HealthLumio
Health report for your doctor's appointment

Health Report – Alex

3 months · 7 Jul 2026 to 4 Oct 2026

Name **Alex**	Date of Birth **14 Mar 1988 (38 years)**
Gender **Female**	Height **181 cm**
Created on **4 Oct 2026, 15:30**	Data sources **Apple Watch, Withings BPM**

At a Glance

Blood pressure avg.
127/80 mmHg
Normal
20 readings
Reference: < 140/90 mmHg (office)

Resting HR avg.
66 bpm
84 days with values
Reference: 60–100 bpm
+1 bpm vs. 1st half

HRV avg.
31 ms
90 days with values
+1 ms vs. 1st half

Weight (latest)
104.9 kg
65 days with values
+0.2 kg vs. 1st half

BMI (latest)
32.0
Obesity class I
Reference: 18.5–24.9 (WHO)

Sleep avg.
7 h 17 min
87 nights
Reference: ≥ 7 h (AASM)
31 nights under 7 h

Steps avg./day
11,847 steps
89 days with values
Reference: 8,000–10,000 steps
−794 steps vs. 1st half

Exercise avg./week
401 min
Reference: 150–300 min (WHO)
11 of 11 weeks ≥ 150 min

Blood oxygen avg.
97 %
90 days with values
Reference: 95–100 %
±0 pp vs. 1st half

Respiratory rate avg.
15.3 breaths/min
90 days with values
Reference: 12–20 breaths/min
±0.0 breaths/min vs. 1st half

VO2 max (latest)
36.1 ml/kg/min
26 days with values
−0.7 ml/kg/min vs. 1st half

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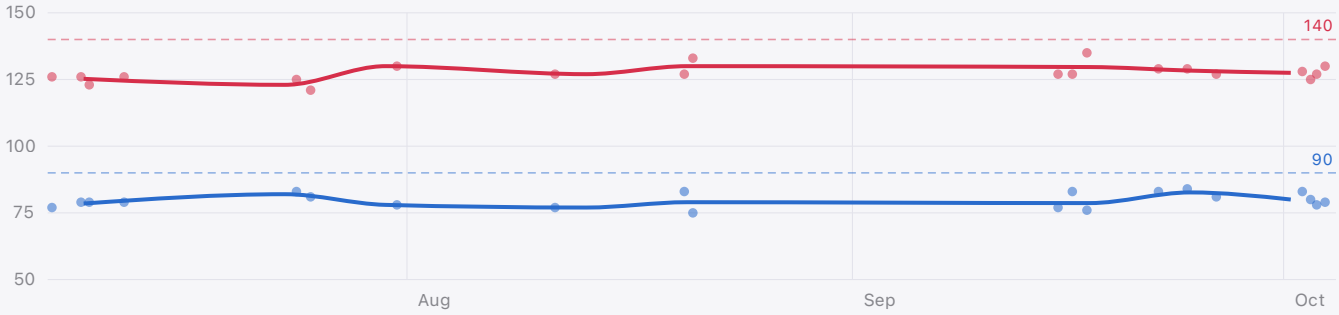
Heart & Circulation

Blood pressure, resting heart rate and heart rate variability in the period

Blood Pressure

All readings from page 3

Average	Systolic	Diastolic	Morning avg.	Evening avg.	≥ 135/85 mmHg
127/80	121–135	75–84	127/80	128/78	5 %
Normal	Range mmHg	Range mmHg	16 readings, 4 am–no…	4 readings, 5 pm–mi…	of readings



Systolic · Diastolic · Line: weekly average · dashed: office threshold 140/90

Distribution of readings (ESH categories)

