



Health Report

Sample Patient

Generated October 1, 2026
Apr 2026 to Oct 2026 · Apple Health: 171 of 184 days

Medications & Adherence

Medication	Dose	Adherence
Semaglutide GLP-1 titration: current step 3 (Standard FDA dosing)	1 mg · weekly	26 of 27 doses (96%)
Metformin	500 mg daily	175 of 184 doses (95%)

Symptoms & Side Effects

Semaglutide		
Effect	Severity	Date
Fatigue	2/5	May 30, 2026
Nausea	2/5	May 29, 2026
Constipation	2/5	May 12, 2026
Nausea	3/5	May 1, 2026
Nausea	2/5	Apr 4, 2026
Metformin		
Effect	Severity	Date
Loose stools	2/5	Apr 14, 2026

Weight

Start

232.2 lbs

Latest

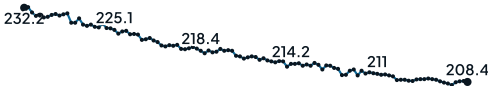
208.4 lbs

Change

-23.8 lbs

Weight lbs

114 readings,
Apr 1, 2026 to Oct 1, 2026



208.4 lbs

Body Composition

Body Fat % %

6 readings,
Apr 2, 2026 to Sep 30, 2026



27.7 %

Skeletal Muscle Mass

lbs

6 readings,
Apr 2, 2026 to Sep 30, 2026



82.8 lbs

Body Fat Mass lbs

6 readings,
Apr 2, 2026 to Sep 30, 2026



57.8 lbs

Visceral Fat level

6 readings,
Apr 2, 2026 to Sep 30, 2026



10 level

Waist in

6 readings,
Apr 2, 2026 to Sep 30, 2026



37.4 in

Vitals

Systolic BP mmHg

28 readings,
Apr 1, 2026 to Oct 1, 2026



122 mmHg

Diastolic BP mmHg

28 readings,
Apr 1, 2026 to Oct 1, 2026



78 mmHg

Resting HR bpm

25 readings,
Apr 1, 2026 to Oct 1, 2026



66 bpm

Labs

Flags as recorded from the lab report.

HbA1c %2 readings,
Apr 2, 2026 to Jul 2, 2026**5.7** %

▲ High

Fasting Glucose mg/dL2 readings,
Apr 2, 2026 to Jul 2, 2026**96** mg/dL**Fasting Insulin** µIU/mL2 readings,
Apr 2, 2026 to Jul 2, 2026**9.4** µIU/mL**Total Cholesterol**

mg/dL

2 readings,
Apr 2, 2026 to Jul 2, 2026**185** mg/dL**LDL** mg/dL2 readings,
Apr 2, 2026 to Jul 2, 2026**112** mg/dL

▲ High

HDL mg/dL2 readings,
Apr 2, 2026 to Jul 2, 2026**47** mg/dL**Triglycerides** mg/dL2 readings,
Apr 2, 2026 to Jul 2, 2026**128** mg/dL**ALT** U/L2 readings,
Apr 2, 2026 to Jul 2, 2026**27** U/L**hs-CRP** mg/L2 readings,
Apr 2, 2026 to Jul 2, 2026**1.6** mg/L

Nutrition

Avg protein **128 g** / 151 g goal (85%)Avg calories **1,905 kcal** / 2,169 kcal goalDays logged **148 of 184 days**

Activity & Sleep

Avg steps/day	7,545 (171 of 184 days logged)
Avg active calories	347 (171 of 184 days logged)
Avg sleep	7.1 h (163 of 184 days logged)
Workouts logged	72

This report was created in Lev Fitness from information the user entered or imported from Apple Health. It is a summary to discuss with a healthcare provider. It does not diagnose, interpret results or give medical advice. Lev Fitness does not prescribe or dispense medication.

Lev Fitness was developed with physician and dietitian oversight.