

Home Blood Pressure Monitoring Report

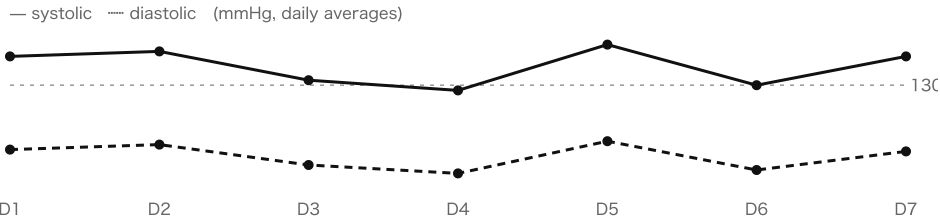
Patient: QA Synthetic Deep Analytics Patient · Monitoring period: Jun 5, 2026 – Jun 11, 2026 · Generated Thursday, June 11, 2026 · Prepared with Cuff

Protocol: duplicate morning and evening measurements on 7 consecutive days (28 target readings; 32 captured), automated upper-arm cuff, seated after 5 minutes rest. Categories per 2017 ACC/AHA guideline. All values self-recorded by the patient.

1. Summary

Measure	Average	Category	Basis
Overall average	142/89 mmHg	High (Stage 2)	32 readings
Average excluding Day 1	141/88 mmHg	High (Stage 2)	28 readings
Morning average (AM)	140/88 mmHg	High (Stage 2)	14 readings
Evening average (PM)	141/88 mmHg	High (Stage 2)	14 readings

Patient-reported clinician target: below 130/80 mmHg — 5/32 readings (16%) were within target.



2. Hemodynamic detail

106 MEAN ARTERIAL PRESSURE (MMHG)	53 PULSE PRESSURE (MMHG)	10.3 SYSTOLIC SD (MMHG)	6.8 DIASTOLIC SD (MMHG)
84% READINGS \geq 130/80	63% READINGS \geq 140/90	125-156 SYSTOLIC RANGE	79 AVG PULSE (BPM)
72 AVG RESTING HR (BPM)			

Normal	<div style="width: 0%;"></div>	0 (0%)
Elevated	<div style="width: 16%;"></div>	5 (16%)
High (Stage 1)	<div style="width: 22%;"></div>	7 (22%)
High (Stage 2)	<div style="width: 63%;"></div>	20 (63%)
Hypertensive Crisis	<div style="width: 0%;"></div>	0 (0%)

3. Daily averages

Day	Date	AM avg	PM avg	Day avg	Category
Day 1	Jun 5, 2026	146/93	147/92	147/92	High (Stage 2)

Day 2	Jun 6, 2026	149/95	150/94	150/95	High (Stage 2)
Day 3	Jun 7, 2026	132/84	133/83	133/83	High (Stage 1)
Day 4	Jun 8, 2026	126/79	127/78	127/78	Elevated
Day 5	Jun 9, 2026	153/97	154/96	154/97	High (Stage 2)
Day 6	Jun 10, 2026	129/81	130/80	130/80	High (Stage 1)
Day 7	Jun 11, 2026	145/91	146/90	147/91	High (Stage 2)

4. Lifestyle correlations (patient's own data)

Metric	Split point (median)	BP on high days	BP on low days	Systolic Δ (high – low)	Pulse Δ
Water	1600 ml	130/81 (3d)	148/92 (3d)	▼ -18 mmHg	-13 bpm
Sodium	3900 mg	151/95 (3d)	130/81 (3d)	▲ +21 mmHg	+16 bpm
Steps	5200 steps	130/81 (3d)	148/92 (3d)	▼ -18 mmHg	-13 bpm
Sleep	6.0 h	130/81 (3d)	151/95 (3d)	▼ -21 mmHg	-16 bpm
Exercise	12 min	130/81 (3d)	148/92 (3d)	▼ -18 mmHg	-13 bpm
Caffeine	310 mg	151/95 (3d)	130/81 (3d)	▲ +21 mmHg	+16 bpm
Alcohol	0.5 drinks	150/94 (3d)	130/81 (3d)	▲ +20 mmHg	+15 bpm

Factor	BP on days with	BP on days without	Systolic Δ (with – without)	Pulse Δ
Salty / processed food	149/93 (4d)	130/81 (3d)	▲ +19 mmHg	+15 bpm
Alcohol	148/92 (2d)	139/87 (5d)	▲ +9 mmHg	+7 bpm
Caffeine (3+ drinks)	149/93 (4d)	130/81 (3d)	▲ +19 mmHg	+15 bpm
Exercise (30+ min)	130/81 (3d)	149/93 (4d)	▼ -19 mmHg	-15 bpm
Poor sleep	151/95 (3d)	135/84 (4d)	▲ +16 mmHg	+12 bpm
High stress	149/93 (3d)	136/85 (4d)	▲ +13 mmHg	+9 bpm
Missed medication	151/95 (2d)	138/86 (5d)	▲ +13 mmHg	+9 bpm

Associations above are observational comparisons of this patient's own logged days (median-split or with/without). They are not causal claims, are unadjusted for confounders, and are provided to support clinical conversation only.

