

Smart Health Report

Name : Sagar Yadav

Date of assessment : 12/03/2025

Gender : Male

Age : 24

Health Score

A summary measure of general health status reflects a person's overall physical, mental, and social well-being in a single assessment.

Great

86 / 100



AI 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.

Normal

 Time Elapsed : 12 sec



Muscular Endurance

Muscular endurance is the ability of muscles to perform repeated contractions over time, crucial for daily activities, athletic performance, and injury prevention.

Normal

 Reps: 12



Flexibility

Flexibility is the ability of muscles and joints to move through their full range of motion, enhancing daily activities, athletic performance, and reducing injury risk.

Flexibility Level : Normal



Posture Analysis

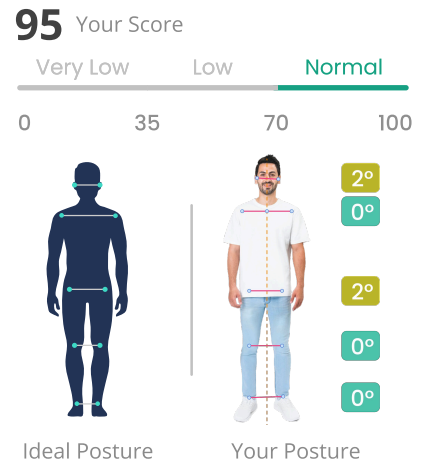


Front Posture

- Shoulders appear uneven and slouched slightly forward.
- Head tilts slightly to one side.
- Weight not evenly distributed on feet.
- Legs not straight, Knees slightly bent.

Recommendation

- Keep shoulders back and balanced.
- Stand with knees straight and feet parallel.

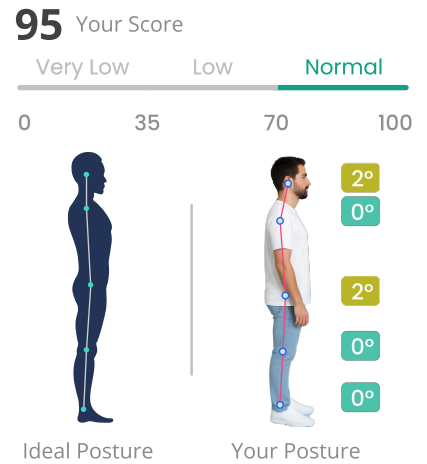


Side Posture

- Head is slightly forward of shoulders.
- Shoulders are rounded forward.
- Lower back is slightly arched.
- Knees slightly bent, instead of locked.

Recommendation

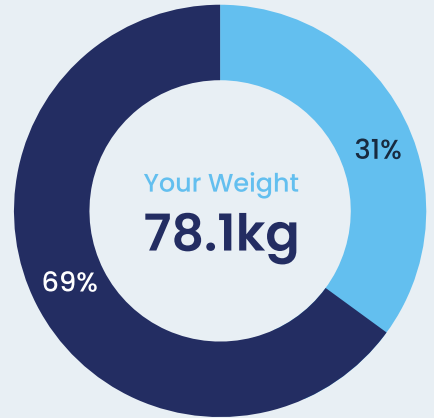
- Align head over shoulders, avoid slouching.
- Engage core, straighten knees.



Body Composition

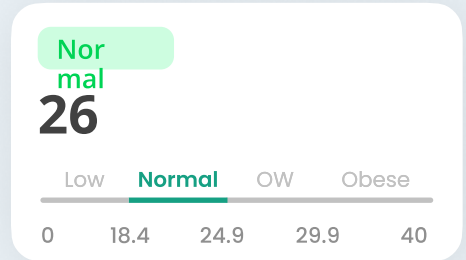
Body Weight Distribution

- **Lean Mass:** 53.8 kg
Mass of muscle, bone, organs, and water in your body, measured in pounds or kilograms.
- **Fat Mass:** 24.2 kg
Adipose tissue in your body, measured in pounds or kilograms.



