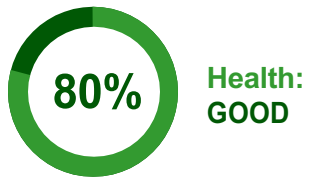
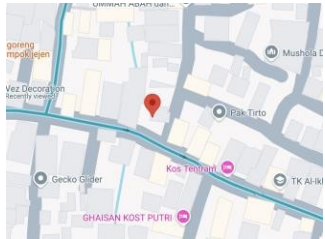




# InsightGenie Health Assessment Report

## Personal Information

Monday, 2 December 2024



Name : Brad Simmons  
 ID : 123456  
 DOB : 01/01/1981  
 Age : 43  
 Gender : Male

Marital Status : Married with Children  
 Occupation : Sales  
 Smoking Habit : None  
 Alcohol Consumption : None  
 Motorbike usage : None  
 Dangerous Hobbies : None

## ANALISIS





Parameter	Score	Normal Range
Heart Rate	71.61 bpm	60–100 bpm
RMSSD	63.00 bpm	>30 ms
SDNN	61.51 ms	50–100 ms
Systolic Pressure	121.00 mmHg	90–120 mmHg
Diastolic Pressure	85.00 mmHg	60–80 mmHg
Oxygen Saturation	97.22%	95–100%
Respiration Rate	10.82 bpm	12-20 bpm
Stress Level	1.88 units	<3 units

Analysis    Very Good     Good     Poor

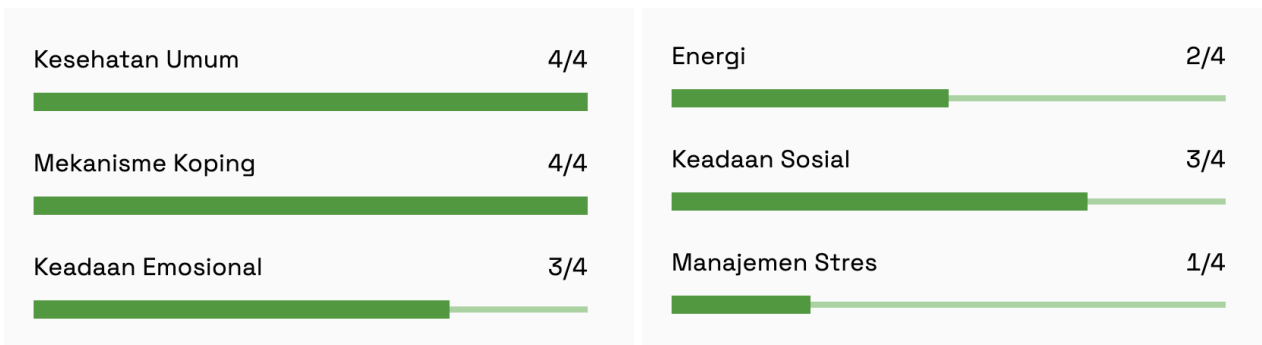
# InsightGenie

## Health Assessment Report

### PHYSICAL CONDITION

Condition	Photo	Status	Description
Face Condition		Normal	<div data-bbox="1072 413 1282 446">Eyes Normal</div> <div data-bbox="1072 465 1282 498">Nose Normal</div> <div data-bbox="1072 523 1282 556">Mouth Normal</div>
Body Condition		Normal	<div data-bbox="1082 774 1292 807">Body Normal</div>
			<div data-bbox="1082 1141 1292 1174">Posture Normal</div>
			<div data-bbox="1082 1547 1292 1580">Walking Normal</div>

### Mental Health Score



### Explanation

- **General Health:** Measures aspects like energy, emotional state, stress indicators, stress management strategies, and social interaction
- **Coping Mechanism:** Describes how someone manages personal challenges, including proactivity, adaptability, resilience, and self-control
- **Emotional State:** Reflects mood or emotional condition, including optimism, hope, positivity, sadness, or negativity.
- **Energy Levels:** Indicates energy, vitality, and activity engagement in daily life.
- **Social State:** Evaluates social interaction capabilities like communication, friendliness, and participation.
- **Stress Management:** Assesses the ability to handle and cope with pressure without being overwhelmed.

# Health Report



## HEALTH RISKS

Risk Type	Risk Level	Normal Range
Risk of Congestive Heart Failure	0.1%	<2%
Risk of Coronary Heart Disease	0.3%	<5%
Risk of Stroke	0.1%	<2%
Risk of Diabetes	1.0%	<5%
Risk of Hypertension	7.2%	<10%

Analysis

Very Good



Good



Poor



### Notes on Health Risks

- **Increased diastolic pressure (85.00 mmHg):** Although overall blood pressure is good, slightly elevated diastolic pressure suggests the need for monitoring and lifestyle adjustments.
- **Hypertension Risk (7.2%):** Manageable but slightly elevated risk suggests careful tracking of lifestyle and stress factors