5. Medication & supplement log analysis

Medication / supplement	Adherence	BP on days taken	BP on days missed	Systolic Δ (taken – missed)	Pulse Δ
Telmisartan 40 mg	80%	135/84 (4d)	154/97 (1d)	insufficient data	—
Amlodipine 5 mg	80%	137/85 (4d)	147/91 (1d)	insufficient data	—
Omega-3 supplement	86%	140/87 (6d)	154/97 (1d)	insufficient data	—
Testosterone cypionate 120 mg/week	29%	151/95 (2d)	138/86 (5d)	▲ +13 mmHg	+9 bpm
BPC-157 peptide protocol	50%	150/94 (3d)	130/81 (3d)	▲ +20 mmHg	+15 bpm

Adherence and comparisons are computed from the patient's tap-to-log history starting at each item's first log. Associations above are observational comparisons of this patient's own logged days (median-split or with/without). They are not causal claims, are unadjusted for confounders, and are provided to support clinical conversation only.

6. Daily context (readings + logged metrics)

Intake & activity

Date	BP avg	Pulse	Water ml	Sodium mg	Caffeine mg	Alcohol drinks	Steps steps	Exercise min	Meds taken	Factors logged
Jun 5	147/92	82	1200	4200	420	0.5	4200	0	2/5	Salty / processed food, Caffeine (3+ drinks), Poor sleep, High stress, Missed medication
Jun 6	150/95	87	900	5100	360	3.0	3100	0	2/5	Salty / processed food, Alcohol, Caffeine (3+ drinks), Poor sleep
Jun 7	133/83	72	2900	2050	95	0.0	9800	42	3/5	Exercise (30+ min)
Jun 8	127/78	68	3200	1700	80	0.0	11800	55	3/5	Exercise (30+ min)
Jun 9	154/97	89	1600	4600	500	1.0	5200	12	3/5	Salty / processed food, Caffeine (3+ drinks), Poor sleep, High stress, Missed medication
Jun 10	130/80	70	3000	1850	110	0.0	10500	48	3/5	Exercise (30+ min)
Jun 11	147/91	81	1300	3900	310	2.0	4500	8	3/5	Salty / processed food, Alcohol, Caffeine (3+ drinks), High stress

Vitals & recovery

Date	BP avg	Pulse	Heart rate bpm	Resting heart rate bpm	HRV ms	Blood oxygen %	Sleep h	Weight kg	Cardio fitness VO ₂ max
Jun 5	147/92	82	82	76	31	97	5.4	91.8	41.5
Jun 6	150/95	87	87	81	24	96	4.9	92.1	41.3
Jun 7	133/83	72	72	65	55	98	7.4	91.2	42.1
Jun 8	127/78	68	68	62	63	99	8.1	90.9	42.4

Jun 9	154/97	89	89	79	29	97	5.8	92.0	41.6
Jun 10	130/80	70	70	64	58	98	7.8	91.0	42.5
Jun 11	147/91	81	80	75	34	97	6.0	92.3	41.8

