

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	<div style="width: 50%;"><div style="background-color: #FFD700;"></div></div>	▼
<input checked="" type="checkbox"/>	Resting heart rate	<div style="width: 50%;"><div style="background-color: #FFD700;"></div></div>	▼
<input checked="" type="checkbox"/>	Heart rate variation	<div style="width: 50%;"><div style="background-color: #FFD700;"></div></div>	▼
<input checked="" type="checkbox"/>	Heart sounds	<div style="width: 100%;"><div style="background-color: #00C853;"></div></div>	▼
<input checked="" type="checkbox"/>	Respiration	<div style="width: 100%;"><div style="background-color: #00C853;"></div></div>	▼
<input checked="" type="checkbox"/>	Lung sounds	<div style="width: 100%;"><div style="background-color: #00C853;"></div></div>	▼
<input type="checkbox"/>	Unselect all		

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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	

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High resting heart rate

Trending risk factors All risk factors

Learn from the risks and take preventative 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