### INSURANCE ADVICE

- **Standard**



# ADVICE

## Maximum Coverage Amount

**40 Times**

40 times the monthly income of the insured

## Maximum Insurance Duration

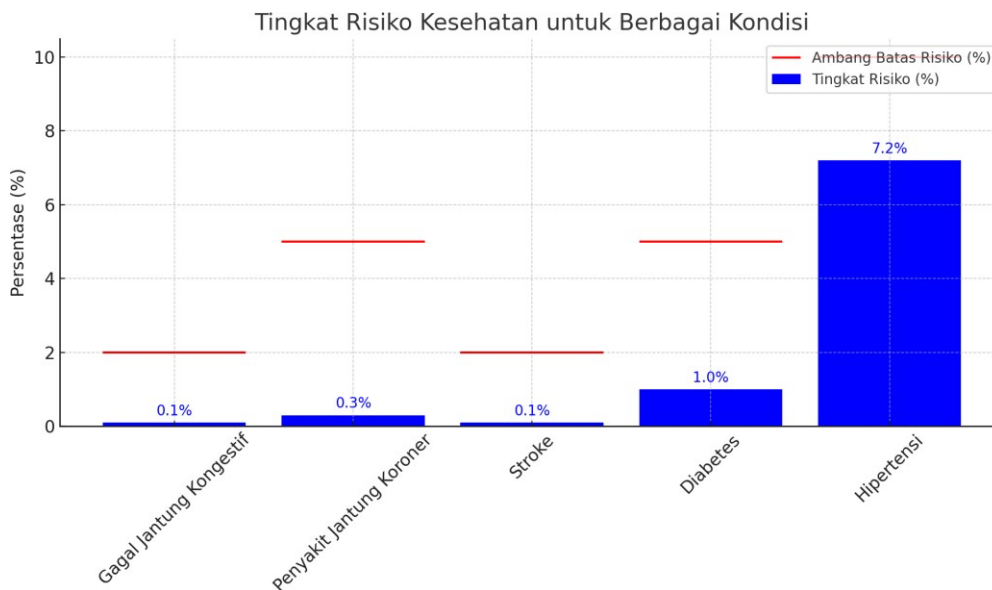
**26 Years**

Maximum Insurance period  
26 Years

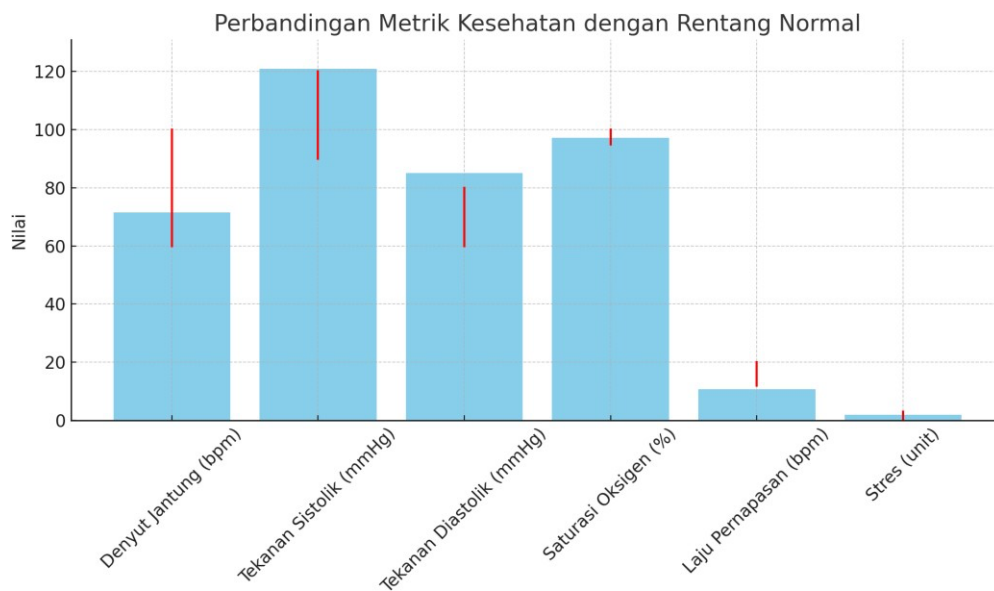
## Age Limit for Protection

Entry age plus protection duration should not exceed 70 years.

# Tingkat Risiko Kesehatan untuk Berbagai Kondisi



# Perbandingan Metrik Kesehatan dengan Rentang Normal



# InsightGenie Health Assessment Report

## ANALYSIS

Parameter	Score	Normal Range	Notes
Body Weight	72 Kg	60–75 Kg	Normal
BMI	23.5	18.5–24.9	Normal
Body Fat %	22%	18%–24%	Normal
Mass Fat	13 Kg	5–15 Kg	Normal
Visceral Fat	8	<9	Normal
Subcutaneous Fat	19%	15%–20%	Normal
Right Arm Fat	3.6%	3%–5%	Normal
Left Arm Fat	3.5%	3%–5%	Normal
Right Leg Fat	5%	4%–6%	Normal
Left Leg Fat	5%	4%–6%	Normal

# InsightGenie Health Assessment Report

## ANALYSIS

Parameter	Score	Normal Range	Notes
Muscle Mass	22 Kg	20–40 Kg	Normal
Skeletal Mass	35%	30%–40%	Optimal
Right Arm Muscle	15%	12%–18%	Normal
Left Arm Muscle	14%	12%–18%	Normal
Right Leg Muscle	17%	15%–20%	Normal
Left Leg Muscle	16%	15%–20%	Normal
Protein Mass	12 Kg	5–10 Kg	Slightly High
Protein Percentage	17%	12%–20%	Normal
Body Water Percentage	60%	65%–70%	Slightly Low
Bone Mass	4.0 Kg	3.5–4.5 Kg	Normal