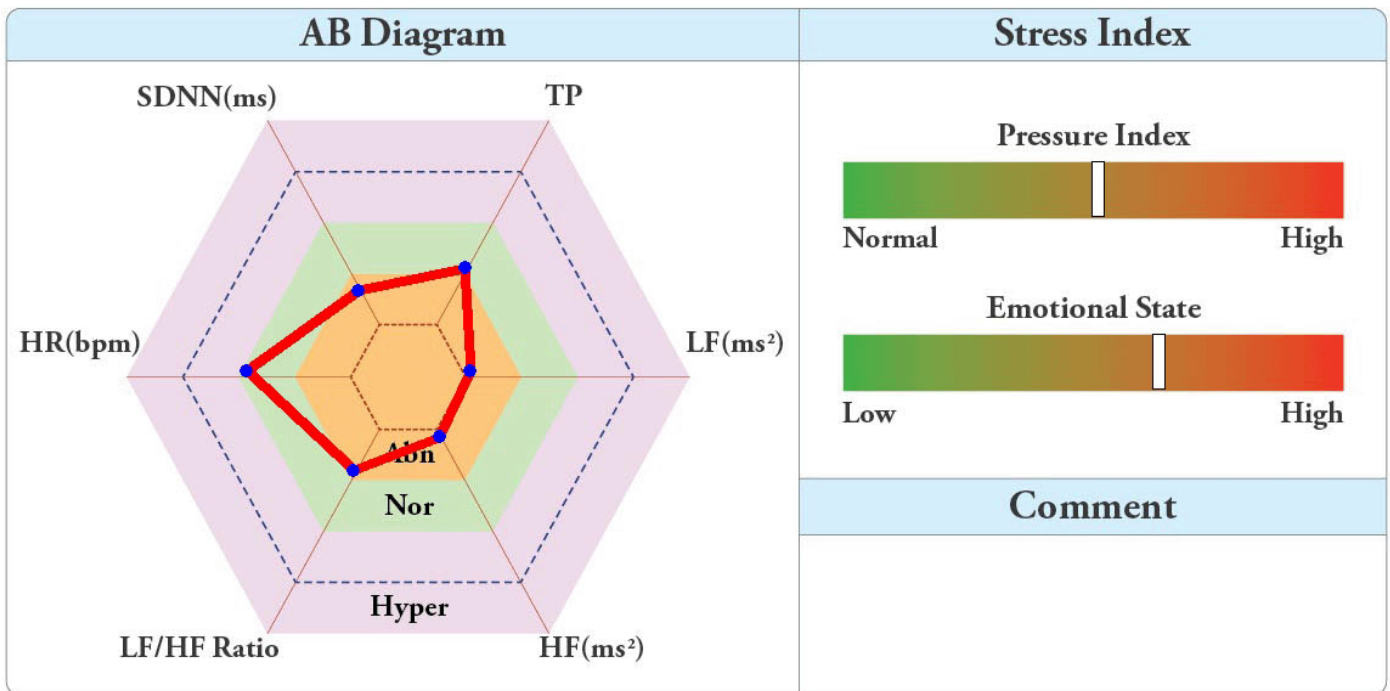
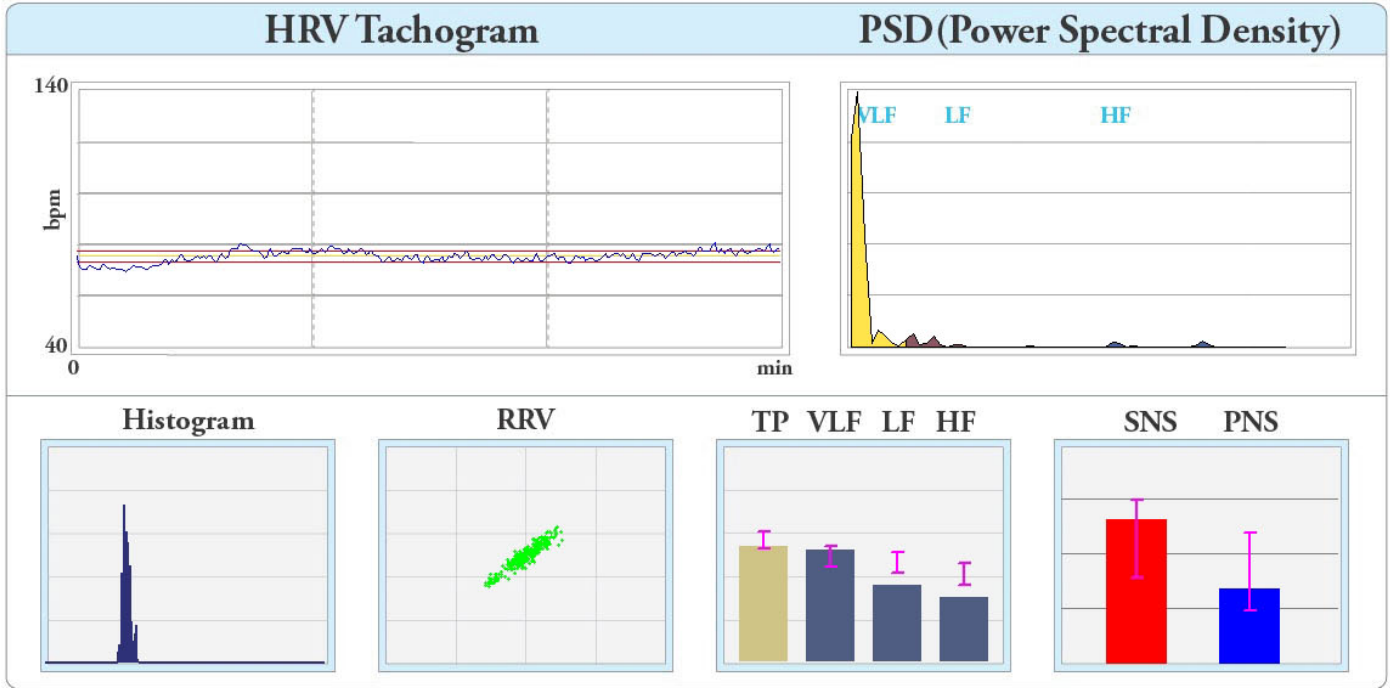


