

# AUTONOMIC BALANCE & STRESS REPORT

Name	Damon	Gender/Age	M / 39	Date	03-04-2021 13:01
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## 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



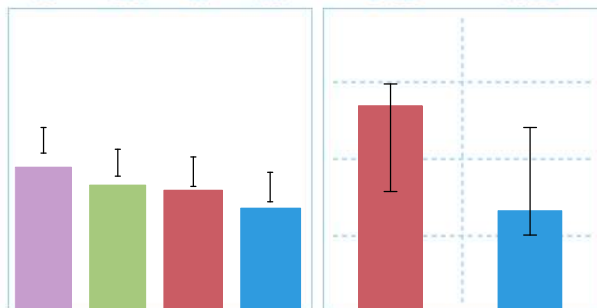
Mean Heart Rate

77

Ectopic Beat

0

TP VLF LF HF SNS PNS



Stress Score

71

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 weakening. As you may feel a little fatigue, you need to manage your health with proper rest, light exercise and climbing.

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.

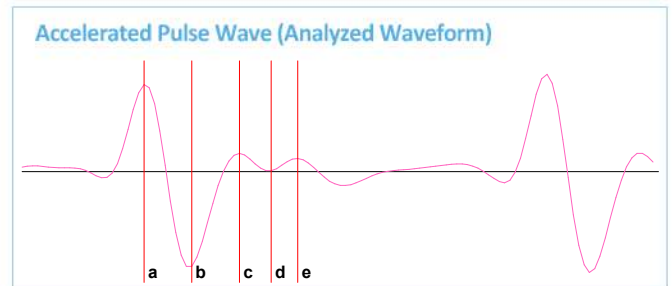
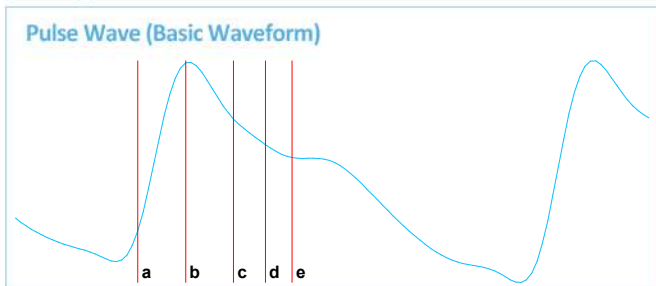
# ACCELERATED PHOTOPLETHYSMOGRAPH REPORT

<b>Name</b>	Damon	<b>Gender/Age</b>	M / 39	<b>Date</b>	03-04-2021 13:01
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## 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** 77

**Wave Type** TYPE-1

ITEM	MEASURED VALUE	SUB-OPTIMAL	NORMAL	OPTIMAL
AE	96			
PE	98			

※ 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.