







Health Glance 3.1 10:06

Name: May

Device: HUAWEI WATCH 4 Pro

Time: 2023.3.1 10:06



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



Health At A Glance

A Loxley

Health At A Glance:

Delve into the emotional tapestry woven by Emotional Journey with in **Health At A Glance**. This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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