142	mmol/l	135 - 145
Calcium	9.6	mg/dl	8.5 - 10
Potassium	4.14	mmol/l	4 - 5.5
Magnesium	2	mg/dl	2.2 - 2.6
Fasting Insulin	5.42	µIU/mL	< 4.5
TSH	1.948	µIU/mL	0.45 - 2.5

CBC/COMPLETE HEMOGRAM

2 Normal 1 Warning

BIOMARKER	RESULT	UNIT	REFERENCE
Hemoglobin (Hb)	14.8	g/dl	> 12
Red Blood Cell (RBC) Count	5.5	million cells/µl	3.8 - 5.2
White Blood Cell Count (Leucocytes)	5400.0	cells/µl	3900 - 11000

RBC PARAMETERS

7 Normal 2 Warning

BIOMARKER	RESULT	UNIT	REFERENCE
Hematocrit (RBC Volume %)	43.8	%	36 - 46
Mean RBC Size (MCV)	79.2	fl	80 - 100
Mean Hb in RBC (MCH)	26.7	pg	28 - 32
Mean Hb Concentration in RBC (MCHC)	33.8	g/dl	31.5 - 34.5
RBC Distribution Width (RDW)	14.3	%	< 15
RDW - Standard Deviation	40.3	fl	< 46
Mentzer Index	14.4	ratio	> 13
RDW Index	205.92	index	-
Green and King Index	61	index	-

** Values may vary based on lab standards*

GLUCOSE METABOLISM

5 Normal 1 Warning 1 Critical

BIOMARKER	RESULT	UNIT	REFERENCE
Fasting Glucose	79	mg/dl	70 - 90
HbA1c	5.4	%	< 5.7
Avg. Glucose (Estimated)	108.28	mg/dl	< 115
Post-Meal Glucose (Estimated)	142.9	mg/dl	< 120
HOMA-IR	1.1	ratio	< 1
Insulin Sensitivity	92.5	%	> 90
Beta Cell Function	100.0	%	> 90

INFLAMMATION

1 Normal 1 Critical

BIOMARKER	RESULT	UNIT	REFERENCE
hsCRP	8.61	mg/l	< 1
Neutrophil-Lymphocyte Ratio	1.2	ratio	0.7 - 3

ABSOLUTE LEUCOCYTE COUNT

3 Normal 2 Critical

BIOMARKER	RESULT	UNIT	REFERENCE
Neutrophils (Absolute)	263.5	cells/µl	2000 - 7000
Lymphocytes (Absolute)	214.4	cells/µl	1000 - 4800
Monocytes (Absolute)	45.9	cells/µl	< 1000
Eosinophils (Absolute)	14.0	cells/µl	< 500
Basophils (Absolute)	2.2	cells/µl	< 100

OTHER PARAMETERS

2 Normal 1 Warning

BIOMARKER	RESULT	UNIT	REFERENCE
Platelets	183	10^3/µl	150 - 410
Mean Platelet Volume	11.9	fl	7 - 11.5
Erythrocyte Sedimentation Rate (ESR)	02	mm/1st hour	0 - 19

** Values may vary based on lab standards*

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