BMI

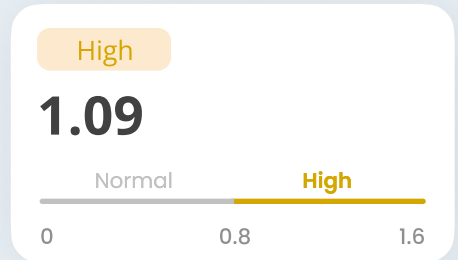
BMI is the measure of body fat based on height and weight. The normal range of BMI is 18.5 - 24.9 kg/m². OW - Over weight



A/G Ratio

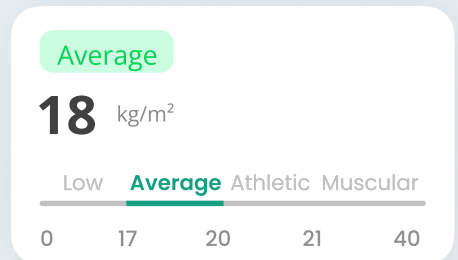
Linked to an increased risk of metabolic syndrome and obesity-related health risks.

- **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.



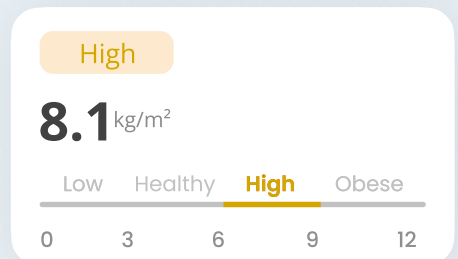
Lean Mass Index

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



Fat Mass Index

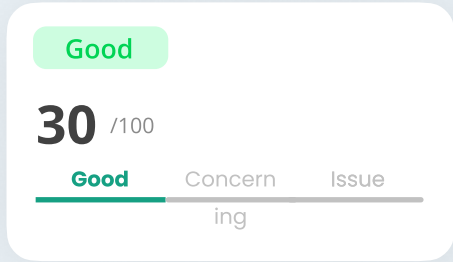
Measure of excess fat, not including lean mass. Unlike BMI, FMI provides a gender-specific measure of fat that is not confounded by lean mass.



Hair & Scalp Assessment

Scalp Age

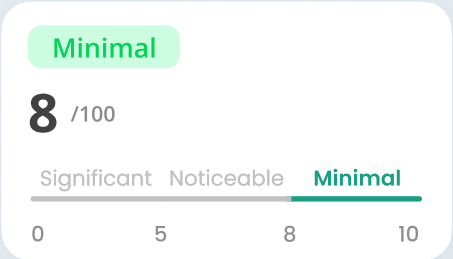
Scalp Age represents the health and vitality of your scalp, influenced by factors like hydration, oil balance, elasticity, and circulation. A younger scalp age indicates healthier roots, stronger hair growth, and reduced scalp-related concerns.



Hair Thinning

A gradual reduction in hair density or strand thickness, making the hair look less full or sparse over time.

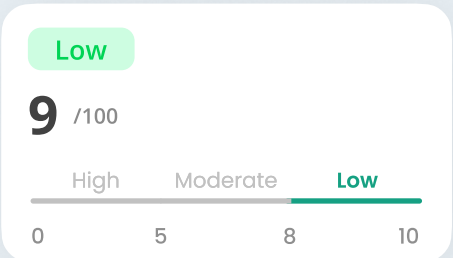
Recommendation - Use DHT-blocking shampoo and consider supplements like biotin or saw palmetto extract



Breakage and Split Ends

Hair damage where strands snap or split, often due to dryness, heat, or chemical treatments, leading to frayed or uneven hair tips.

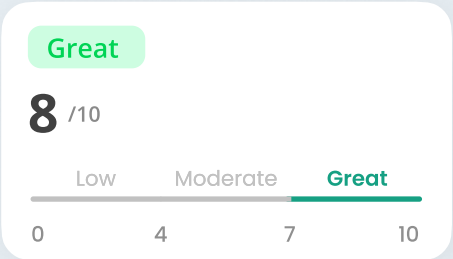
Recommendation - Continue current routine and massage scalp weekly with natural oils for circulation



Hair Density

The number of hair strands per square centimeter of scalp, indicating how thick or thin your hair appears.

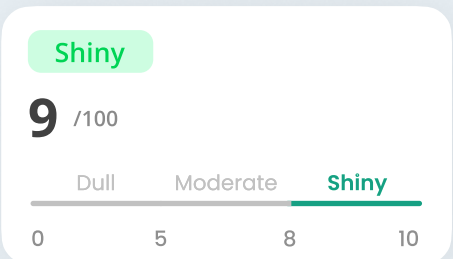
Recommendation - Maintain density with protein treatments and avoid excessive heat styling or manipulation.



