

Stress/Arterial Health Test

3min mode

SMART PULSE 

Heart Rate	50
Ectopic Beat	0



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

Stress Info.

Physical Stress : 74



Mental Stress : 31



It indicates the status of physical & mental stress. The higher score is better.

Stress Score : 64



The higher 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 : 88



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

Arterial Health Info.

Arterial Elasticity : 87

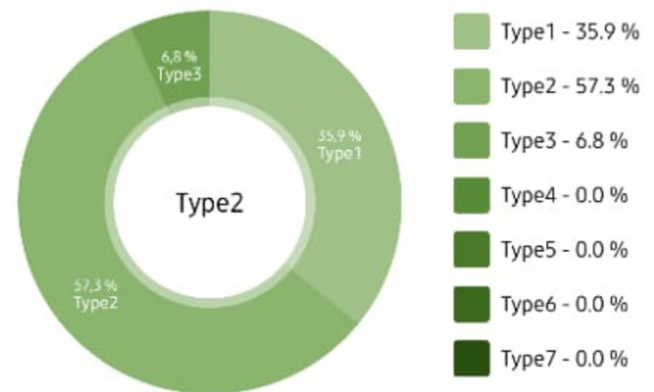


Peripheral Elasticity : 90



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

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 : 88



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	Your heart rate is slightly lower in comparison with the same age group.
Stress	You have a good cardio pulmonary function like athletics and your stress resilience is also very good. As you are in good health, keep the current state. However, it could be shown if you took measurement at uncomfortable position or respiratory/meditation therapy. Therefore, it would be retested to check it again.
Arterial Health	Your vessel state and blood circulation are good. You are recommended to keep the current condition with the proper life tendency and regular physical exercise.
Recommendation	Dietary supplements like folic acid, omega3 fatty acid and tryptophan will be helpful. It will be good if you do regular exercise and enjoy the sunshine sufficiently.