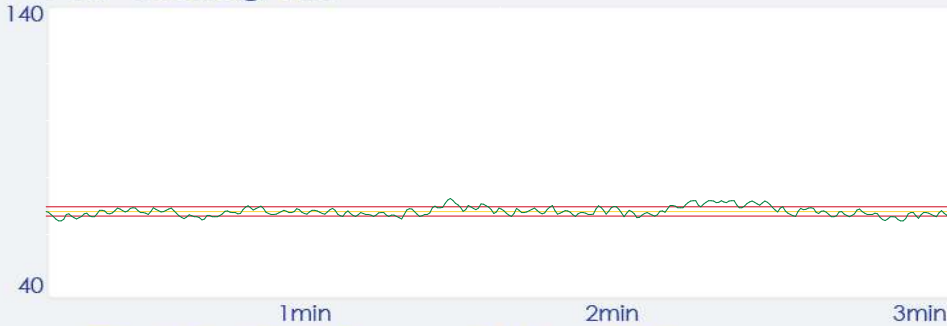


REPORT

AUTONOMIC BALANCE & ACCELERATED PHOTOPLETHYSMOGRAPH

Name **Mary Smith** ID **0002** Gender / Age **F / 58** Reg.Date **2019-10-29 10:45**

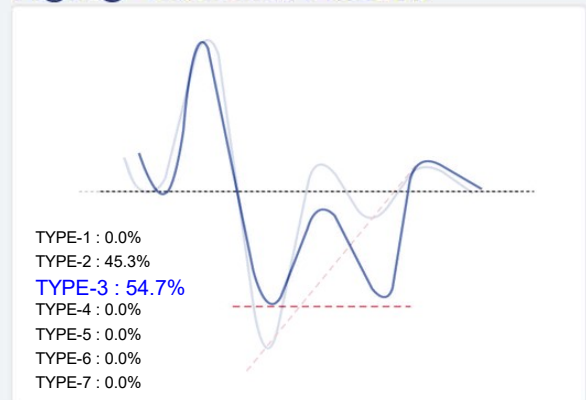
HRV Tachogram



Heart Beat	68
Highest Heart Beat	73
Lowest Heart Beat	65
Artifact Beat	0



Aging Vascular Health



Power Spectral Density



	Low	Normal	High	Very high
Physical Stress	Progressive bar			
Mental Stress	Progressive bar			
Stress Resistance	Progressive bar			

ITEM	Value	SUB-OPTIMAL (Below 30)	NORMAL (Below 30-70)	OPTIMAL (Above 70)
DPI	91.35	Progressive bar		
EC	98.00	Progressive bar		
AE	72.61	Progressive bar		
RBV	56.35	Progressive bar		

Score of your Stress **58 / 100**

Wave Type **TYPE-3**

Your vessel is in initial level for aging. As it causes to get aged with a lot of stress, improper life tendency, obesity, smoking and over-drinking, you should improve yourself with the proper life tendency, regular physical exercise and stress management.

Your mental stress and physical stress level is in the middle but stress resistance is weakening. You need to increase the physical function by exercise and climbing.