Shine and Lusture

Recommendation - Continue current routine and massage scalp weekly with natural oils for circulation

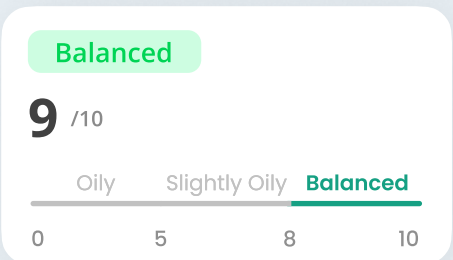
The natural light-reflecting quality of hair that makes it look glossy, smooth, and healthy.



Hair Oiliness

The amount of natural oil (sebum) present on your scalp and hair, affecting how greasy or dry your hair feels.

Recommendation - Wash every other day with clarifying shampoo and use dry shampoo between washes



Skin Assessment



Skin Age

Estimated biological age of your skin condition reflects how your skin's health, elasticity, and appearance compare to average age norms, indicating overall skin aging and vitality.

Good

30 /100

Good

Concern

Issue

ing



Wrinkles & Fine Lines

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

Minimal

08 /10

Prominent

Moderate

Minimal

0

3

6

10



Spots & Pigmentation

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

Clear

07 /10

Pronounced

Visible

Subtle

0

3

6

10



Pores

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

Smooth

08 /10

Prominent

Noticeable

Refined

0

3

6

10



Skin Texture

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

Smooth

09 /10

Rough

Uneven

Smooth

0

3

6

10



Hydration

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

Minimal

09 /10

Mild

Moderate

Optimal

0

3

6

10

Radiance

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

Firmness

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

Moisture Balance

Assesses the skin's ability to retain moisture for a healthy and balanced look. Proper hydration and skincare maintain optimal moisture levels.

Minimal

08 /10

Lifeless

Dull

Glowy

0

3

6

10

Clear

07 /10

Loose

Moderate

Elastic

0

3

6

10

Smooth

08 /10

Low

Balanced

Hydrated

0

3

6

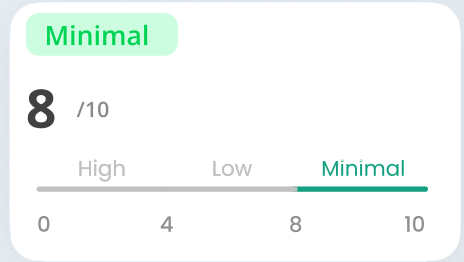
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Oral Health Assessment

Tooth Decay Risk

Assesses how likely you are to have cavities or worn-down teeth based on visible dark spots or damage.

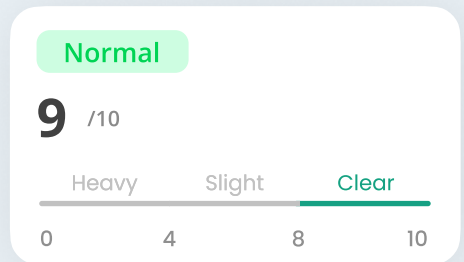
Recommendation - Regular fluoride use and limit acidic beverages to prevent erosion.



Plaque Detection

Checks for visible sticky deposits (plaque) on teeth surfaces that can lead to decay or gum disease.

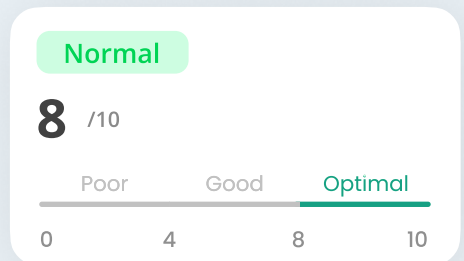
Recommendation - Increase brushing frequency and add antimicrobial mouthwash to routine.



Tooth Alignment

Looks at how straight and evenly spaced your teeth appear, and if your bite seems aligned.

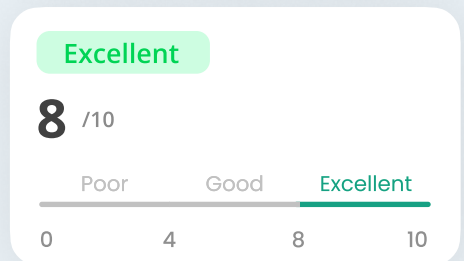
Recommendation - Consider orthodontic consultation if crowding worsens or causes cleaning difficulty.



