



Stethoscope

Place the **stethoscope** on the chest as indicated above

OK, got it!

My Health

Score Risk Recovery

New risk detected Check your recovery plan

wk 2 wk 3 wk 4

Today, Friday 26

Select	Factors	Score	Info
<input checked="" type="checkbox"/>	Symptoms	<input type="range"/>	▼
<input checked="" type="checkbox"/>	Resting heart rate	<input type="range"/>	▼
<input checked="" type="checkbox"/>	Heart rate variation	<input type="range"/>	▼
<input checked="" type="checkbox"/>	Heart sounds	<input type="range"/>	▼
<input checked="" type="checkbox"/>	Respiration	<input type="range"/>	▼
<input checked="" type="checkbox"/>	Lung sounds	<input type="range"/>	▼
<input type="checkbox"/>	Unselect all		

My Health

Score Risk Recovery

High resting heart rate

Trending risk factors All risk factors

Learn from the risks and take preventive measures

High resting heart rate

Your **resting heart rate (RHR)** is how often your heart beats in a minute (bpm), when you're not exercising and are completely relaxed.

A healthy RHR is between 60 - 80 bpm. Your RHR is **too high (99 bpm ▲)** and is a risk factor for cardiovascular complications.

- Reduced heart rate variation
- Deviant heart sounds
- Increased breathing rate
- Fatigue
- Heart palpitations
- Chest pain
- Select all

My Health

Score Risk Recovery

Let's focus on **recovery** by setting new goals. No improvement after **2 weeks?** Then consult your physician.

4652 10,000 steps

17 60 min

75% 8 hour

Eat healthy, move and reduce stress

Start	Recommended goals	Info
<input checked="" type="checkbox"/>	Daily steps	▼
<input checked="" type="checkbox"/>	Active minutes	▼
<input checked="" type="checkbox"/>	Sleep quality	▼
<input type="checkbox"/>	Losing weight	▼
<input type="checkbox"/>	Meditation	▼
<input type="checkbox"/>	Alcohol-free day count	▼
<input type="checkbox"/>	Smoke-free day count	▼
<input type="checkbox"/>	Unselect all	

Check-up

How do you feel?

Physically Rough — Good

Mentally

Emotionally

Symptoms No — Severe

Fatigue

Heart palpitations

Abdominal complaints

Add symptom +

Other measurements

What are your values right now? Leave blank if you don't know.