# Autonomic Balance Report

<b>Chart ID</b>	12345678	<b>Name</b>	Damon An	<b>Gender/Age</b>	M / 39	2020-11-27 08:43
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Time Domain Analysis		Frequency Domain Analysis				Others	
MHR(bpm)	76	TP(ms <sup>2</sup> )	576.77 / 6.36	LFNorm(n.u.)	65.50	SRD	1.01
SDNN(ms)	25.19	VLF(ms <sup>2</sup> )	471.11 / 6.16	HFNorm(n.u.)	34.50	ApEn	1.10
RMSSD(ms)	15.64	LF(ms <sup>2</sup> )	69.20 / 4.24	LF/HF Ratio	1.90		
PSI	98.45	HF(ms <sup>2</sup> )	36.45 / 3.60	Ectopic Beat	1		

# STRESS TEST

EVALUATION OF THE STATE OF THE NERVOUS SYSTEM

## AUTONOMIC NERVOUS SYSTEM BALANCE TEST

Name	Damon An	Chart No.	12345678	Gender/Age	M / 39	Date	2020-11-27 08:43
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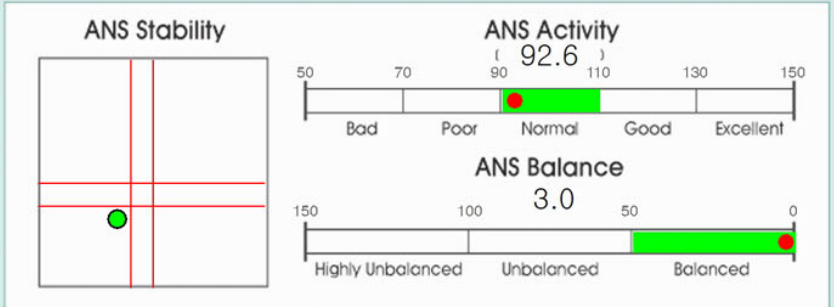
### ◀Heart Rate Variability ▶

It is a measure of the beat to beat variation in heart rate. This test checks your general health status, including stress resistance and fatigue level, by testing the balance of your autonomic nervous system (ANS).

### ◀ANS▶



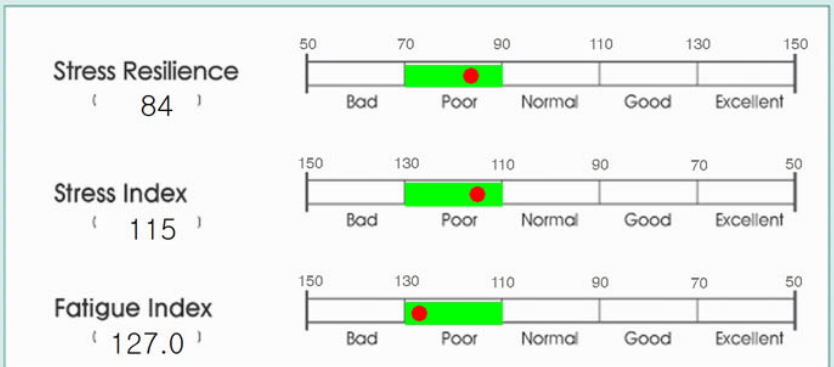
The Autonomic Nervous System is the part of the peripheral nervous system that acts as a control system, maintaining homeostasis in the body. These activities are generally performed without conscious control. It is composed of Sympathetic Nervous System(SNS) and Parasympathetic Nervous System(PNS).



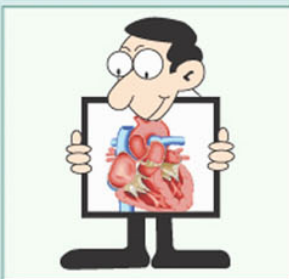
### ◀Stress▶



Stress is a normal part of life. But if left unmanaged stress can lead to chronic fatigue, insomnia and digestive problems. An imbalance between the SNS & PNS can lead to stress related health problems.