Oral Hygiene

Evaluates how clean your mouth looks overall, including teeth, gums, and tongue.

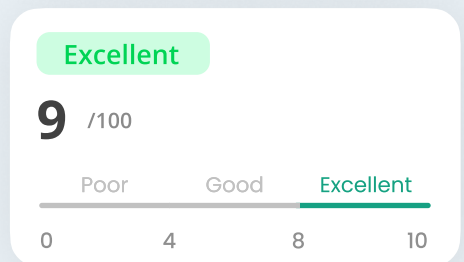
Recommendation - Implement twice-daily brushing routine with proper flossing and tongue cleaning.



Tooth Discoloration & Enamel Quality

Measures how white your teeth look and the quality of the enamel's appearance—looking for stains or roughness.

Recommendation - Implement twice-daily brushing routine with proper flossing and tongue cleaning.



Eye Scan



Cataract Risk

Checks for cloudiness in the pupil area. Clear pupils are ideal, while any haze may suggest early signs of cataract development.

Recommendation - Daily tongue scraping or gentle brushing to remove coating buildup.

Clear

9 /10



Pupil Health

Analyzes if pupils are round and equal in size. Symmetrical, evenly shaped pupils are healthy; differences may signal a need for further check-up.

Recommendation - Continue protecting eyes from bright lights and maintain regular eye exams.

Normal

9 /10



Eye Score

Reflects your eyes' general health by analyzing clarity, brightness, and liveliness. A higher score means fresh, vibrant eyes; a lower one may signal dullness or fatigue.

Great

95 /100



White Area Clarity

Assesses the whiteness and clearness of the sclera. Bright whites suggest good health, while yellowing or cloudiness can point to irritation or other issues.

Recommendation - Stay hydrated and consider eye drops if dryness contributes to discoloration.

Vibrant

9 /10



Respiratory Health Analysis

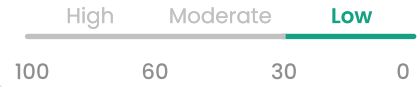


COPD Risk

Assesses signs of chronic obstructive pulmonary disease (COPD) from cough acoustics. A low score indicates no warning signs of COPD.

Low

9 /100

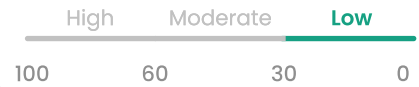


Asthma Risk

Estimates the likelihood of asthma-related cough features such as wheezing or breath tightness. Low risk means no signs of asthma detected.

Low

9 /100



Wetness Percentage

Measures how "wet" or phlegmy the cough is. 0% indicates a dry cough, typical of healthy lungs or mild irritation.

Low

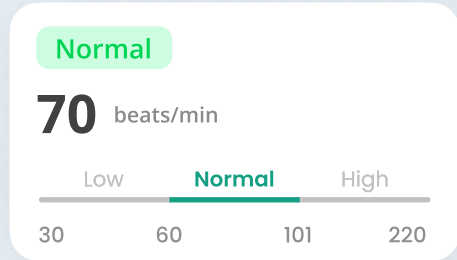
9 /100



Face Vital Scan

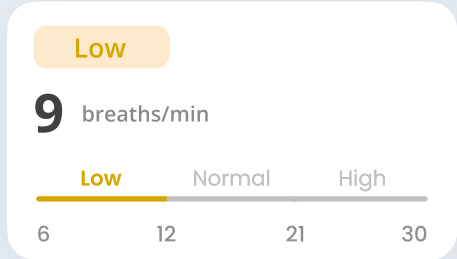
Heart Rate

It measures the number of heartbeats per minute, indicating how efficiently the heart is functioning and providing insight into overall cardiovascular health and fitness levels.



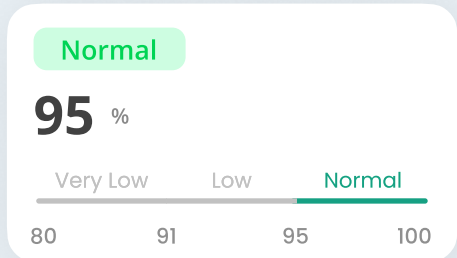
Respiration Rate

It measures the number of breaths taken per minute, helping assess how well the lungs are functioning and indicating overall respiratory efficiency and health status.



