HEALTH STATION
MEASUREMENT CHARTS

rossmax
YOUR TOTAL HEALTHSTYLE PROVIDER

BLOOD PRESSURE
MONITORING

Blood Pressure Category	Systolic (mmHg)		Diastolic (mmHg)
Optimal	< 120	and	< 80
Normal	120 - 129	or	80 - 84
High-Normal	130 - 139	or	85 - 89
Grade 1 Hypertension	140 - 159	or	90 - 99
Grade 2 Hypertension	160 - 179	or	100 - 109
Grade 3 Hypertension	≥ 180	or	≥ 110

AFib Atrial Fibrillation (AFib)
The upper chambers of the heart (the atria) beat irregularly (quiver) and mostly fast instead of beating effectively to move blood into the ventricles.

PC Premature Contraction (PC)
Extra, abnormal heartbeats generated in abnormal locations of your heart, either in the atria, ventricles or the cardiac conduction nodes.

TACH Tachycardia (TACH)
Fast heart rate of more than 100 beats per minute (BPM) in adults, unless caused by physical or mental stress.

BRAD Bradycardia (BRAD)
Slow heart rate of less than 55 beats per minute in adults, unless caused by endurance training heart adaption.

SPO2 & ARTERY
MONITORING

Blood Oxygen Level	Risk Level
95 - 100 %	Normal blood oxygen level
90 - 94 %	Concerning blood oxygen level
0 - 89 %	Low blood oxygen level

ACT ARTERY CHECK TECHNOLOGY ACT (Artery Check Technology) analyses the pulse and SpO2 signals and determines the prevailing stiffness of the artery (Artery Condition). ACT comprehensively classifies the arterial condition with an easy to understand 6-level artery condition indicator.

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Excellent Status	Good Status	Acceptable Status	Slight Impairment	Critical Impairment	Severe Impairment

BLOOD GLUCOSE
MONITORING

Blood Sugar Level	Fasting (mmol/L)	(mg/dL)	After Meal (mmol/L)	(mg/dL)
Hypoglycemia	≤ 3.8	≤ 69	≤ 3.8	≤ 69
Normal	3.9 - 5.5	70 - 99	3.9 - 10.0	70 - 180
Prediabetes	5.6 - 6.9	100 - 125	10.1 - 11.0	181 - 199
Diabetes	≥ 7.0	≥ 126	≥ 11.1	≥ 200

Note: You are more likely to develop type 2 diabetes if you're 45 or older, have a family history of diabetes or are overweight. Physical inactivity, race, and certain health problems such as high blood pressure also affect your chance of developing type 2 diabetes.

TEMPERATURE
MEASUREMENT

Temperature Class	Adults (°C)	Children (°C)
Lower than average	≤ 35.9 ℃	≤ 36.4 ℃
Normal	36.0 - 37.0 ℃	36.5 - 37.5 ℃
Higher than average	37.1 - 38.0 ℃	37.5 - 38.4 ℃
Fever	38.1 - 42.2 ℃	38.5 - 42.2 ℃

Note: Normal temperature is usually around 37 °C (98.6 °F). However, normal temperature is not the same for everyone, it can vary with age and time of day.
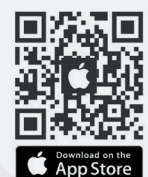
WEIGHT & BODY FAT
MANAGEMENT

Body Weight Evaluation	Body Mass Index (BMI)
Underweight	< 18.5
Healthy Weight	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity	≥ 30

HEALTHSTYLE APP
ALL YOUR HEALTH DATA COMBINED
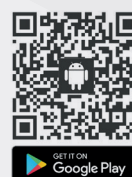
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All results are screening, not diagnostic. If you have any concerns regarding your results or health condition please consult your General Practitioner.

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