







Health Glance 3.1 10:06

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Completed: 7 checks

Detected: 1 abnormality (Arterial stiffness

detection).

[1] Your arteries are becoming thick and stiff. Maintain a healthy lifestyle and take measurements regularly.

Basic health data



86 bpm Reference value: 60-100 bpm

Adult resting heart rates typically range between 60~100 bpm. Heart rate varies with the age, gender, and physiological status.



98 %

Reference value 95%~100%

SpO₂ typically ranges between 95% and 100%, but may vary depending on physical and health statuses, as well as altitude.



Stress



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