



Assessment Report

Nitin Rane

Male 45 years, Height:170, COVID-19:2 à¤à¥à¤

Elements of Lifestyle

Appetite

Carb



Salt



Junk food



Oil



Sweet



Veggies/Fruit



Lifestyle

Exercise



Sleep



Meditation



Lifestyle



Substance

Tobacco



Smoking



Other Abuse



Alcohol



Body Mass Index



Ugh! You are underweight. Your BMI score 19.38 is very less than the target range 21-24.9.



Hip Waist Ratio



Congratulations! You are normal. Your HW ratio is 0.64



Weight



Ugh! You are underweight. Your current weight 56 kgs is less than the target range 67-72 Kgs



Disease Specific Risks

High Risks4

Heart failure
Obstructive sleep apnea
Allergies
Asthma
Heart failure
Obstructive sleep apnea
Allergies
Asthma

Moderate Risk Areas

High blood pressure
Multiple lifestyle disease
Type-2 Diabetes
Thyroid disease
High blood cholesterol
Skin Disease
Chronic lung disease
Chronic kidney disease
Glaucoma
retinal disease (eye)
Obesity
Prostate Cancer