

DATE 02.01.2019

Ashok Naik

Age: 42 Years | Gender: M

| BODY VITALS | | |
|--|--------------------|--|
| PARAMETER | READING | REFERENCE RANGE |
| HEIGHT (cms) | 167 | |
| WEIGHT (kg) | 68.75 | |
| BODY MASS INDEX (BMI) (kg/m ²) | 24.65 | Underweight: Less than 18.5 kg/m ² Ideal Body Weight: 18.5 - 24.99 kg/m ² Overweight: 25 - 29.99 kg/m ² Obese: Above 30.00 kg/m ² |
| BODY FAT (%) | <u>28.5</u> | Age- 40-59 Low: 3-9.9% Healthy: 10-20.9% Overfat: 21-26.9% Obese: Above 27% |
| BODY WATER (%) | <u>46</u> | Normal: 50%-65% Low: Less than 50% High: Above 65% |
| MUSCLE QUALITY | 70 | Low: Less than 43 Average: 44-69 High: Above 70 |
| MUSCLE MASS (kg) | <u>46.6</u> | |
| BASAL METABOLIC RATE (kcal/day) | 1365 | |
| METABOLIC AGE (yrs) | <u>50</u> | Same: Optimal More: High |
| BONE MASS (kg) | <u>2.6</u> | Average Bone Mass Weight: Above 65 kg - 2.7 kg 65- 95 kg- 3.3 kg Above 95 kg- 3.7 kg |
| VISCERAL FAT | 12 | Normal: 1 - 12 High: 13 - 59 |

Please note that all tests offered at HOD.Life station are done using devices that are globally recognized for quality. These test are offered for self screening or self-monitoring and should not be used to arrive at any clinical diagnosis. For any further queries, clarifications and management please consult your primary care physician.



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| | | |
|-------------------------------------|------------------|---|
| PHYSIQUE RATING | Obese | <ol style="list-style-type: none"> 1. Hidden Obese 2. Obese 3. Solidly-built 4. Under exercised 5. Standard 6. Standard Muscular 7. Thin 8. Thin and Muscular 9. Very Muscular |
| WAIST CIRCUMFERENCE (cms) | 88 | Normal: Less than 102 cm |
| HIP CIRCUMFERENCE (cms) | 99 | |
| WAIST/HIP RATIO | 0.89 | Normal : Less than 0.90 Abnormal: Above 0.90 |
| WAIST/HEIGHT RATIO | 0.53 | Normal: Less than 0.53 Abnormal: Above 0.53 |
| BODY TEMPERATURE (°C) | <u>36</u> | 36.1 - 37.2 °C |

| HEART HEALTH | | |
|-----------------------------------|----------------------|--|
| PARAMETER | READING | REFERENCE RANGE |
| BLOOD PRESSURE (mmHg) | <u>141/98</u> | Hypo: 90/60 or less Normal: 90-129 / 60-84 Elevated: 129-139 / 84-89 Stage-I HTN: 140-159 / 90-99 Stage-II HTN: 160/100 and above |
| BLOOD O2 SATURATION (%) | 99 | Normal : 95 - 100% |
| PULSE (bpm) | 71 | 60 - 100 |

| ANEMIA PROFILE | | |
|-----------------------------|--------------------|--|
| PARAMETER | READING | REFERENCE RANGE |
| HEMOGLOBIN (g/dL) | <u>12.5</u> | Low: Less than 13.5 g/dL Normal: 13.5 - 18.0 g/dL High: Above 18.0 g/dL |

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