

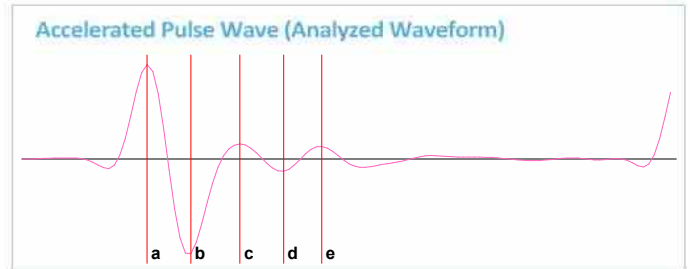
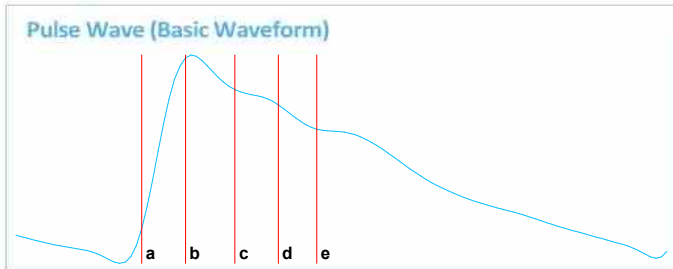
ACCELERATED PHOTOPLETHYSMOGRAPH REPORT

Name	ROBERT RIGLIETTI	Gender/Age	M / 29	Date	10-29-2024 14:30
-------------	------------------	-------------------	--------	-------------	------------------

Arterial Health Test

It is the test that shows the aging of blood vessel and peripheral blood circulation status by analyzing the minute signal detected at the finger tip.

Analysis of Pulse



Vascular Health Analysis

Mean Heart Rate **62**

Wave Type **TYPE-1**

ITEM	MEASURED VALUE	SUB-OPTIMAL	NORMAL	OPTIMAL
AE	61			
PE	54			

※ AE : Arterial Vessel Elasticity
PE : Peripheral Vessel Elasticity

Level Analysis

Level	1	2	3	4	5	6	7
(%)	100.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Vessel States							
	Excellent	Good	Careful	Warning	Bad	Very Bad	

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.

AUTONOMIC BALANCE & STRESS REPORT

Name	ROBERT RIGLIETTI	Gender/Age	M / 29	Date	10-29-2024 14:30
-------------	------------------	-------------------	--------	-------------	------------------

Autonomic Nerve & Stress Test

It analyzes the variation of heart beats to know about the physical and mental stress state and the balance status of autonomic nerve system. And it helps to maintain the healthy status by predicting the stressful disease, cardiovascular disease and the risk factor of adult disease.

HRV Tachogram



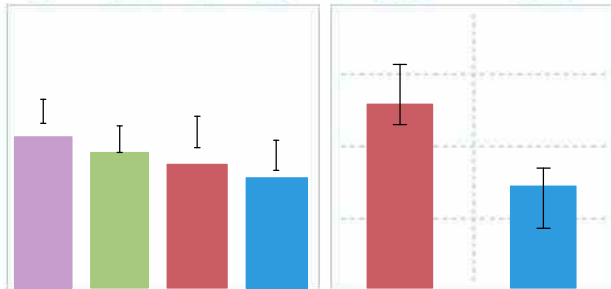
Mean Heart Rate

62

Ectopic Beat

0

TP VLF LF HF SNS PNS



Stress Score

79

From the basis of score 50, the stress is less as it is lower, while the stress is more as it is higher

Very Bad Bad Normal Good Excellent

ANS Activity

Fatigue Index

Electro-Cardiac Stability

Highly Unbalanced Unbalanced Balanced

ANS Balance

Low Normal High Very High

Physical Stress

Mental Stress

Stress Resilience

Comment

You have now normal heart rate.

The body's regulation power is low due to the weakening Autonomic Nervous System function. The activity of Autonomic Nervous System and Immunity is weakened, so you are required to pay attention carefully for your health condition.

Fatigue index has been slightly heightened.

Autonomic nerve activation has been balanced and you can feel it stable.

Your physical stress level is bad and stress resilience is also weakening. You need to manage your health with proper rest, light exercise and climbing.

Dietary supplements like vitamin B12, C, E, Arginine, DHEA, Malic acid, Melatonin, Magnesium, Calcium and Fish oil will be helpful. For exercise prescriptions, it may be helpful if you take a sleep for 8 hours, do a regular exercise, try to reduce the stress and talk with friends, family and psychiatric consultant.