

If your heart rate were in the normal range, the bar would be located in

Green Zone. *Green Zone: The average range of your same age group

140

Good

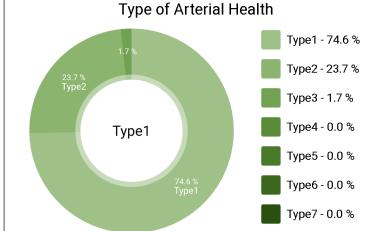


Poor Normal Good

Peripheral Elasticity: 98

A healthy blood vessel is flexible & supple and it leads to get a higher score of Artery & Peripheral Elasticity.

Normal



It means that the aging level of blood vessel has been classified by Type 1 to Type 7. Type 1 is the best condition while type 7 is the worst.

Arterial Score: 95

Poor Normal Good

Arterial Score represents the overall health condition of your blood vessel. The higher score means the blood circulation and artery state are better.

Stress Info.



It indicates the status of physical & mental stress. The lower value is better.

Stress Score: 51



The lower score is better and it leads to place the bar on the green zone.

Autonomic Nerve Balance



It indicates the balance degree of SNS(tension) and PNS(relax). The balanced ratio means that you are in healthy condition.

Stress Resilience: 47



It indicates the overall health condition. The higher value is better.

Overall Result

Heart Beat Your heart rate is normal in comparison with the same age group.

Physical stress level is high but stress resilience is in the average of same age group. Mental stress level may be low but sometimes, as you are at loose of feeling emotionally you may feel gloomy, sluggish, and unenthusiastic. You need to make yourself refresh with

Poor

proper rest by doing exercise, climbing mountains and traveling.

Arterial Your vessel state and blood circulation are very good. You are recommended to keep the current condition with the proper life Health tendency and regular physical exercise.

Vitamin B12, C, E, Arginine, DHEA, Malic acid, Melatonin, Magnesium, Calcium and Fish oil will be helpful. For exercise prescriptions, Recommenit may be helpful if you take a sleep for 8 hours, do a regular exercise, try to reduce the stress and talk with friends, family and dation psychiatric consultant.

Stress

Heart Rate	104
Ectopic Beat	110

40 140

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Arterial Health Info.

Good



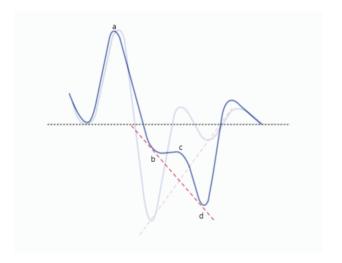
Poor Normal

Peripheral Elasticity: 2

Poor Normal Good

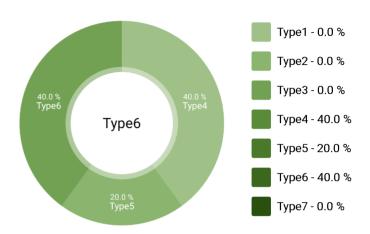
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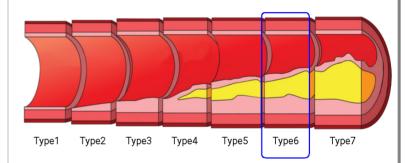
APG Waveform Analysis



- a: Basic point to evaluate APG waveform
- b: Arterial Elasticity
- The deeper (-) value is better. The value of b/a reflects the arterial stiffness.
- c: Reference Value to evaluate b & d waveforms.
- d: Peripheral Elasticity
- Higher value, smaller (-) value is better.
- The value of d/a reflects the peripheral stiffness.

Type of Arterial Health





It means that the aging level of blood vessel has been classified by Type 1 to Type 7. Type 1 is the best condition while type 7 is the worst.

Arterial Score: 29



Arterial Score represents the overall health condition of your blood vessel. The higher score means the blood circulation and artery state are better.

Overall Result

Heart Beat

Abnormal Heart rate was detected in your body during the measurement. This state could be caused by speaking, coughing and moving during the measurement, but it might be a signal of heart disease. Please try again to measure under calm and unmoved condition. If you have the same result, you might be curious of cardiac disorder.

Arterial Health Your vessel is in the process of growing aged and also blood circulation is not good. Your hands and feet can be sore and cramped. You should try to avoid improper life tendency, smoking, heavy drinking, high calorie, fatty and cholesterol food and maintain the proper life tendency with regular physical exercise.