7. All readings (32)

Day	Date	Time	Session	Source	BP (mmHg)	Pulse	Category	Patient note
Day 1	Jun 5, 2026	7:04 AM	Morning	Apple Health BP import	147/93	82	High (Stage 2)	pre-breakfast seated reading
Day 1	Jun 5, 2026	7:07 AM	Morning	OMRON Connect	145/92	81	High (Stage 2)	repeat morning reading
Day 1	Jun 5, 2026	7:12 PM	Evening	Cuff Apple Watch	148/93	83	High (Stage 2)	evening paired watch entry
Day 1	Jun 5, 2026	7:15 PM	Evening	Withings Health Mate	146/91	82	High (Stage 2)	repeat evening reading
Day 2	Jun 6, 2026	7:04 AM	Morning	Apple Health BP import	150/95	86	High (Stage 2)	pre-breakfast seated reading
Day 2	Jun 6, 2026	7:07 AM	Morning	OMRON Connect	148/94	85	High (Stage 2)	repeat morning reading
Day 2	Jun 6, 2026	7:12 PM	Evening	Cuff Apple Watch	151/95	87	High (Stage 2)	evening paired watch entry
Day 2	Jun 6, 2026	7:15 PM	Evening	Withings Health Mate	149/93	86	High (Stage 2)	repeat evening reading
Day 2	Jun 6, 2026	10:44 PM	Night	QardioArm	153/96	91	High (Stage 2)	night reading after alcohol
Day 3	Jun 7, 2026	7:04 AM	Morning	Apple Health BP import	133/84	72	High (Stage 1)	pre-breakfast seated reading
Day 3	Jun 7, 2026	7:07 AM	Morning	OMRON Connect	131/83	71	High (Stage 1)	repeat morning reading
Day 3	Jun 7, 2026	7:12 PM	Evening	Cuff Apple Watch	134/84	73	High (Stage 1)	evening paired watch entry
Day 3	Jun 7, 2026	7:15 PM	Evening	Withings Health Mate	132/82	72	High (Stage 1)	repeat evening reading
Day 4	Jun 8, 2026	7:04 AM	Morning	Apple Health BP import	127/79	68	Elevated	pre-breakfast seated reading
Day 4	Jun 8, 2026	7:07 AM	Morning	OMRON Connect	125/78	67	Elevated	repeat morning reading
Day 4	Jun 8, 2026	7:12 PM	Evening	Cuff Apple Watch	128/79	69	Elevated	evening paired watch entry
Day 4	Jun 8, 2026	7:15 PM	Evening	Withings Health Mate	126/77	68	Elevated	repeat evening reading

Day 5	Jun 9, 2026	7:04 AM	Morning	Apple Health BP import	154/97	88	High (Stage 2)	pre-breakfast seated reading
Day 5	Jun 9, 2026	7:07 AM	Morning	OMRON Connect	152/96	87	High (Stage 2)	repeat morning reading
Day 5	Jun 9, 2026	1:18 PM	Afternoon	Cuff manual entry	156/98	92	High (Stage 2)	afternoon stress check
Day 5	Jun 9, 2026	7:12 PM	Evening	Cuff Apple Watch	155/97	89	High (Stage 2)	evening paired watch entry
Day 5	Jun 9, 2026	7:15 PM	Evening	Withings Health Mate	153/95	88	High (Stage 2)	repeat evening reading
Day 6	Jun 10, 2026	7:04 AM	Morning	Apple Health BP import	130/81	70	High (Stage 1)	pre-breakfast seated reading
Day 6	Jun 10, 2026	7:07 AM	Morning	OMRON Connect	128/80	69	High (Stage 1)	repeat morning reading
Day 6	Jun 10, 2026	7:12 PM	Evening	Cuff Apple Watch	131/81	71	High (Stage 1)	evening paired watch entry
Day 6	Jun 10, 2026	7:15 PM	Evening	Withings Health Mate	129/79	70	Elevated	repeat evening reading
Day 7	Jun 11, 2026	7:04 AM	Morning	Apple Health BP import	146/91	80	High (Stage 2)	pre-breakfast seated reading
Day 7	Jun 11, 2026	7:07 AM	Morning	OMRON Connect	144/90	79	High (Stage 2)	repeat morning reading
Day 7	Jun 11, 2026	1:14 PM	Afternoon	Cuff Apple Watch	147/91	82	High (Stage 2)	afternoon watch save button QA
Day 7	Jun 11, 2026	7:12 PM	Evening	Cuff Apple Watch	147/91	81	High (Stage 2)	evening paired watch entry
Day 7	Jun 11, 2026	7:15 PM	Evening	Withings Health Mate	145/89	80	High (Stage 2)	repeat evening reading
Day 7	Jun 11, 2026	11:02 PM	Night	Apple Health BP import	150/92	85	High (Stage 2)	night pain/fatigue check

8. Methodology & limitations

Readings were self-measured with the patient's own automated upper-arm cuff following AHA-style technique prompts (seated, back supported, arm at heart level, after 5 minutes rest, no caffeine/exercise/smoking in the prior 30 minutes), or imported from the patient's health platform (Apple Health / Health Connect) and may include readings from connected devices such as a watch or cuff app. Context metrics (water, sodium, caffeine, alcohol, steps, exercise, sleep, weight, heart rate, resting heart rate, HRV, blood oxygen and cardio fitness) are self-logged or imported from the patient's health platform. Comparisons are unadjusted, observational, within-patient summaries — not statistical inference, not diagnosis. Device accuracy was not verified by Cuff. Categories follow the 2017 ACC/AHA guideline thresholds.

Cuff is a logging and organization tool, not a medical device. It does not measure blood pressure, diagnose any condition, or replace professional medical advice. Blood pressure categories shown follow published American Heart Association guideline ranges for reference only. Always consult a qualified clinician about your readings.