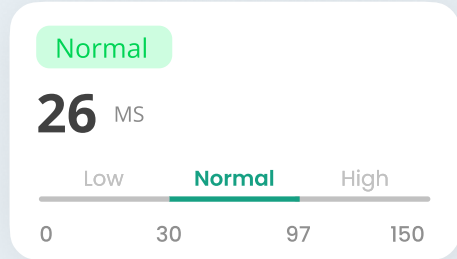
Blood SpO₂

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



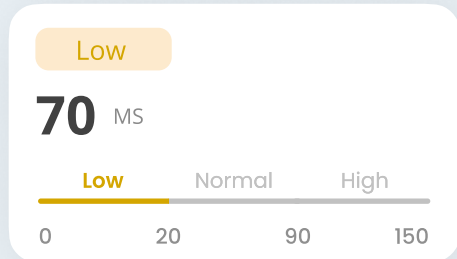
SSDN

This measures the time between each heartbeat. A higher number usually means your body is handling stress well.



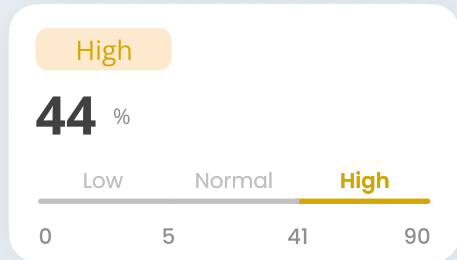
RMSSD

RMSSD shows the average time between heartbeats, calculated using a method that gives a reliable picture of your heart's variability, measured in milliseconds.



PNN50

PNN50 tells how often your heartbeats vary by over 50 milliseconds. A value under 3% can mean a higher health risk.



Stress Index

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

 **ELEVATED**

1.8 Stress Index

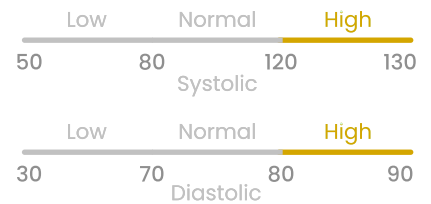
Your Stress Level is Elevated

Blood Pressure

It measures the systolic and diastolic pressure levels to evaluate how efficiently the heart pumps blood and how much resistance the arteries provide during circulation.

High

125/85 mmHg



Physiological and Cardiovascular Parameters

Heart Utilized

It measures the overall cardiac workload during daily activity, indicating how efficiently the heart functions under physical or emotional stress and reflecting general cardiovascular performance.

High

75 %



Cardiac Output

It represents the mean arterial pressure, showing the heart's pumping efficiency and the average blood pressure that ensures adequate blood flow to vital organs and tissues.

High

9 L/M



Heart Rate Max

Heart Rate Max (HRmax) is the highest number of beats per minute your heart can reach during maximum physical exertion, indicating cardiovascular capacity and exercise intensity limits.

Great

191 BPM



Heart Rate Reserve

Heart Rate Reserve (HRR) is the difference between your maximum heart rate and resting heart rate, used to determine appropriate exercise intensity and cardiovascular fitness levels.

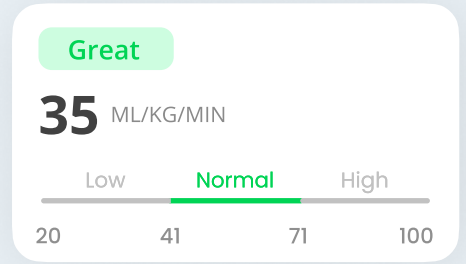
Great

108 BPM



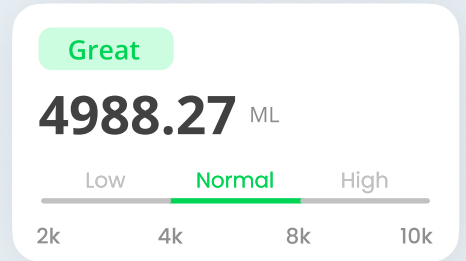
♥ VO₂ Max

is the maximum amount of oxygen your body can use during intense exercise. It measures your aerobic fitness level and indicates how efficiently your heart, lungs, and muscles work together to use oxygen.



♥ Blood Volume

Blood Volume measures the total amount of blood circulating in the body. It reflects hydration, oxygen delivery, and cardiovascular health, helping assess overall body function and detect possible fluid or blood-related imbalances.



⚠ 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.

[Contact Us](#)



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