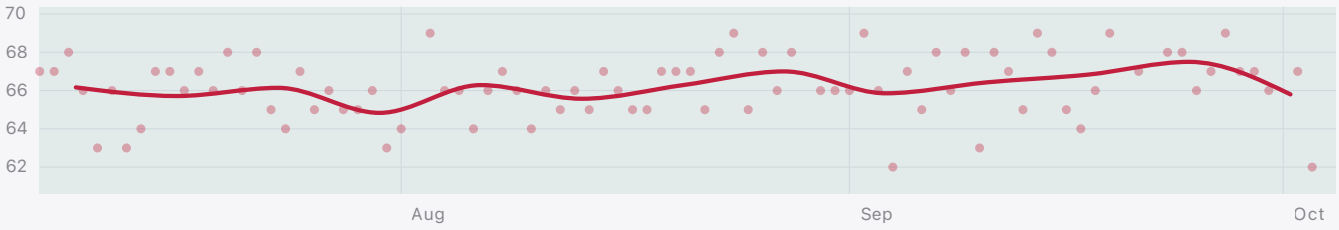


Normal **16 (80 %)** · High normal **4 (20 %)**

Resting Heart Rate

Dots: daily values · Line: weekly average

Average	Range	Change	First → last value	Walking HR avg.
66 bpm	62–69 bpm	+1 bpm	67 → 62 bpm	101 bpm
84 days		2nd vs. 1st half		

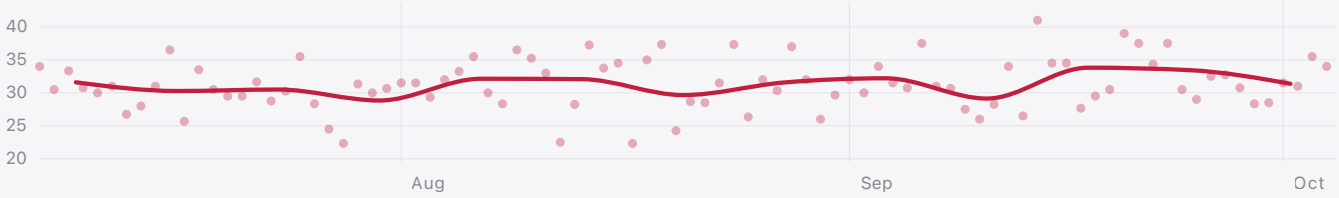


Green: usual range for adults at rest (60–100 bpm); often lower in trained people.

Heart Rate Variability (SDNN)

Daily values and weekly average

Average	Range	Change	First → last value
31 ms	22–41 ms	+1 ms	34 → 34 ms
90 days		2nd vs. 1st half	



There are no generally accepted norms for HRV; the person's own trend is what matters.

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Blood Pressure – All Readings

20 readings, newest first

Date	Time	mmHg	Category (ESH)
3 Oct 2026	21:19	**130/79**	High normal
3 Oct 2026	07:15	**127/78**	Normal
2 Oct 2026	21:06	**125/80**	Normal
2 Oct 2026	07:15	**128/83**	Normal
26 Sep 2026	07:40	**127/81**	Normal
24 Sep 2026	07:09	**129/84**	Normal
22 Sep 2026	07:02	**129/83**	Normal
17 Sep 2026	07:33	**135/76**	High normal
16 Sep 2026	07:12	**127/83**	Normal
15 Sep 2026	07:21	**127/77**	Normal
20 Aug 2026	21:28	**133/75**	High normal
20 Aug 2026	07:09	**127/83**	Normal
11 Aug 2026	07:16	**127/77**	Normal
31 Jul 2026	07:13	**130/78**	High normal
25 Jul 2026	07:05	**121/81**	Normal
24 Jul 2026	07:25	**125/83**	Normal
12 Jul 2026	07:33	**126/79**	Normal
9 Jul 2026	21:24	**123/79**	Normal
9 Jul 2026	07:38	**126/79**	Normal
7 Jul 2026	07:07	**126/77**	Normal

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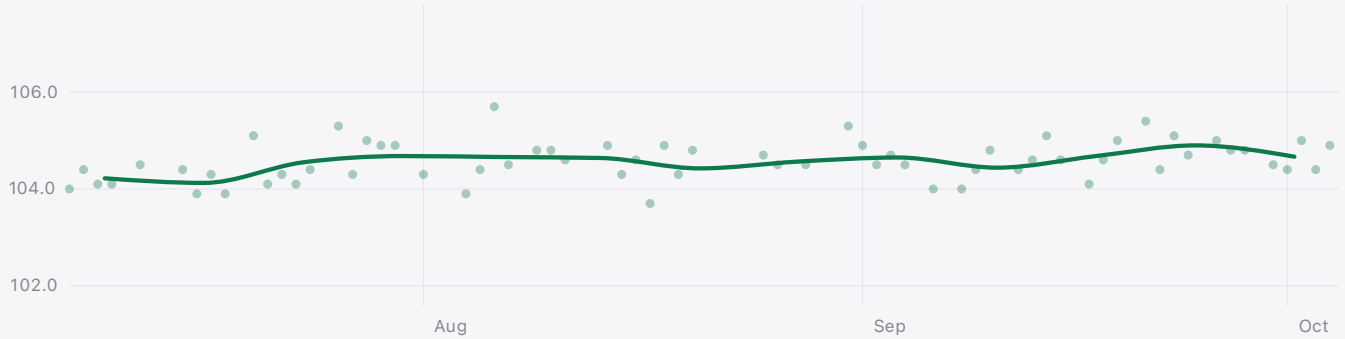
Body & Metabolism

