

# Stress/Arterial Health Test

3min mode

Name

muhammed

Gender/Age

Male/23

Date

2023-01-25 16:35:31

Heart Rate

75

40

140



If your heart rate were in the normal range, the bar would be located in Green Zone. \*Green Zone: The average range of your same age group

Ectopic Beat

0

## Stress Info.

Physical Stress : 47

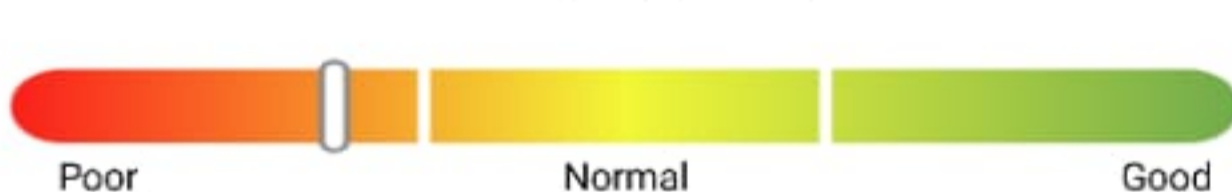


Mental Stress : 55



It indicates the status of physical & mental stress. The higher score is better.

Stress Score : 39



The higher score is better and it leads to place the bar on the green zone.

Autonomic Nerve Balance



It indicates the balance degree of SNS(tension) and PNS(relax). The balanced ratio means that you are in healthy condition.

Stress Resilience : 34



It indicates the overall health condition. The higher value is better.

## Arterial Health Info.

Arterial Elasticity : 73

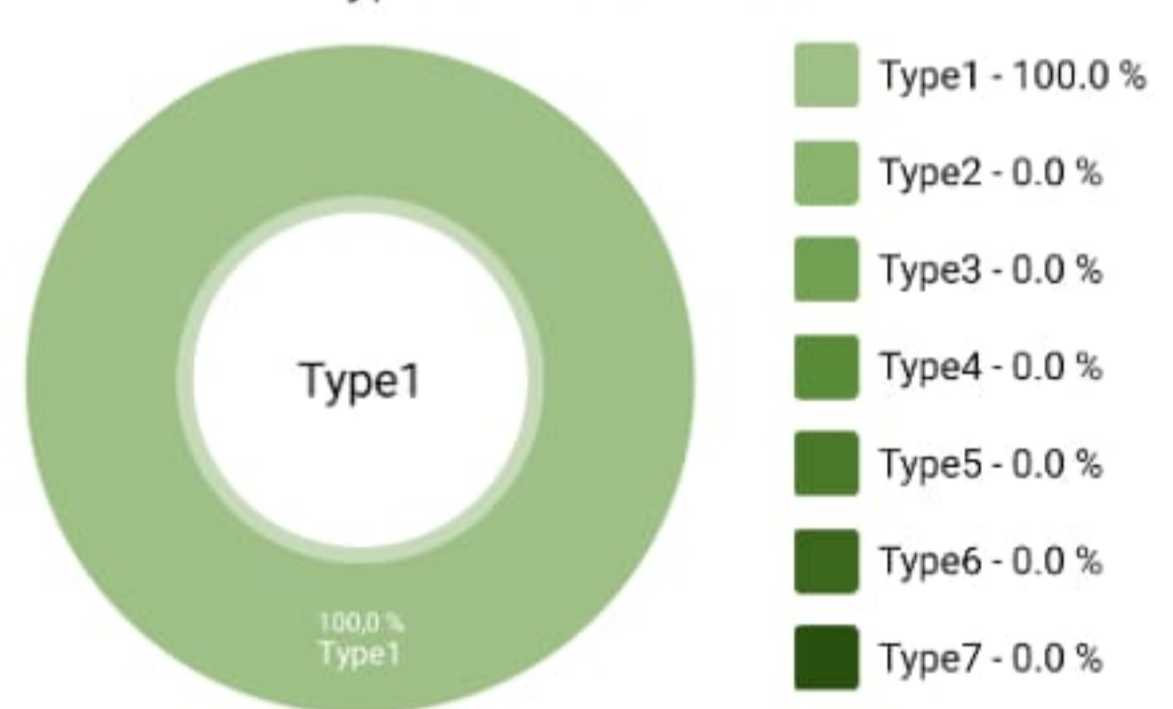


Peripheral Elasticity : 74



A healthy blood vessel is flexible & supple and it leads to get a higher score of Artery & Peripheral Elasticity.

Type of Arterial Health



It means that the aging level of blood vessel has been classified by Type 1 to Type 7. Type 1 is the best condition while type 7 is the worst.

Arterial Score : 98



Arterial Score represents the overall health condition of your blood vessel. The higher score means the blood circulation and artery state are better.

## Overall Result

**Heart Beat** Your heart rate is normal in comparison with the same age group.

**Stress** Mental and physical stress levels are in the middle but stress resilience is under weakening condition. You need to do light exercise or climbing mountains to improve the health status.

**Arterial Health** 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.

**Recommendation** Health supplements such as Vitamin B, C, Magnesium, and Calcium are also helpful. Lastly, it is very important to exercise regularly, think positively, and learn to refuse politely.