### ◀Heart▶



The heart supplies the blood with oxygen and nutrients in all parts of body. It activates stably and continuously. Stress can decrease the autonomic nerve function and can cause the diseases by making the cardiac stability to drop down.



### ◀Comment about your test results▶

You have now normal heart rate.

1. ANS
  - 1) ANS Activity : Autonomic nerve function and the metabolic modulation function are normal.
  - 2) ANS Balance Status : Autonomic nerve activation has been balanced and you can feel it stable.
2. Stress
  - 1) Stress Resilience : As your stress resistance is a little lowered, you need to manage your health with resting and exercise.
  - 2) Stress Index : Stress level has been slightly higher.
  - 3) Fatigue Index : Fatigue index has been slightly heightened.

# PERIPHERAL CIRCULATION REPORT

(Test for Aging Progress of Blood Vessel)

## ACCELERATED PHOTOPLETHYSMOGRAPH REPORT

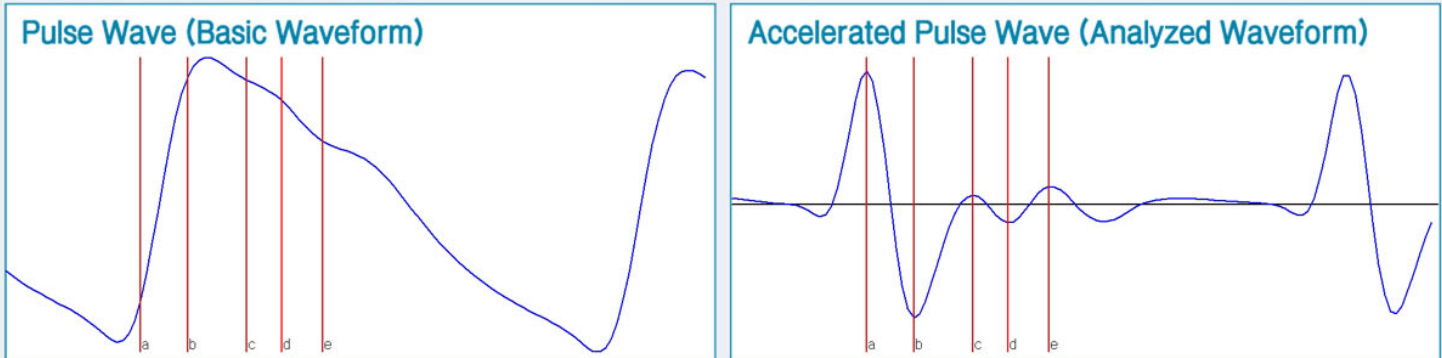
Name	Damon An	Chart No.	12345678	Gender/Age	M / 39	Date	2020-11-27 08:43
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### Peripheral Blood Circulation Analysis

It predicts peripheral circulation disorder and aging of blood vessels through analysis of the state blood circulation. The result is calculated by measuring the arterial & peripheral vessel elasticity with biosignals received from a fingertip.

### Analysis of Pulse

Medicare : 02-1234-5678



### Analysis of the Vessel Status

#### Mean Heart Rate

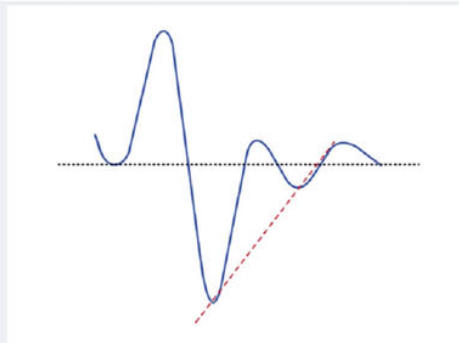
76

#### Wave Type

1

Level

<Level 1 : Best ----- Level 7 : Very Poor>



#### Level Analysis

1 :	<div style="width: 100%; background-color: blue;"></div>	100.0%
2 :	<div style="width: 0%; background-color: blue;"></div>	0.0%
3 :	<div style="width: 0%; background-color: blue;"></div>	0.0%
4 :	<div style="width: 0%; background-color: blue;"></div>	0.0%
5 :	<div style="width: 0%; background-color: blue;"></div>	0.0%
6 :	<div style="width: 0%; background-color: blue;"></div>	0.0%
7 :	<div style="width: 0%; background-color: blue;"></div>	0.0%

### Waveform Analysis

ITEM	MEASURED VALUE	SUB-OPTIMAL	NORMAL	OPTIMAL
<b>AI</b> (Aging Index of Blood Vessels)	-99.98	<div style="width: 75%; background-color: blue;"></div>	<div style="width: 25%; background-color: lightblue;"></div>	
<b>AE</b> (Arterial Vessel Elasticity)	-91.29	<div style="width: 60%; background-color: blue;"></div>	<div style="width: 40%; background-color: lightblue;"></div>	
<b>PE</b> (Peripheral Vessel Elasticity)	-14.41	<div style="width: 10%; background-color: green;"></div>	<div style="width: 90%; background-color: lightblue;"></div>	

### Comment

Your vessel state and blood circulation are very good. You are recommended to keep the current condition with the proper life tendency and regular physical exercise.