Weight, BMI, body fat and blood glucose

Weight

Dots: measurements · Line: weekly average

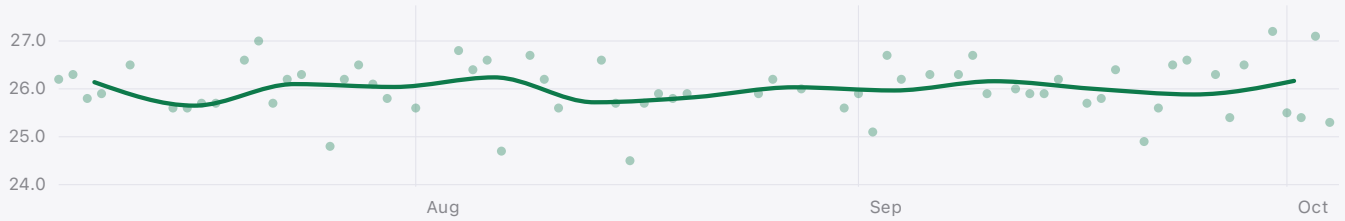
At start	Latest	Change	Range	BMI (latest)
104.0 kg	104.9 kg	+0.9 kg	103.7–105.7 kg	32.0
7 Jul 2026	4 Oct 2026	first → last value		Obesity class I



Body Fat Percentage

usually estimated by a bioimpedance scale

Average	Latest	Change
26.0 %	25.3 %	+0.1 pp
		2nd vs. 1st half



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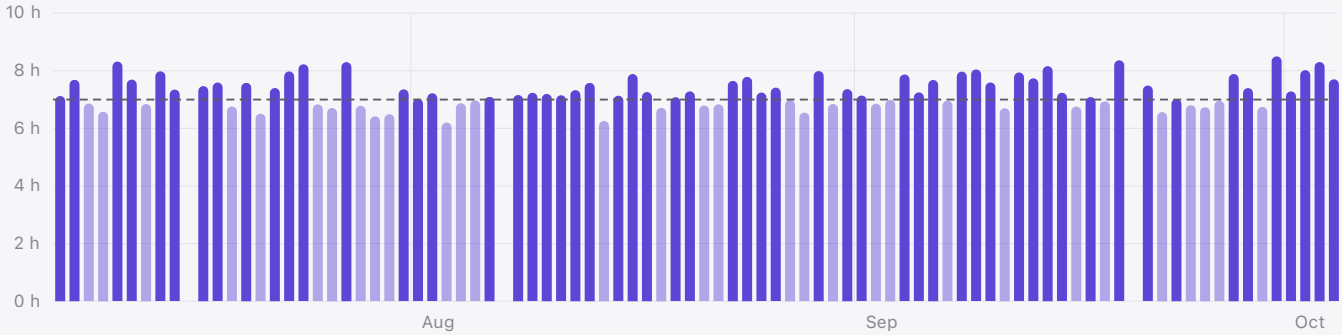
Sleep & Breathing

Sleep duration, sleep stages, blood oxygen and respiratory rate

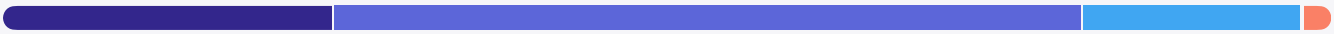
Sleep Duration per Night

dashed: 7 h (AASM/SRS recommendation)

Average	Range	Under 7 h	Bedtime avg.	Wake-up avg.
7 h 17 min	06:12–08:30 h	31	23:32	06:59
87 nights		36 % of nights		



Sleep stages (share of time in bed, nights with stages)

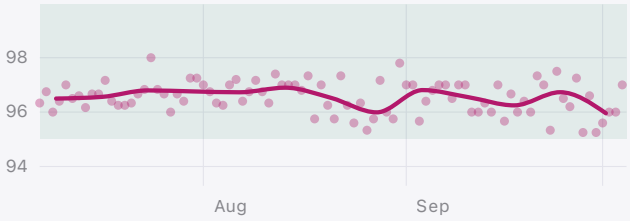


Deep 25 % | Core 56 % | REM 17 % | Awake 2 %

Personal sleep goal: 7 h 30 min – 59 nights below. Sleep and stages are estimated from movement and heart rate.

Blood Oxygen

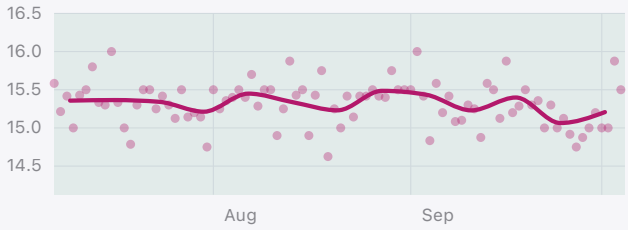
Average	Lowest daily value
97 %	95 %



Green: usual range 95–100%. Wrist measurements can differ by a few percentage points.

Respiratory Rate

Average	Range
15.3 breaths/min	14.6–16.0



Green: 12–20 breaths/min, usual range at rest; measured mostly during sleep.

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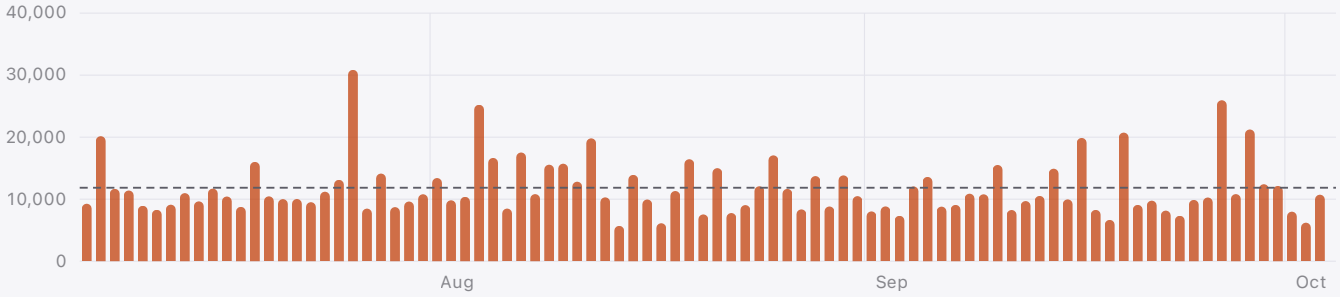
Activity & Fitness

Steps, exercise minutes, workouts and cardio fitness

Steps per day

dashed: average

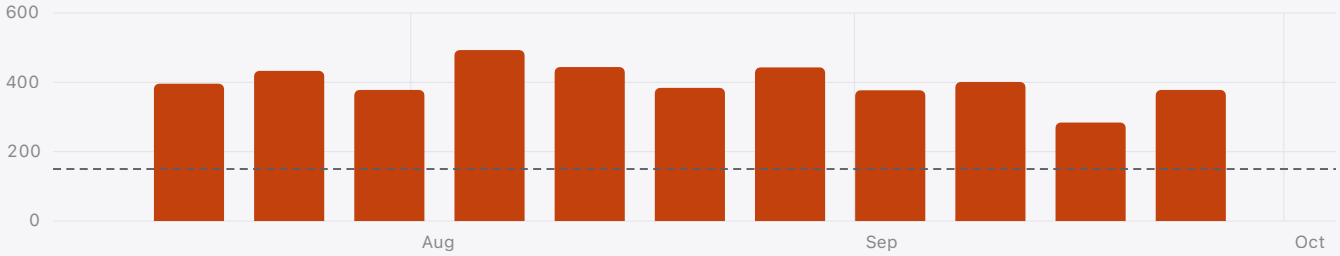
Average	Highest day	Change	Days ≥ 8,000
11,847 steps	30,852	−794 steps	80
89 days		2nd vs. 1st half	



Exercise Minutes per Week

dashed: 150 min (WHO recommendation)

Avg. per week	Weeks ≥ 150 min	Workouts
401 min	11 / 11	78
		80 h

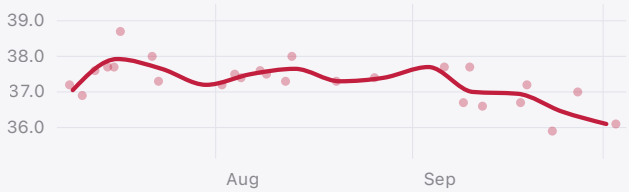


Workouts by Type

Type	Count	Total duration
Cycling	48	51 h
Walking	16	15 h
Strength Training	8	5 h 20 min
Running	4	2 h 8 min
Hiking	2	6 h 20 min

Cardio Fitness (VO2 max)

Latest	Change
36.1 ml/kg/min	−1.1 ml/kg/min
	first → last value



Estimated by Apple Watch during walks, runs or hikes.

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ECG Recordings

1 recording, classified by Apple Watch

Date	Time	Classification (Apple)	Avg HR
25 Jul 2026	20:35	Sinus rhythm	73 bpm

Reference Values

General guide values for healthy adults for the measurements in this report

Value	Reference Values		Source
Blood Pressure	Optimal	**< 120 / < 80 mmHg**	J Hypertens, 2023; Eur Heart J, 2018
	Normal	**120–129 / 80–84 mmHg**	
	High normal	**130–139 / 85–89 mmHg**	
	Hypertension grade 1	**140–159 / 90–99 mmHg**	
	Hypertension grade 2	**160–179 / 100–109 mmHg**	
	Hypertension grade 3	**≥ 180 / ≥ 110 mmHg**	
Resting Heart Rate	Usual range	**60–100 bpm**	Mayo Clinic; Cleveland Clinic
	Below – common in trained people, sometimes down to about 40 bpm	**< 60 bpm**	
	Above	**> 100 bpm**	
HRV	No generally accepted norms		Front Public Health, 2017
BMI	Underweight	**< 18.5**	WHO, 2000; WHO Global Health Observatory
	Normal weight	**18.5–24.9**	
	Overweight (pre-obesity)	**25–29.9**	
	Obesity class I	**30–34.9**	
	Obesity class II	**35–39.9**	
	Obesity class III	**≥ 40**	
Sleep	Recommended	**≥ 7 h**	J Clin Sleep Med, 2015 (AASM/SRS); AASM, 2015
	Less than recommended	**< 7 h**	
SpO_2	Usual range	**95–100 %**	NCBI Bookshelf; NHS Gloucestershire Hospitals
	Lower than usual	**< 95 %**	
Respiratory Rate	Usual range	**12–20 breaths/min**	Royal College of Physicians, 2017; Cleveland Clinic
	Below	**< 12 breaths/min**	
	Above	**> 20 breaths/min**	
Steps	Under 60: benefit rises up to about	**8,000–10,000 steps**	Lancet Public Health, 2022
	60 and older: benefit rises up to about	**6,000–8,000 steps**	
Exercise Minutes	Moderate intensity, e.g. brisk walking	**150–300 min**	WHO, 2020; Br J Sports Med, 2020
	Or: vigorous intensity, e.g. running	**75–150 min**	

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Methods & Sources

How the values in this report are derived

- All values come from Apple Health, where they were saved by the devices and apps listed; HealthLumio does not change any measurements.
- Averages and ranges refer to daily values in the period (totals such as steps: completed days only). "Change" compares the average of the second half of the period with the first half.
- Blood pressure: each reading classified by the categories of the 2023 ESH guideline (office measurement); "morning" = 4 am–noon, "evening" = 5 pm–midnight. For home measurements, an average of 135/85 mmHg or more is considered elevated.
- Apple Watch estimates sleep and sleep stages from movement and heart rate; blood oxygen and respiratory rate are measured mostly during sleep.
- Reference values are general guide values for healthy adults, checked against the original sources (as of October 2026). They are not a diagnosis.

Sources

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HealthLumio is not a medical device. The app displays data from Apple Health for informational purposes only. Classifications and reference values are based on published guidelines and recommendations (including ESH, WHO, ADA) and do not replace medical diagnosis, advice or treatment. If you have health questions or unusual values, contact a doctor. In an emergency, call your local emergency number.